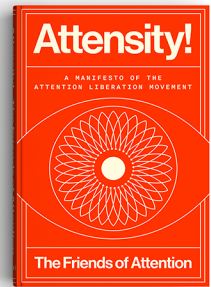




“ . . . Attention Activism means forming **SANCTUARIES** — spaces where people can gather, care for each other, experiment with different kinds of attention, and conceive brighter futures.”

*ATTENSITY! A Manifesto of the Attention Liberation Movement*



## What is an Attention Sanctuary?

Our attention is under siege. As the forces of the attention economy fracture, extract, and monetize (i.e., "frack") our minds and senses for corporate gain, the need for sites of refuge, of play, and of experimentation grows ever more urgent. ATTENTION SANCTUARIES can be physical or virtual, fixed or fleeting. In addition to offering respite, they are sites of dreaming — where communities can cultivate, through practices of collective attention, a sense of common reality, and a shared vision of a livable future. These spaces nourish and deepen attentional capacities, and they *promote the forms of goodness that arise when we use our attention with others.*

- Attention sanctuaries are environments *built on the basis of shared values*;
- Attention sanctuaries provide two kinds of freedom: the **freedom from** the forces impeding our attention, and the **freedom to** relate to each other on terms that serve our common humanity.

## The good news? Attention Sanctuaries *already exist*.

Attention sanctuaries are, simply put, environments that we design for ourselves, with qualities that support our flourishing — and hold the frackers at bay. Sound familiar? You probably have attention sanctuaries of your own. **Libraries** are attention sanctuaries. **Museums** are attention sanctuaries. **Places of worship, classrooms, cinemas, craft workshops, and community centers** can be attention sanctuaries. "Sabbaths" are sanctuaries. **Bookstores**? These are *absolutely* attention sanctuaries!

These spaces allow us to give our minds, our time, and our senses to the people and the things we *actually* care about. They allow us to reclaim attentional agency and foster forms of "attensity" beyond the single (monetizable) paradigm of attention as task-oriented, monetizable, disembodied *Time On Device* ("TOD," German for "death"!)

The ubiquity of digital technologies can make the attention economy seem synonymous with the "world." This tricks us into acceptance — even despair. What we need are places (and times) *sheltered* from these forces, to imagine alternatives, and begin to build them, together. Look up! Look around! You may be in an ATTENTION SANCTUARY right now.