Summer

A life without love is like a year without summer.

— Swedish Proverb

The summer season is busy. It is a time for growth and work. It is a time to play and relax. What we choose to do in the summer needs to sustain us through the challenges which inevitably lay ahead.

Sheepless

My walking companions are Molly and Calvin. They are Shetland Sheepdogs, part of a herding breed, affectionately known as Shelties. Both are "rescued" dogs and as far as I know have never seen a herd of anything. Being in the outdoors for our walks is the only common link with their ancestor's lifestyle. Our walks, I believe, stir a deep yearning within them. Their natural environment is rural fields and flocks. The suburban streets of Fort Lauderdale are very different. Yet they bounce and bark every time I put on their leashes.

The combination of fresh air and sunlight creates a sense of wellness found nowhere else. It fosters a sense of vibrancy to live better and love deeper. Sharing the experience of being outside makes it even more special.

The joy Molly and Calvin find in the outdoors, even without sheep, keeps them healthy. Spending time in our original natural environment still benefits us.

REFLECTIONS: Playtime

◆ **Walking Light**

Having fun is essential to a healthy lifestyle. As children we naturally discovered this through playtime. Often it was outside. Childhood play reduced stress and built social skills. In addition, such joyful experiences created lifetime memories.

   As adults recreation can encompass a much wider selection of activities. The essential element is still finding a sense of fun in the process. When we interact with others who share the same feeling of joy, the whole positive experience is amplified.

◆ **Personal Path**

In your journal or notebook recall playtimes you had as a child outside. Next, look back over the past month and write down where you experienced a sense of fun. What portion of that was outdoors?

Love puts fun in together, sad in apart,
and joy in a heart.

— Anonymous