

ZAZEN

An “I don’t have to update my Facebook profile, start a load of laundry, plan for retirement, email a memo, take my vitamins, mind the speed limit, walk the dog, be embarrassed, balance my checkbook, get the oil changed, write a blog post, pay my bills, wash the dishes, read a book, eat more vegetables, have a checkup, take a shower, sit in a boring meeting, take a class, get to the airport, take a photo, watch the news, file my income tax, iron a shirt, finish a report, fertilize the lawn, call the plumber, buy a wedding gift, meet for coffee, take a yoga class, write a letter of recommendation, be criticized, sing something, wear a tie, have a mammogram, pass an exam, become a member, save the seals, rake the leaves, donate blood, order new blinds, send a thank-you note, take the bus, give a presentation, smell the roses, be smart, know which wine to order, entertain the boss, worry, meet a deadline, fascinate someone, think about the future, go to the mall, look at someone’s baby pictures, get a flu shot, find a bathing suit, take care of anyone, reach a goal, learn a language, grocery shop, get a haircut, take anything to the cleaners, take an art class, file a stack of papers, make a floor plan, do homework, get a date, clean a bathroom, get new business cards, tweet something, watch a YouTube video, have the trees trimmed, make a meal, organize a closet, have a picture framed, wrap a gift, take notes, arrange flowers, order a new printer, bandage a cut, write up the minutes, get a passport, sign anything, agree to anything, approve anything, charge something on a credit card, enter a password, bookmark something, make an outline, take a phone call, borrow a sweater, take the cat to the vet, wash the car, take someone to soccer practice, rehearse anything, bake a birthday cake, listen to a concert, bring bagels, lift weights, put on suntan lotion, sit in a waiting room, ask a question, be informed, have an eye exam, solve a math equation, remember a name, buy stamps, give to charity, work on a computer, clean the gutters, help someone move, talk about a TV show, attend a football game, find a partner, watch my blood pressure, floss my teeth, be nice to anyone, read philosophy, run for office, make a decision, talk about politics, assume a responsibility, throw out junk mail, remember the words to anything, get outraged, recycle, get promoted, laugh, upload or download anything,

be anybody special” time

ZAZEN: FRESH, CLEAN TIME

