

“WAYS OF ATTENDING” BOOK CLUB ACTIVITY: *ATTENTION = EXPERIENCE*

Alrighty Bookettes! I have a NEW ACTIVITY for you to try on + take out into the real world!

I'll set the stage with one of my favorite Wayne Dyer quotes that captures the essence of this activity quite perfectly: *“When you change the way you look at things, the things you look at change.”*

***ACTIVITY CONTEXT:** The aim of this activity is to invite a fun + intentional first-hand *experience* of the changes in our *inner and outer* world based on whether we are attending with Left Hemisphere dominance versus Right Hemisphere dominance. Said another way – we are exploring + experimenting with our “Reality Filters” to explore + experience how our brain + consciousness *create* our “reality” AND create the world we experience.*

SETUP: *Set aside 20–30+ minutes to try on + get the hang of this activity. Once you have the hang of it, you are encouraged to “take it with you” out into the world + play with it anytime, anywhere!*

STEP 1: *Choose 3 *different* “Focus Items” in your immediate environment – each item can be pretty much anything as long as it will be there for the duration of this activity: an object, plant, pet, person, building, appliance, food, even a room or space. Write them down so you don't forget what they are.*

DO NOT PROCEED TO STEP #2 UNTIL YOU HAVE SELECTED YOUR 3 “FOCUS ITEMS”

STEP 2: *Choose ONE item as your “Focus Item” for Round 1 (you will be exploring your Focus Items one at a time, one for each Round).*

STEP 3: *Set a timer for 5–7 minutes for Round 1*

STEP 4: For the next 5–7 minutes: Explore your “Focus Item” through shifting your *WAYS* of *ATTENDING!*

- Try on one “dominant hemisphere” (DH) / “Way of Attending” at a time, giving yourself ample time to really “embody and become” the *WAY* that the hemisphere attends, based on what you’ve learned so far (see also attached graphic) *WHILE* “attending” to your “Focus Item”.
- Notice the shifts in your inner, outer, and overall *EXPERIENCE* as you “attend” to your “Focus Item” from the Left Hemisphere (the variety of “Ways” characteristic of the LH), and then that of your Right Hemisphere.
- Notice any shifts or changes in your “Focus Item” *ITSELF* as you explore it from the LH Ways of Attending, and in the RH Ways of Attending.
- Make sure to spend ample time in one DH at a time, and then see if you can “modulate” . shift from one to the other, taking pause to “Be” + explore your Focus Item before modulating to the other DH.
- NOTE: Feel free to jot down “field notes” (observations / insights / noodles) during the exercise *IF HELPFUL*, making sure to not interrupt your **experience** of the activity with note taking.

STEP 5: Journal about your experience in as much detail as possible! What did you notice? Describe your inner/outer experience from each “WOA”. What did you notice about the ‘nature’ of your “Focus Item” from each WOA? What did you notice about your relationship with the “Focus Item” from each WOA? What did you notice about your thoughts (kind of thoughts, frequency, quality).

ROUND 2 +3! When you feel complete with your journaling, move on to “Round 2” with “Focus Item” #2 and go through steps 1–5 with this new item, deepening into each “WOA” as much as possible to really create your experience from Left OR Right Hemisphere dominance. When you are complete with Round 2/Focus Item 2, move on to Round 3/Focus Item 3 (all steps).

SHARE YOUR FIELD NOTES HERE WITH US IN OUR GROUP THREAD!

I will also be guiding us through a similar version of this experiential activity in Friday’s Discussion Circle #2 which I anticipate will be TONS of fun + insightful to boot! ;))

Happy Attending!!!