

ORGANIZING ATTENTION (with guest visits from the new cohort of “Attention Fellows”) 7 November 2025

2025-11-07 13:46:30 From Peter Schmidt to Everyone:
Let's do yours, Graham

2025-11-07 13:47:22 From Peter Schmidt to Everyone:
Luther, Lou, Olivia

2025-11-07 14:01:03 From Peter Schmidt to Everyone:
Hey Luther!

2025-11-07 14:01:46 From Luther to Everyone:
Hi!

2025-11-07 14:11:34 From Lou to Everyone:
My email is lucsteeleofficial@gmail.com

2025-11-07 14:11:43 From Johannes Wankhammer to Everyone:
To Lou (can't seem to text you directly): email is jw54@princeton.edu
Peter Schmidt, Lou: ❤️

2025-11-07 14:11:48 From Lou to Everyone:
Great chatting Johannes!
Johannes Wankhammer: 👍

2025-11-07 14:12:47 From Zev Berman to Everyone:
Zev Berman here. Newbie. zpberman@gmail.com also zev@storyworks360.com -
Filmmaker, Producer

2025-11-07 14:20:21 From Donica Bettanin (she/her) to Everyone:

JAHONY 🍷

Gwen Olton (they / she): ⭐

2025-11-07 14:21:18 From David Landes to Everyone:

link to the Attensity holiday pre-order package? I need a new hat...

Peter Schmidt, Alyssa Loh: ❤️

2025-11-07 14:21:29 From Donica Bettanin (she/her) to Everyone:

<https://sites.prh.com/attensity-holiday-preorder-bonus>

David Landes: 🙏

2025-11-07 14:22:00 From Peter Schmidt to Everyone:

BULK ORDERS are the name of the game! So if you work in a classroom/company, makes a big difference...

2025-11-07 14:22:28 From Henry Kramer to Everyone:

Replying to "BULK ORDERS are the name of the game! So if you wo...":

On this note... all PROFESSORS.... Get your departments to order some ;)

2025-11-07 14:22:58 From D. Graham Burnett to Everyone:

<https://sites.prh.com/attensity-holiday-preorder-bonus>

2025-11-07 14:27:20 From Jac Mullen to Everyone:

A pumpkin, uncarved; Halloween has passed, and it passes its last days unattended, robust bright-orange life-looking from without, a prime-of-lifer; never bore a mark; we should come to it and see it off; come to it and care for the extent of its vitality as it uh, offstage, internally, departs, bit by bit, uncarved, uneaten, a large proper pumpkin, this one here, unattended.

2025-11-07 14:27:37 From Henry Kramer to Everyone:

An artisan espresso cup from a pop-up store in Oaxaca. It is beautifully made, with an entrancing pattern. It isn't perfect. The lines are not mechanical. A human made this. It's almost ritualistically formed. Feels good to hold. Others can, through attending, learn about the idiosyncrasies of handmade objects rather than fall into the dull trance of mass-produced perfect right-angled tools.

2025-11-07 14:27:41 From Peter Schmidt to Everyone:

I attended to my trusty stapler. Noticed how it consists of a bunch of basic machines: inclined planes, springs, hinges, levers... Thinking about how much of the history of making stuff / engineering can be extrapolated from looking long and hard at a

stapler with other people... Somehow the stapler launched me back to Davinci and his schematic sketches...

Henry Kramer: 😬

2025-11-07 14:27:47 From Larry A Berger to Everyone:

A cup with all the major philosophers - all need to see the greatness and lift themselves into higher ways of life

2025-11-07 14:28:27 From Johannes Wankhammer to Everyone:

Glasses cleaning cloth. Began to shine under my attention with all its folds and creases — its texture, color, its Spannkraft (can't think of the English term). It became an emblem of the many folds any objects reveals under the right attention, and in this sense, a call to organizing this kind of attention to the innocuous.

2025-11-07 14:28:31 From D. Graham Burnett to Everyone:

I had a little bottle of Purell – and thinking about it in the context of ORGANIZING put me back into the moment of the outbreak of the pandemic. The way we did (and did not) come together in new social structures around practices of hygiene in that scary period...

2025-11-07 14:28:33 From Donica Bettanin (she/her) to Everyone:

I attended to a ceramic bowl decorated with indents from rice grains grown near the artists' studio. I thought about the hands that grew the rice, the hands that formed the bowl, and the now-incredible fact of my own hands holding it

2025-11-07 14:28:38 From asú to Everyone:

a used coffee mug. there aint gonna be coffee in the upcoming years due to climate change and its effect on crops. will people survive under caffeinated? would that fear be enough for them to invest in regenerative agriculture?

2025-11-07 14:28:39 From whitneypeeling to Everyone:

Notes on an aloe plant and why it deserves wider attention: it has healing properties; it needs our care/can only grow and thrive if we tend to it; it reminds us to reach towards the natural light; it brings stress levels down;...

2025-11-07 14:28:41 From Yves Citton to Everyone:


Object: a USB key, as an organizing tool, to store and share material off line, i.e., away from surveillance whether police in a fascist State or whether commercial in a frackers' market. Plus: youo have to meet people IRL in order to share digital content with them, from hand to hand, smile to smile.

2025-11-07 14:28:45 From Roberto Luna to Everyone:

A coffee mug I have had for a long time. I had never seen some details in the images the mug has

2025-11-07 14:28:51 From Zev Berman to Everyone:

A broken pocket watch. It's designed to appear antique, but clearly isn't. I'm compelled by authenticity, and history, and I'm also compelled by the manufactured patina of history. Disappointed by it, but not necessarily sure why. I imagine that this begins to join the ranks of 'Slop' in the sense of AI Slop. There's an industrial machine that cranks out physical 'slop'

D. Graham Burnett: 

2025-11-07 14:29:00 From Hali Dardar to Everyone:

o potted plant, reflecting on how it is fine by itself but we put it in pots to somehow connect it to us, but with this we connect ownership with reliance

2025-11-07 14:29:02 From Justin Ginsberg to Everyone:

- Supply chain sketch: A bouquet of flowers from a university event. In massive budget cuts they still spend money on table place settings at events, and I typically grab as many as I can at the end to hand out – so they can be enjoyed. I began thinking about the resources needed and the supply chain that led the flowers to my table. The water, the sun, the human labor, the spreading of seeds, the taking care of, insecticides, the picking, pruning, transportation, to the florist – their labor to organize and arrange the drivers, the people who ordered them and decided on them, ... it is immense.

2025-11-07 14:29:16 From Lou to Everyone:

Collapsible industrial shelf bracket, circular: collapsible under excess pressure, holds our 100 lbs, has defined polarity like plant roots, fits together like a puzzle

2025-11-07 14:29:32 From Larry Berger to Everyone:

These pressed paper holders that hold the coffee for bipeds whose hands are not equal to the number of lattes. So well designed for holding cups. So essential to the task at hand. So inessential from every other perspective.

2025-11-07 14:29:36 From Olivia Johnson to Everyone:

A perfume bottle, glass, I noticed how the light made it glow, the weight of it, the way the contents changed when shaken. Thought of the way that smells can be trends and move in and out of fashion.

2025-11-07 14:29:37 From Atticus Affleck He/Him to Everyone:

Zen prayer/meditation beads, from my mother, each bead on the string is a new breath, the feel and look of them both. It is a necklace, so of course circular, the cycle of breaths without beginning or end, so the importance lies not on finishing or starting but just attending to the bead you're on. Pretty cool.

D. Graham Burnett: 

2025-11-07 14:31:23 From Ana Cristina (Tininha) to Everyone:

A attended to my favorite pen. Thinking about the technology it involves and looking at its design. Placed it in the long line of mark-making instruments. Felt emotional about being alive now. A much needed pause and sentiment of gratitude.

2025-11-07 14:34:01 From Henry Kramer to Everyone:

This looks amazing!

Johannes Wankhammer:👍

2025-11-07 14:34:16 From D. Graham Burnett to Everyone:

TOTALLY!

2025-11-07 14:34:20 From Julian Chehirian to Everyone:

Seriously—amazing work!

2025-11-07 14:34:28 From Ana Cristina (Tininha) to Everyone:

Wonderful work, Lou. Thank you.

2025-11-07 14:34:37 From Justin Ginsberg to Everyone:

What is the plant that is staining the paper towels,?

2025-11-07 14:34:53 From D. Graham Burnett to Everyone:

Pokeweed, I think...

Justin Ginsberg:❤️

2025-11-07 14:38:04 From Peter Schmidt to Everyone:

Attention Sanctuary!

D. Graham Burnett:🙏

2025-11-07 14:38:19 From D. Graham Burnett to Everyone:

YES YES YES

2025-11-07 14:39:09 From Ana Cristina (Tininha) to Everyone:

Amazing work, Luther!! Thank you 🙏

2025-11-07 14:39:22 From Jen Warner to Everyone:

Amazing work Luther and Lou!!

2025-11-07 14:40:16 From D. Graham Burnett to Everyone:

CHORAL MUSIC WAS AT THE HEART OF THE PROGRESSIVE ERA POLITICAL TRANSFORMATION!

Olivia Johnson:❤️

2025-11-07 14:40:19 From asú to Everyone:

so inspired by all these att activism manifestations!!! 🔥🔥🔥

2025-11-07 14:40:21 From Ana Cristina (Tininha) to Everyone:

Yes to creating music together!! 🙌🙌🙌 wonderful!! Thank you

Olivia Johnson: ❤️

2025-11-07 14:40:24 From D. Graham Burnett to Everyone:

SO moved my this....

Olivia Johnson: ❤️

2025-11-07 14:40:31 From Henry Kramer to Everyone:

One of the oldest and most basic thing humans humans have done together!!

Olivia Johnson: ❤️

2025-11-07 14:41:14 From asú to Everyone:

Raise Every Voice - REV - REVERBERATE!!!

Olivia Johnson: ❤️

Peter Schmidt: 😎

2025-11-07 14:42:09 From Hali Dardar to Everyone:

https://en.wikipedia.org/wiki/Estonian_Song_Festival

Olivia Johnson, Gwen Olton (they / she): ❤️

2025-11-07 14:42:35 From D. Graham Burnett to Everyone:

ONLY StUFF Like THIS LETS US PROTECT OURSELVES FROM THE HUMAN FRACKERS!!!!

2025-11-07 14:42:52 From Olivia Johnson to Everyone:

Replying to "https://en.wikipedia.org/wiki/Estonian_Song_Festiv...":

This is incredible!!

2025-11-07 14:45:16 From Gwen Olton (they / she) to Everyone:

Replying to "https://en.wikipedia.org/wiki/Estonian_Song_Festiv...":

I just learned about this this week. Someone who participated was describing and I forgot to look it up later, appreciating this!

Hali Dardar: ❤️

2025-11-07 14:46:54 From D. Graham Burnett to Everyone:

We have also worked hard to RAISE THE MONEY to keep DROPPING THE PRICES on all this stuff! Special thanks to our board for helping make this possible!

David Landes, Julian Chehirian: ❤️

Gwen Olton (they / she): ★

2025-11-07 14:49:09 From Henry Kramer to Everyone:

(Order of the third bird spotted!)

Zev Berman: ❤️

D. Graham Burnett: 🐼

2025-11-07 14:49:14 From Olivia Johnson to Everyone:

omg!!! I'm honored 😊👑

Gwen Olton (they / she): ❤️

2025-11-07 14:50:52 From D. Graham Burnett to Everyone:

Omphalos=naval (in greek?) I.e., BELLY BUTTON

2025-11-07 14:51:17 From Henry Kramer to Everyone:

Axis Mundi - center /navel of the world

2025-11-07 14:51:55 From Gwen Olton (they / she) to Everyone:

Imagine you are organizing a group of people to practice attention activism. Or joining a group led by someone you know. What will the goal of the group be? Where will you meet? What will be your method of attentional practice? Share with the group. Give feedback. Give your group a name!

Peter Schmidt: ❤️

2025-11-07 14:52:25 From D. Graham Burnett to Everyone:

If there is something you love, to do, with OTHERS.... YOU HAD BETTER GET SERIOUS ABOUT PROTECTING IT.... Because the HUMAN FRACKERS want to get you on a digital platform, so they can COMMODIFY WHAT YOU LOVE!

2025-11-07 14:52:29 From Holmes, Brooke to Everyone:

I'm so sorry I have to jump off now but AMAZING, Peter and all. SO excited to keep spreading this and hear about the cool things everyone is doing. Olivia (and others), so inspired by what you said! Much love ~~~~~

Gwen Olton (they / she), Olivia Johnson, Larry Berger: ❤️

2025-11-07 14:53:35 From asú to Everyone:

hey folks i need to go back to the conference I'm supposed to be attending but stoked to be here!! and cross your fingers for me to pass to the master program I'm applying for in regenerative attentional design!!! love yall!!

Peter Schmidt: ❤️

2025-11-07 15:01:59 From David Landes to Everyone:

David: Synchronicity Arts: my COMMUNITY OF IMPROV for musicians, movers, writers, artists [already exists with monthly home concerts, workshops, play sessions]

Johannes: my own monkish solitude, rediscovered HANDWRITING as portal into attentional space diff from the everyday. Works everytime. Also, WALKS, communalized, starting to notice. ORDER OF THE WALKING BIRDS

Roberto: HANDWRITING COMMUNITY, “to take note” = pay attn

Hali: TRIATHALON TRAINING for long term movement rather than short, mental training for it.

2025-11-07 15:02:36 From anat rosenberg to Everyone:
must leave now friends, thank you so much!

2025-11-07 15:02:43 From Gwen Olton (they / she) to Everyone:
Alyssa, Jen, Zev, Gwen

Alyssa: I’m a film maker and taught a class on attention and film making. If I were going to make an Att. Act. club - it would definitely be a film club. Going to see something in the theaters. Not turning phone on until after we’ve had tea, dinner, etc. and talked about the film and how the tools of making the film are shaping our understanding of the film

2025-11-07 15:02:48 From Lauren Guilmette to Everyone:

Larry: taught a course at SORA on phenomenology, three weeks, talking to some students after who mentioned the novelist Clarice Lispector and wanted to start a reading group (responding to student interest / excitement), they’ll be meeting in a week. Lispector was Jewish mystic, but also very much in the world, engaged, always writing, fascinated by attention.

Three types of groups: study group (this is one of these, primarily reading)
Feeling a part of the sea - “she can bring this all to life because she is deeply present”

Lauren: attention exercises in notebooks in class using Lynda Barry’s work Syllabus (writing down each day 7 things you did, 7 things you saw, something you overheard, and a quick drawing) - how does this change our experience of our days?

Megan: there’s a need more to map the interior landscape - things are compelling if we see ourselves in it

2025-11-07 15:02:59 From Jac Mullen to Everyone:

Jahony: If I was imagining a new group, I would do a silent reading group, but for writing. I love writing, but it’s becoming harder to sit down and write by myself. I think if I was in a room with other writers I would hold myself much more accountable—you could feed off each other’s energy.

Yves: I’m working with a graduate student who is doing his dissertation on ADHD and says he can’t do his dissertation by himself—he set up a group to do it with others, just as you said Jahony.

2025-11-07 15:03:16 From Jac Mullen to Everyone:

Brian: Just this year, we tried an experiment called “Write Club,” a few friends—we’ll get together and try a tiny exercise together, a journaling exercise for instance. Over time realized: this isn’t a writers’ circle, no critique—it’s just writing in the context of co-presence. The main thing that has changed in terms of me being able to write in journals is that I’m more distracted. I’ve always appreciated, in terms of what we do here, is that writing is entwined with the act of attention (obviously not the entirety of the act, but there’s an important relationship there).

Yves: It is very interesting to me to feel what it would be like to write beside someone else, and figure out what it would mean to attend to someone who is writing beside you, and attend with someone who is also writing.

2025-11-07 15:03:17 From Gwen Olton (they / she) to Everyone:

Alyssa, Jen, Zev, Gwen cnt’d

Jen: I would speak to something I’m already doing in this realm. Starting to take some shape - I was previously a tv producer. Therapist who specializes in trauma and complex chronic illness. Taking a TIC model and take it into broader community - TIC as a model in healthcare is literally attention activism in health care. Even though it’s not practiced enough in healthcare, it’s an amazing model and taking it out into community and with groups - to be with each other and our own bodies, in communities, in our own bodies. To be with and in our human bodies together. Can look a lot of ways - being in community together and sharing space. Been really special to practice this.

Zev: I may or may not be working on creating a chapter on something that involves birds and attention

2025-11-07 15:03:19 From Jac Mullen to Everyone:

Jahony: My writing club would have to be in nature—so as to incorporate some things that are not just attentional ‘for the sake of attention.’

Jac: In the group, or in collective attention contexts, is probably most generative if attention is directed not at each other, but at some shared object, some third thing.

2025-11-07 15:03:48 From Donica Bettanin (she/her) to Everyone:

Michael, Whitney, Donica

Ideas:

Educators could do with students (inspired by Lou!): walks that make you engage differently.

Scavenger hunts in a specific neighborhood/location: challenge is to find the most (closest) locally made thing. Annual soup swap: everyone brings a soup, and takes home some of each. Eating each one becomes an event!

We talked a little about working with existing network vs. marketing/reaching people, knowing where to find them...

2025-11-07 15:05:09 From Justin Ginsberg to Everyone:

Atticus, Larry, Justin (working title – space odyssey)

- Movies and how Films have changed –the average length of a shot within a movie has become significantly shorter.
- What if we resituate films as places of attention intentionality and not places of distraction and diminishing attention spans.
- A movie group that attends to films– like Space Odessey utilizing 3 minutes of silence/blackness, (similar to John Cage’s silent compositions)
- Had a exercise in grad school where we watched a film, 3 times – once as normal, once as just imagery no sound, and once with no images and just sound. We used “Punch Drunk Love” in this exercise.
- Maybe selecting excerpts from films that celebrate slowness and attention.

2025-11-07 15:05:11 From Ana Cristina (Tininha) to Everyone:

Jen, this is such an important (very!) work.

Jen Warner: 

2025-11-07 15:05:26 From Ana Cristina (Tininha) to Everyone:

Perfect for fall/winter!!

Jen Warner: 


2025-11-07 15:05:46 From Ana Cristina (Tininha) to Everyone:

Where would do you gather to do the soup swap?

2025-11-07 15:06:09 From Henry Kramer to Everyone:

Krockpot

whitneypeeling: 

Donica Bettanin (she/her): 

2025-11-07 15:06:24 From Peter Schmidt to Everyone:

<https://www.schoolofattention.org/join-our-coalition>

2025-11-07 15:06:33 From whitneypeeling to Everyone:

Replying to "Where would do you gather to do the soup swap?":

One of our homes or - if weather permits - the park!

2025-11-07 15:08:37 From Gwen Olton (they / she) to Everyone:

Instructions:

In groups, do a role-play where you practice telling someone you love about your att. Act group. Talk for a minute or so and then switch parts. Offer feedback to your partners. Discuss which strategies connect best with your interlocutor.

Jac Mullen: ❤️

2025-11-07 15:14:45 From Peter Schmidt to Everyone:

<https://www.penguinrandomhouse.com/books/782387/attensity-by-the-friends-of-attention/>

2025-11-07 15:15:18 From Donica Bettanin (she/her) to Everyone:

<https://sites.prh.com/attensity-holiday-preorder-bonus> if you want the HAT

2025-11-07 15:15:24 From Peter Schmidt to Everyone:

<https://www.schoolofattention.org/join-our-coalition>

2025-11-07 15:15:26 From Jahony Germosen to Everyone:

peter@sustainedattention.net

2025-11-07 15:15:44 From Johannes Wankhammer to Everyone:

We failed to designate a rapporteur in our group, but: Yves Citton had inspiring ideas about regularly releasing ourselves from “task-oriented” attention and doing nothing — to see whatever crops up and get the sort of distance that allows us to attend to what we usually pay attention to

2025-11-07 15:15:48 From David Landes to Everyone:

Talking about one’s own story VS the other person’s interests. Clarify how attn is a cultivated practice, not just an incidental happening (as many currently think about it)

2025-11-07 15:15:59 From Alyssa Loh to Everyone:

Donica, Brian, Alyssa:

D usu says, if she gets one sentence, that it is about pushing back against the attention economy. If she gets two sentences, it is not about screen time, it is about creating different and better experiences to remind you about all the other good things your attn can do.

B HAS talked to his mom about this group – and usu emphasizes RECLAIMING our attention, because it typically resonates for people, that feeling of ending up on your phone and not knowing how, so the idea that there are forces that have acted upon you without your knowing... this immediately resonates

2025-11-07 15:16:06 From Olivia Johnson to Everyone:

Our talk ended with a focus on the value of human connection!