Protocol of Attention and Adaptation

15 minute silent phase,
60-75 minute colloquy.

1. What do you notice? What do you notice now?

5 minutes: bell

2. Use your phone to modify or change the image (do whatever you like, while staying in airplane mode). What do you see?

5 minutes: bell

3. What is your relationship to this image? Have you become crucial to what you see?

5 minutes: bell

(Take a few minutes to jot down some notes about your experience of each of the three phases of the protocol. When we are finished we will begin colloquy.)