

Delight!!

I see de light. By definition, delight refers to a high degree of pleasure or enjoyment. How does the human experience delight? How do we recognize that this feeling of extreme joy or pleasure is delight. By feeling or seeing the “light” of the joy that something or someone brings to our souls?

At first when you asked me to write about delight, I could not think of many times where I have lived in delight. But then, I remember sitting in sunshine with my young son, watching him finding pleasure with watching an insect move among the blades of grass. His amusement and and light in his eyes when he learned something exciting and new. That joy - delight - if you may want to call the feeling was contagious. I found delight, joy, pleasure watching my son grow into a very wonderful human being.

I found delight in holding this child, snuggling close, talking about the serous things children want to talk about, and enjoying being silly together. Delight is the light that our souls feel from joy. It is remembering beautiful things that we (I) have experienced in our lives. I write “we,” because I have made an assumption that this how others experience delight.

A goal I made for myself some 20 - 25 years ago was to find something beautiful to see or experience every day. Having been brought up in a generally negative family, simple every day beauty was something I had to consciously make an effort to experience. Mostly I found that beauty by living with my husband, child, cats, dogs, friends and family. I also found that beauty in nature. The sunshine on the fall leaves, the flight of birds, flowers and trees about me. The trees - whom I imagined, maybe greeting me - along the road I drove to work and other places. That is delightful!

I love Alaska. Today the mountains with their dramatically steep slopes, today cloaked in their white winter finery were doused in gold from the low lying sun as I drove the highway to the city. My spirits were brightened and lifted. My senses were awakened and it seemed like a light came on inside me and I experienced delight.

Have you ever wanted to hug a mountain? I find myself frequently feeling just that. I think it is in response to the happy feelings - delight - that my environment provides for me. It is from the feeling that my soul had found a home here. Delight (de light) may come with contentment.

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