

Unplug

Can you unplug yourself?

No email. No texting. No cell phone.

We are so connected it makes one wonder if we are too connected. Can you unplug? Can you relax, sit on a beach, climb a mountain or do the adventure of your dreams?

Unplugging, you'll spend time with yourself, nature, and those near you. There are also benefits for those from whom you unplug. Distance makes the heart grow fonder. Remember, when we die, we are unplugged.

I'm in day 2 of no email as I write this. To a great extent, I don't miss it. I'm willing to release the addiction in a trial. We'll see how it all goes. We'll see. I'll stop writing and then write again at the end.

It's now day seven. I went three days without email. Yes, I did take a quick peak for any urgent items, but didn't open or read any. Amazingly, I lived, the world kept turning, and no one called to say they missed me. How could that be? Well!

The problem is that, while still away, I went back to the connection. Each morning and evening I checked and responded to my emails. Some fun, some business, and family. Was it worth it?

I handled business issues and kept things moving and that feels good to me and those with whom I work. I was able to get a newsletter published. Good things and things I enjoyed doing and being part of. I had the connection, the time, and the desire.

Now I wonder about a trip where there is no connection. I can do it. I will do it when the right trip presents itself.

To unplug is great. It's a great lesson, it's a great release, and it's great knowing you can do it. The world won't come to an end, and some will miss you.

Most important is the recharging you gain in letting go and changing your routine. The change refreshes. That's one of the great values of a vacation.

While away relaxing, some of my best ideas come to me. I make notes and then let them go. When you make a note you can then allow it to drift out of your mind, to be remembered again when needed. It frees your mind to make a note and then let it go.

The value of a vacation and unplugging is to release all that stuff spinning around in our heads all the time. It's a release, it's cleansing, and it's refreshing. Try it and you'll like it.