

## **Wisdom of the East and Comfort of the North: Hanafuda and Hygge on the Path to Harmony**

### *Part Three: Meaning of the Cards*

My unique method of meditative divination with Hanafuda invites you on a journey through the world of Japanese cards. Combining the ancient wisdom of Hanafuda with the philosophy of hygge creates a special atmosphere of comfort and harmony, helping you find answers to your deepest questions. This practice is perfect for those seeking self-discovery, personal growth, and inner balance.

### **General Meaning of the Cards and Hygge Advice**

A card with a stripe in a reading enhances the meaning of the previous card, emphasizing key aspects and possible challenges. It can either improve or worsen the overall situation, depending on the context and preceding cards.

### **January (Pine and Crane)**

*General Meaning:* Pine and crane symbolize resilience and wisdom, making January an ideal time for new beginnings and strengthening your inner world. This month offers a chance to restore energy after the holidays and reconsider goals for the year ahead. It's a time to solidify your intentions and build a strong foundation for upcoming projects.

*Negative Aspect:* You might face difficulties starting new projects due to a lack of resources or support. Health issues requiring extra attention and care could also arise.

*Hygge Advice:* Create a cozy corner in your home dedicated to planning and reflection. Wrap yourself in a soft blanket, enjoy the aroma of freshly brewed tea, and listen to calming music. This comfortable and peaceful space will help you focus on your goals, maintain a positive mood, and plan the year with joy and optimism.

## **February (Plum and Nightingale)**

*General Meaning:* Plum and nightingale symbolize awakening and renewal, making February perfect for introducing innovative ideas and strengthening connections. This month brings inspiration and fresh ideas, as well as opportunities for renewal and development in both personal and professional relationships. Changes inside and out can lead to significant achievements.

*Negative Aspect:* Emotional upheavals or disappointments in personal relationships might occur. You may face misunderstandings or conflicts that create tension and make communication challenging.

*Hygge Advice:* Treat yourself to moments of calm and comfort. Invite loved ones for a candlelit dinner at home or spend an evening crafting with fragrant tea. Enjoy simple pleasures and create a warm and supportive atmosphere to better handle emotional challenges and strengthen your connections.

## **March (Cherry Blossom and Curtain)**

*General Meaning:* Cherry blossom and curtain represent beauty and hidden possibilities, with March bringing inspiration and new beginnings. This month fills us with creativity and offers opportunities for personal growth and self-expression. It brings freshness and renewal, creating chances for discovering joy in unexpected places.

*Negative Aspect:* Uncertainty and hidden problems might hinder successful plan implementation. There are risks of unexpected obstacles or delays that can create doubts and slow progress.

*Hygge Advice:* Create a cozy and inspiring space at home. Use soft textures and muted light to make a comforting atmosphere. Add fresh flowers and scented candles to enhance the feeling of renewal and harmony. Spend time alone or with loved ones, enjoying simple moments of happiness and diving into creativity.

## **April (Wisteria and Cuckoo)**

*General Meaning:* Wisteria and cuckoo symbolize growth and change, with April offering opportunities to overcome difficulties and adapt to new conditions. This month encourages personal transformation and adjusting to positive changes, fostering harmony and growth.

*Negative Aspect:* You may face internal conflicts or difficulties adapting to changes. These challenges might cause stress and feelings of uncertainty, complicating the process of overcoming barriers and accepting new realities.

*Hygge Advice:* Create a cozy space for rest and recovery. Plan time for aromatherapy to relieve stress or enjoy a warm bath with soothing oils. Surround yourself with soft fabrics and comforting items like blankets and pillows to create a peaceful atmosphere that supports adaptation and helps find inner balance.

## **May (Iris and Bridge over Water)**

*General Meaning:* Iris and bridge over water represent important transitions and development. May is a time to use opportunities for personal growth and forming new connections. This period offers a chance to elevate your life and start new relationships, promoting progress and renewal.

*Negative Aspect:* Difficulties in transition or communication issues may arise, hindering progress and causing misunderstandings in relationships. These challenges may be linked to overcoming obstacles and establishing new contacts.

*Hygge Advice:* Create a warm and comfortable atmosphere by organizing secluded picnics or evening walks outdoors. Listen to the sounds of nature and enjoy silence, spending time alone or with loved ones. Prepare your favorite dish or brew aromatic tea, and savor these moments of peace and beauty to prepare for positive changes and strengthen your connections with the world.

## **June (Peony and Butterfly)**

*General Meaning:* Peony and butterfly symbolize joy, change, and personal transformation. June brings good fortune and opportunities for significant life changes. This is a time to enjoy the fruits of your labor and explore new horizons, fostering personal growth and inner renewal.

*Negative Aspect:* You might face difficulties achieving desired success or disappointment from setbacks. These issues may stem from high expectations or external barriers hindering your transformation.

*Hygge Advice:* Create a place of comfort and inspiration where you can immerse yourself in creative pursuits. Try crafting, like knitting or painting, or enjoy an evening with favorite music and scented candles. Surround yourself with items that bring joy and tranquility to enhance your sense of inner satisfaction and transformation.

## **July (Clover and Boar)**

*General Meaning:* Clover and boar symbolize luck, abundance, and stability. July offers support and confidence in your endeavors, helping you tackle tasks and achieve goals. This month is favorable for strengthening financial stability and relationships, allowing you to feel secure and resilient.

*Negative Aspect:* Unexpected conflicts or obstacles might arise, requiring additional effort and skills to overcome. These barriers could create emotional tension or hinder progress.

*Hygge Advice:* Find time for relaxation and recovery. Turn your home into a tranquil retreat with cozy pillows, soft music, and warm drinks. Use this time for meditation or quiet walks outdoors to replenish your energy and maintain peace of mind despite the challenges.

## **August (Miscanthus, Flying Geese, and Full Moon in the Sky)**

*General Meaning:* Miscanthus, flying geese, and the full moon symbolize completion of cycles, celebrating achievements, and harmony. August is a time to

reflect on and enjoy the results of your efforts. This month is perfect for evaluating what you've accomplished and preparing for new beginnings, allowing you to rest and find inner peace.

*Negative Aspect:* There might be difficulties in completing tasks or disappointment that not all goals have been achieved. You may need to deal with feelings of incompleteness or dissatisfaction with results.

*Hygge Advice:* Create an atmosphere of calm and joy in your home. Hang garlands, light candles, and invite loved ones for an evening filled with delicious food and friendly conversation. Enjoy simple pleasures like conversations by an open window or quiet moments under the full moon to celebrate your achievements and mark the end of the current cycle.

## **September (Chrysanthemum and Sake Cup)**

*General Meaning* Chrysanthemum and a sake cup symbolize wisdom, maturity, and deserved rewards. September is a time to reflect on your achievements, deeply appreciate your journey, and enjoy the results of your efforts. You may feel satisfied with your successes and start thinking about the future.

*Negative Aspect:* There might be difficulties in accepting rewards or feelings of dissatisfaction with the results you've achieved. You may face doubts about your accomplishments or disappointment in how your goals have been realized.

*Hygge Advice:* Find joy in simple yet meaningful moments. Set a cup of fragrant tea or sake on your table, find a cozy spot by the window, and spend time reflecting on your successes and future plans. Enjoy a quiet evening with your favorite books or cozy blankets, creating an atmosphere of peace and deep gratitude for the journey you've taken.

## **October (Maple and Deer)**

*General Meaning:* Maple and deer symbolize change and maturity. October brings a time to reassess your values and inner peace. This month offers a chance to

deeply understand your priorities and adapt to new life circumstances. Reevaluating and accepting changes will help you move forward with confidence and calm.

*Negative Aspect:* You may encounter difficulties in accepting changes or internal conflicts. There might be resistance to change or feelings of insecurity in making new decisions.

*Hygge Advice:* Spend time on cozy evenings engaging in your favorite home projects. Create small rituals for yourself, such as baking homemade cookies or setting up new cozy corners in your home. These simple actions will help you build a sense of stability and confidence, easing the acceptance of changes and fostering inner peace.

### **November (Rain, Willow, Swallow, Frog, and Person)**

*Overall Meaning:* Rain, willow, swallow, frog, and person symbolize challenges and changes. November is a time for deep adaptation and self-discovery. This month may bring emotional tests that require wisdom and flexibility. You will need to learn to manage changes and find calm in the storm.

*Negative Aspect:* Emotional difficulties or stressful situations may arise. You might face internal conflicts or relationship challenges that require patience and understanding.

*Hygge Advice:* Find comfort in simple, cozy activities. Prepare a fragrant homemade soup or casserole and enjoy it with loved ones. Create your own evening ritual, such as warm wraps with soothing scents that make you feel secure. These moments will help you relax and restore your inner balance.

### **December (Paulownia and Phoenix Bird)**

*Overall Meaning:* Paulownia and the phoenix bird symbolize endings and rebirth. December brings a time for completing old cycles and starting new beginnings.

This month is filled with transformation and the opportunity for a fresh start, adding a special magic to this time of year. It's a time to let go of the old and face the future with hope.

*Negative Aspect:* There might be difficulties in accepting changes or fear of the future. You may feel uncertainty or resistance to new beginnings, leading to internal tension and anxiety.

*Hygge Advice:* Spend December creating a cozy and relaxing space for yourself. Enjoy the warmth of blankets and a cup of hot chocolate or tea. Spend your evenings planning for the new year, writing down your dreams and goals, and creating cozy traditions like listening to favorite music or reading by the fireplace. These simple joys will help you calmly prepare for new beginnings and welcome the new year with optimism.