

to Mary Lee Roberts, eusebio consumed and madeleines.

Q U A D

Part I

Contemporary clinical parlance calls it A.D.D. Attention Deficit Disorder...get it? Deficit equals Loss; Disorder equals Malfunction. Keeping this in mind consider how the current state of Western culture solicits our divided attention to manifold presentations of information; no amount of time is meaningful unless that time is filled with a message; time is measured in increments of messages, information, facts and opinions, for which we dole out the last bits of our attention, our focus. It would seem (and takes little to imagine) there is a relationship between the growing 'malady' of A.D.D. in our population and the incessant solicitation of our time by the wayward trappings of contemporary Western culture. And here's the rub: if a person **is** able to actively dole out the small bits of attention (and understand this as 'focus') required by the day-to-day encounters with the world (a world relentlessly shaped by 'messages,' 'information,' etc.), then surely that person has become accustomed, say acculturated, to culture, and therein able to provide divided attention to the short messages and bits of information bombarding us all, all the time. The facility through which such acculturation is accomplished deteriorates the deeper facility required to access, ingest, indeed even engage long-term considerations of our place within the world, and what we're doing *in* the world. Does it not seem that the more acclimatized we are to current culture the more we need suffer a delimited ability to focus, to be present in the here and now?

The good news is that we need not worry, for we suffer not at all but dwell, instead, with Lizard Mind. Do I need to tell you about Lizard Mind or its advantageous applications? How do we attend to the multitude tasks of daily life, without (necessarily) Losing or Malfunctioning? How may we sun-bathe in the warm rays of information without getting burnt? I direct your attention to Lizard Mind; consider the ways in which you arrived at this performance, all the demands that needed meeting, all the concerns that needed resolving, before you were able to **be here, now, listening** to me speak...do you have the energy for this? Of course you do, for you dwelled within Lizard Mind along the way, and you have energy for far more than you may think.