



Penny's Thoughts Where Did You Go?

By Penny Hall

Have you ever been riding in a car and suddenly realize thirty minutes have passed? It happened to me last night.

My husband and I decided to make a quick trip into town and pick up a few groceries. Our destination was a forty-minute drive, part of which winds along the Madison River through a majestic rock canyon. Thirty minutes into our trip I realized I was so busy planning the shopping I missed most of the drive.

It reminded me of how often our mind wanders and how much of life we miss when that happens. I can recall times when I have been eating a meal with a friend or family member and realize I missed what was said. My thoughts were on a past event or considering what might happen in the future.

On the trip home I decided to spend more time in the present enjoying the journey. I engaged in conversation with my husband. I listened intently while he shared the excitement he felt over a new triumph in his life. How pleased I was to be able to share in this amazing leap forward after such a long period of personal struggle.

Together we watched the beauty of the setting sun through the clouds. We marveled at the richness of the new green crops blanketing the hillsides. The blossoming trees and bushes provided a delightful display of pinks and purples. Spring was evident in nature as well as in our souls.

A vibrant rainbow appeared and remained with us until we reached our home in the valley. I am so glad I focused on the journey instead of the destination. Just think of the joy and beauty I would have missed.



Over My Rainbow, Ken W. Hall Photographer

Penny Hall is an artist, writer and life coach. She invites you to share your own life changing experiences with her through email at changingfocus@gmail.com