



BACK TO SCHOOL! (Thinking the Attention SCORE) With Graham, Peter, Jeff, Kevin, Eleanor, and more... 4 September 2026

2026-09-04 14:02:07 From Peter to Everyone:

I spot a new Tulane.edu domain name 🧐

dlandes@tulane.edu: 😄

2026-09-04 14:02:25 From David Landes in NOLA now ha! to Everyone:

Replying to "I spot a new Tulane.edu domain name 🧐":

I changed it to my name but it wont let me!

2026-09-04 14:02:31 From Lauren Guilmette to Everyone:

Replying to "I spot a new Tulane.edu domain name 🧐":

Congrats David! We miss you in Durham!

2026-09-04 14:02:59 From David Landes in NOLA now ha! to Everyone:

Replying to "I spot a new Tulane.edu domain name 🧐":

Lauren! miss ya'll too! come visit

2026-09-04 14:03:14 From Holmes, Brooke to Everyone:

Replying to "I spot a new Tulane.edu domain name 🧐":

Congrats David !

dlandes@tulane.edu: ❤️

2026-09-04 14:16:07 From Marit MacArthur to Everyone:

Jean-Lou, can you share a link to your recommendation algorithm project?

Jean-Lou (Tournesol): 👍

2026-09-04 14:16:19 From Khristina Haddad, Political Science, Moravian University to Everyone:

I am struggling with a cold. Sorry to have my video off for now.

Ingrid Jacobsen: ❤️

2026-09-04 14:16:47 From Jean-Lou (Tournesol) to Everyone:

Replying to "Jean-Lou, can you share a link to your recommendat...":
<https://tournesol.app/> (<https://tournesol.app/manifesto>)

2026-09-04 14:21:38 From Henry Kramer to Everyone:
The architecture of my kitchen felt so exciting!
Lauren Guilmette: ❤️

2026-09-04 14:22:06 From Raphaële Jeune to Everyone:
Feeling like a germ, a bean, full of unshaped energy

2026-09-04 14:22:32 From Jeff Dolven to Everyone:
I know what everything around me (the wooden desk, the metal lamp, leaves of the bird of paradise) tastes like—and this is not because I tasted it all recently, but because I still remember from when I was tasting everything.
Molly E Vasich, Ingrid Jacobsen, Wess Daniels: ❤️

2026-09-04 14:22:35 From Soren van Loben Sels to Everyone:
I noticed the sensor experience of how my clothes felt on me a lot more consciously, especially the tightness around the back of the knee caused by my legs being folded in this set of pants.

2026-09-04 14:22:35 From Kevin Madison (he/they) to Everyone:
Kevin: I recently started buddhist mindfulness meditation (like literally this week); it's interesting to feel how these exercises intersect and differ with that work
Josie Smart, cynthia nearman: ❤️

2026-09-04 14:22:37 From Molly E Vasich to Everyone:
I experienced a sort of- wait? How did I get here?! feeling when I took it in all at once.

2026-09-04 14:22:51 From Peter to Everyone:
Institutional Review Baby
Jillian Impastato: 🤔

2026-09-04 14:22:52 From Marit MacArthur to Everyone:
Sight is more beautiful after a break. I love my windows. And the quiet with kids at school.

2026-09-04 14:22:55 From Kate Mondloch to Everyone:
Hearing the baby evoked all-at-oneness quite effectively—interesting to think about audio cues

2026-09-04 14:22:55 From Kelly in Half Moon Bay, CA to Everyone:
I complain about traffic noise, but it's actually pretty peaceful in here

2026-09-04 14:23:01 From Romina to Everyone:
Full wonder

2026-09-04 14:23:05 From Ingrid Jacobsen to Everyone:
How could one not cry/scream/laugh/go to sleep, immediately upon seeing everything that there is
dlandes@tulane.edu, eleanor (she/her), Maddy Teichmann, Lauren Guilmette: ❤️

2026-09-04 14:23:05 From eleanor (she/her) to Everyone:
Can I unknow a sound, its source? A word, its pronunciation, meaning?

2026-09-04 14:23:20 From margaretwertheim to Everyone:

the impossibility go regression.... of unknowing, unseeing, unhearing whats been seen felt heard... the wish to UNKNOW... a desire to regress even for one minute - just to be in That State for a moment...

2026-09-04 14:23:24 From Torbet McNeil to Everyone:

Peace during quiet time, and peace also when coming back, but noticing the computer and all the open windows/worlds that exposes me to was visceral. Thought of Nicholas Carr's description of turning on a computer

2026-09-04 14:23:27 From Phillip Bimstein to Everyone:

love this activity! I lead similar "baby meditation" in my classes. but today found it challenging to separate myself form habitual naming, identifying, discriminating, etc.

2026-09-04 14:23:27 From Michael Lang to Everyone:

I conduct a practice like this nearly every day. I find that with opening my eyes, surroundings appear new, even what is otherwise familiar.

Molly E Vasich: 

2026-09-04 14:23:43 From Kate Mondloch to Everyone:

Replying to "Kevin: I recently started buddhist mindfulness med...":
100%

2026-09-04 14:23:51 From Mark Dixon (Guilford College, ART) to Everyone:

The space btw laughing and crying goes first. Hey. where did all of this skin come from?
Lauren Guilmette: 

2026-09-04 14:23:58 From Jovi de la Jara to Everyone:

All is light
Peter: 

2026-09-04 14:24:04 From nisha waghmare to Everyone:

Usual y the heat on the skin is intolerable. But when i was able sit and pay attention, i was able to define what depth that feeling has: sting, warmth on the inner level, area of the skin where i feel the heat.

2026-09-04 14:24:47 From Alexandru Balgiu to Everyone:

The resonance of the bell pulled me in two directions, and I went spiraling down the audio cord into space. Then I became a cake, soft, feeling the comforting weight of matter.
Lauren Guilmette: 

2026-09-04 14:25:36 From Molly Zapp to Everyone:

I don't see babies as in a state of confusion (I have a 10 month old). She seems open, aware, able to experience life unencumbered by the compulsion to understand. Something I admire and delight to see and try to taste again myself.
Romina, Ingrid Jacobsen: 

2026-09-04 14:25:53 From Phillip Bimstein to Everyone:

Alexandra, the cake sounds scrumptious ;-)

2026-09-04 14:26:56 From Phillip Bimstein to Everyone:

whoops: I meant, Alexandru

2026-09-04 14:27:49 From Henry Kramer to Everyone:

<https://www.schoolofattention.org/enroll>

2026-09-04 14:27:50 From Romina to Everyone:
I'd like to do something like that in Spanish!

2026-09-04 14:27:52 From Henry Kramer to Everyone:
<https://www.schoolofattention.org/enroll>

2026-09-04 14:28:22 From D. Graham Burnett to Everyone:
Also a group in FRANCE — talking about doing something similar....
Jean-Lou (Tournesol):👍

2026-09-04 14:28:54 From D. Graham Burnett to Everyone:
SHOUT OUT to the GUILFORD PEEPS ON THIS CALL!
Mark Dixon (Guilford College, ART), cynthia nearman:❤️
Wess Daniels, cynthia nearman, eleanor (she/her):🎉

2026-09-04 14:32:27 From eva-marie (em) stern to Everyone:
Would love to start something in Toronto/Canada!
Lauren Guilmette, Mark Dixon (Guilford College, ART), Ingrid Jacobsen:❤️

2026-09-04 14:33:00 From Ryan Kuhl (Mayo Clinic Platform) to Everyone:
Same here at the UMiami campus
Mark Dixon (Guilford College, ART), Ingrid Jacobsen:❤️

2026-09-04 14:33:36 From Ingrid Jacobsen to Everyone:
Check our Atlas of Attention Activism — plot your group or experiment, however humble, and connect with others!

<https://www.schoolofattention.org/atlas>

2026-09-04 14:34:09 From D. Graham Burnett to Everyone:
This really is the MOON SHOT! Such a special project....
Mark Dixon (Guilford College, ART):❤️

2026-09-04 14:34:32 From Lauren Guilmette to Everyone:
I'd love to loop what I'm trying to do at Elon (near Greensboro) into this! lguilmette@elon.edu,
Mark and Cynthia we met briefly on this Zoom last spring.. this is SO COOL!
cynthia nearman, Wess Daniels (Guilford College):❤️
David Landes in NOLA now ha!, Wess Daniels (Guilford College):👍

2026-09-04 14:34:50 From D. Graham Burnett to Everyone:
We dream a GUILFORD/FRIENDS-OF-ATTENTION MODEL for higher ed — across the US and beyond!
cynthia nearman, Lauren Guilmette:❤️

2026-09-04 14:35:25 From Jovi de la Jara to Everyone:
Romina, I'm also a Spanish speaker! Let's talk
Mark Dixon (Guilford College, ART):❤️

2026-09-04 14:36:57 From D. Graham Burnett to Everyone:
CHECK OUT THE LINK: <https://www.schoolofattention.org/sidewalk-study>

2026-09-04 14:37:58 From Jillian Impastato to Everyone:
Does the curriculum from sidewalk studies live somewhere accessible to us?

2026-09-04 14:38:30 From D. Graham Burnett to Everyone:

Reply on above: check out the link....

Jillian Impastato:👍

2026-09-04 14:38:42 From Romina to Everyone:

@Jovi de la Jara romi.dominzain@gmail.com

2026-09-04 14:39:04 From eleanor (she/her) to Everyone:

eleanor@sustainedattention.net

2026-09-04 14:39:16 From eleanor (she/her) to Everyone:

schoolofattention.org/sidewalk-study

2026-09-04 14:39:30 From cynthia nearman to Everyone:

So awesome, Eleanor and Connor!!

eleanor (she/her):🙏

2026-09-04 14:39:33 From Jovi de la Jara to Everyone:

@Romina jovidelajara@gmail.com

Romina:❤️

2026-09-04 14:41:08 From Ingrid Jacobsen to Everyone:

Attention sanctuaries: Social practice guidelines and emergent strategies in attention activism

<https://dgrahamburnett.net/wp-content/uploads/2013/08/Annals-of-the-New-York-Academy-of-Sciences-2025-Burnett-Attention-sanctuaries-Social-practice-guidelines-and.pdf>

2026-09-04 14:41:14 From Lauren Guilmette to Everyone:

@eleanor (she/her) your cat is so sweet! <3

2026-09-04 14:42:34 From eleanor (she/her) to Everyone:

Replying to "@eleanor (she/her) your cat is so sweet! <3":

He's totally showing off right now!

Lauren Guilmette:❤️

Jean-Lou (Tournesol):😂

2026-09-04 14:43:53 From Jillian Impastato to Everyone:

@Peter so glad you could connect with Shari!

2026-09-04 14:43:55 From David Landes in NOLA now ha! to Everyone:

Replying to "@eleanor (she/her) your cat is so sweet! <3":

interspecies attn sanctuaries plz

nisha waghmare, Lauren Guilmette:❤️

2026-09-04 14:44:20 From Ingrid Jacobsen to Everyone:

Educators for Attention HERE

<https://www.schoolofattention.org/education-for-attention>

Lauren Guilmette:❤️

2026-09-04 14:45:23 From Romina to Everyone:

Could you share the name and author of "Slow looking?" Did I understand well?

2026-09-04 14:45:25 From Ingrid Jacobsen to Everyone:

Kevin@sustainedattention.net for more!

2026-09-04 14:45:34 From Kate Mondloch to Everyone:

Replying to "Could you share the name and author of "Slow looki...":
Tishman

2026-09-04 14:45:50 From Jillian Impastato to Everyone:

Replying to "Could you share the name and author of "Slow looki...":
<https://www.routledge.com/Slow-Looking-The-Art-and-Practice-of-Learning-Through-Observation/Tishman/p/book/9781138240414>

2026-09-04 14:45:54 From Romina to Everyone:

Replying to "Could you share the name and author of "Slow looki...":
Thankss

2026-09-04 14:46:28 From eleanor (she/her) to Everyone:

Replying to "@eleanor (she/her) your cat is so sweet! <3":
!!!👉👉👉!!!

2026-09-04 14:48:28 From Ingrid Jacobsen to Everyone:

If you know of a good grant/funding partner you can always reach out directly to me!

ingrid@sustainedattention.net

2026-09-04 14:49:26 From Romina to Everyone:

He was in Uruguay as well!

2026-09-04 14:49:35 From Peter to Everyone:

Replying to "He was in Uruguay as well!":
!!!

2026-09-04 14:49:47 From Peter to Everyone:

Replying to "He was in Uruguay as well!":
So glad you found your way to us!

2026-09-04 14:51:41 From cynthia nearman to Everyone:

We're holding a Peter-inspired reading party at Guilford College on 9/15!!
Peter, Lauren Guilmette:❤️

2026-09-04 14:52:10 From Ingrid Jacobsen to Everyone:

Proof of Peter's article out in the wild:
A live reading of the Power Broker...that we have nothing to do with!
<https://www.brownstoner.com/brooklyn-life/gowanus-power-broker-marathon-reading-volunteers-robert-moses/>
Sarah Stillman, Holmes, Brooke:❤️
Peter:👉

2026-09-04 14:55:31 From Molly to Everyone:

Man do I want that SCORE document 😊
Romina:👉

2026-09-04 14:56:18 From Kate Mondloch to Everyone:

Is there a working group for scores? No rush to reply—just curious

2026-09-04 14:56:53 From Peter to Everyone:

Replying to "Is there a working group for scores? No rush to re...":
Our in-house "Study Corps" team (run by Eleanor) is a kind of working group. But we would LOVE to form some SCORE working groups out in the world!

cynthia nearman, Molly E Vasich:❤️

2026-09-04 14:57:15 From cynthia nearman to Everyone:

Replying to "Is there a working group for scores? No rush to re...":
I'm in!!

Peter, Lauren Guilmette, Jillian Impastato:❤️

2026-09-04 14:57:26 From Kate Mondloch to Everyone:

Replying to "Is there a working group for scores? No rush to re...":

That would be great. I have been working on similar for a long time (Len and I compared notes about this)

cynthia nearman:❤️

2026-09-04 14:59:08 From Romina to Everyone:

In time and in space, walking for instance, meeting other person and talking somewhere else, etc. not being in front of a computer only

2026-09-04 14:59:36 From Peter to Everyone:

Replying to "In time and in space, walking for instance, meetin...":

Yes! A super great reference on "walking":

<https://www.lespressesdureel.com/EN/ouvrage.php?id=9429&menu=0>

2026-09-04 15:11:43 From Ingrid Jacobsen to Everyone:

Group:

Molly, Ingrid, Florence, Roshan

Florence: ritual, the sacredness of 'entering' (a space, community, or experience)
'Activation MOMENT' that works on your senses

Molly: singing resistance groups against the ICE occupation. Singing practices as activism — HIGHLY structured in terms of using music as an action....inspired by facilitators. Growth of 60—>1000

Victor: walking in nature

Roshan: community cinema that shows films & follows up with discussions (which affected how attentive people were to the movie itself)

Ingrid: class!!! And the literary/comedic tradition of 'the open mic'

2026-09-04 15:11:46 From eleanor (she/her) to Everyone:

PT. 1 - David: Interspecies attention sanctuary - like a cat cafe! You are going into cat attention, in their environment... and you can take that attention with you. Living in a swamp, I have alligator mentality

Religion and ritual broadly... personal, secular religion. If a personal religion is to emerge between 2 people, or person and object, Scoring that...

Ritualizing or holiday-izing...

Is there an attentional protocol that hits the origin of what brought you here. Making a card of what we are doing coming together every month. What brings you, what are your questions, what are you displeased with?

2026-09-04 15:11:48 From Lauren Guilmette to Everyone:

Notes from Room 9:

Cynthia - At Guilford (Quaker / Friends) - silence practices, not with a spiritual leader, just doing this thing together

Henry - Zen Koans, something you think about that changes the way you see, shifts state of mind, which could be a question. Also, active imagination (e.g. Jungian), process where you attend to inner world

Jean-Lou - using an app blocker for 15 hours, which forces distance from device

Memory and music - going back to ways we used to live 15-20 years ago

Lauren - listening to music, thinking about the ordering of a mixtape

Cynthia - creative writing prompts, which ask writers take up scenarios

Lauren - Lynda Barry's Syllabus (daily exercises, Did/Saw/Heard)

2026-09-04 15:11:51 From Peter to Everyone:

(Group 1; 1/2) Kelly: I was walking along a beach with a tracker (an animal tracker). She opened my eyes to the ways that she sees the world and interprets its signs.

Philip: A Field Guide to Nature Meditation — nice guide to a nature walk. Something else I did as a riff on Qi-Gong: tree-gong! We stood in front of a tree and interacted with it, related to it, and its forms.

Jovi: I was catching a ride yesterday and my ride took a detour to show me his community. This guided tour of a space from a person familiar with the experience was score-like. I also lead trips where we invite people to share "one thought" with their environment.

2026-09-04 15:11:52 From Molly Zapp to Everyone:

Games – Katan or Sequence – take up a lot of focus and collective synchrony of that – a sort of choreography

Cooking and cleaning – where there's an end goal in mind, everyone is in sync of cleaning the space

Chanting – learning (mostly Pali) chants from nuns, then learning what they mean, and experiencing the spiritual impact of singing chants together

2026-09-04 15:11:53 From Judy Li to Everyone:

examples of attention scores

book group/book club (popcorn-ing to readers, discussion questions)

singing together intimately (understanding as to come together and produce sound collectively, ex. acapella)

paying attention to what is NOT there, feeling the absence can be powerful as well

2026-09-04 15:11:57 From Eleanor (she/her) to Everyone:

Replying to "PT. 1 - David: Interspecies attention sanctuary - ...":

PT. 2

Jeff: The raptor center in Alaska, a lot of eagle eyes trained on you

Conceptual framing —> are Scores different from instruction? Getting taught to waltz - but the attention Score reframes that activity to that I attend to it in ways that are not necessarily the ways that are prescribed by the ordinary practice of it. The familiarity and regularity of the ritual defines the occasion, but what would it be to construct a religion ad hoc for an occasion. The Score is not a friction necessarily, but not identical to the ordinary representation or instruction of the activity

Refusal of expertise!

Jillian: The butterfly arena at botanical gardens. Intense attention of staff too, ensuring the safety of the ecosystem and animals.

Quaker meetings - a textbook attention score. Weddings and funerals too.

Praying with Jane Eyre by Vanessa Zoltan - literary pilgrimages. Reading Frankenstein in the Alps

2026-09-04 15:11:59 From Peter to Everyone:
(Group 1, 2/2):

Jonathan: I thought of Talmudic study. You start with a nigun/yesod - a wordless song that prepares people for the experience of study. Families on road trips often use games that function as attention practices. What can we, as a family, in this contained space, attend to together?

Peter: Yes! Like the punch-buggy game we used to play. Also, football plays on the gridiron.

Philip: I come to class with sheets that have timestamped cues to move onto the next part of the conversation. We all do this - not just songwriters and composers. You form these things in your mind, and then you manifest them in your mind.

2026-09-04 15:12:01 From Eleanor (she/her) to Everyone:

Replying to "PT. 1 - David: Interspecies attention sanctuary - ...":

PT. 3 - Niche holidays - they aren't conceptually an attention practice, but thinking about hotdog eating contests on the 4th of July

Museum chaplaincy - a person brings a question and we look at 2-3 works of art in 1 hour. Pay attention to an object for sustained time, in the realm of art and spiritual care

2026-09-04 15:12:11 From Emmett Buckley to Everyone:

Score-like situations or activities:

Thinking about pedagogical techniques – visual arts as a score; a set of practices and types of looking that function as attentional scores

Drum circle, rehearsing a song together

A self-defense class, wrestling, mixed martial arts; thinking about what others need to pay attention to in their everyday life

Yoga (all learning and practicing a single pose together)

Attention to attention itself can be cultivated by almost any collective activity, attention to your own experience, sharing and reflecting

How do we get people to be comfortable sharing and reflecting

Fluxus prompts, Grapefruit by Yoko Ono

Observing a street corner, urban space

Drawing the horizon

"stare at the sun until it becomes a square"

2026-09-04 15:12:13 From Ryan Kuhl (Mayo Clinic Platform) to Everyone:

Mandy T

- Improv group, deciding together that scenarios exist, attention is exacting on the group as a whole

- Boardgames

- Live theater

Alyssa L

- Recipe, steps that we move through

- Films, constitute steps of attention for groups of people

- Plays, have form but vary each time

Sarah S

- Propagation party - cutting from beloved plants, pot and exchange

- Rituals that are shared for a group. The specific ritual should be different and unique

- Summer school, attentional practice that is shared for the class

Ryan K

- shallow but wide shared group attention vs deep attentional activities which are 1 on 1

- Long canyon drives with a friend were deep bonding and attentional activity for me

2026-09-04 15:12:36 From Mark Dixon (Guilford College, ART) to Everyone:
With apologies for however I'm misrepresenting my group!

Classroom and/or syllabi as score
Liturgies in religious practice
Entierro de la caballa
Various distance/digital environments with particular ways of interacting
Religious rites
The play between dentist and patient contending to the mouth with collaborative timing, opening,
discussion verbal and nonverbal

2026-09-04 15:13:44 From cynthia nearman to Everyone:
@Lauren Guilmette — YES Lynda Barry!!!

2026-09-04 15:13:55 From Jeff Dolven to Everyone:
Perhaps an attention score is DIFFERENT from many of the examples we started with: activities
have scripts for instruction or practice: they can be mastered: but an attention score is always athwart
those routines: takes them at an angle: juxtaposes another activity, another framework, concept etc,

2026-09-04 15:14:00 From Lauren Guilmette to Everyone:
Replying to "@Lauren Guilmette — YES Lynda Barry!!!":
Ahhh Cynthia I'm very excited to talk more with you <3
cynthia nearman: ❤️

2026-09-04 15:14:08 From Phillip Bimstein to Everyone:
these are too fast to read during the meeting. could a compendium of them be sent to us after the
meeting, so we could actually read them?
Marit MacArthur: ❤️

2026-09-04 15:14:24 From Peter to Everyone:
Replying to "these are too fast to read during the meeting. cou...":
Yes! We will post these chat threads on the Friends of Attention site
Soren van Loben Sels: ❤️

2026-09-04 15:14:33 From Ingrid Jacobsen to Everyone:
If you ever want to connect about our case studies and/or development, reach out!
ingrid@sustainedattention.net

2026-09-04 15:14:43 From Phillip Bimstein to Everyone:
thanks!

2026-09-04 15:15:10 From Holmes, Brooke to Everyone:
We talked about RITUALS, particularly in religious practice

E.g. in Zen temple, everyone meditating at the same time
At the beginning and end there are bells, there are bows, etc. = keeps attention on the practice
These small practices direct attention

Open question: Is the defining feature of SCORES concrete structure?

Having structure and a container helps the focus of the collective to make meaning and
coherence

A ritual gives you something to focus on [or direct your attention]
"If you don't have banks, you have a puddle
If you don't have water, you have a canyon"

Occult rituals - you will get something out of it even if you don't believe in it?

Doing things in community is powerful and effective in a way that individual practice is not ("we are not wired that way")

2026-09-04 15:16:08 From Khristina Haddad, Political Science, Moravian University to Everyone:
Thank you for this wonderful meeting and so many resources!
cynthia nearman: 

2026-09-04 15:16:30 From Lauren Guilmette to Everyone:
Yes thank you so much, I'm so glad these have started up again, a delightful back to school!

2026-09-04 15:16:42 From Phillip Bimstein to Everyone:
wish I could come every time! but next few months I have faculty meetings on first fridays.:-)

2026-09-04 15:16:44 From Romina to Everyone:
Really cool meeting, happy to have joined for the first time!
Holmes, Brooke, Peter: 

2026-09-04 15:16:53 From Henry Kramer to Everyone:
<https://www.schoolofattention.org/enroll>

2026-09-04 15:17:03 From Maddy Teichmann to Everyone:
If anyone is interested in co-writing a theatrical piece on these topics (or know of any being worked on/performed), feel free to email me at maddyteich@proton.me