

PEOPLE POWER:
Theory, Practice, Strategies
With special guest Hahrie Han
2 October 2026

2026-10-02 14:18:28 From Ingrid Jacobsen to Everyone:
For Educators K-12, higher-ed and beyond: https://www.schoolofattention.org/education-for-attention

2026-10-02 14:19:31 From asú marques to Everyone:
“This appears to be a long document. Save time by reading a summary using AI Assistant” 😅

2026-10-02 14:19:59 From Violet Crow to Everyone:
Or a competent editor

2026-10-02 14:20:22 From Peter Schmidt to Everyone:
peter@sustainedattention.net

2026-10-02 14:22:07 From David Landes to Everyone:
www.instituteforsustainedattention.org

2026-10-02 14:27:23 From Khristina Haddad, Political Science, Moravian University to Everyone:
Wonderful. Could you please share the text you just spoke or read?

2026-10-02 14:27:41 From jessica to Everyone:
beautiful, (like a) prayer

2026-10-02 14:27:57 From Logan to Everyone:
wow... i had just written a song yesterday about two hands holding and a calling back home...

2026-10-02 14:28:01 From Mary Caputi to Everyone:
My hand felt small.

2026-10-02 14:28:03 From D. Graham Burnett to Everyone:
Loved seeing all the hands on the screen — and thinking the category of PEOPLE POWER…..

2026-10-02 14:28:07 From Daniel Peltz - Time and Space Arts - Academy of Fine Arts, Helsi to Everyone:
Thinking about the new life in the auditory background and the relationship to a hand not yet one's own

2026-10-02 14:28:11 From CJ The X to Everyone:
Never thought about how much personhood is enacted through human hands, thinking of them as deeply expressive and consequential

2026-10-02 14:28:23 From Khristina Haddad, Political Science, Moravian University to Everyone:
I felt so relaxed that I wanted to take a nap.

2026-10-02 14:28:44 From Violet Crow to Everyone:
Perhaps I'm partial, but everyone's hands were so beautiful, what a wonderful experience

2026-10-02 14:28:45 From nicole evans to Everyone:
The window of the soul is not in the eyes, its in the hand

2026-10-02 14:28:50 From cynthia nearman to Everyone:
I had a very specific memory of being quite young and studying a freckle on my left index finger, worrying I couldn't wash it off and worrying that I might accidentally wash it off

2026-10-02 14:29:14 From Dillon Colbert to Everyone:
I was a bit bewildered with the confrontation of humanness which made my hands a bit sweaty, but became more relaxed as the time progressed.

2026-10-02 14:29:21 From Christopher Mole to Everyone:
Terrific exercise. I was put in mind of Bob Barron's 'Witnesses": https://www.bobbarron.com/witnesses

2026-10-02 14:29:35 From Khristina Haddad, Political Science, Moravian University to Everyone:
So much time on Zoom, so seldom the hands are seen, and never in that way.

2026-10-02 14:29:55 From Ben F to Everyone:
interesting to think about 'if you were in outer space' as part of the prompt. it made me think about the earth from space, and how many other people on the earth might be coincidentally holding their own hands at the same time as us. a community can be much bigger than it seems unbeknownst to its members.

2026-10-02 14:30:46 From Ingrid Jacobsen to Everyone:
Replying to "Terrific exercise. I was put in mind of Bob Barro...":
Yes!! Also thought of the hands in chauvert's cave

2026-10-02 14:33:13 From Stefan Pryce to Everyone:
Thoughts about race, agency, self-determination, crafting community, caring for others and creating a safe space for these hands to work. Finding the many hands to make this work light!✊🏿🤜🏿🤛

2026-10-02 14:34:44 From Molly to Everyone:
Makes me think about the saying "what gets measured is what gets valued"—it's so much easier to measure quantity of people than quality of engagement/relationship

2026-10-02 14:35:01 From D. Graham Burnett to Everyone:
We are SO WORKING ON THESE ISSUES!

2026-10-02 14:35:12 From D. Graham Burnett to Everyone:
Looking at you, NICK PLANTE 💪🏽

2026-10-02 14:36:10 From CJ The X to Everyone:
Looking at You Nick Plante 👊

2026-10-02 14:36:37 From Nick Plante to Everyone:
🙏🙏

2026-10-02 14:39:11 From Ingrid Jacobsen to Everyone:
Thank you Hahrie!!

2026-10-02 14:39:16 From Peter Schmidt to Everyone:
Love that mobilizing vs. organizing distinction…

2026-10-02 14:39:33 From Mary Caputi to Everyone:
Thank you so much, Hahrie!

2026-10-02 14:40:01 From Khristina Haddad, Political Science, Moravian University to Everyone:
감사합니다

2026-10-02 14:40:35 From Gwen Olton (she / they) to Everyone:
In what ways can we (as individuals, as groups, and in our collective work) invite folks in to this movement?

2026-10-02 14:54:15 From Ifeanyichukwu Sunday to Everyone:
I really like the speech of Harriet and the bell ring was interesting.

2026-10-02 14:55:00 From Jillian Impastato to Everyone:
Lauren teaching college students “Attensity” → committing to the bit → getting it to see cool enough to invest in → want them to want it! → teachers role of setting up conditions
Emmett also teaching in higher ed, encourage students to take ownership of creating an attention sanctuary → making connections where there is already similar interests
Jillian – movement building and emotions → this is a cool party you want to be in and also the world is rough and we gotta stick together
Lauren “capturing urgency” without shaming
Victor – feelings of community, being linked to each other → enhanced by physical objects → “offline month” challenge with flip phones and Victor facilitates “off-february” → flip phone as a physical symbol of challenge → Emmett mentioned internet challenge trend of filming yourself “doing nothing” → Jillian brought up link to something bigger/not time-bound when the competition is over

2026-10-02 14:55:04 From Violet Crow to Everyone:
Our group's notes - lots of questions!!What pop. are we brainstorming about?
How do we define our audience, by country or region so that we can cast a wide net to improve our chances of gaining participation?
How can we look at what all demographics/populations have in common to appeal to all.
How can we help others gain a sense of their own personal agency and connection to the group, for example, through a entry level task inviting people in before the big asks?
Is there a simple ritual that would help them own their role as an attention activist? As in, I asked everyone at dinner to put away their phones. Easy, simple and a step forward. If we can break the first barrier, then participation, followed by activism.
Look at inherent resistance and how to reward people for overcoming it.

2026-10-02 14:55:32 From Peter Schmidt to Everyone:
CJ, Asú, Joost, Peter (1/2):

CJ: I hang with the AI doomer crowd, which always asks me how to communicate. They're interested in "How can I get my idea into your brain?" But we should ask people "How can I support you in getting what you want?" It's a gift mentality.

Asú: The way we INVITE says everything about the relationship we can have with people. When I lead with big tech or our relationship to phones, people ask, "What can I do?" In effect, "Save me." I'm still finding the balance between meeting people where they're at, speaking in their terms (phones are "robbing our attention") and using my own frameworks. Pointing out the dangers and threats and the pain of what's happening is a way of connecting, though I don't want to linger there. The second point is: PEOPLE ARE DOING SOMETHING.

Nick Plante, Gwen Olton (she / they):❤️

2026-10-02 14:55:45 From Christopher Mole to Everyone:

Teaching --- Assignment Strong positive feedback from students asked to spend a day ("Rousseau day") without any tech, then grouped to discuss impact.

"March for our Lives" movement: Relating issues to our own lives: way in through conspicuous examples, of direct impact.

Art/Media: 'Black Mirror' a nice popular example. Literature: entertaining, funny, moving.

Podcasts: as medium with potential for intimacy.

Belonging, and safety.

2026-10-02 14:56:07 From Peter Schmidt to Everyone:

CJ, Asú, Joost, Peter (2/2):

Joost: I teach digital studies and see my own students on the phone all the time. I try to convince them of this and tend to hit a wall. They say, "But I enjoy my phone." How do you all help people to see the problem?

CJ: I don't believe in convincing people of things on premises. I use the perspectival strategy. Take them to a different place, and then they realize what's different about what they do.

Peter: Yes — it can really help to change the conditions for these conversations.

Asú: There are different publics that we are dealing with in these conversations. Some people want to feel, some people don't. Wherever I go, it's possible to connect what's happening to attention. EVERYTHING goes back to this big situation. How can I create the best conditions for this?

CJ: Let's DO something. People respond to this so powerfully!

CJ The X:❤️

2026-10-02 14:56:06 From Jan Opawski to Everyone:

depends on the context (academia, schooling, civil society, performance art, healthcare)

how do these different perspectives shape what particular questions we bring to the table?

Around an emotional state

like workers unions?

Natalie Miller, cynthia nearman:❤️

2026-10-02 14:56:30 From Josh Stretten-Carlson to Everyone:

Brooke, would love to hear more about your dissertation!

cynthia nearman:❤️

2026-10-02 14:56:37 From Khristina Haddad, Political Science, Moravian University to Everyone:

Scorched!

Jillian Impastato:❤️

2026-10-02 14:56:56 From Ingrid Jacobsen to Everyone:

Group: Sara, Daniel, Khristina, Ingrid

IJ: thinking about need-states that people show up with and relating them to those that high level funders also have -- drawing human connections arcing across different groups

Sara:Shifting structures...conditions of attention being more 'wholesome'
Doing the work regardless of capital A attention activism tie-in as it is so broad

Khristina: attention native, attention is a part of her pedagogy, was really surprised to find out about the school and the movement 'a bit of a revelation' -- the practices are not new and have been doing them for a long time

Daniel: Bayo Akomolafe "post activism" -- what can be precious can also be alienating....the idea of a 'movement' itself
Roots in wellness which is also an industry?
One of the ways we can keep ourselves honest

IJ: question about networks and communities that we can collaborate with/grow with as this is increasingly seeming like a movement of networked communities/groups over individuals

2026-10-02 14:56:57 From Mallory Moore to Everyone:
Feed your people: bring people together over food: initial motivators for organization
Make the connection enjoyable!
Use the communication methods of different generations to bring people together in person
Do things on a regular basis: make organizing people regular! The regularity of organizing can help produce mobilization
Use college campuses as a space/demography for attention activism; intersectionality of demographics on campus: interest in attention activism
Students might be more willing to take a leadership role/mobilize for attention activism
Rebecca's group: focus on self awareness and recognition of what technology has done in their own lives; important for determining how individuals can be involved in the movement
Always working against an incentive structure–people are motivated by tangible results
The movement can offer roles/titles/recognition to enter into an incentive structure
Christopher Mole, David Landes, CJ The X, cynthia nearman:❤️

2026-10-02 14:57:10 From Holmes, Brooke to Everyone:
Rousseau day in classroom = asked to leave devices alone (except for homework uses) for one day and see what it's like before talking with each other and then giving a presentation on it -- students shared that they did things they hadn't done in a long time like reading or walking the dog; also made them realize how lonely they were, etc.

March for Our Lives movement experience = help people understand how the issue affects their lives

Make these topics more accessible, e.g. through art and media (e.g. cognitive dissonance / absurdity shown in Black Mirror or book Player Piano)

On the topic of making people feel like they belong: making sure we're meeting people where they are at (even if they still have smart phones and are addicted to social media and have never been exposed to this language or theory, etc.)
cynthia nearman:❤️

2026-10-02 14:57:23 From Julian Chehirian to Everyone:
Parashar: London is full of attention-grabbing spaces, like the Tube and its ads, yet deeply literary. He wants to gather people around an object, away from devices, by asking for writing they

already do: accumulated scraps. The idea: compile them into pamphlets and see what happens when one opens on the Tube.

Julian: Parashar's practice materializes the immanence of an attentional score. Could our scores produce a group pamphlet, a residue of curricular work?

Larry: Map local groups so interested people can find them, with literature available. FOA is ahead of the curve. The Eco-civilization coalition aims to link such groups internationally, so a lone newcomer can see nearby activities to join.

Gwen: Coalition organizing lead; brainstorming with Nick on synchronous actions for distant people. Diversity of tactics matters: shared purpose without everyone in the same kayak. Fracking's harms are so widespread that it's easy to talk to people about.

2026-10-02 14:57:37 From Ingrid Jacobsen to Everyone:
@sara ingrid@sustainedattention.net
sara:💚

2026-10-02 14:57:51 From Gwen Olton (she / they) to Everyone:
Replying to "Parashar: London is full of attention-grabbing spa...":
Julian: Encouragingly and soothingly easy to get people to connect with the stakes of attention activism. There's a way in which no one is untouched…
Even if there isn't consensus about what to do. There's a visceral awareness that something isn't right.
The availability of literature…has made possible the beginnings of organization. And the beginning of how to get people together around something.
Inspired by Parashar's sharing
Scores and material forms as a powerful way of bringing our togetherness
(sorry, my sound cut out for a moment so please add in!)
Julian Chehirian:❤️

2026-10-02 15:03:15 From Ingrid Jacobsen to Everyone:
Atlas project HERE: https://www.schoolofattention.org/atlas
Submit an attention sanctuary HERE: https://airtable.com/appa6Mz7TFPOpvnMK/pagoYqkNnDmy3snJT/form

2026-10-02 15:05:38 From Karen Key to Everyone:
Levers of change - yes. My deep concern is that people and groups are pulling on levers that are no longer connected to anything. They perhaps were but no longer are levers of change. How do you address that?

2026-10-02 15:08:30 From Jillian Impastato to Everyone:
I am thinking about my experience with religion in rural and urban places! When I was a Jew in rural Maine, allllllll jews in the area were my community (I felt like they all were my people) versus picking and choosing when there are more options.

2026-10-02 15:09:13 From Molly to Everyone:
Replying to "I am thinking about my experience with religion in...":
The belonging before belief makes me think of chabad kiruv lol
Jillian Impastato:👍

2026-10-02 15:09:21 From Mary Caputi to Everyone:
Yes, Brooke, I would also love to learn about your dissertation.
Holmes, Brooke:❤️

2026-10-02 15:11:19 From Dillon Colbert to Everyone:
Group: Ben, Dillon, Molly, Shander, Torbet

Dillon (notetaker):
As a student, share with other students! Activate other young people with voices

Molly:
Open up your homes or find the right public spaces that feel more personable or intimate

Ben F:
Don't see people as a means to an end, instead create a group culture that is fun to be a part of
Don't guilt and shame people with the threat of a crisis

Shander & Ben:
Let people participate in the way they are able to participate
Recognize different peoples' roles
Don't have a strong preconception of "what activism looks like"
Shouldn't be shamed by the expectation of a certain type of activism
Molly:
Don't appear too confrontational and focus more on bringing people together

TLDR:
personal growth and how low-pressure description activism to friends or interested peers (in the right space) + understanding of the definition of "activism" + noninflammatory movement rhetoric
→ easier to invite people in and grow today's movement

2026-10-02 15:12:45 From Holmes, Brooke to Everyone:
Replying to "Yes, Brooke, I would also love to learn about your...":
Please send me an email 🙂 (open to all) brh226@pitt.edu

2026-10-02 15:12:50 From Khristina Haddad, Political Science, Moravian University to Everyone:
I feel that being born in the 1900s now seems like something precious to me. I can remember and feel a pre-algorithmic world. My mind retreats to that feeling.

2026-10-02 15:13:40 From Mary Caputi to Everyone:
Thank you, Brooke! I'll be in touch.

2026-10-02 15:13:41 From James to Everyone:
Meditation centers are that place for attention.
Violet Crow, Khristina Haddad, Political Science, Moravian University:❤️

2026-10-02 15:13:59 From cynthia nearman to Everyone:
Schools!!
Mallory Moore, Khristina Haddad, Political Science, Moravian University:❤️
Peter Schmidt:🚀

2026-10-02 15:14:48 From Hahrie Han to Everyone:
Thanks, y'all, for inviting me into this space!
cynthia nearman, Natalie Miller, Josh Stretten-Carlson, David Landes, Nick Plante, Khristina Haddad, Political Science, Moravian University, Mallory Moore:❤️
Gwen Olton (she / they), Dillon Colbert:⭐
Violet Crow, Ingrid Jacobsen:🙌

2026-10-02 15:15:08 From CJ The X to Everyone:
Replying to "Thanks, y'all, for inviting me into this space!":

You were fantastic

2026-10-02 15:15:09 From Gwen Olton (she / they) to Everyone:
Replying to "Thanks, y'all, for inviting me into this space!":
Soooo grateful you came! I hope you come again!!

2026-10-02 15:15:15 From Dillon Colbert to Everyone:
Public libraries!
cynthia nearman, James, Khristina Haddad, Political Science, Moravian University, Mallory Moore:❤️
Violet Crow:👍

2026-10-02 15:15:22 From Josh Stretten-Carlson to Everyone:
Replying to "Thanks, y'all, for inviting me into this space!":
Thank you so much!

2026-10-02 15:15:41 From Nick Plante to Everyone:
Replying to "Thanks, y'all, for inviting me into this space!":
Yes so do I thank you! Exactly the kind of conversation we need here

2026-10-02 15:15:46 From Violet Crow to Everyone:
Replying to "Public libraries!":
All inclusive!
Dillon Colbert:😆

2026-10-02 15:15:49 From Parashar Das to Everyone:
Replying to "Thanks, y'all, for inviting me into this space!":
Thank you! This was so thought-provoking!

2026-10-02 15:16:50 From Khristina Haddad, Political Science, Moravian University to Everyone:
Replying to "Thanks, y'all, for inviting me into this space!":
Many thanks!

2026-10-02 15:17:06 From Ifeanyichukwu Sunday to Everyone:
Attention is part of human freedom
Peter Schmidt, Ingrid Jacobsen, Khristina Haddad, Political Science, Moravian University:❤️

2026-10-02 15:17:17 From Violet Crow to Everyone:
My 2 cents: Score is a confusing term given its other meaning

2026-10-02 15:28:01 From D. Graham Burnett to Everyone:
https://druginourpocket.com/

2026-10-02 15:28:21 From David Landes to Everyone:
davidblandes@gmail.com