

Winter Solstice 2023 – 21 December 2023

Love



Dennis Sandow, President of Reflexus Company

For those of us in the Northern Hemisphere, today marks the Winter Solstice. This is the time of “in between”, a pause, as we reflect on the year we just lived together and the year that lies before us.

Many of us will be gathering together with our friends and family for holiday dinners. A few years ago, I was invited to dinner by two very good friends and the love of their lives. One couple lived in the US and the other couple in Sweden. As we enjoyed our meal, I asked the couple to tell me their love story of falling in love. I watched as their eyes brightened and their smiles broadened while they told me their love story, leaving me basking in love’s light.

This for me, is at the center of the pause, Winter Solstice brings. In between, the year we lived and the year we will be living is the stillness that comes before darkness brings forth light.

I hope love expands as does the light, illuminating all we have been and can be alone and together.

Happy Holidays!