

“The Emergency was Curiosity”  
(with special guest Christie George)  
3 January 2025


Announcement of:

The New York Times

STYLE | 12 Predictions for Life in 2025

Share full article

### 1. A Turning Point in the War for Attention



Serenity soon? Hollie Fernando/Getty Images

*The New York Times's*  
**TOP PREDICTION**  
**for 2025!!**

This is US!

If our thoughts this year have felt like pinballs in a machine — clattering, bopping and bouncing in all directions at the mercy of incessant smartphone notifications — 2025 will be when we reset the game. Workshops now promise to teach the art of reclaiming attention, states are passing laws that restrict phone use in schools and some people are swearing off their devices in February instead of alcohol in January. And TikTok, known for an algorithm that can make it particularly difficult to pry eyes off screens, has come one step closer to being banned in the United States.

All of this points in one direction: Next year may be a turning point in the war for attention, a moment when many “Marie Kondo” their minds and see what joy might be sparked by clearing out the meme clutter. — *Emma Goldberg, reporter, Business*

14:15:51 From D. Graham Burnett to Everyone:  
CRAZYYYYYY!

14:16:06 From D. Graham Burnett to Everyone:  
(I still cannot believe this...)

14:16:32 From Tom Anderson to Everyone:  
You have such wonderful tier-one press coverage!

14:16:59 From Tom Anderson to Everyone:  
This group is excellent. Thanks for the invite!

14:17:25 From D. Graham Burnett to Everyone:  
Shout out to JAC MULLEN!

14:26:18 From Kosi to Everyone:  
ooh bibliomancy

WARMUP EXERCISE --

14:34:31 From Zachary Wojtowicz to Everyone:  
"Nothing in the world is as soft, as weak, as water; nothing else can wear away the hard, the strong, and remain unaltered" + a teacup + fountain ink = a slow and steady revolution

14:35:09 From peter (he/him) to Everyone:  
My email: [peter@sustainedattention.net](mailto:peter@sustainedattention.net)

14:35:43 From Christel Manning to Everyone:  
My sentence: "One evening, when a friend came to dinner at the cabin, he turned the conversation to ask when children start to talk."

14:36:02 From Gloria Mark to Everyone:  
"We discovered that not only did we now have the responsibility of shooting the picture and defining the artistic expression, we had to get involved in the technology of the photograph."

14:36:09 From Christie George (she/her) to Everyone:  
"My narrator :- ) started a fashion blog as a kid at a time when it was still novel for children to use the internet and got a lot of attention for it, from magazines, news stations and, less chicly, news sites."

14:36:21 From Maura Sullivan (she/her) to Everyone:  
"In the beginning, nearly fourteen billion years ago, all the space and all the matter and all the energy of the known universe was contained in a volume less than one-trillionth the size of the period that ends this sentence."

14:36:39 From Jason Snider to Everyone:  
"Some people find it easier to picture the stream of inspiration as being like radio waves of all sorts being broadcast at all times"

14:36:44 From Julian Chehirian to Everyone:  
"On the wooden boudoir screen we also encounter a photograph of Martin Atanasov — one of the collages from the CUTOUT STUDY." (About a project on the history of queerness in state-socialist Bulgaria for which Atanasov cuts out images from photographs and ephemera, in order to recompose them as part of paper assemblages that sometimes take on sculptural form)

14:36:46 From Lane Stroud to Everyone:  
"Some forty-two thousand meteorites strike the earth every year (more, if you count those that weigh under ten grams), but virtually all of them land undetected, somewhere on the ninety-seven percent of it that is either covered by water or sparsely populated."

14:36:46 From Kelly to Everyone:

"When Astra came to our table later she told me that she hoped to be in Sarajevo for some weeks longer, and that she was happier here than she had been in Skoplje." The table next to me + a glass of rainwater from outside

14:36:49 From Shanaz Deen to Everyone:

A rolling river of wood cut into uniform beams streams by without end.

My objects: a wooden figurine of a pig and a glass of water (half-full)

14:36:57 From Sasha Wizansky to Everyone:

"Even when my snail was asleep, I liked to gaze at the beautiful spiral of its shell."

14:37:14 From Ana Cristina (Tininha) to Everyone:

My sentence: "language is very decisive in interactions, and everything that comes from the polis bears the mark of a gathering of equals, where political experiences are meant to converge."

14:37:14 From David Landes to Everyone:

"Therefore, the assumptions are functioning as a kind of OBSERVER" Objs: a postcard image of a bird & whiteboard pen.

14:37:16 From Donica Bettanin (she/her) to Everyone:

"He lets the dogs back into the house, through a screen door I can hear banging if I really want to." A ceramic figurine of a dog: literal and companionable. Also the souvenir mug from my high school graduation: it has that same power to evoke a time and place "if I really want to".

14:37:17 From Raiane Cantisano to Everyone:

"This is what it means to swim in the tide, to walk the earth and feel it touch your feet."

Objects:

An ashtray my grandmother got in Morocco at Epcot center, Disneyworld

A handful of dirt

14:37:23 From Tom Anderson to Everyone:

"A new context may create a work more powerful than the one you anticipated." P. 341 The Creative Act by Rick Rubin

A spatula because I'm trying to cook more in the new year.

14:37:30 From Christel Manning to Everyone:

The first minute, when I was reading the sentence over and over, felt way too long. I got bored. I enjoyed the second minute, when I selected two objects. the first, an image of my grandfather and my sister and me when we were tiny children, standing by a creek in New Mexico. The second a headset.

14:37:33 From Emma Bearss to Everyone:

"You fritter away most of your time asleep."

Plant in a teacup pot. Knitted woolen blanket. One thing alive, but not asleep. A thing associated with sleeping, but more frequently used while truly awake and present.

14:37:33 From Christopher Mole to Everyone:

"Just as butchery makes sense only as a practice that is performed in the service of cookery, and in the company of animal husbandry, so Collingwood's view is that the logical analysis of language makes sense as a philosophical practice only if it operates in the service of action, and alongside the pursuit of sympathetic understanding."

14:37:38 From D. Graham Burnett to Everyone:

From Jonardon Ganeri, ATTENTION NOT SELF: "The life-blood for this range of embodied skills — skills which together constitute our common humanity — is our capacity to attend"

14:37:43 From Sasha Wizansky to Everyone:

Replying to ""Even when my snail was asleep, I liked to gaze ...":  
A watercolor of a feather, a pencil doodle of a spiral

14:37:57 From D. Graham Burnett to Everyone:

And I picked an EMPTY FRAME and a small cast head of the buddha...

14:38:02 From Carla Nappi to Everyone:

"When mature, Rieslings develop flavours of honey and toast, but still retain high levels of acidity" (This is from my sommelier-training textbook!) I was struck by the importance of life cycles here, and of change. So I chose an orchid that just recently decided to re-bloom after a long period of dormancy, and I pulled a random Tarot card from my desk deck and got: The Star. There was a drop of liquid that had settled on one of the orchid leaves, and an image on the card of a water bearer pouring out liquid. I'm thinking of life change, and fluidity, and greenness, and bearing fruit in unlikely circumstances. And fruitfulness that emerges from forgetting.

14:38:02 From kristinlawler to Everyone:

"Here the issue became complicated." Each word so loaded. I chose a candle, which I lit, and my near empty cup of espresso, full of markings on the inside which got more and more elaborate

14:38:05 From Elisabeth Quatrano she/her to Everyone:

"The main of Furlong's infancy was spent in a Moses basket in Mrs. Wilson's kitchen and he was then harnessed into the big pram beside the dresser, just out of reach of the long, blue jugs." From Claire Keegan's small things like these.

I chose an undyed, Irish linen dishtowel and a vintage ceramic milk bottle, both objects of modest means that hint at the everyday Irish experience that the book describes (beautifully)

14:38:07 From Julian Chehirian to Everyone:

The objects I selected were a textile patch of a door slightly ajar, and sheet music for a hymn entitled Eastern Hemlock. I thought about these two fragments as "cutouts" that I had shorn from an everyday domestic landscape.. that now became part of an attention archive.

14:38:08 From Kosi to Everyone:

"Invoke me under my stars!" - the Goddess Nuit

I am in my kitchen, and so chose a bowl of sea salt and the candle on my table. A piece of earth and a means to light a path. I considered how I did not purchase either of these items. They're my partners (Sara, a longtime friend of attention) who is also the reason I am here. I feel gratitude for the gifts a union brings. The generosity and generative nature of relationships. North stars, and whatnot.

14:38:08 From Roberto Tejada to Everyone:

Short string of sentences from Clarice Lispector's *Água Viva* (translation: Stefan Tobler): "I'm going to make an adagio. Read slowly and with peace. It's a wide fresco. // Being born is like this:"

- lock and key with extended chain
- vernacular painting of basket with flowers

14:38:09 From peter (he/him) to Everyone:

Rumi: "A dervish knocked at a house / to ask for a piece of dry bread, / or moist, it didn't matter."

My objects:

A butter knife. What does dry bread ask for, if not butter?

An expandable tissue-paper Christmas tree ornament. TBH, I don't know what a dervish is, but I am familiar with the phrase "whirling dervish." (Possible that this is dated? And past its expiration, in some way unknown to me?) This particular object lends its self to rotational geometry - whirling about!

14:38:09 From Justin Ginsberg to Everyone:

FROM 'Agitated Air':

"Strange  
She said to see him  
Strut before a crowd  
Of flowers

Look  
Again he is  
A mirror held  
Up to you."

The objects selected: My Venus fly trap named John + a sculptural ceramic and horse hair paintbrush

Re-imagined the line from John's perspective of possibly a wandering artist

14:38:10 From Meghan Dunn - St. John's to Everyone:

"Your own story of how Phaëthon, child of the sun, once harnessed his father's chariot, but was unable to guide it along his father's course and so burnt up things on the earth and was himself destroyed by a thunderbolt, this story has the form of a myth, but the truth is that there is at long intervals a variation in the course of the heavenly bodies as they travel around the earth and a consequent widespread destruction by fire of things on the earth."

14:38:22 From Akua Banful to Everyone:

"Ten minutes later, after making some more passes and telling his patient to sleep still more deeply, Dr. Andrew began the operation." - Aldous Huxley, Island

I read the sentence over and over again. It played in my mind like a tape on a loop. When the bell went, I looked around and saw my ladybird timer, then I grabbed a pair of scissors. One item for marking time, and another for marking the body. Sitting and attending, I could no longer read the sentence through. My eyes kept darting over the words "ten minutes later..." and then were pulled towards the timer.

14:38:30 From Brit Naylor to Everyone:

The Beauty of Games by Frank Lantz

"But something strange happens to the money when it crosses back and forth over this porous border."

A linocut art print by Kathleen Neeley of playing cards and game pieces.  
A visual timer.

The passage is about how poker works as a game, and specifically how money turns from an abstract idea into something very concrete when it is being used to place bets in poker. It becomes not what money represents but the thing itself that is in consideration. The art print shows different game objects, which are themselves arbitrary objects which become imbued with meaning through play. The visual timer represents another kind of boundary or container. I think of how minutes are not precious to me until I use this visual timer while working on something. How the act of using the timer transforms the meaning of a minute.

14:38:36 From Nabil Kashyap to Everyone:

His coordinates crossed by desert jaguars reliant on streams. - Saretta Morgan, Alt-Nature

14:38:42 From Marcus Ryan to Everyone:

"The Spirit is not just by our side or above us, but truly within us, calling the Father, who "searches the heart" and hears him." -Hans Urs Von Balthasar..... my kid's toy purple phone and broken rosary

14:38:49 From Kyle Winston-Lindeboom to Everyone:

Sentence: "The work was so goofy, and so effortlessly hit the sweet spot between delirious kitsch and self-aware, logically honed critique—the man himself was so winningly sincere, so in it—that whatever doubts I may have had evaporated." (from David Salle's How To See)

The first object is a framed postcard of a drawing of a cartoon dog, whose eyes glare in anger/dissapointment, holding up a protest sign that reads "I Don't Like This Movie" and the second object is a little tiny container of "Beekeeper's Raw Honey" (which right away brought to mind the bear!)

14:38:50 From Raiane Cantisano to Everyone:

Thanks Christie for the inspo!!!-

14:38:51 From Christel Manning to Everyone:

Focusing on the objects felt different, more creative, more relaxing, than than focusing on the sentence .... especially the photo, which got me lost in memories.

14:39:10 From Meghan Dunn - St. John's to Everyone:

You're amazing Christie!!

14:39:38 From Ana Cristina (Tinha) to Everyone:

My objects are: 1)a piece of fabric 2)a little kids' toy that has movement - two people working together pounding rice.

14:39:44 From Meghan Dunn - St. John's to Everyone:

"Creates the conditions for more creation" I love that too

14:40:41 From Nabil Kashyap to Everyone:

Replying to "His coordinates crossed by desert jaguars reliant ...":

A small mirror, circular, captures the sun for me, the empty desert sun both around and in you.

A weird little drink coaster with jagged stylized creeks and desert ibises patterned across it.

14:41:07 From Holmes, Brooke to Everyone:

"Verbally, this doctrine is also to be found in Epictetus and Marcus Aurelius, but it seems that in them fire is not to be taken literally as one of the four elements of which physical things are composed." -I grabbed a lighter and a small wooden shelf decoration that resembled a DNA molecule. Both, when attended to in detail, betrayed a confluence of artificiality and nature.

14:41:17 From peter (he/him) to Everyone:

<3

14:41:23 From Meghan Dunn - St. John's to Everyone:

<3 <3 <3

14:41:50 From Donica Bettanin (she/her) to Everyone:

My copy of How to Do Nothing also looks like that!

14:42:23 From Raiane Cantisano to Everyone:

Replying to ""This is what it means to swim in the tide, to w...":  
My grandmother is the ultimate "life liver" in my family, and she's taught be that being messy and digging into the dirt IS creativity.

14:43:00 From Meghan Dunn - St. John's to Everyone:  
"To model what it looks like to [do?] deep, deep, attention" ...was that the phrase?

14:43:46 From D. Graham Burnett to Everyone:  
What I keyed on was the "enacted/embodied" forms of READING...

14:43:57 From D. Graham Burnett to Everyone:  
This is just SUCH a key notion...

14:44:40 From Kosi to Everyone:  
hand-riding

14:45:24 From peter (he/him) to Everyone:  
Prof. Jeff Dolven hosted a super beautiful "READING PARTY" at SoRA last November - on diverse ways of attending to texts: [https://www.instagram.com/p/DCZqLE\\_y-Rj/?img\\_index=1](https://www.instagram.com/p/DCZqLE_y-Rj/?img_index=1)

14:45:25 From Brit Naylor to Everyone:  
"Tracing" is mentioned several times in the Theses of Attention

14:46:04 From D. Graham Burnett to Everyone:  
Reminder to the FoA community.... OUR ZOOMS WERE BORN back in the Pandemic! In exactly that moment... our first one was April 17th 2020! (I was myself still recovering from my first infection — which I got from Friend of Attention Justin Smith on 3 March of that year!

14:46:08 From D. Graham Burnett to Everyone:  
[https://www.friendsofattention.net/pandemic\\_archive](https://www.friendsofattention.net/pandemic_archive)

14:46:50 From Julian Chehirian to Everyone:  
Incredible origin story.. gratitude to Justin Smith 😂

14:46:55 From Meghan Dunn - St. John's to Everyone:  
"Attention is contagious."

14:47:07 From Meghan Dunn - St. John's to Everyone:  
-Christie George

14:47:54 From D. Graham Burnett to Everyone:  
(And — for the archive.... A group of the Friends (Catherine Hansen, Carlos Montemayor, Josefina Massot) wrote and published, back in the summer of 2020, a piece on ATTENTION AND THE PANDEMIC...)

14:48:00 From D. Graham Burnett to Everyone:  
<https://lareviewofbooks.org/blog/essays/roundtable-covid-19-attention-economy/>

14:48:01 From peter (he/him) to Everyone:  
"Book reports as a form of attention... FAN NON-FICTION"

14:48:31 From Meghan Dunn - St. John's to Everyone:  
That cover is 🤔🤔🤔🤔🤔🤔

14:50:28 From D. Graham Burnett to Everyone:  
THIS IS SO SO IMPORTANT!!!!

14:50:53 From D. Graham Burnett to Everyone:  
"To Book (verb) a Book (noun)..."

14:52:19 From Nabil Kashyap to Everyone:  
Thank you!

14:53:27 From David Landes to Everyone:  
How can we contact you Christie for when you're coming to town?

14:53:46 From D. Graham Burnett to Everyone:  
Hey — on that "twitch philosophy" practice...

14:53:50 From D. Graham Burnett to Everyone:  
<https://www.youtube.com/watch?v=yEJg6o08mQ>

14:53:58 From Meghan Dunn - St. John's to Everyone:  
Replying to "How can we contact you Christie for when you're co...":  
Yeah I was wondering the same!

14:54:29 From D. Graham Burnett to Everyone:  
Noah Greenstein is the guy who does this -- I have been interested in is practice...

14:54:47 From D. Graham Burnett to Everyone:

14:54:51 From Christie George to Everyone:  
I'm [christiemgeorge@gmail.com](mailto:christiemgeorge@gmail.com) @christiemgeorge christiemgeorge.com


MAIN BREAKOUT ROOMS – (Reporting back...)

14:56:24 From peter (he/him) to Everyone:  
Name a book that changed your relationship to your own attention.

How (in what creative form, physical, collective, etc.) would you embody/enact your reading experience?

What shape would your "book report" take?

14:56:38 From Ana Cristina (Tininha) to Everyone:  
Thank you so much, Christie. Beautiful work. Very inspiring and moving.

15:03:52 From D. Graham Burnett to Everyone:  


15:09:48 From Julian Chehirian to Everyone:  
Marcus - two works:

In Search of the Third Bird .. Graham and ESTARSER's collection of protocols, which got me so excited about this work.

Zen Mind, Beginner's Mind.. cultivation and maintenance of a state of constant beginning.. an extraordinary posture to be in. Sitting in Zazen, becoming very porous.



The question of how to embody it? Both are based on protocols. There is something that Christie is harnessing that grows what was already there.. it isn't mere mirroring.. she was growing it herself and layering on her own subjectivity and what she described as idiosyncrasies .. which is alive.. it is a dialogue.

Developing my own protocols, experimenting to see what works, what does not? Adorning it with all of the experiences that I'm having with each of them. With the meditations, I might do something other than zazen, such as dance.

15:09:53 From Julian Chehirian to Everyone:

Donica: Yoga meditations invoke the idea of beginner's mind. I welcome that.. (as an approach and orientation). Would it be possible to inhabit that orientation?

Christel - likes the copying of passages that Christie shared. In Waldorf school, Christel writes, that is how one is taught.. the kids have big paper books in which they write down in their own words what they've learned that day and then make drawings for homework. Remembers doing that in 4th grade. You weren't graded - that pressure was taken off.

Julian shares his dissertation thinking on attention, psychology and creativity.. then Christel mentions Waldorf schooling and we discussed John Dewey, Maria Montessori, and Rudolf Steiner's pedagogies and how they make use of objects that objects of study. In terms of doing something like doing a book report! The process, as Marcus puts it, draws something out that is "a bit revelatory", as Marcus puts. Because the process "creates something as it is coming out of you"

15:09:52 From Nabil Kashyap to Everyone:

Raiane: Recently started reading more fantasy – changed relationship to “things that grow me,” that feel expansive, expanded notion of myself. In particular, A Court of Thorns and Roses (esp. Books 1 & 2).

Book report: Gathering of skills (e.g., from characters) as in learning archery, seeing that as part of oneself after reading.

Gloria: From ages ago, Induction, about how our minds work. Made me understand the mechanics of our mind, why and how we reason, opening the black box of our mind. “Depth of Processing”: If you put a little bit of work and your listening becomes more active, we understand better, we take hold, becomes part of our knowledge.

Book report: Create a visual representation of what goes on in our minds while we reason.

Raiane Cantisano: ❤️

15:09:54 From Julian Chehirian to Everyone:

Donica: Reading nature writing can be very didactic.. compares that to curiosity and invitation as alternative qualities of reflections on writing.

15:09:58 From Brit Naylor to Everyone:

Justin Ginsberg

Agitated Air -- Two contemporary writers send translations of a Sufi philosopher back and forth

Point of reference to reinterpret that translation

original and interpretive meanings

Book report would take the form of a correspondence - via snail mail to slow down and digest ideas

Collective of how that conversation happens slowly

Kristin Lawler

What is Called Thinking - Heidegger's lectures from after the war

Form and content are the same - clearing a path for thought

"The way I paid attention was not the same as thinking"

Book report might be a map -- solitary walks that meet up

Brit Naylor  
Four Thousand Weeks - Oliver Burkeman  
About changing our relationship with time  
Book report might take the form of a daily log in which feelings about, and awareness of time, is noted repeatedly

Discussion about tracing and translation as acts of slowing

15:10:39 From Meghan Dunn - St. John's to Everyone:  
<https://docs.google.com/document/d/16I47jvkQzKpVHvvPZMEWVXaTptCB8M68p6RSAPAAxUM/edit?usp=sharing>

15:10:42 From Akua Banful to Everyone:  
zachary: Ursula Le Guin's translation of the Dao. I have multiple copies of the book from multiple translators.  
\*shows annotations\*. I've transformed that annotation into a process of slow reading.  
\*shows a framed annotation of a poem\*

kyle: books about urban planning. One in particular, How to study public life. The book includes a process of observation and interaction. I took notes and made maps of different public spaces while I was traveling.

Carla: I knew Christie in high school and haven't seen her in 30 years - so pleasant to see her. I'm really interested in the Tarot as an unbound book. The experience of tarot is about non-linearity. Especially during the pandemic, it made me look at zoom screens as blocks that spoke to tarot cards. How does that change what we see when we're not looking at zoom?

I was asked at the same time to contribute to a volume on Chinese botany (what I wrote my dissertation on ages ago).

15:11:00 From Akua Banful to Everyone:  
Carla: I tried to write a piece that about attention practices to plants in texts.

Akua: The Yoga Sutras of Patanjali. A non-linear reading experience where I would try to practice the aphorisms I had read through my body.

Carla: All of us are interested in embodiments of texts and how that shapes being human in the world.

Akua: when I was reading the Knausgaard books I would follow along with activities in the book to see what was truth and what was fictions

Carla: Akua is fantastic for writing these!

Akua: The Yoga Sutras of Patanjali. A non-linear reading experience where I would try to practice the aphorisms I had read through my body.

Carla: All of us are interested in embodiments of texts and how that shapes being human in the world.

Akua: when I was reading the Knausgaard books I would follow along with activities in the book to see what was truth and what was fictions

Carla: Akua is fantastic for writing these!

15:11:14 From David Landes to Everyone:

Emma: Thomas Merton's diaries, trappist monk writing in solitude, can't read in one sitting, stays with you.

Tom: Zen and the Art of Motorcycle Maintenance - attending to attention. Book report version: crafts with diff materials.

David: The Medium is the Massage, Marshall McLuhan, performs anti-bookness to awake readers to the media ecology of reading... which then comes with AN AUDIO VERSION TOO! Book report version: cooking!

Elisabeth: MC Richard's Centering, philosophical contemplative, ceramic artist "you have to start with silence." Book report version: Cooking! And contemplating

15:11:43 From Raiane Cantisano to Everyone:

Nabil - book: the sight of death, the person in the book attends to the same painting over an extended period of time, and kept writing and finding interesting things in it. Nabil's book report would take the shape of engaging with an art piece the same way, over an extended and recurrent period of time, reenacting what the character in the book did

15:11:50 From Kosi to Everyone:

unbound AND decentralized/non-linear text

Christie George (she/her), Raiane Cantisano: 

15:11:54 From D. Graham Burnett to Everyone:

[https://www.google.com/search?q=how+we+became+posthuman&rlz=1C5GCCM\\_en&oq=how+we+became&gs\\_lcrp=EgZjaHJvbWUqCggAEAAAY4wIYgAQyCggAEAAAY4wIYgAQyBwgBEC4YgAQyBggCEEUYOTIHCAmqABiABDIHCAQQLhiABDIGCAUQRRg8MgYIBhBFGDwyBggHEEUYPNIBCDI0MjdqMGo0qAIAAsAIA&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=how+we+became+posthuman&rlz=1C5GCCM_en&oq=how+we+became&gs_lcrp=EgZjaHJvbWUqCggAEAAAY4wIYgAQyCggAEAAAY4wIYgAQyBwgBEC4YgAQyBggCEEUYOTIHCAmqABiABDIHCAQQLhiABDIGCAUQRRg8MgYIBhBFGDwyBggHEEUYPNIBCDI0MjdqMGo0qAIAAsAIA&sourceid=chrome&ie=UTF-8)

15:12:20 From Nabil Kashyap to Everyone:

Replying to "Raiane: Recently started reading more fantasy – ...":

Nabil: The Sight of Death by TJ Clark (a little on the nose) but the art historian visits and revisits two Poussin paintings everyday for nearly a year, the book consists of journal entries about what he discovers.

The book report is kind of built in: To visit and revisit something in place in multiple seasons, times of day, the document the process.

15:12:23 From peter (he/him) to Everyone:

Group 4 (1/3)

Rebecca: Sheila Heat's "Alphabetic Diaries." She took a Take a chapter and make a photograph inspired by each sentence. This would be a photograph project!

Jonathan: I've been reading a lot of this stuff recently - Johan Hari, etc. But more than anything, it's Oliver Burkman's book, "4,000 Weeks." He used to be a writer on efficiency and optimization, and now he's reframing that in terms of the amount of weeks remaining in an average lifestyle. He's thinking about how the imagination and attention to your own experience. I struggle making experiences and ideas physical, bringing them into the world of objects. But my creative outlet is in comedy performance, and I've tried some ways of bringing these ideas into the world.

Peter: I thought of the book "Public Opinion" by Walter Lippmann. It's about the necessarily fictional "mental images" that each person in a democracy forms of the world — how do we operate in a world that's too complex for our limited brains?

15:12:46 From peter (he/him) to Everyone:

Group 4 (2/3)

Lippmann's point is that our politics is a function of the stuff each of us chooses to attend to. I would love to do some kind of event on this at SoRA, where people work to materialize and represent their "mental images" of the world...

Shanaz: I've never read a book specifically about attention. But I do have an idea: I take a photo book (I collect these; this one is around dahlits in Nepal). These take me a long, long time to move through. I've never spent as much time over a single page as I do when I'm looking at photo books. The way that I would bring these alive in practice. I'm not a creative writer, but I like to imagine making a backstory for people depicted in these photographs.

15:12:57 From peter (he/him) to Everyone:  
Group 4 (3/3)

Rebecca: The thing about these alphabetical diaries is that you have to pay attention to each sentence WITHOUT CONTEXT. It's all being shaped by a software program. So the preceding sentence and the following sentence are unrelated. It's a challenge to create an image that embodies a given sentence.

Jonathan: an hour from now, I'll be interviewing for a position at a social justice comedy group. I've been thinking about Neil Postman and media critical texts. How we consume art through these human fracking technologies. Since most comedy is now becoming tik-toks. What would it mean to create a live version of comedy that creates a greater degree of intention.

15:15:09 From Holmes, Brooke to Everyone:

Major theme: relation of the senses and embodiment to attention

-listening to a book vs. reading a book engage different experiences of attention

-has inspired a daily output (e.g. writing) and daily input (world experiences) philosophy

-mathematicians, physicists, etc. have strongly resisted technology and think/present with their

hands

-"we think with our hands": this is free flowing with kids, because they haven't been told there is a separation of mind and body. For example, kids draw with their whole bodies!

15:16:23 From Kyle Winston-Lindeboom to Everyone:

Kosi read Dungeons and dragons fifth edition, tabletop role playing

Had to learn how to read the book! Lean into techniques from dramaturgic friends, think about how stories appeared at your table. Filling/in omitting things that didn't occur through play.

Chronicle of what happened in the book that didn't happen at the table

Kyle Winston (I) read David Salle's book How to See and wants to chronicle all of the artists learned while reading in image form, who I sent them to and what they sent back, all of the new references learned. And the conversations with friends that followed.

Lane: all books "how to" books

George Saunders a Swim in the Pond in the rain which could as well be called "How to Write" Because you're being asked to do something with the book

What if a book doesn't have a call to action??

James is P Everett's James is Booking a Book

What do you do with a book that doesn't have some sort of instruction?

Kosi always thinking about how to adapt books to a game!

15:23:45 From D. Graham Burnett to Everyone:

<https://www.schoolofattention.org/past-courses/slow-burn>

15:28:21 From D. Graham Burnett to Everyone:

<https://www.newyorker.com/magazine/2024/05/06/the-battle-for-attention>