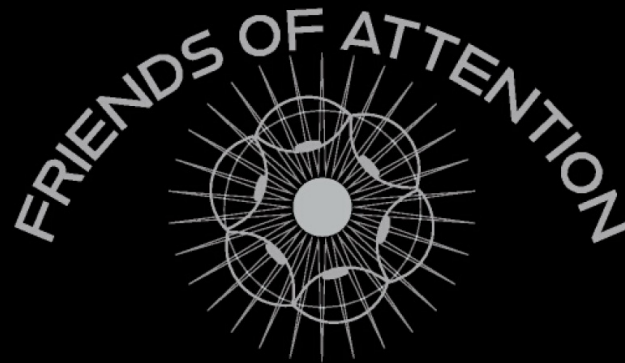


The Diamonds in All Things



September 2024

Opening Exercise led by Amalia Mayorga



Sympathetic Light

After Luxembourg and Gilman-Opalsky

En route to your destination,
select a “most ordinary and
insignificant detail.”

ATTEND TO ITS DIAMONDS

(10 min)

...then continue to your
destination.

STROTHER SCHOOL OF RADICAL ATTENTION

“...this perspective is connected with Luxembourg’s notion of love, which she claims ‘brings out the noblest and most beautiful qualities in each person, because it raises up the most ordinary and insignificant details and sets it around with diamonds.”

Richard Gilman-Opalsky
The Communism of Love

THE DIAMOND EXERCISE

[Bell]

I.

Choose an object in your space; attend to it.

[Bell]

II.

Close your eyes and breathe.

[Bell]

III.

Open your eyes, attend to the object's *diamonds*...

[Bell]