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Focusing Roundtable - Flourishing In A Digital World: A Focusing Exploration

1 message

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Free for members

Focusing Roundtable - Flourishing In A Digital World: A Focusing Exploration

A conversation hosted by Luke Raskopf & Frank O'Neill

Register for one option only please

Option 1:

**Thursday, July 1, 2021
11:00am - 1:00pm EST
(New York - US)**

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Option 2:

**Thursday, July 2, 2021
1:00pm - 3:00pm EST
(New York - US)**

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Luke Raskopf



Frank O'Neill

If you're reading this, you're probably surrounded by digital tools. We all are - and yet, as author Cal Newport so poignantly puts it, "We didn't sign up for this!" If given the choice, few of us would have created a technological environment like the one in which we currently find ourselves, constantly flooded with emails and messages and cleverly designed tugs at our attention. And yet, the most common perspective on this problem seems to be one of resignation. While technology clearly enables many wonderful things (this Roundtable, for example), we may have never paused to

reflect deeply on the nature of our relationship to the digital wilderness we now inhabit. In this Roundtable, we'll address these issues with questions like the following:

QUESTIONS we might explore together are:

1. How am I, *really*, with this part of my life?
2. What qualities of mind, heart, and body am I cultivating through my use of digital technology? What aspects of wellness might that undermine? How would I like this part of my life to be?
3. Is there a relationship with digital technology that would support my flourishing? What would that look like?

We'll bring a Focusing lens to this issue, engaging in embodied reflection on these questions through breakout sessions and generative group exploration. We'll invite whatever bodily knowing we have not yet experienced clearly by encouraging a gentle, curious and loving attentiveness to our experience. We hope to discover some deep and lasting insights into how to flourish in an increasingly tech-influenced world.

Who might be particularly interested in attending this Roundtable?

Anyone interested in exploring one's relationship with technology in a Focusing way and finding more empowerment and well-being.

Suggested reading:

"Digital Minimalism: Choosing a Focused Life in a Noisy World," by Cal Newport, is a thorough exploration of the topic, as well as a practical guide for shifting one's perspective and actions.

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