

No Phone Signal, No Problem

Written by Gayle Nobel

Wednesday, 06 July 2011 15:32 - Last Updated Thursday, 07 July 2011 15:03

I just returned from a “family” vacation. This year our family looked different than previous years. Kyle did not come, which is typical of our vacations. But we had the addition of two wonderful young men, Rachel’s husband, JB, and Leah’s boyfriend, John. They got to put up with the Nobels for an entire long weekend and they even seemed to enjoy themselves. I loved spending time with my daughters and seeing them so happy with their guys. Both are wonderful young men who are helpful, fun to be with, and add extra life to our family.

Soon after we arrived in Estes Park, Colorado, we discovered there was no cell phone signal at our condo or anywhere in Estes Park, for that matter. At the edge of Rocky Mountain National Park, I suppose it is nestled too close to those gorgeous mountains.

For the record, when I go on vacation, I REALLY go on vacation. I do not call home often. A day or two can go by before I check in. I’ve decided vacations are not as potent if I call a lot and then get caught in self created mental drama about anything happening at home. No need to introduce unnecessary knots in the stomach when I am trying to take a break and remove myself from my responsibilities. There is never anything that can be done if something IS going on at home, except worry. And I can be pretty good at that. Obviously, in case of an emergency, I want to be contacted, but generally, I enjoy the disconnect.

This past weekend, I had an internet signal on my IPod and was able to retrieve email and even use Skype. On the one Skype call I made I found out a few things that for a little while, began to take up residence as stress in my gut. Better off not knowing, I decided. Other than two brief email reports, I did not have contact with my caregivers for the weekend.

One of the great things about vacations is how they can throw me into the present moment. If there is fantastic scenery (Colorado Rockies) or I am exerting myself (our hike at 11,000 ft.), or doing something exciting (whitewater rafting), or simply enjoying a meal with those I love, my soul is transported. I go to that magical place known as the MOMENT where I am fully absorbed in life.

I believe this is one of the best ways to come home refreshed and ready to take on my Kyle responsibilities with new calm. And yes, when I returned, he was in a rough spot, yet again. Did I need to know about it while at Dream Lake enjoying the last few hours of our vacation? Nope. The drama of home will always be there for me when I am ready to get involved in it. And as a

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bonus, a true vacation enables me to see a situation with new eyes.

The joy of a vacation is to be treasured. I strive to stay as immersed in the moments as possible.

PS... There are many ways of getting immersed in the moments without leaving home.



“Be More With Less” suggests:

Get Lost

- Get lost in conversation.
- Get lost in a great book.

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- Get lost in the smell of a local pizzeria.
- Get lost in planning your next project.
- Get lost in someone's eyes.
- Dump your watch and phone and get lost in time.
- Lose your map and get lost your surroundings.