Day



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Day 20. Enjoy the Comforts of Home

In *Comfort and Joy*, Colette Lafia, a San Francisco-based writer, spiritual director, and educator, presents a treasure trove of comforts which add pleasure and meaning to our lives.

“I have a velvet pillow filled with buckwheat and scented with lavender that my husband gave me for a Valentine’s Day present one year. It’s designed as a roll to fit underneath my neck when I am reading in bed. Now, when I have trouble sleeping, I lay the pillow on top of my chest. Its weight and softness feel comforting. This simple pillow roll has now become an object of comfort for me.

There are things that comfort us by their presence: in our rooms, our cars, and our pockets. They remind us of special people, important moments, or powerful feelings. They are the silver candlesticks that belonged to our grandparents, a smooth stone picked up at the beach, the medal of a saint on a keychain and the tattered photographs in our wallets. They are totems of comfort that we can touch and hold in our sight.”

When the weather outside is uncomfortable, it is possible to find comfort inside our home with treasured talismans from our lives. Winter is a perfect season for treating ourselves and exploring past experiences that have meant so much to us.