



Some days are not for big questions of life, some days are reserved for sweet comfort. Drinking your tea with all its flavors, smelling the aroma of a home cooked meal, sitting under a warm blanket, letting your cat lick your hand and inhaling the life that is all here for you. Getting lost in the seeming ordinariness of our lives, with all its deliciousness, just for the sake of it.

What makes you feel cozy, warm, content, loving inside and outside? What are your favorite routines for sweet comfort? The Danish people call it Hygge, a feeling of warm, cozy, delightful fluffiness that comes from enjoying all the things that make you feel at home. I would love to know what sweet comfort means for you. Feel free to share with me by commenting below.

If you feel like you need a moment to check-in with your body and feel into what you need most, feel free to [download this meditation](#).

With love and light,

Damla