

Savour your senses

I have been trying to think of something to write about just to keep in touch with you. Most days I seem to be doing the same things but perhaps in a different order! I do a bit of exercise with my stepper and a sheet of steps from NHS heart class. I also went to the Heartbeat classes so try to remember some of those exercises too. I have done some household jobs and the necessary meal cooking. When the weather was so lovely, I was in the garden but found the earth too dry to do much with it and have had little walks locally. So, you see, I don't have a lot of news to report.

One nice thing which set me thinking was about receiving flowers. I have been spoilt by having so many sent to me, I am 'running out of' vases! My other morbid but imaginative thought in a light-hearted way was, how sad it is that so many flowers are sent when we die and we don't see them? Also, how many nice words are said about us, at least I hope so!?, which we do not hear. Two friends I have known have died over this terrible period of isolation but sadly I was not in touch recently with them. Why not? Because time passes so quickly when we are doing so many things and we promise ourselves I must do this or that next and then do something else. "What is this life, if full of care, we have no time to stand and stare?"

*"No time to stand beneath the boughs and stare as long as sheep or cows.
No time to see, when woods we pass, where squirrels hide their nuts in grass.
No time to see, in broad daylight streams full of stars, like skies at night.
No time to turn at Beauty's glance, and watch her feet, how they can dance.
No time to wait till her mouth can enrich that smile her eyes began.
A poor life this if, full of care,
we have no time to stand and stare. (W.H. Davies)"*

We might not be wandering through lovely woodlands and countryside, but this enforced solitude should perhaps sharpen our senses to appreciating sound, sight, smell, touch and taste. These are precious gifts from God which slowly decline as we age so value them and perhaps make a note each day of something special noticed and experienced through these senses. Telephone a friend, read a book, go in the garden, and smell the flowers, bake a cake and pamper yourself! These are some of the five ways to savour your senses!

Keep safe and keep smiling
Shirley Stow