



Musing

January 2019 - "The Season of Hygge"

This is January, on average the coldest month of the year; the door to the coming year. The sky is a bit gloomy; the morning light comes late and the evening darkness comes soon. Nevertheless, the transitions between night and day are marked by beautiful sunsets and sunrises.

The Winter Holidays where we experienced the joys of giving and receiving, the songs and traditions of our youth and the times of "Cabin Christmas" are past. Now is the time between Winter and Spring Equinox. This is where life slows down giving us an opportunity to pause, restore and enjoy the quiet and coziness of winter here at the cabin.

The Danes' word for this is "Hygge". The Norwegians label this experience "Kos". I believe the Swedes call this "Mys". It is a time to ski a bit, take a mid-day walk with the dog, (watching not to slip and fall), and a time to ice fish. Those folks look from a distance to be meditating. It is above all a time for quiet and coziness, a time for morning and evening fires. A time to read, play a game or two of cribbage, have coffee, meals and conversations with friends or to light candles at the table with an evening meal of comfort food.

This restorative time prepares us for the delights of the coming Spring and Summer. Soon the days will be longer, the snow and ice will leave us, rivers will run, and the lakes will be open. The sights and smells of Spring will be with us in all their glory. We will be ready to embrace all that comes, enjoying the seasons and the seasonal transitions.

Now is the season of "Hygge" at the cabin- -enjoy.