

Happy New Year! It is such a treat to have this fresh new year. The days are getting longer, the past is where it needs to be, and the present is NOW all wrapped with a shiny ribbon here "present" for us to open and enjoy each day. Counting my blessings daily, and sending you blessings for a joy filled 2014!

EVENTS AND MY NEWS FLASHES

TWO CLASSES IN FEB.!

Wake up; Shake up your LOVE Chi! Playshop, Feb. 1!
Fun Feng Shui Love/Partnership (with a bit of Huna too!) vision boarding.

Back by popular demand...for all you folks in and around LA. a special Feng / Fur Shui workshop to get that LOVE and partnership energy / chi flowing for you and your home. We will be doing a fun Vision Board to activate some pretty good LOVE chi for you and of course your fur folks that share your home. The Love Gua with a bit of Huna will be shared so you can put some positive "love" into all you do!

Details:

Feb. 1, 2014 - Saturday - 2:30PM-4:30PM

Fee: \$36 (Must pre-register, pay at workshop)

Aum & Garden

**13363 Ventura Boulevard
 Sherman Oaks, CA 91423**

Bring a printed photo of yourself, magazines to cut up and share and your positive creative intent...no "art" experience necessary. Please bring your own water and any "dry snack" you need. Parking info given upon register.

Call Paula to register: 310.821.3872

Chinese New Year of the Horse...How to balance the "chakras" of your house for the New Year, Feb. 9!

New Year of the Horse Celebration and Home "Life Space" Playshop.

It's the New Year of the Horse...beginning Jan. 31! Find out about the personality "trends" for this active new year, plus, locate the "chakra" system of your home to add a touch of feng shui power to make this new year strong and balanced for you! It's the day of "feasting" in the Chinese festivities, so we will be feasting on auspicious knowledge and tips for this new year.

Details:

Feb. 9, 2014 - Sunday - 12PM (noon)-1:30PM

Fee: \$18 (Must pre-register, pay at workshop)

Aum & Garden

**13363 Ventura Boulevard
 Sherman Oaks, CA 91423**

Please bring your own water and any "dry snack" you need. Parking info given upon register. Call Paula to register: 310.821.3872

WHERE?

I have been taking advantage of our lovely warm 70 degree plus holiday weather and riding along the bike beach path, walking in the parks, etc. Exercise does keep the holiday stress at bay! Health experts say at least 40 minutes a day of some sort of exercise keeps the stress levels way down!

The Baude bike path down the South shore of Los Angeles...a big wave to you all!



All information to be used only (©) in this News Sheet, please contact Paula Brown @ paula@animalhearttalk.com with any requests.

WHO, HOW AND WHAT?

New thoughts and things for the New Year!

Spark and ignite new beginnings, connections and fun...life is good, do some good right now, right where you live, make your world a better place this year.

New dog feeding product the "Foobler"...be the first to know!

A friend of a friend of mine has launched a new "dog toy/ball feeder" via Kickstart. It retails at \$35. Having a toy that dispenses food for your pooch so they can get some mental and physical exercise it great! Take a look: <http://kck.st/1fEQp0S>

New ideas on "relationship", what dogs can teach us about relationships...

I recently received a wonderful e-mail that included a great observation from Dr. Andy Roark: "10 Things Dogs Can Teach Us About Relationships". In brief:

"Here are 10 lessons dogs have taught me about making marriage—or any kind of committed relationship—work. (Dr. Andy Roark, DVM)

1. Forgive mistakes. No matter what we humans do—scout our dogs from comfortable seats in front of the television or go on walks or jogs without them when the weather is too hot or cold—dogs never hold a grudge. They forgive us our failings and don't dwell on our wrongs.
2. Celebrate time together. How wonderful is it to come home to someone who's always thrilled to see you? Whether we left the house five hours ago or five minutes ago, canine companions are over-the-moon thrilled to be reunited with us. In today's world of constant "busy-ness," pausing to celebrate the entrance of a loved one doesn't always happen. That common complacency makes the act even more powerful.
3. Prioritize exercise. We live in a stressful world. Exercise is a great way to fight back against tension in our lives and also to have meaningful time with loved ones away from computers, phones and other distractions. I think most dogs would agree that we would all be better off if we spent more time together on walks.
4. Embrace the power of silence. Listening is hard work. Many of us (myself included) spend more time waiting for a turn to speak than paying attention to what our partners are telling us. Our dogs are never waiting to talk. They simply cock their heads and try their best to understand our message.
5. Show love in big and small ways. From laying their heads on our laps while we watch a movie to barking wildly and running in circles when we take them to the park, dogs let us know we are loved every single day.
6. Be yourself. In the words of the great sage RuPaul, "If you can't love yourself, how in the hell you gonna love somebody else?" Dogs have no interest in being anyone but themselves. I think this is why they can show affection so easily. They don't want to impress. They just want to love.
7. Don't forget to have fun. I have never met a dog who was too busy to have fun, but I have met plenty of people who are. (And at times, I've been one.) Life is too short not to play and feel good with those we care about.
8. Be loyal. Dogs don't complain to their friends when we leave dirty dishes in the sink, gain a few pounds or show up late for an evening walk. I've never seen a dog make someone look bad.
9. Treat your loved ones even better than they deserve. We should all aspire to be the types of people our dogs think we are. The boost I get from my dog's adoration reminds me to give that gift to others.
10. Give each other some space. My dog doesn't understand some of my hobbies, like Facebook or reading. I don't grasp the joy he gets from chasing birds or rolling in mud. Still, we get along splendidly. In fact, having time for each of us to pursue our individual hobbies keeps us happy and well balanced. After all, everyone needs some personal space from time to time."

"Fur Shui"® An Introduction to Animal Feng Shui.

Fur Shui is now in larger format and Kindle! "New" in paperback large format and in Kindle. You can go to my site at www.furshui.com and purchase by link.



"Whoooooooooooo"????????

Thanks for reading...if you wish to not receive;e-mail me at: paula@furshui.com and ask to "unsubscribe"