

Tranquils i atents com una granota

Pista 1

En aquest exercici aprendràs a estar atent. Per fer un exercici d'atenció cal que d'entrada, deixis córrer de moment el que estàs fent per poder tranquil·litzar-te i observar. Això et permetrà descobrir el que sents, el que penses i el que fas, de vegades sense adonar-te'n.

Aturar-se i observar són dues coses que pots aprendre d'una granota. Una granota salta, però quan mira el passa s'atura i es queda immòbil. Quan estàs assegut, com una granota, no et bellugas si veritablement no et veus obligat a fer-ho. Quan una granota te gana, es desplaça per menjar. Quan te por, es belluga una mica perquè te por. Quan veu que alguna cosa es posa en moviment, només mou un ull. Quan li cauen gotes de pluja, només mou un ull. Quan vol canviar de posició, només desplaça una pota. No malgasta l'energia per coses sense importància. La granota està tranquil·la. Quan respira, la panxa se li infla, després se li desinfla suaument. Està desperta, tranquil·la i atenta.

La granota no es deixa distreure fàcilment, s'adona prou bé del tracte que hi ha al seu voltant però no reacciona, es queda tranquil·la i atenta. Sense bellugar-se.

No salta per una menuderia, tot i ser capaç de fer bots considerables. D'aquesta manera, la granota no es cansa, no fa coses inútils, no es deixa endur per cap dels pensaments que li sorgeixen. És capaç de parar-se, de saltar i de deixar de moure's. Tu també pots estar tan calmat com una granota. Per això vull demanar-te que t'asseguis confortablement, en una cadira o en un coixí, amb l'esquena recta i distesa.

Tanques els ulls si trobes que estàs a gust, o deixes caure les parpelles suaument fins que et sentis còmode. Pren-te temps per seure, recte i distes, amb els peus a terra, l'esquena dreta, les espatlles penjants, relaxades i pots deixar les mans que descansin a la falda sobre les cames, l'una sobre l'altre.

Ara imagina que ets una granota a la vora d'un gran estany. Per descomptat que no ets realment una granota, però tens alguna cosa que també te ella, pots mantenir-te tranquil. I per mantenir-te tan tranquil, et cal atenció, et cal atenció i calma. Atenció per no desviar-te cap altres coses que no sigui el que estan fent ara i calma per poder quedar-te assegut.

Així doncs, pren-te el temps que calgui per estar-te com una granota atent i tranquil.

Les cames i el braços estan distesos, la panxa està distesa, l'esquena, la nuca i el cap, estan distesos. Tot en conjunt encara es calma i s'assossega. Estàs silenciós i atent. I quan estàs assegut, tranquil·lament assegut, pots remarcar tota mena de coses. Potser observes que hi ha alguna cosa que es belluga al teu cos, un dit o una cama o les parpelles, o una altra cosa, però

Tranquils I Atents Com Una Granota Lb

Daniel F McAuley



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