



## **focusing attention**

- 5 min** Investigate the artwork:  
what is it?
- 5 min** Turn away from the  
artwork and undo your  
previous thoughts and  
sensations, walking freely
- 5 min** Return to the artwork and  
ask what it needs.

## **focusing attention**

- 5 min** Approach the artwork, perceiving its surface.
- 5 min** In your imagination, carefully dig into the artwork, as though looking for something concealed within it.
- 5 min** Slowly return to the surface.

## **focusing attention**

- 5 min** Generously investigate the artwork.
- 5 min** Ask it about its memories:  
How was it made?  
Through what places has it passed?
- 5 min** Now, recognize what there is of you in it.

## **focusing attention**

- 5 min** Generously investigate the artwork.
- 5 min** What is it missing? Move away from the artwork and reflect on this absence.
- 5 min** Return your attention to the artwork.

## **focusing attention**

- 5 min** Generously investigate the artwork.
- 5 min** Observe your body and breathing in the presence of the artwork.  
Observe how you behave.
- 5 min** Return your attention to the artwork.

## **focusing attention**

**5 min** Generously investigate the artwork.

**5 min** Cover your ears and perceive the artwork.

**5 min** Uncover your ears and keep focusing your attention on the artwork.

## **focusing attention**

- 5 min** Generously investigate the artwork.
- 5 min** Remember how it was to discover the world as a child.  
With this memory, explore the artwork.
- 5 min** Return to the present moment and keep observing the artwork.

## **focusing attention**

- 5 min** Generously investigate the artwork.
- 5 min** Perceive how it is related with its surroundings. If this artwork could be somewhere else, where would it be?
- 5 min** Return your attention to the artwork in the place where it is.

## **focusing attention**

- 5 min** Generously investigate the artwork.
- 5 min** Record the artwork with your cell phone in airplane mode. Modify the record with some sort of resource (filters, zoom and rotation, among others).
- 5 min** Return to the artwork, comparing it with the record that you made.

## **focusing attention**

- 5 min** Generously investigate the artwork.
- 5 min** With your cell phone in airplane mode, record the artwork in a one-minute video. Watch the video.
- 5 min** Return your attention to the artwork.

## focusing attention

- 5 min** Generously investigate the artwork.
- 5 min** If it were to ask you a question, what would it be?
- 5 min** If you were to ask the artwork a question, what would it be?