

44. hygge とは(2)：構造理解

Hygge does not focus on the material aspects of life, but on the intangible things like love, appreciation, joy, and goodness that can be found in all things. In the West, people might call it one's "happy place." For Danish people, hygge is a way of life or lifestyle that they incorporate into their daily lives every chance they get.

Many Danish people consider the use of candles to be an easy way to create an atmosphere of hygge. In fact, Danes burn an incredible amount of candle wax each year — nearly six kilos a year per person. That is a lot of candles! So when relaxing in their homes, instead of having an overhead light on that may be bright and glaring, they prefer to light candles for a warm, soft light, which also offers a subdued atmosphere in the room, making it cozier and more inviting.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.