

One thing particularly bothersome to me about the domination of visual technology is its tendency to incapacitate me to experience where I really am. I've gotten so good at imagining experiences that the fun in being where I really am lies in the thoughts it provokes. So today I tried to pay attention to the fact that all I could see was a small area around me and so pretended that was all that existed in the world. It was very calming, almost cathartic to have discovered this. I was getting all my senses stimulated from what was around me.

Devin M.