This is an example for `mdwlist`, which makes it possible to interrupt an enumerated list with standard text and continuing numbering with following enumerate-layout. `mdwlist` is part of the at CTAN available `mdwtools`. remember that the indented lines in option 2 are not indented in dvi-output! the two ctrl-enter are important!

1. Option 1 with any bla bla bla bla text

2. Option 2 with any bla bla bla bla text

bla bla bla bla bla text ... you can write what you want.
the next item has the right number.

3. Option 3 with any bla bla bla bla text

4. Same is possible without blag blah blah without blag blah blah

- The `\suspend{enumerate}`-command must be in the same environment depth as the following items.

- Write your text or list as you like:
  blah blah blajh blubber blah blah blajh blubber blah blah blajh blubber blah blah blajh blubber

  – and this is an itemized with a new depth
  – the next item

5. Option 5 with any bla bla bla bla text

 bla bla bla blah

6. Option 6 with any bla bla bla bla text