



What participants are saying about our ATTENTION LAB workshops:

- "The Attention Lab felt like **coming to water after walking aimlessly in a desert**. I have had a subtle awareness and anxiety that my attention has been fractured & scattered, but I then blamed it on myself. In that spirit, I sought self-help videos, books and articles – and while they gave me the language to describe what I was feeling, Attention Labs gave me the tangible, internal tools to help me improve my attention and develop a better relationship with it."
- "Awesome, different and impactful."
- "We gave space to ourselves to reorient, rupture and reclaim how we encountered the happening around us and within us. It was **actually so magical** to also do this while witnessing all the ways others fashion their own realities."
- "I have a lot of gratitude for your work and what I experienced this afternoon. **I think I'm not the exact same person now and before this Attention Lab...**"
- "I felt liberated and calmed through the experience of cultivating awareness, to step outside of myself and into the world we share."
- "It's so rare to find intentional spaces where a practice of attention can be cultivated away from the distraction of our phones, so I really enjoyed the experience. I thought the different exercises – the listening one and the Claude screen one – were also great ways to experience and embody the practice of attention, and not just talk about them."
- "Grounding, connecting, meaningful."



- "A beautiful space... [I] loved how easily many people shared their experiences and loved the (rare) power of (mostly) strangers being honest, expressive, curious and intimate with each other... I leave here feeling this was a very well-curated, well-constructed "gift" of an event... I will take it with me."
- "What a gift. It was a joy to tune into perception and observation in a collective space, especially in a place like NYC where our attention is in such high demand."
- "It was fantastic; a wonderful introduction to the skill set of attention that left the door open for further work. It seemed to create an environment in which many different people could find a space of comfort and discovery."
- "First off, I would just like to say how grateful I am for this experience and even more, for starting a school like this. I really enjoyed the exercises because they afforded me with a place to really think about how I spend my attention, and where. The three hours I spent here also made me decide to spend at least two hours everyday away from any kind of screen, and that my life won't be overturned if I miss a notification or call."
- "Personally, I will be telling everyone I know that they need to attend an Attention Lab. This is what I have been needing and wanting and wishing for for so, so long. The work you guys have been doing here is so incredibly important and something I am extremely passionate about in my own life, so to be able to have this experience in community has been literally life-changing for me. I want to get involved however I can!"
- "Though-provoking and poetic."



- "The most powerful aspect for me in this work is being in community. Breaking down walls through facilitating a desire to develop agency."
- "The nature of the program attracts terrific people at various stages, if not already there, of becoming who they were born to be. To me, this is about **a reminder of routes to connecting to the world, to being a conscious member of the world.**"
- "I think this is absolutely what we need in the world right now. So on Point! Thank you thank you thank you..."
- "I very much enjoyed the small, intimate group setting that allowed me to connect with fellow attendees as well as the larger group setting for re-centering and exploring ideas. **Everyone was so so so friendly**, and I value the community that is being built here through this work."
- "I really LOVE this stuff."
- "I thought that this was very educational and helped me develop tools that **I will translate into my everyday life.**"
- "I learned so much from the other attendees. I would say to a friend, 'run, don't walk' in all sincerity."
- "This was AWESOME... I feel so inspired and mentally stimulated and cherished and seen and nurtured. I didn't know what to expect but I am so glad I came and **this gives me hope for our future as a species!**"