



# NATURALLY AT HOME

ENVIRONMENTAL SOLUTIONS

FEBRUARY 2026

## CREATING HOME IN SYNC WITH NATURE

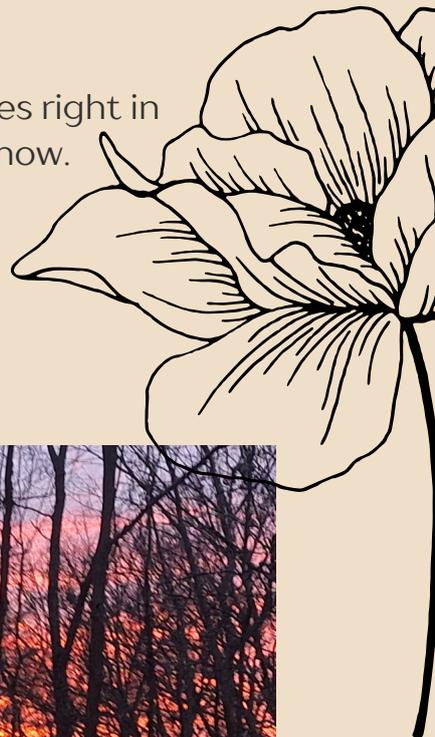
Welcome to ***Naturally at Home!*** A newsletter that celebrates Home as a place that reflects Nature in its exquisite design, rhythm, and zest for Life as a whole!

When we feel healthy, safe, and relaxed at Home, everything coalesces. Our outlook improves, relationships thrive, and our energy and imagination soar!

In this issue, we will look at ways to create Winter Soulscapes right in our home. Sunrise. Sunset. Lighting Fires. Dancing Trees. Snow.

*Laura A. Weber*

## SUNRISE, SUNSET



### SUNRISE

Taking time each morning to calibrate your rhythm to Nature's slow gathering of energy lowers blood pressure, slows heart rate and respiration, and improves focus, clarity, balance, and attention. Sunrise salutation, centering breath, or gentle tai chi can start the day.



### SUNSET

Sunset is Nature's fermata, a gentle Pause at the close of the day that signals rest for your circadian rhythm, relieves stress cortisol spikes, and generates full-sensory relaxation. Gratitude meditation and a warm compress for the day's aches before bed.

LIGHTING THE IMAGINATION

# DREAMING IN LIGHTSCAPE

## FOCUS & CREATE

Winter Homescapes require mood lighting. Lit artwork, natural sculptures, gentle water pooling in bowls, and gorgeous fires stoke our imagination and help us to tap into right-brain creativity. Endless scrolling depletes our capacity for imagination. Gentle evenings by the Fire with music, art, crafts, poetry, and journaling help us recover our soul.



## NIGHT LIGHTING

Creating spaces at Home that elevate our connection with Nature is a matter of inviting Light inside with all its Winter shading, waning, and nuance. Daylight lamps for Seasonal Affective Disorder (SAD) and soothing warm light spectrum accent lighting make every space feel cozy, inviting, and centering. Night light pollution begone! This is a time for creativity and gratitude, and sinking into deep, restorative REM sleep.

## LET THERE BE TREES

Trees are the surest way to make Home feel like the happiest place in the planet. Small lit trees, large potted ferns, bonsai trees, and evergreens that will be transplanted in the Spring make life at Home feel connected and grounded.

