

These are a few of my Favorite Things

It is the simplest things that hold the most meaning in life.

*Raindrops on roses*

*And whiskers on kittens*

*Bright copper kettles and warm woolen mittens*

*Brown paper packages tied up with strings*

*These are a few of my favorite things.*

You recognize those familiar words sung by the talented Julie Andrews in the original *The Sound of Music* with lyrics and music by Rodgers and Hammerstein.

This song stuck in my head for no earthly reason, and when I opened a new Word document to a blank screen on my computer, they tumbled forth on the page.

From experience, I knew that there would be more words on the verge of appearing as well if I let go and made the time. That's how it goes for writers.

Here's what I have on my mind:

Take a cat snuggling up to your backside while you are snoozing and purring contentedly knowing full well that he, or she, is safe and secure

Sitting on the porch when a breeze blows the most winsome music from three sets of wind chimes tuned to different pitches up in the tree branches

Gliding through the still water in a kayak with patchwork green hills on either side of you and the purest of blue sky spotted with large cotton balls of clouds

Spending early morning meditation with the windows open and the birds already busy at work nosily tending their young in the nearby feeders based on their own internal clocks

Smelling the freshness of the puffy yellow quilt that has hung out to dry over the back railing in the natural environment

Sensing the hopeful possibilities when opening a door to a new direction in life

Breathing in the “newness” of a car’s interior that you have recently purchased

Casting your eyes on the tiny fingers and toes of a newborn and being at awe with the miracle of birth

Devouring a well-seasoned chicken barbeque prepared by someone well-versed in the art of outdoor cooking

Opening a new notebook for the very first time, and so it begins

*When the dog bites*

*When the bee stings*

*When I'm feeling sad*

*I simply remember my favorite things*

*And then I don't feel so bad*

Make the time to appreciate those simple things in your own life that make extraordinary out of mundane.

