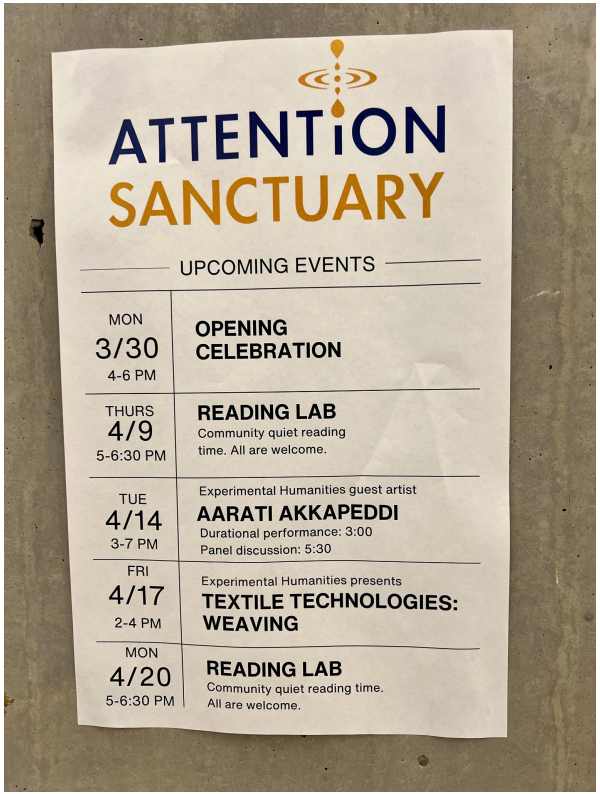
A LITTLE UPDATE ON SOME OF OUR ATTENTION SANCTUARY WORK!

Annandale-on-Hudson,
New York

BARD STEVENSON LIBRARY





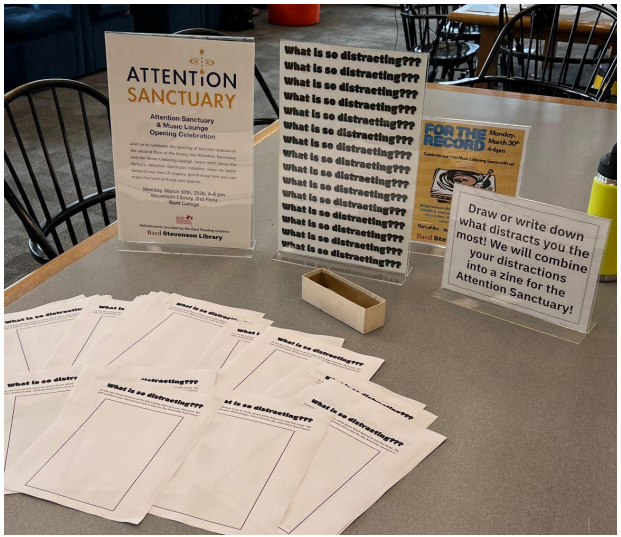
Annandale-on-Hudson, New York

BARD STEVENSON LIBRARY

Responding to a lack of attentional etiquette in shared spaces like libraries—

★ Prompts for guests to think about their attention
★ Direct invitations to participate in & shape the space
★ Features are all *opt-in* — honoring our attentional agency







TEMPERANCE ALLEY GARDEN

Community garden opened 6 years ago. “Reinscribing” itself as a Sanctuary this year: connecting what they already do to something larger.

★ Different areas designed for different forms of attention (“intimacy gradient”)
★ Opportunities to tend to plants, connect with earth in an urban environment
★ 2025–2026: Month Offline, Sidewalk Studies, & other aligned events



PHONE-FREE ADELPHI

A weekly night of screen-free creativity in a living room—

★ Ritual of turning phones off together (& later, turning them back on)
★ The rule is a “service”—makes people freer to choose different experiences (i.e., silent work or chat on the patio)
★ Started in pursuit of more FLOW—consistency is key to the organizer





PHONE-FREE ADELPHI & PHONE-FREE MoMI

The organizer of Phone-Free Adelphi brought this ethos to the Museum of the Moving Image—

★ Guests at the museum are given the option to check their phones at the door (for a discount)
★ They are prompted to reflect at the end of their visit
★ Feedback shows this is the first time many people have had an “uninterrupted” experience in a museum

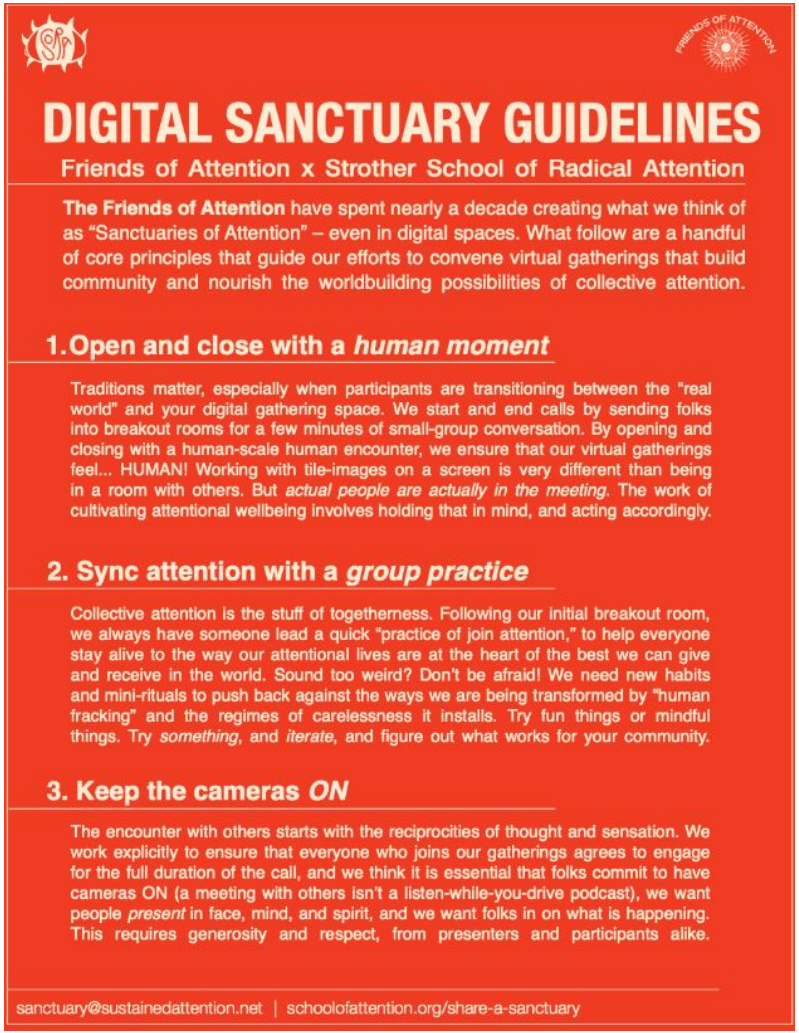






It’s not just about going screen free!

Giving attention to attention is empowering—no matter where you are!



DIGITAL SANCTUARY GUIDELINES

Friends of Attention x Strother School of Radical Attention

The Friends of Attention have spent nearly a decade creating what we think of as “Sanctuaries of Attention” – even in digital spaces. What follow are a handful of core principles that guide our efforts to convene virtual gatherings that build community and nourish the worldbuilding possibilities of collective attention.

1. Open and close with a *human moment*

Traditions matter, especially when participants are transitioning between the “real world” and your digital gathering space. We start and end calls by sending folks into breakout rooms for a few minutes of small-group conversation. By opening and closing with a human-scale human encounter, we ensure that our virtual gatherings feel... HUMAN! Working with tile-images on a screen is very different than being in a room with others. But *actual people are actually in the meeting*. The work of cultivating attentional wellbeing involves holding that in mind, and acting accordingly.

2. Sync attention with a *group practice*

Collective attention is the stuff of togetherness. Following our initial breakout room, we always have someone lead a quick “practice of join attention,” to help everyone stay alive to the way our attentional lives are at the heart of the best we can give and receive in the world. Sound too weird? Don’t be afraid! We need new habits and mini-rituals to push back against the ways we are being transformed by “human fracking” and the regimes of carelessness it installs. Try fun things or mindful things. Try *something*, and *iterate*, and figure out what works for your community.

3. Keep the cameras *ON*

The encounter with others starts with the reciprocities of thought and sensation. We work explicitly to ensure that everyone who joins our gatherings agrees to engage for the full duration of the call, and we think it is essential that folks commit to have cameras ON (a meeting with others isn’t a listen-while-you-drive podcast), we want people *present* in face, mind, and spirit, and we want folks in on what is happening. This requires generosity and respect, from presenters and participants alike.

sanctuary@sustainedattention.net | schoolofattention.org/share-a-sanctuary

You! Us!
Anywhere!

SHARE A SANCTUARY

Where does YOUR Attention Activism happen? Share it at: <schoolofattention.org/share-a-sanctuary>

Email Nick to share ideas, tell your organizing stories, or to talk more about Sanctuary: <sanctuary@sustainedattention.net>