



# Attention

a poem by **Noëla Zaharia**

Paying attention demands a high price:

Set a solid intention,

Practice,

Keep my eyes on the prize.

Paying attention,

For someone like me, a committed adult,

Yet with a secret dream to flee,

Means to join elsewhere: set myself free!

Paying ordinary attention is so, so hard

When spicy things are pouring from the nearby courtyard!

My gaze instantly shifts direction.

Instead of long-time payment,

I want a well-deserved gratification!

Distractions, involving other senses than eye sight:

Touch, smell, taste, hear or, in my case, write.

For this, I am willing to give my free, undivided attention

As... guess what?

Writing is how I practice my solid intention!

