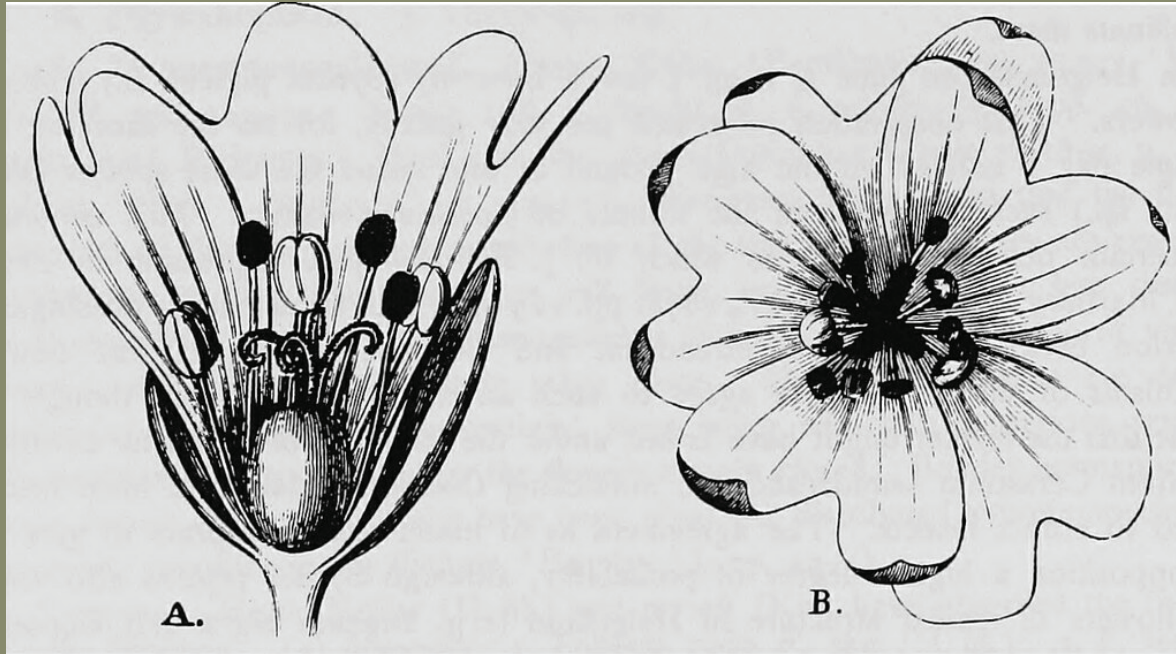


ANTHESIS



A word, then, about Anthesis: the term sounds a bit like “antithesis,” but it means something deliciously different. It is a technical term in botany, where it refers to “the period of time during which a bud begins its irreversible flowering.” Hence, it can be thought of as “the period of time when a latent reality begins to unfold.” It means, in this sense, “florescence.” One is reminded immediately of Galway Kinnell’s great poem “Saint Francis and the Sow,” which opens:

*The bud
stands for all things,
even for those things that don’t flower,
for everything flowers, from within, of self-blessing;
though sometimes it is necessary
to reteach a thing its loveliness,
to put a hand on its brow
of the flower
and retell it in words and in touch
it is lovely
until it flowers again from within, of self-blessing;*

This is the ANTHESIS of radical attention, and it is the moment in which one’s loneliness becomes, through the hand of a friend, solidarity. It is the moment in which an insurgent gesture becomes collective practice ...

... Put your hand on the brow of what obtains, and effect anthesis. Flower forth. Make friendship, through care. This is the path to **RADICAL HUMAN ATTENTION**; its means and its form as well.

Excerpted from:

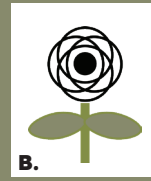
Handbook of the Attention Liberation Movements, August 2021 Draft, pg 23 - 24

See First Fridays 2021, Section VIII, Handbook of the Attention Liberation Movements, October 2021

<https://friendsofattention.org/wp-content/uploads/2025/11/The-Handbook-as-Circulated-DRAFT-FOR-ALL-Raw-to-post.pdf>



Anthesis: An Exercise



I.

Look around the room, out the window, or in your mind's eye for a house plant, vine, tree, bush, bulb, or vegetation of any kind. Observe the conditions of its life-world; imagine the conditions across time.

II.

At the chime, become the plant. Observe the conditions of your life with your plant senses. If comfortable, close your eyes; try to sense light with your skin, etc. Imagine blooming, in due time, with all your fellows.

III.

At the second chime, return to your human senses. Maintain your inner flowering to any extent possible. Subtly remind your friends when it's time to bloom.