



group mode sharing



- Gather the group and report your experience in the **Finding an artwork** step.
- Ask each group member to report their experience in the **Focusing attention and Recording the experience** steps.
- Organize the order of the talks, making sure everyone is heard and has the chance to speak without hierarchies.
- Prevent the participants from being interrupted.
- Make sure that the reports are not discussed or commented on before everyone is done.

individual mode sharing



Choose one of the sharing proposals or create a new proposal.

- Based on your record, talk with someone about what you experienced during the exercise.
- Share your record at *exercicio33.org.br*. At this website, you can make contact with the records made by other people.
- Present the record to yourself as a gift, and choose a place to keep it. Look at it anew after one month.
- Invite a group and carry out the attention exercise in the group mode.