

Gung Hay Fat Choy! Another Happy New Year...this time for the Chinese festivities. Beginning with the new moon on January 31, 2014 this is the year of the green Horse. A fast paced, moving forward, get going type of energy. Gracefully take the "lead" or join the herd to manifest good luck and prosperity!

EVENTS AND MY NEWS FLASHES

TALK/"CELEBRATE" IN FEB!

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. 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 (Please pre-register, pay at workshop)



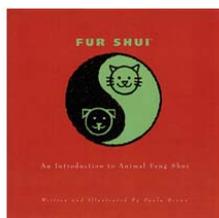
Aum & Garden
13363 Ventura Boulevard
Sherman Oaks, CA 91423

Please bring your own water and any "dry snack" you need. Parking info given upon register.

Call Paula to register: 310.821.3872

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WHERE?



Time to share some love! This past summer I had 5 kittens and their Mom arrive at my patio. All 5 are now in GREAT homes, and I am so happy! The final kitten being an independent "Tortie" was caught on my neighbor's patio after much effort (thank you all who educated me and supported my craziness during this time!). My neighbor and her daughter both sent out flyers and are both quite allergic to cats. They are also both talented quilters who volunteer their craft for those in need of warmth and love. Mom and the little ones hold a special spot in my heart...and on Christmas I was given a magical quilt designed and stitched by Janet (mom) and Fern (daughter). Here's the little "Tortie" again in my lovely quilt, she now both warms my heart memories and my lap! I give thanks to those who gave their unconditional help (Janet H., Shane's Vets, Meghan, Jim, Janet G., and Fern...) and those that adopted the little ones. My deep thanks for this huge gift of love; it is beyond beautiful!

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

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

WHO, HOW AND WHAT?

It's the new year, watch your focus and SLOW DOWN, pay good attention!

Before I get "into" this new year of the horse, I want to seriously ask all of you to pause, slow down, pay attention at your vet's office as you leave with healing drugs, antidotes, etc (that includes "measuring devices"). Recently, I have had more than one friend and client find errors in medications, doses, they received for their pet. In two cases, this was a serious event that could have caused permanent harm or death. YOU are the calm in the midst of the stress of coming and going from procedures. DOUBLE check the items and ask the vet to also review what you receive to help your animal. For the most part, things do go smooth and are correct. ASK, educate yourself and those around you, be safe, be in the KNOW. Your and their well being calls for YOU to be your pet's health advocate. Take a deep breath, focus.

The New Year of the Green Horse.



Stacey (rider) and Jesse ("flyer") practice their "oneness" in beautiful Ojai, CA. Happy flying!

Off to the races we go. This New Year we will be carried by the horse to gain both strong prosperity and advances. Be decisive, do things ONLY if your heart is in it. This is not a year to "sit on the fence". Tons of energy, just need to focus it, partner with it, flow with where your dreams want to take you. A good year for careful and well researched partnerships. Horses are "herd" animals, so find your special herd and follow strong leadership...be it your own lead or a trusted partner. Move forward, and try not to be overly extravagant (horses love to be pampered!), too stubborn, listen to others in the "herd", and step into your own strengths and power!

My offer to horse folks this year!

Concentrating on horse "help" this year...so, if you are in a stable or know of one (Around LA, North, South, East!), give me a shout and I will come out and give a talk and demonstration of energy balancing for you all, my gift!

Flower essence note for winter.

It's pretty cold for most out there right now, a time for rest and hibernation... and a little flower essence help! Animals do honor the seasons, and now they are bulking up, rejuvenating, resting.

A couple of flower essences that can help them "recharge":

Hornbeam: Gives the resting being more "mana" or energy to bloom as the temps warm. Used for "sprouts" in planting!

Pretty Face: Who doesn't need a nice winter boost of self confidence in the "looks" department? Pretty Face essence can build up a person's and an animal's self esteem and appreciation of their own natural beauty!

As always, be sure to dilute the essences for your animal...join me a note and I can send you the "how to"!



Handsome Makana, Xmas "balloon". Grabs the ribbon, carries it and plays around the house... that's my "kid"!