

I washed my hair today.
Because isn't that what you're supposed to do...
wash your hair, eat 3 full meals a day...
better yet eat 6 small meals throughout the day...
get enough vitamin this and vitamin that...
get some sun because the sun is great...
but wear sunblock and don't suntan because then... cancer.

I washed my hair today.
Yes, maybe I did it while I was sitting on the shower floor...
my tears mixed with the water and soap that ran down my face...
and I wasn't crying for any particular reason...
except maybe I just needed to cry.

Except maybe it was because I was thinking about how I haven't cleaned this shower...
Bathroom....
Bedroom...
Hallway...
Living room...
Kitchen...
Office...
Garden...
oh man , my garden is overflowing with weeds...
the beautiful mints and vegetables...
I tended to them all spring and summer...
they dried up and the weeds....

But this shower.
I should clean it tomorrow.