**VERYTHERE**

**research**

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**author: Justyna Profaska**

In today's age of multitasking, proposing mindfulness as a solution to dispersion requires reevaluation. While the idea of living parallel lives in different places is recurrent state in history of human behaviour, from maintenance of love affairs to schizophrenia, there's no clear guidance on how to focus on both the real and virtual world or how to maintain healthy ways of being in multiple places simultaneously. However, there is no guidance on how to focus on both the real and virtual world or how to practice healthy forms of being in multiple places simultaneously. What would happen if we practiced focus, presence, and understanding in multiple places at the same time? The idea emerged from the acknowledgment that in today's world, it is impossible to be fully present in one place all the time because of the way epigenetic influences the split of our brains and changes in our neurons. Dimitris Papadopoulos, in his essay "Plastic Brain," suggests that "Every epoch has its brain - and every epoch fantasies a better brain than the one it has," and the importance of the human task is to understand where and how these processes can influence our thinking, embodiment, and focus. How can we find a way to enjoy focused, simultaneous micro-experiences here and there ( and all at once, as the concept of the multiverse is gaining attention and provoking debates)?