PLAY & PLEASURE

The Deliciously Ridiculous

Somewhere along the way, many of us became very good at being sensible.

We learned to consider what's practical, what's necessary, what's worth our time. We learned to take care of things, make responsible choices, and give our attention to everything that needed doing.

And somewhere in the middle of all that, pleasure may have begun waiting for permission.

But think of the things that have made you laugh until you could hardly breathe. The unexpected adventures. The wonderful absurdities. The moments you were so absorbed in enjoying yourself that you forgot to wonder whether you were accomplishing anything.

There is something extraordinary about being alive simply for the pleasure of it.

Play has a way of taking us somewhere we weren't expecting to go.

A ridiculous suggestion becomes an unforgettable afternoon. A spontaneous decision becomes a story told for years. An ordinary moment turns extraordinary because someone began laughing, and suddenly everyone else did too.

And sometimes the most wonderful pleasures are quiet ones. A familiar voice. The warmth of sunlight. Something delicious. A moment when nothing else is needed.

Some pleasures are ours alone. Others become richer when shared. Delight need not come at someone else's expense, and it has a wonderful capacity to multiply.

The deliciously ridiculous belongs here, too. Not because everything must be extravagant or outrageous, but because life can hold more wonder, absurdity, tenderness, and delight than our sensible minds sometimes allow.

For this month, there is no need to make pleasure productive.

There is simply so much more enjoyment to discover.

WHY NOT?

Somewhere in your imagination is an idea so deliciously ridiculous that you might laugh before you ever admit you want it.

Or perhaps it's something wonderfully simple.

Something you'd love to do, have, try, create, or experience for no reason other than the sheer pleasure of it.

Why not?

There is already pleasure in your life.

The little things you savor. The people who make you laugh. The experiences you look forward to. The moments when you lose yourself in something you love.

What makes this part of your life wonderful right now? What would you love more of?

And what else might delight you if you gave yourself permission to be a little outrageous?

Perhaps an old desire comes wandering back. Perhaps something entirely unexpected catches your imagination.

You have the whole week to play with whatever arises.

Fill these pages with things you love, pleasures you'd welcome, curious possibilities, extravagant wishes, ridiculous ideas, or anything else that comes to mind.

Return whenever something else occurs to you.

Nothing needs to be practical. Nothing needs to make sense to anyone else.

And nothing you explore here has to become the future you'll remember.

For now, enjoy the possibilities.

Who knows what might occur to you next?

the little things you love

something gloriously unnecessary

a pleasure you've almost forgotten

what else would be fun?

YOU ACTUALLY DID THAT?

TODAY'S DATE: _____

ONE YEAR FROM TODAY: _____

Look at the second date. For this experience, that day is today.

A year has passed. You are looking out from a life that has been unfolding all this time. You do not need to know how you arrived here.

Begin with something ordinary. Perhaps there is a sound nearby, a familiar place, or something you reach for without thinking. You may notice a detail you could not have known to expect.

If nothing appears yet, begin writing anyway. A single word, a made-up detail, or the first sentence of a memory is enough. You can discover this life as you write it.

Somewhere in this life, pleasure has found its way into your story. It may be deliciously ridiculous, wonderfully simple, or unlike anything you would once have thought to wish for.

Perhaps a small detail opens into something you remember doing for the sheer joy of it. An invitation you accepted. An afternoon that took an unexpected turn. A moment that still makes you smile.

What happened? Who, if anyone, was there? What made the moment unmistakably yours?

Stay with whatever comes. Follow one detail into another, even if the story changes as you write. Nothing from last week has to determine what happens here.

Write from inside the life you are discovering.

Let the remembering begin on the page.

the detail that makes it real...

I still laugh about...

someone said, "You actually did that?"

the pleasure I never saw coming...