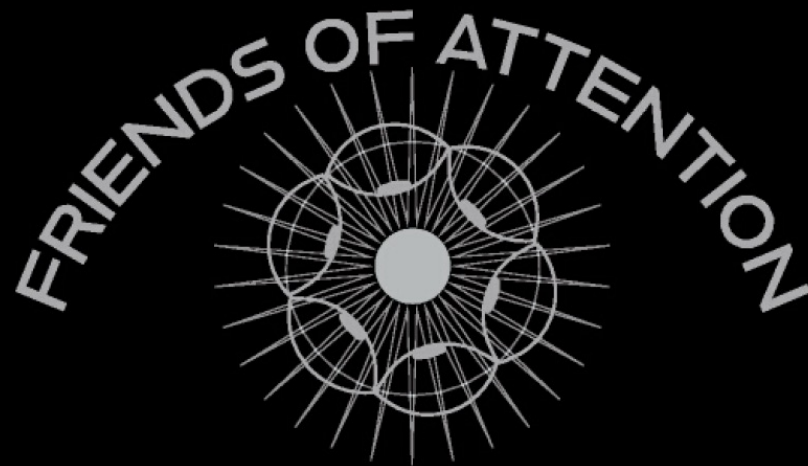


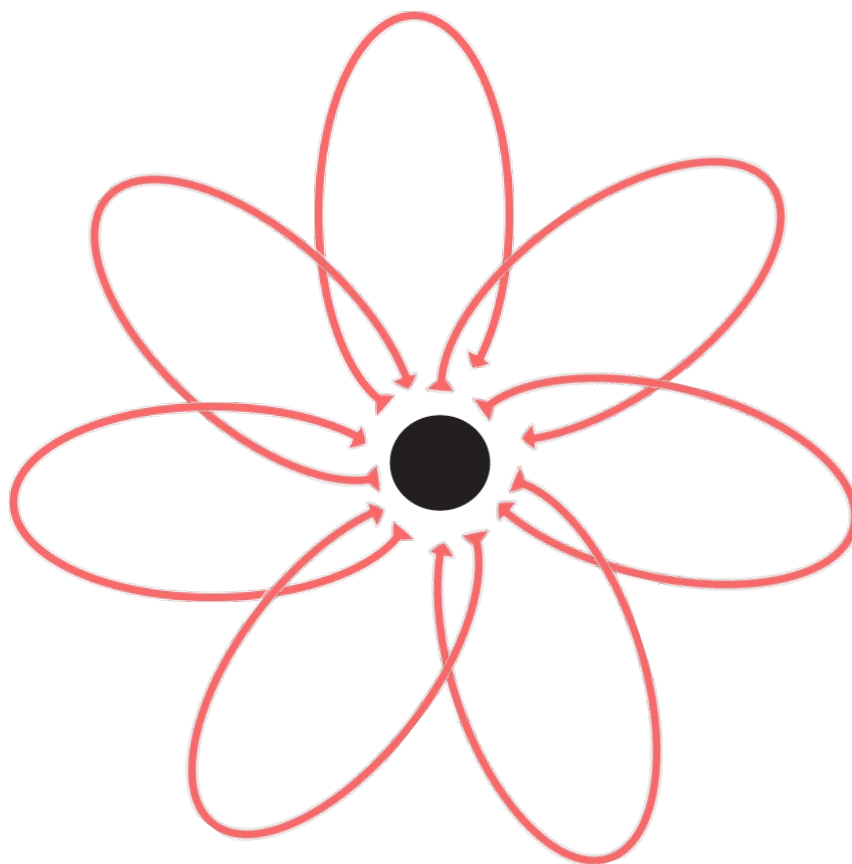
CENTRIPETAL ATTENTION

(a warmup exercise)



Led by
Alyssa Loh

(with a special thank you to *Inyard Kip Ketchem*, by way of William James ☺)



THE EXERCISE

Choose a visible object in your space that you can see.

[on the first bell]

I.

Attend to the object

And then, when you are ready, begin to make visual “loops” out and away from it (and then back to it – like the petals of a flower...).

[bell]

II.

Attend to the object

And then, when you are ready, begin to make *conceptual* “loops” out and away from it (and then back to it – like the petals of a flower...); but your gaze stays on it the whole time...

[bell]

(Take a few notes....)

THANK YOU!