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#111: Jackson Moore: Sing the rhythm of your attention (2018)

Open the voice memo app on your phone and start recording.

Stay where you are.

Try not to think.

When you think anyway, sing any little sound, to mark the moment.

Stop when you have other things to do.

send the recording to done@conceptbank.org

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to [**done@theconceptbank.org**](mailto:done@theconceptbank.org). We will archive it (anonymously) and we will also forward it to the artist. Thanks and we hope you will visit us again.

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