



## Simple Joys

### Description



Deepak and Oprah

For years I've been wanting to practice **meditation** and have even bought several books about it, but haven't been able to stick with it. To be still without all the chatter running through my head would be blissful. There are also numerous health benefits to meditation. I watched Oprah's interview with Deepak Chopra and he recommended not making a mental effort to stop the thoughts, but just to be aware of them and then let them go. When we make an effort to quit thinking, we are thinking. I hope that makes sense. It made sense to me at the time. I decided to take the **21 day meditation challenge** with Oprah and Deepak. It's free and you can register to join [here](#). It started on Monday, but you can join any time. The actual meditation has been about 15 min. I have yet to make it that long, but hopefully over time I will get there. Deepak says he meditates for 2 hrs a day.

### [Bath & Body Works Orange Ginger](#)

I'm loving **Bath & Body Works Orange Ginger Cream**. My friend Jill received it as a gift because it was someone else's favorite thing and now it's her favorite too. She admitted she probably wouldn't have tried it if it weren't a gift. I love the energizing scents of orange and ginger. I haven't tried the body wash yet, but I'm thinking I need both products to help reawaken my

senses in the morning. It's a nice clean scent and perfect for Spring.



Jayhawk Basketball

Sporting events aren't typically a simple joy for me. I do enjoy watching basketball though, especially if it's the **Kansas Jayhawks**. The University of Kansas is my alma mater, and I can vividly remember when they won the NCAA Championship in 1988. Larry Brown was coach and player Danny Manning was one of the team's superstars. I was attending school there at the time and the campus was full of excitement. I used to stand in line for hours at Allen Fieldhouse to get into the games with my student athletic pass. Yesterday I had the opportunity to attend a Big 12 game and watched the Jayhawks win against Texas Tech. I'll be going again tonight and hoping for another big win. Rock Chalk Jayhawks!

**Date Created**

2013/03/15

**Author**

queenie