

白露节气里的从容与感恩

节气白露，是农历中一个宁静却意义深长的节点。它告诉我们：气候开始转凉，清晨的露水是大地向我们发出的低语。露重草长，风渐凉，这一切图景不仅是自然的书写，更像是人生的一次暂停与低吟。

从文化的长河来看，白露承载着季节更替的象征意义。它像一个温柔的提醒：盛夏虽热烈，但终将散场；而秋天虽然凉意渐生，却有着深沉的美。古诗词里提到“露从今夜白，月是故乡明”，在这寂静的时刻里，人们仰望天空，思念故乡，心怀远方。这份远方的怀望，其实也正是我们内心对变化的期待。

当我们发现自己正从一个热烈的阶段走向一个平静的阶段，或许会觉得有些失落：似乎少了夏日的张扬，多了秋天的含蓄。但如果你换一个视角，就会发现，这是人生的一种成熟。你开始欣赏晨露那毫不张扬的晶亮，开始在凉风中听见自己内心的声音。

以平和的心态迎接变化，就是在告诉自己：我不追求永恒的炽热，我更珍视静好的日子。不因叶落而悲伤，而因落叶的翻飞而欣赏。不因日短而焦虑，而因光影的柔和而安心。你开始理解：人生像季节的循环，有春的希望、夏的热烈、秋的沉静、冬的蛰伏。每一个阶段都值得被温柔对待。

在这个白露时节，我想对我的家人和朋友表达深切的祝福。愿你们在清晨看见露珠，感受一丝凉意，却心怀一片温暖。愿你们在变换的生活里，仍保有那份淡定与从容。愿你们不畏惧岁月的脚步，不抗拒时光的流逝，而是以一颗感恩的心去拥抱每一分变化。

我们感谢夏的热烈，正是它让我们成长；我们感谢白露的到来，正是它让我们学会停驻与反思。我们期待秋天的收获，不只是田野的果实，更是内心的丰盈。愿你我都能够在这幅晨雾与露珠交织的画卷中，发现生活的静美，感受人情的温暖。

白露已至，秋意渐浓。让我们在这个时节，与亲人共饮一杯暖茶，与朋友轻言浅语，让祝福化作一声轻响，飘入心田。愿你在平和中迎接变化，在感恩中守住温柔，在温情里度过这一个特别的白露季。

Poise and Gratitude in the White Dew Season

The solar term *White Dew* marks a calm yet deeply meaningful point in the lunar calendar. It lets us know that the weather is starting to cool, and the morning dew is the earth's gentle whisper to us. Heavy dew, long grass, and the breeze turning mild—these scenes are not just natural entries, but also a moment of pause and quiet reflection in life.

From a cultural perspective, White Dew carries the symbolic meaning of seasonal change. It is like a gentle reminder: the fullness of summer is vibrant but temporary; and autumn, though cooler, carries profound beauty. Ancient poetry speaks of “the dew turns white from tonight, the moon is still brighter in my hometown,”

and during such still moments people gaze at the sky, think of home, and hold a longing for distance. That longing is, in fact, our inner expectation of change.

When we notice ourselves moving from one intense phase into a calmer one, we might feel a bit lost: it seems summer's boldness has faded, replaced by autumn's reserve. But if you shift your viewpoint, you'll find this is a kind of maturity. You begin to appreciate the unspectacular sparkle of morning dew, to hear your inner voice amid the cooling breeze.

Welcoming change with a peaceful heart means telling yourself: "I don't crave perpetual heat; I value serene days." You don't grieve falling leaves—you admire their flight. You don't fret shorter days—you find comfort in the gentler light and shadow. You begin to understand: life is like a seasonal cycle—spring for hope, summer for vigor, autumn for calm, winter for rest. Each stage deserves gentle care.

In this White Dew season, I wish to send heartfelt blessings to my family and friends. May you see the dewdrops in the morning, feel a touch of chill, yet hold a warm heart. May you retain that sense of ease and poise amid life's changes. May you not fear the steps of time, nor resist its flow, but embrace every shift with a grateful heart.

We thank summer's intensity, for it made us grow; we thank White Dew's arrival, for it taught us to pause and reflect. We look forward to the harvest of autumn—not just the crops in the field, but the richness in our hearts. May you and I find the quiet beauty of life in the scene of mist and dew, and feel the warmth of human connection.

White Dew has arrived, autumn deepens. Let us share a warm cup of tea with family, exchange gentle words with friends, and let our blessings float softly into hearts. May you welcome change with peace, hold on to gentleness through gratitude, and traverse this special White Dew season with warmth in your soul.