



daily GOOD

Attention is the rarest and purest form of generosity. --Simone Weil

Is Our Attention for Sale?

"Even though the internet and the world wide web were designed to decentralize information, our attention is increasingly and calculatedly controlled by a small number of sources whose sole aim is make money from where we place our attention. Learn why the "attention economy" demand our active resistance."

Be The Change:

Softly close your eyes and place your attention on where you actually are in this moment. Let yourself fully attune to the sounds, smells and sensations available in this moment. How does it feel to actually choose where to place your attention?