



*Sheldon Art Museum in Lincoln, Nebraska*

August 19, 2022

Council Bluffs, IA/ Omaha, NE to Lincoln, NE  
Lincoln, NE/ Martell, NE to Chadron, NE

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Today we met two colleagues in Lincoln, NE at the Sheldon Museum of Art who were willing to take on the risks associated with an experimental form of research: an attempt to re-create one of the Order's Protocols for Sustained Attention.

The outlines of the "Practice", or what the Birds refer to as an "Action" are broadly as follows: twenty eight minutes broken down into four seven minute phases, comprising of Encounter, Attendance, Negation, and finally Realization. During those twenty eight minutes no one is to speak, or write, or engage in any activity except looking at the work (excluding negation, during which time the participant imagines that the work does not exist,

and that they do not exist either). The beginning of each phase, except Encounter, is signaled with the ringing of a bell. This is all followed by colloquy, where participants sit down (usually to a meal) and share their experience.

The dangers and difficulties in attempting to focus the mind are numerous, yet the Birds have one cautionary phrase:

*Temporary metempsychosis may occur, but must not become permanent.*

Metempsychosis means migration of the soul. We remain uncertain as to what exactly this might mean in the context of the "Practice," or how a permanent or semi-permanent metempsychotic episode might manifest or be cured.

In a follow up poll, every participant in our recreated “Action” expressed a degree of confusion and discomfort. However, this uneasiness seemed to result from a decisive clarity on the spiritual inadequacy of everyday life, and the simultaneous recognition that the *condition of inattentiveness is necessary for living in an unlivable world*. More research is required on this front.

It should also be noted that Gregory Willikers seemed to be afflicted by a variety of semi-permanent metempsychosis. For several hours after the practice, we would find him standing in front of large machines, staring at them and pretending to hold a clipboard, in rough mimicry of the painting we had observed. Very curious.



*Field near Crete, Nebraska*