

# Pay Attention

By Glenn Currier

I've often thought that attention costs  
and human meaning and value is lost  
in the media muddle and disarray  
that capture our eyes and ears each day.

I recall a lousy teacher shouting: "Pay attention!"  
And my mind left for another dimension.  
He wanted payment he hadn't earned  
and I lost the lesson I should have learned.

The phone rang while I watched TV  
It was my sister asking: "Are you free?"  
I smirked and reluctantly said, "Sure!"  
deciding to make my attention secure.

Paying attention is a choice  
just like the decision to raise my voice  
to a child: "You'd better not!" or to say "I do."  
or to smile when I'm feeling blue.

When I pay attention I make a trade  
and what you offer is quickly weighed  
against the energy and time I'll spend.  
Honestly, I'm measuring my dividend.

Is paying attention really a subtraction  
of ego from an interaction?  
Or is it *adding* something to you  
by making one out of two?

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