

Andrej Trampuž

O UMETNOSTI ŽIVLJENJA

Besedilo: **Gregor Bulc** Fotografije: **Borut Peterlin**

Mag. Andrej Trampuž, univ. dipl. psih., je terapevt v Centru za kakovost odnosov in v slovenski veji fundacije Umetnost življenja (Art of Living). Trampuž z veseljem pove, da je Umetnost življenja največja humanitarna organizacija na svetu. Po principu prostovoljstva namreč delujejo v več kot 140 državah po svetu. Ukvarjajo se s pomočjo revnim v nerazvitih državah, razreševanjem medetničnih konfliktov, spodbujanjem razvoja podeželja, rehabilitacijo zapornikov ipd. V okviru svojih programov poučujejo metode osebne rasti s pomočjo posebnih dihalnih tehnik.

(30) Fondacijo je ustanovil indijski mojster dihanja Šri Šri Ravi Šankar, eden izmed najbolj priljubljenih sodobnih »gurujev«, ki ga še bolj kot reveži malikujejo številni vplivni politiki in zvezdniki.

Poučujete dihalne tehnike in osebno rast. Mi lahko razkrijete, kakšne so veščine, ki jih učite?

Velja. Prvič, opaziti določene tendence v našem umu. Vzemimo zelo preprosto reč: ljudje se zelo velikokrat ujamemo na negativne stvari. Drugič, opaziti tendence na nivoju naših misli. Te praktično ves čas nihajo med preteklostjo in prihodnostjo. Zelo malo časa smo v tem trenutku in s tem je povezan stres. Nepredviden dež, rdeča luč, napačna pričeska nam gredo na živce, a od tega nimamo nič, le mi smo tisti, ki se zaradi tega zremo. Tretjič, naučiti se napolniti se z energijo ...

Kaj pa sploh je energija?

Dobro vprašanje. Morda ni ravno najbolj bistvena stvar, da definiramo, ali gre za električno energijo ali kaj drugega. To je pač občutek, da si poln energije, da si fit, da si naspan ipd.

Verjetno smo že vsi izkusili, da izgleda svet v trenutkih, ko smo brez energije, utrujeni, nerazpoloženi, precej slabše kot drugače. Hitreje podvomimo vase, prej se razjemo. Že naslednji dan, ko se naspimo, pa lahko vidimo stvari čisto drugače. Počitek je pomemben vir energije. Prav tako kakovostna prehrana in dovolj tekočine. Energijo nam da tudi pozitivno stanje uma. Če preberemo dobro knjigo ali poslušamo lepo glasbo, smo avtomatično bolj pozitivno naravnani in imamo več energije.

Kaj pa, če so ti vseč horror zgodbe ali pa nekonvencionalna agresivna glasba, ki je večina ljudi ne dojema ravno pozitivno, npr. heavy metal?

(Smeh.) Ne gre za to, da nam karkoli ne bi smelo biti všeč. Smo, kakršni smo. A naš okus oz. to, kar nam je všeč, se lahko spreminja. Dejstvo je tudi, da bolj ko se zazremo vase, bolj postanemo senzitivni za to, kaj je za

nas dobro. Zelo pomemben vir energije je tudi dihanje, ki odnaša iz telesa veliko odpadnih snovi ...

Čak'te, čak'te, kako to mislite »odnaša odpadne snovi«? V fizičnem smislu?

Tudi v fizičnem smislu. Ima pa dih še posebno lastnost: obstaja posebna povezava med dihom in našim notranjim svetom. Kadar smo žalostni, jezni ali prestrašeni, je naš dih drugačen kot takrat, ko smo mimi in sproščeni. A izkaže se, da ta povezava deluje tudi v obratni smeri: ne le, da naše notranje stanje vpliva na dih, ampak tudi dih vpliva na naše notranje stanje.

Je to potemtakem podobno ideji, da ti ni treba verovati, saj je dovolj, da poklekneš, skleneš dlani in začneš recitirati molitev in tako prej ali slej postaneš veren? Če torej obvladaš dih v tehničnem, fizičnem smislu, se bo tvoje telo harmoniziralo?

(Smeh.) Dih enostavno ima direkten vpliv na naše telo in psiho. Obstaja veliko resnih znanstvenih raziskav o dihalnih tehnikah Umetnosti življenja, ki kažejo na njihov pozitivni vpliv na psihofizično stanje človeka. Npr. ob njihovi uporabi se zmanjša količina kortizola v krvi, ki je poznan kot hormon stresa, zniža se stopnja krvnega laktata, ki je še en biokemičen pokazatelj stresa, poveča se količina antioksidativnih encimov, ki pomagajo premagovati oksidativni stres v celicah, poveča se število obrambnih celic telesa, ki uničujejo tujke in tumorske celice, zmanjša se anksioznost udeležencev, EEG možganskih valov kaže na večjo splošno stopnjo zavedanja in povečano sproščenost med izvajanjem tehnik, program izjemno dobro vpliva na depresivna stanja – po raziskavah enako učinkovito kot



medikamentozna terapija z antidepresivi, vendar brez negativnih stranskih učinkov. Dih je ena izmed najpreprostejših poti v sedanji trenutek. In s tem odpira ogromne potencialne, saj življenje poteka le v tem trenutku. **Ampak mar ni to že eden takih klišejev, fraz? OK, moraš živeti tukaj in zdaj, ampak kako to res narediti? Jasno, najprej je treba človeka sploh prepričati, da je res smiselno živeti predvsem v tem trenutku. Nekaj čisto drugega pa je, kako to udejaniti.**

(Smeh.) Tudi če je to za nekoga morda kliše ali fraza, še ne pomeni, da zadeva ni resnična. Po drugi strani pa drži, da tega ni vedno lahko narediti. A prav dih nam pri tem lahko zelo pomaga. Kajti dih je vedno le v sedanjem trenutku. Kadarkoli se diha zavemo, se s svojim umom vrnemo v sedanji trenutek.

Prosim, prosim, lahko kar začneva. Ljubitelj cigaret, kakršen sem sam, po vašem učenju najbrž ne bi prišel prav daleč. Ampak za vas imam boljše vprašanje ...

Mnogim ljudem je uspelo po šestih dneh programa opustiti cigarete ... **Ampak recimo, da ne želim opustiti kajenja, prosil pa bi vas za tehniko dihanja, s pomočjo katere bom lahko kadil cigarete na način, ki bo zame še bolj izpopolnjujoč.**

(Smeh.) Tu gre za dve nasprotujoči si tendenci. Namen tehnik, ki jih učimo, je povečati iznašanje odpadnih snovi iz telesa. Kajenje pa, kot vemo, vnaša vanj določene strupene snovi. Po drugi strani pa še vedno

drži dejstvo, da ima večji smisel, če se zavedamo stvari, ki jo počnemo, kot pa, če se je ne.

Za konec bi vas kot popoln laik in amater stereotipno vprašal, ali verjamete, da se je smiselno izogibati spolnosti. Ali nam dejansko odteka življenjska energija, medtem ko doživljamo izliv, oz. ženskam, ko doživljajo, kaj pa vem, orgazem?

Dejstvo je, da je smiselno, da so stvari v življenju v ravnotežju. Enako velja za spolnost.

Ali lahko Adrijinim bralcem svetujete, kolikokrat na teden ali mesec je to?

(Spet smeh.) Ne na ta način. Gre za to, da pogledamo vase in se vprašamo, koliko določena stvar – lahko je to spolnost ali kaj drugega – obvladuje naše življenje. V zadnjem času je res, da je spolnost postala nekaj, s čimer smo zelo, recimo temu, obremenjeni. Veliko razmišljamo o tem, polagamo mnogo upov in pričakovanj v to smer itd. Obstaja pa stvar, na katero ljudje redko pomislijo: za mnogo ljudi je spolnost eden redkih trenutkov, ko so res v sedanjem trenutku. Ker gre za tako intenzivno izkušnjo, se med spolnostjo zmoremo vrniti v sedanji trenutek. OK, nekateri pravijo, da lahko zraven kvačkajo. No, malce se hecam. Precej ljudi mi pravi, da se lahko zares sprostitjo le med spolnostjo. Umetnost življenja ni proti spolnosti, učimo pa tehnike, ki nam pomagajo uživati v sedanjem trenutku neodvisno od spolnosti.

(32)

Andrej Trampuž ON THE ART OF LIVING

Text: **Gregor Bulc** Photography: **Borut Peterlin**

Andrej Trampuž is a therapist at the Relationships Centre and the Slovenian branch of the Art of Living Foundation. Trampuž is proud of the fact that the Art of Living is the largest humanitarian organisation in the world. The Foundation is a voluntary organisation active in over 140 countries. Their work includes helping the poor in developing countries, resolving inter-ethnic conflicts, promoting rural development, rehabilitation of prisoners and so on. Their programmes teach methods of personal growth with the help of special breathing techniques. The Foundation was founded by the Indian master of breathing Sri Sri Ravi Shankar, one of the most popular modern “gurus”, who is idolised, even more than by the poor, by numerous influential politicians and stars.



You teach breathing techniques and self-development. Can you tell me what the skills are that you teach?

Certainly. First, to observe certain tendencies in the mind. For example something very simple: people very often latch onto negative things. Secondly, to observe tendencies at the level of our thoughts. These are almost constantly oscillating between past and present. We spend very little time in the present moment, and stress is connected with this. An unexpected shower of rain, a red traffic light, a bad hair day – these things get on our nerves, but we get nothing out of it, it is only us who get upset by them. Thirdly, to learn to fill ourselves with energy...

What actually is energy?

That's a good question. Defining whether we are talking about electrical energy or something else is perhaps not the essential thing here. It is the feeling that you are full of energy, that you are fit, that you are well rested, and so on.

All of us have probably experienced how the world seems a much worse place when we have no energy, or are tired or in a bad mood. We are quicker to doubt ourselves and get angry sooner. But the next day, after a good night's sleep, we see things completely differently. Rest is an important source of energy. So is a good diet and sufficient liquids. We also get energy from a positive state of mind. If we read a good book or listen to nice music, we automatically feel more positive and have more energy.

What about if you like horror stories or unconventional, aggressive music that most people do not see as being exactly positive, for example heavy metal?

(Laughs.) It is not a question of not being supposed to like something. We are how we are. But what we like can change. It is also true that the more we look into ourselves, the more sensitive we become to what is good for us. Another very important source of energy is breathing. Breathing removes a lot of waste substances from the body...

Wait, wait: what do you mean "removes waste substances?" In the physical sense?

Also in the physical sense. But breathing has another special property: a special connection exists between breathing and our inner world. When we are sad, angry or frightened, our breathing is different from when we are peaceful and relaxed. But it turns out that this connection also works in the opposite direction: not only does our inner state affect our breathing, our breathing also affects our inner state.

So is that similar to the idea that it is not necessary to believe because it is enough to kneel down, clasp your hands together and start to say a prayer and sooner or later you become devout? In other words if you master breathing in the technical, physical sense, your body will be in harmony?

(Laughs.) Breathing simply has a direct influence on our body and our psyche. Many serious scientific studies have been carried out of the breathing techniques of the Art of Living which point to their positive influence on the human being's psychophysical state. For example, when these techniques are used, there is a reduction in the quantity of cortisol (commonly known as the stress hormone) in the blood, a lowering of the concentration of blood lactate (another biochemical stress indicator), an increase in the quantity of antioxidative enzymes, which help overcome

oxidative stress in cells, an increase in the number of the body's defence cells, which destroy foreign bodies and tumour cells, a reduction in the anxiousness of participants, and so on; ECGs show a greater general state of awareness and increased relaxation while practising the techniques, the programme has an extremely good influence on depressive states – research suggests they are as effective as medical therapy using antidepressants, but without the negative side effects. Breathing is one of the simplest routes into the present moment. And thus it opens up enormous potentials, since life only takes place in the present moment.

But isn't that just a cliché, a truism? OK, you have to live here and now, but how do you really do this? And of course you first need to convince someone that it really makes sense to live merely in the present moment. But how to actually do it, now, is another question entirely.

(Laughs.) Even if someone thinks this is a cliché or a truism, that doesn't mean it isn't true. On the other hand it is true that it isn't always easy to do this. But breathing can help a lot here. Because breathing is always only in the present moment. Whenever we are aware of breathing, our mind returns to the present moment.

Please, please, we can start right away. A cigarette smoker like me probably wouldn't get very far with your teaching. But I have a better question for you...

Many people have managed to give up cigarettes after six days of the programme...

But let's say that I don't want to give up smoking but I do want to ask you for a breathing technique that will help me smoke cigarettes in a way that would be even more fulfilling for me.

(Laughs.) You are talking about two opposing tendencies. The purpose of the techniques that we teach is to increase the elimination of waste substances from the body. But smoking, as we know, introduces certain toxic substances into the body. On the other hand it is still true that it has more sense if we are conscious of what we are doing than if we are not.

To end with I would like to ask you, as a complete layman and an amateur, a stereotypical question, namely: do you believe that it is a good idea to avoid sex? Do we actually lose vital energy during ejaculation, or do women lose it when they experience, I don't know, an orgasm?

The fact is, things in life ought to be balanced. The same applies to sex. **Can you advise Adria's readers how many times a week or month that actually means?**

(Laughs.) Not like that. It is a matter of looking into ourselves and asking ourselves how much a given thing – it may be sex or it may be something else – controls our life. It is true that in recent times sex has become something by which we are very, as it were, burdened. We think about it a lot, we have great hopes and expectations of it, and so on. There is, however, one thing that people rarely consider: for many people sex is one of the few moments when they truly are in the present moment. Because it is such an intense experience, during sex we are able to return to the present. OK, some people say that they can knit while having sex... I'm joking. A number of people tell me that they can only really relax during sex. The Art of Living is not against sex, but we teach techniques that help us enjoy the present moment independently of sex. ✨