



NATURALLY AT HOME

ENVIRONMENTAL SOLUTIONS

JULY 2026

CREATING “PARADISE” FOR SUMMER AT HOME

Naturally at Home welcomes Summer! We celebrate Home as a special place that reflects Nature in its exquisite design, rhythm, and zest for Life as a whole. Summer offers extended daylight, opportunity for growth, play, and fun. It's key for our physical and mental health, and the sweet spot for enjoyment with family and friends.

So, kick back with this issue on creating “Paradise” at Home, celebrating Summer Solstice/the Longest Day, Garden Stretching, and Savoring Summer Evenings.

“Paradise” (<Old Iranian, *pairi-daêzā* - walled enclosure or garden, <Gk. *paradeisos* = bliss & spiritual peace)

SUMMER PARADISE AWAITS!

Laura A. Weber

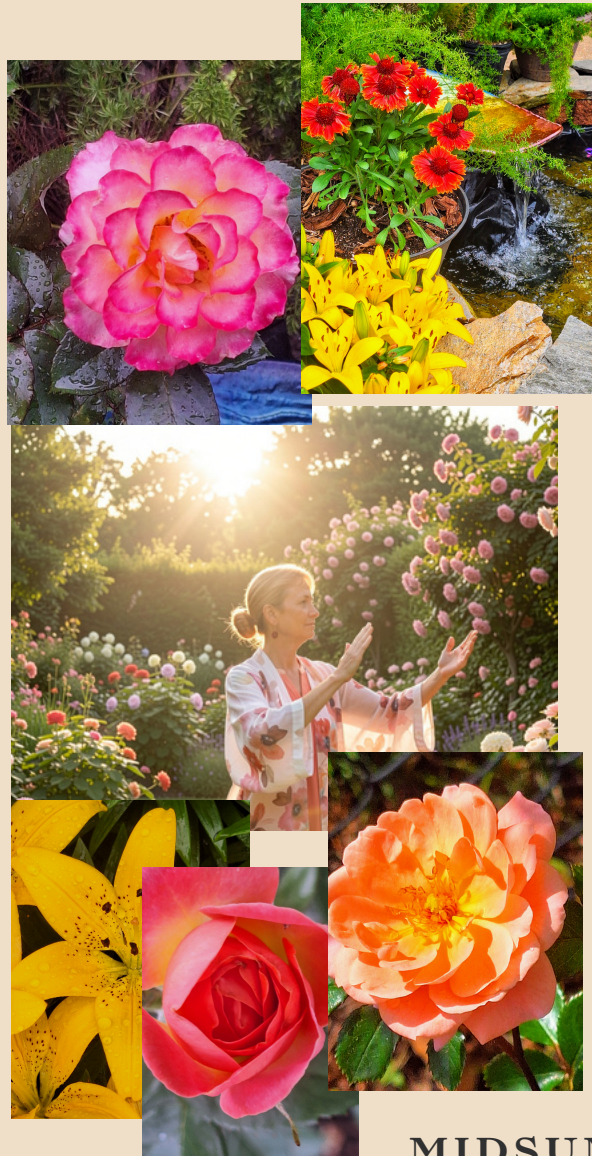
SUMMER FLOWERING

CREATING PARADISE

- Delineate (permeable) boundaries to protect and let new life grow... Include:
- What makes you happy?
- What inspires gratitude?
- What encourages growth, rest, play, and imagination?
- Celebrate there daily!

SOLSTICE MEANDERING

Summer Solstice means crossing boundaries of light and darkness. It's a key transition for circadian health, inviting gentle change and generating new energy. How will you ritualize Solstice? June 21 is the Longest Day of the Year. Make Summer count!



LET THE IMAGINATION GROW

GARDEN STRETCHING

ENERGY & MOVEMENT

Gardens are magical places where fairies and fireflies weave their way around imagination. Play there, dig in the dirt, weed and water. Keep a pollinator journal, host a Solstice Party with Solar Flare Cocktails and a Solstice Trifle. Stretch your body! Practice Yoga or Tai Chi and chase it with a Chai Tea Picnic in the Summer Garden!

COMPOSE SOLSTICE HAIKU:

*Sunset waking dawn
Light's embrace that lasts so long
It feels eternal*

MIDSUMMER NIGHT DREAMING

Gentle starlit evenings offer a sultry lullaby in the vibrancy of Summer. Follow fireflies! Enjoy Shakespeare in the park, or listen for owls. Longer daylight hours mellow into nighttime revelry if we pay attention.

Stories: Nothing deepens imagination more than a great story. Find a favorite. Read aloud to a loved one, or create your own tale to light the night!

Stars: Epic odysseys feature star-crossed lovers, stories of the gods, courageous heroes and heroines who navigated by the stars. Let your imagination wander with a telescope and a star map. Chart the course of Artemis II, and fly me to the moon!

Steeping Leaves: Nothing says “Rest, My Love,” more than a steamy, refreshing cuppa before bedtime. Steeping tea leaves to calm the mind and stimulate the imagination is as ancient as the wandering Sangha, who practiced the Zen of Tea c. 2737 B.C.E. Nocturne from Artemis Teas is a good selection. Sweet Dreams!

