

"Until one has loved an animal, a part of one's soul remains unawakened." *Anatole France*

The Vernal or Spring Equinox is near! March 20, 9:45AM PST is when we have equal day and night in our Northern Hemisphere. Time for rebirth, regrowth, renewal...to awaken, pause and "smell the roses"(or at least the daffodils). Be exactly where you love the most...plant those seeds of vision and joy!

EVENTS AND MY NEWS FLASHES

SAN DIEGO! Come be "spring" renewed!
Animal Spirit Guide Journey

A fun workshop to connect AND EXPRESS with your animal spirit guides!
Connect up with your animal spirit guides who are guiding you in this spring renewal time. You will be lead on a silent journey by the earth's drummed heart-beat (no meditation experience needed) to find them, receive their message, and have some fun expressing your guides and messages with art!



Details: March 23, 2014 - Sunday - 1pm-4pm
Fee: \$70 (Must pre-pay)

Expressive Arts @ Thorn
3201 Thorn Street
San Diego, CA 91423



Pre-registration is required, e-mail or call:
tish@ExpressiveArtsSanDiego.com
619-251-8474 OR
paula@animalhearttalk.com
310.821.3872

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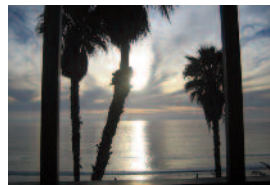
WHERE?



Time to get outdoors! Recently I had the joy to be hiking up in Irvine Ranch Conservancy overlooking the "red rocks" in Baker Canyon in the AM...then down to the Pacific Ocean by early afternoon at Crystal Cove. A good outing with the Audubon's group of docents from Ballona Creek on a well deserved beach walk "holiday". Thank you Cindy for the beach walk and picnic! I topped off the day of walking in nature with watching the sunset from "Wyland's Gallery" in Laguna Beach. Beautiful day, walks, and art!

For info on the IRC...go to www.letsgetoutside.org and GET outside for spring!

And, for involvement with connecting kids to nature go check out what cool things the Los Angeles Audubon does to educate kids at the Ballona Wetlands at: <http://bit.ly/1lfM0yc>



Sunset at Laguna Beach... Wyland Gallery back porch...abhhhhh, lovely day, lovely sunset.

WHO, HOW AND WHAT?

It's time for renewal and Spring!

Equinox means "equal" day and night...and that is what is happening this March 20th! For us in the Northern Hemisphere it means Spring is here whether or not the ground hog is still asleep or not. It is nature's renewal, time for buds, birth of new animals, plants, and also our own ideas and celebration of beauty and rebirth.

According to astrologers and many celebrations from ancient cultures and wisdom...this is the time of balance in our lives. Now is the time to begin or embark on our desires and visions, to plant those seeds. Best to BE exactly what we love the very most and expect to reap the fruits of our word and actions we are seeding now. A balance of old and new...time to review, sweep out the old, welcome the new, redesign our lives and empower our relationships with others and ourselves. Look at this as an opportunity to empower our inner visions with clarity into the outer reality of our lives. Animal folks too...this is the beginning of the birthing season, of hope, love and "new". Happy melting into Spring!

Healing helpers "news":

Thank you Judy for sending me photos of Sophie the dog who recently had some minor surgery and needed help in keeping "away" from the area that needed some TLC. The "onesie" cloth suit is a great alternative to an Elizabethan collar. One place to purchase is at: <http://www.tulanescloset.com/>



Sophie is healed and thankful to be out of her "suit" and back to "joy"!

Stoic Sophie wears her "onesie" suit after surgery to prevent her from disturbing her healing.

Food "Balance" For Dogs (need your help to find a site for cat food guide!):

Why not get your pooch on some great new dog food...always be aware of sensitivities and allergies...for Spring! Below are some sites (thanks Judy!) that can be your guide (DO YOUR RESEARCH):

Whole Dog Journal: http://www.whole-dog-journal.com/topics/dog_food.html

For Food Ratings: <http://www.dogfoodadvisor.com>

Dog Food Recall: <http://www.dogfoodadvisor.com/dog-food-recall-alerts/>

I have not found a great site for unbiased cat food info...send one in so I can share with all! Anyone have great consistent internet input on raw food or recall for cats?

Happy Spring, I wish you new harmony and balance!



From Marina to the shore, (Pelicans to Plovers) enjoy the spring "show" of birds!