



SOUNDING THE ALARM (with guest Alice Bennett) 6 March 2026

2026-03-06 14:14:47 From SoRA to Everyone:
<https://www.schoolofattention.org/programs/courses>

2026-03-06 14:14:55 From SoRA to Everyone:
<https://www.schoolofattention.org/art-programs>

2026-03-06 14:18:48 From SoRA to Everyone:
<https://diplomatie.org.br/para-resistir-aos-abusos-das-big-techs-precisamos-de-santuarios-da-atencao/>

2026-03-06 14:20:16 From SoRA to Everyone:
Come one come all! Tuesday 3/10 6-8pm, NeueHouse, NYC, rsvp here
https://www.eventbrite.com/e/attention-activism-with-d-graham-burnett-tickets-1983892931162?keep_tld=true

2026-03-06 14:20:55 From SoRA to Everyone:
Austin TX SXSW book event - also free - 3/14 4-6pm at TOMO mags, rsvp here
https://www.eventbrite.com/e/attensity-book-event-at-sxsw-tickets-1984561439689?aff=oddtcreator&keep_tld=true

2026-03-06 14:22:09 From SoRA to Everyone:
Attention Activism Atlas - add yourself here <https://www.schoolofattention.org/atlas>

2026-03-06 14:23:14 From CJ The X to Everyone:
This is awesome. Exactly what I've imagined & hoped for. Interface & info so valuable, so accessible & collaborative. Will absolutely be submitting all my Toronto / Canadian things into this & pushing it online where I can

2026-03-06 14:23:50 From CJ The X to Everyone:
(The Atlas)

2026-03-06 14:30:50 From Ana Cristina (Tininha) to Everyone:
What is the TV interview show Peter will be at tonight? I'd love to watch it

2026-03-06 14:31:44 From SoRA to Everyone:

Replying to "What is the TV interview show Peter will be at ton...":
Roda Viva!

2026-03-06 14:32:43 From Ana Cristina (Tininha) to Everyone:

Wow! My favorite! When Graham described it, I thought it would be Roda Viva! Amazing!!

2026-03-06 14:37:43 From Tim O'Brien to Everyone:

Where can I go to? So that I can go anywhere?

2026-03-06 14:38:04 From kevinmadison to Everyone:

Practicing the piano as a sanctuary of attention...repetition / rote learning acts as a sort of generative container for attention to inner world that may not have gotten proper attention at other times

2026-03-06 14:38:29 From Jacob Sheetz-Willard to Everyone:

Sanctuary: the canyon country of southern Utah. It protects and preserves a spatial, tactile type of awareness; increased attention to the physical contours of the landscape, the embodied feeling of moving through that landscape; awareness of changing weather conditions and how the air interacts with the body. Sense of temporal perspective while looking at the geologic history revealed in the layers of sandstone. What protects this sanctuary: real and perceived remoteness. Lack of connectivity. The economic "uselessness" of the landscape (not great for grazing, limited mineral deposits of commercial significance). It exists outside the dominant value structure of the culture.

2026-03-06 14:38:31 From Mitra Martin to Everyone:

Sanctuary: the Argentine tango embrace

What it protects: The aliveness of shared improvisation

What protects it: Tradition, codigos, music structured into tandas and cortinas

2026-03-06 14:38:35 From kristinlawler to Everyone:

What my sanctuary protects: diversity of shorebirds, relationships, love, the memory of my father, dolphins. What protects it: the last shred of environmental law and of the idea that people should have vacations, plus the fact that no cell signal can make it there. Plus it opens out, to the sea, not a cave but a portal

2026-03-06 14:38:49 From alicebennett to Everyone:

I learned my favourite word for the idea of the attention sanctuary from Yves Citton: the VACUOLE.

2026-03-06 14:39:07 From Phillip Bimstein to Everyone:

My sanctuary (mindfulness practice) doesn't just protect -- * it embodies, enhances, enriches my awareness, my full-hearted embrace and experience of life

2026-03-06 14:39:23 From Jennifer Zaccara to Everyone:

Going to my house in Cohasset and gardening and reading and sitting on the porch to watch the arrival of morning and evening and walking with and entertaining family and friends. My sanctuary protects memories and the making of memories

2026-03-06 14:39:48 From SoRA to Everyone:

Ingrid here — thinking of the pool, swimming laps, the no-thing mind of that practice, which is very individual. But what protects it is a huge civic infrastructure - thousands of YMCA members, hundreds of staff across the city

2026-03-06 14:39:50 From D. Graham Burnett to Everyone:

I did indeed think about a church I care about — and it was striking. When I really thought about it, what I came to feel the space “protects” for me.... Is really HOPE. And when I had to think about what “protects” the space and time of the sanctuary, I thought of four things: walls, habits, practices, people!

2026-03-06 14:39:51 From kevinmadison to Everyone:

My own investment across time into my music practice is precisely what protects it...attention breeds attention?

2026-03-06 14:39:53 From Phillip Bimstein to Everyone:

my intnetion AND attention, my commitment, my opeenness, and th ekind awarensss I tune into proectds my sanctuary

2026-03-06 14:39:58 From Tim O'Brien to Everyone:

I imagined myself in a small room lined with bookshelves on the left and right, and a desk facing two windows at the end. I realized that having my back to the door was an act of vulnerability that is essential to my sanctuary.

2026-03-06 14:39:59 From Connor Griffin to Everyone:

I'm in my bedroom right now--a sanctuary for sleep and DREAMS! A sanctuary for freedom and trying out new ideas, for listening to the unconscious. 2. The curtains that block out streetlight, my alarm clock (!) that allows me to sleep without fearing that I'll be late for something, the radiator and double-paned windows that keep me warm--gratitude to them all.

2026-03-06 14:40:01 From Michael Lang to Everyone:

Sanctuary protects my experience of infinity. Sanctuary is protected by the autonomy of myself and those I am with, to the extent that we can maintain it.

2026-03-06 14:40:07 From eleanor (she/her) to Everyone:

What does this sanctuary protect: connection to body, connection to piral/kairos time, weather patterns of emotion, freedom from fixed meaning, willingness to engage with change and impermanence

What protects this sanctuary: closed doors, closed eyelids, patience, trust, listening, silence, willingness to be close

2026-03-06 14:40:12 From Yves Citton to Everyone:

I chose my Classroom at the UNiversity Paris 8 as our sanctuary. It was fairly easy to identify what it attempted to protect, but when thinking what protected it, it seemed like it needs so many people and institutions to make it possible, that it was both beautiful and scary... so collaborative and so fragile...

2026-03-06 14:40:29 From Alex Soojung-Kim Pang to Everyone:

What it protects: Not so much unbroken time and attention (now that kids are gone), as the intent to do something serious with it, and the ability to realize that intent. What protects it? Other people, here and imagined,

2026-03-06 14:40:52 From CJ The X to Everyone:

What is my sanctuary?

Washing Monument attention exercise. Rowing, kayaking. Deep conversations. Creating art with my brother and best friend.

What does my sanctuary protect?

Others. My ability to be aspirational, to prescribe and model my experience for those i care about. It protects those who are influenced by me. It protects those who rely on me. It protects those who worry about me, who believe in me, who are energized and informed by my work and my experience and my Being.

What protects my sanctuary?

The eyes of others. Accountability. Others knowing of who I am and their willingness to interfere with me and my behaviour. Invitations to offer my energy to what matters. Exposure to others who are doing the right things in a way I relate to, aspire to. Seeing Need, designing my life around fulfilling that need. The eyes of others.

2026-03-06 14:41:04 From Alicia Smith to Everyone:

swimming at the pool
protects
health, physical and mental
a protected time to just be moving and thinking, not taking in media or producing anything

protected by
the rules and expectations of the pool
a routine where I prioritise going
the university prioritising providing it!

2026-03-06 14:41:21 From CJ The X to Everyone:

Protects others & is protected by others, I noticed, which touched me.

2026-03-06 14:41:25 From Connor Griffin to Everyone:

Thanks everyone! A pleasure to practice with you all!

2026-03-06 14:42:09 From Rosemary River to Everyone:

Sanctuary - laughing wildly with my sisters and spending time just laughing with people

Protects - my sense of self and place

Protects it - shared values around presence, communication skills, minimal phone usage 😊

2026-03-06 14:43:07 From kevinmadison to Everyone:

Loving how the "what protects it" section of the practice, for a lot of us, is just ideas, shared values, concepts, etc.!

2026-03-06 14:49:56 From Rosemary River to Everyone:

Soooo cool thank you Alice 🕒🕒

2026-03-06 14:51:18 From Ana Cristina (Tininha) to Everyone:

Sanctuary: being present when interacting with others / Protects: my sense of self, my mental/physical health / Protects it: my commitment to be present and the decision to allow myself to enjoy the moment and be open to connecting with others.

2026-03-06 14:51:38 From Ana Cristina (Tininha) to Everyone:

Thank you, Alice!

2026-03-06 15:01:46 From eleanor (she/her) to Everyone:

YES @Molly, that IS winning, it's the Final Boss of meditation 🧘

2026-03-06 15:02:12 From SoRA to Everyone:

Snooze or no? Some of us set many alarms and need it

Michael - so much of my life trajectory as been built around escaping alarms/need for them. Has dealt with these things by having a wider calendar but more freedom at the smaller scale of the hour/day

The alarm - "unfreedom"

Island in Greece - Icharia (sp?) - people live a long time, nobody gets up with an alarm, stores open when they open — connection between the lack of stress (of alarmed) and longevity in the population

Ana Christian - alarms everywhere! Two teenagers that don't go to sleep or get up
Deadlines for oneself and one's children

Ingrid - working in film as an AD - alarms as containers of time - conduits of creativity

Michael - chose work that felt good and had an eye for incubating autonomy in himself and others

Lots of energy/excitement in the room around the idea of a 'secret' / figuring it out - which is not so much of a secret but a way of life

2026-03-06 15:02:17 From David Landes to Everyone:

"To arms": etymology

"My life needs more alarms"

Sanctuary is protected by other people as helpful alarms

The pleasure of the snooze button

Alarms make us more forgetful

Health watch to regulate the body

To be "Alarmist" = hints at the invisible alarms in the social code

2026-03-06 15:03:59 From kevinmadison to Everyone:

Extreme alarms needed for when sleeping through alarm is possible

Eleanor meditates every morning and the app has a timer; alarm's function as an "arm of modernity"; very linear point as checking the box as having done something

Different ways of ending things in life, just as in music; endings can be sharp and distinct or gradual and vague

Difference between disruptive, i.e. taking you AWAY vs. calling you TO attention, to presence.

Using alarms to tell when cup of tea is done; tend to ignore the alarm anyway

Alarm is not necessarily a demand, or an "alert", meant to cause anxiety or immediate action; it just tells you that you've reached the point you've intended to reach; can be interpreted in multiple ways

Meditation alarm bell can just be another thing to be mindful of

Winning at meditation, lol

2026-03-06 15:04:05 From Alex Soojung-Kim Pang to Everyone:

Melissa: hasn't set an alarm for a long time, but fiancée has gentle and intrusive alarm. Loud noise compels action in a way that inanimate objects often don't.

Connor: Year after college, fell in love with reading again, set alarms on phone (then put the alarm away) to create time and freedom. Alarm fatigue forces every social movement into a tragedy of the commons, in which every worthy group uses states of emergency and alarms to get attention. This can be overwhelming and destroy attention.

Ben: Used to be more of a social process for determining what was alarm-worthy in ancient times.

Alex: My alarms are connected to personal/work/family calendars and are set to go off 30-minute and 5-minute before event, so are for reminding more than alerting or warning. Different from ones that require instant response-- proximity alerts on cars, smoke alarms, etc.

2026-03-06 15:04:17 From Yves Citton to Everyone:

Rebecca : high pitch sound security system; police arrives; front door open. One feels in a perpetual field of alarm, due to the constant onslaught of terrible news

Mitra: I tend to be alarmed by the fear of triggering the alarm
Torbert: The grabbing of attention from everywhere is constant
Mitra: turning off your phone is not enough, there are many things that work as alarms
Jennifer: Trouble in the morning, I am sleeping and my two alarms aren't enough; and the dogs are what makes me get out of bed. In war with morning alarms.
Yves: What about whistleblowers, and their courage and bravery?

2026-03-06 15:04:24 From Jacob Sheetz-Willard to Everyone:

Jeff: "Pomodoro" method for teenagers studying. Setting a timer for 15 minutes; you can concentrate knowing that relief from attention will come. A sort of attention envelope. What it saves you from is fear of your own attentional frailty.

Tim: Apps that set your phone to focus mode. Gamifying the experience of focus. Translating focus into a system of rewards and productivity. Feel like you're accomplishing something.

Jacob: Colorado's system of avalanche predictions. The higher the avalanche risk, the more that the backcountry traveler starts to internalize that feeling of vigilance, the more they have to take responsibility for assessing risk in the field.

Jeff: You don't have alarms for emergent phenomena. The alarms that didn't go off in Germany in 1933 were reflected a decade later.

Alicia: The alarm breaks time into before and after. The break in time signals an "emergency." The alarm model doesn't give you time to prepare before a situation becomes an emergency. There's no spectrum to emergency; it's an o

2026-03-06 15:04:44 From Amanda Nesci to Everyone:

Monique started us off by mentioning they had a client meeting at 3 so they would have an alarm going off. This brings up the feeling: anxiety just knowing the alarm will cut you off, what will it interrupt, cut short, what will you miss?

Various thoughts shared:

Hyper vigilance with these constant alarms all the time. Even though in theory there are there to let you relax. Everybody has got to get loud to get attention these days. Create a sense of anxiety.

Reminds me of the time that the coffee shop I used to go to, they changed the alarm for the panini press to the same one that was my wake up alarm

Almost pavlovian

I long wish microwaves, dishwashers, appliances, had more beautiful sounds
Why deal with that? Why not your appliance play the violin?

2026-03-06 15:04:55 From Amanda Nesci to Everyone:

In a rental flat I had a washing machine that played we wish you a merry Christmas when it was done, I miss the polyphonic ringtones you can program yourself

Will this change your relationship to the sound you previously loved?

Experience of being a jarring experience— they are helpful, but they interrupt.

People that sound the alarm: which might feel more unsettling, how do we treat people who sound the alarm? Do we ignore them? How does this related to our security or safety?

Thinking about the gendered nature of sounding the alarm: who needs to be taught a lesson about what is appropriate to report or speak up about? These are usually directed at women or children. And it is interesting who needs their "alarmist" tendencies displayed.

2026-03-06 15:05:03 From Amanda Nesci to Everyone:

The boy who cried wolf: have we lost that lesson? Everyone is sounding the alarm—part of the attention economy is inherently sounding alarms, pop up notifications, alerts, etc. Have we lost that lesson that no one will listen to you if you keep sounding the alarm all the time? Feels like there is no longer shame in sounding the alarm all the time.

Since people are primed for fear, this adds to anxiety culture. On the flip side, it can make people feel disconnected/ignore everything.

2026-03-06 15:05:18 From Molly to Everyone:

Thinking about the difference between an alarm that pulls you from something (eg alarm clock pulls you from sleep) and an alarm that calls you to something (eg call to prayer, shabbat alarm)

Alicia Smith:👍

2026-03-06 15:06:22 From Yves Citton to Everyone:

I have read that Britain had stopped advising older men to monitor their prostate cancer warning signs, because it caused more anxiety and surgery than necessary, and ended up increasing the health problems...

2026-03-06 15:08:25 From kevinmadison to Everyone:

The panini example mentioned just made me think about working in retail / customer service (especially big corporations that do not consider employee quality of life), and how accustomed people become to constant alarms, ring tones, bell sounds, digital blips. Entering spaces like that I always think about how that must be really brutal on attentional faculty

Alicia Smith, SoRA, Ana Cristina (Tininha):👍

2026-03-06 15:15:27 From Yves Citton to Everyone:

Thanks Alice, that was great!

2026-03-06 15:15:31 From Tim O'Brien to Everyone:

THANK YOU!

2026-03-06 15:15:33 From eleanor (she/her) to Everyone:

Thank you so much Alice!!

2026-03-06 15:15:37 From Ana Cristina (Tininha) to Everyone:

Thank you

2026-03-06 15:15:38 From Joost Burgers to Everyone:

Thank you so much!

2026-03-06 15:15:40 From kristinlawler to Everyone:

Thank you Alice!!! Fantastic!!!

2026-03-06 15:15:41 From Mitra Martin to Everyone:

Thank you!!

2026-03-06 15:15:44 From kevinmadison to Everyone:

Thank you Alice!! 😊

2026-03-06 15:15:51 From Amanda Nesci to Everyone:

Thanks Alice!!