

Seeds of Sanctuary

An Attentional Warm-Up

Thinking about our spaces as (potential and real) SANCTUARIES...

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(In three phases, one minute each)

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1. ATTEND to your space.

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2. Stay where you are; IMAGINE a (small, real) intervention you might make to move your space *toward* becoming (more of an) Attention Sanctuary.

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2. Stay where you are; IMAGINE a (small, real) intervention you might make to move your space *toward* becoming (more of an) Attention Sanctuary.
3. INTERVENE; “make Sanctuary...”

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Take notes. Share in the chat, if you like.