

WARMUP

On today's call, we'll be considering the idea of the "right to attention." To get our attentional motors running, we'd like to explore a version of that idea... with *objects*.

For the purpose of this exercise, let's imagine that EVERYTHING has a "right to *receive* attention." A whole world out there, longing for attention...

Our warmup, then, is going to involve choosing an object in your vicinity that, by your judgment, is in need of attention. We'll *interfere* with its right to be attended to — and then give it our attention anyway...

Ready?

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ATTEND to the object anyway; insist upon its right (60s)

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Then take notes on your experience and share in the chat!