

Complimentation[®]
INTEGRATED
INSTITUTE
OF



DAY SEVEN

LOOKING *at* THAT *which* IS LOOKING *at being* LOOKED AT.



PONDER

WHAT IS THE 'USE' OF FOCUS?

WHAT HIGHER FUNCTION DOES CLARITY SERVE?

- WHERE IS ATTENTION LOCATED?
- WHY DO WE THINK ABOUT ATTENTION?
- WHAT IS 'ATTENTION'?
- CAN WE ACTUALLY BE ATTENTION?
- HOW CAN FOCUS BE 'IMPROVED'?
- IS A CLARITY PART OF ANYTHING ELSE?
- CAN WE HAVE ATTENTION 'IN' TIME?



CONSIDER

WHAT WOULD HAVING NO ATTENTION BE LIKE?

REGARDING ALL FOCUS AND CLARITY AS FALSE

- WHERE IS ATTENTION LOCATED?
- WHY DO WE HAVE ATTENTION?
- WHAT IS ‘OUR’ FOCUS?
- CAN WE DESTROY THE ATTENTION OF ANOTHER?
- WHAT DOES ATTENTION FEEL?
- CAN WE GET RID OF FOCUS AND CLARITY?
- IF WE DON’T HAVE FOCUS, DOES IT EXIST?



REFLECT

HOW DO YOU KNOW THAT YOU HAVE ATTENTION?

CAN YOU HAVE MORE THAN ONE KIND OF FOCUS OR ATTENTION SIMULTANEOUSLY?

– THAT WE ARE VERY GOOD AT NOT HAVING THE ATTENTION WE OUGHT TO HAVE

– WE SHOULD REALLY BE ATTENTIVE TO THE ATTENTION THAT WE NEED TO HAVE

ATTENTION TO

– WHAT WE KNOW BEFORE WE HAVE ATTENTION

– HOW WE TALK ABOUT ATTENTION IS HOW WE REGARD THE WORLD

– BEFORE WE HAVE ATTENTION, WE ARE NOTHING

WE KNOW THAT ATTENTION ACTS AS A LIGHT-
NING ROD. MERELY BY CONCENTRATING ON
SOMETHING ONE CAUSES ENDLESS ANALOGIES
TO COLLECT AROUND IT, EVEN PENETRATE THE
BOUNDARIES OF THE SUBJECT ITSELF: AN EXPE-
RIENCE THAT WE CALL COINCIDENCE, SEREN-
DIPITY — THE TERMINOLOGY IS EXTENSIVE.

- *Julio Cortázar*

TO PAY ATTENTION, THIS IS OUR ENDLESS AND
PROPER WORK.

- *Mary Oliver*

INTERMITTENTLY SHE CAUGHT THE GIST OF HIS
SENTENCES AND SUPPLIED THE REST FROM HER
SUBCONSCIOUS, AS ONE PICKS UP THE STRIKING
OF A CLOCK IN THE MIDDLE WITH ONLY THE
RHYTHM OF THE FIRST UNCOUNTED STROKES
LINGERING IN THE MIND.

- *F. Scott Fitzgerald*

27TH FEBRUARY 2015

