

## Colleen's Contemplations – June 2010

Did you know that June is National Meditation month? I didn't either until I accidentally read some of the junk mail that came to my inbox. Meditation didn't make it onto my summer calendar, but maybe it should. I was thinking about my summer, (when I wasn't worrying about underwear) and thinking about the phrase "stop and smell the roses". Lately it feels like when we do stop to smell the roses we go ahead and weed the flower bed as long as we're there, and maybe check messages or return e mails on our oh so handy phones.

Cell phones. I have one of those cool phones that can keep me or my 8 yr old entertained for hours. Did you know they can be turned off? I was told they should be powered down once in a while anyway to reboot, like the little computers that they are. So I turned mine off and threw it in my bag. I left it off for four days and the world did not end. As I continue to try to avoid headaches, I've been trying to focus on the now. I've been trying to relax and not multitask as much. I've decided that my phone works for me, I don't work for it. When I am off duty, I need to be completely off duty. I don't know about meditating, but I do plan to actually notice the flowers I stop to smell.

So as I plan my summer, there will be fewer hours of availability at the store and more hours of availability for my family and myself. My phone will likely live in the glove compartment of my car, and it will be just fine.

Have a wonderfully under-scheduled summer.

Ps... several people dropped off new underwear this month, God Bless you all!

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