

The magic in the simple things (Ritual #6)

Don't you just sometime crave the simplest of things?

We are so bombarded with complications in our daily lives it can become smothering.

Today for me was a day of the simple things, magically simple, a day of connection with slow living at its best, a kind reminder that we can still tap into simplistic enjoyment, and not costing a cent.

I love my vintage bike her name is Old Red and even just looking at her brings a smile to my face.

Today was a day of enjoying the simple act of bike riding in the sun. Old Red reminds me of a time of slow living, to cycle not to get the heart rate up but to just enjoy the sun or go visiting, of not having to be in lycra, timing yourself, or having your feet in cleats. Where you can just step through wearing a skirt if you like,, put freshly cut flowers or some shopping in your basket.

I pottered off today for just that. I felt myself riding along with a smile on my face, humming every now and then, just enjoying what this bike reminds me of, enjoyment in the simple things, playing hopscotch for hours on end, doing handstands up against a wall, sitting on a lawn with friends making dandelion chains, hills hoist clothes lines, cars with 3 on the tree, walking down the beach bare foot in all weather, hand knitted jumpers and the enjoyment and fascination even as a teenager in watching a mood ring change colour.

It brought home to me that we can still live the simple life, to live a slower life if we choose, by getting off the bucking horses once in a while .Hopping on the merry go round every now and then allows us to enjoy the view and our surroundings in our life.

When you can, make a conscious effort and take time to live a day ,enjoying the simple things in life.

A DAY OF SIMPLISTIC PLEASURES

- *Have a cuppa with a friend on your lawn or your back step.*
- *Go for a stroll not a power walk*
- *Ride your bike just to enjoy the day, look at the gardens and take a new road or bike track.*
- *Pick a bunch of flowers out of your garden to take inside*
- *Make your own jam*
- *Bake a cake*
- *Take a magazine or book and read it down the beach*
- *Have a movie night in and make your own pop corn*
- *Colour in with your children, if you don't have children, colour in anyway!*
- *Watch an 'old 'movie*

There are so many ways to bring back enjoyment of the simple things, see how YOU go! Lighten up , live it up and have fun! Much love Anna xxx

