

"No matter how much cats fight, there always seem to be plenty of kittens." Abraham Lincoln

Spring is here, Easter is close, enjoy the "pause" just before the active summer. Almost time for the kittens to come...be sure to help the rescues that save lives and promote so much love. My favorite here in LA is: Stray Cat Alliance: <http://www.straycatalliance.org/> Speak up, reach out and help this spring!

EVENTS AND MY NEWS FLASHES

CHI·LIGHTFUL

BIG NEWS! My new business and website "Chi-Lightful" is now live! All my passions now in one place from Feng Shui, Animal Communications, and Visual Storytelling at: www.chilightful.com
NEW CLASS: The Gratitude Circle. Offered to folks in and around Los Angeles in two locations, the "Valley" at Aum & Garden, and the "Westside" in Marina del Rey, CA. Here are some details:

PRACTICE THE ATTITUDE OF GRATITUDE
 Come to the Gratitude Circle; enrich your life, increase you joy, NOW. Offered in the Valley at Aum & Garden...dates below and once a month, "new moon" time, Marina del Rey location, to be given at time of registration.

Marina del Rey:

May 3, Saturday, 4PM - 5PM: "Ike; the world is what you think it is."

The Gratitude Circle @ Aum & Garden <http://aumandgarden.com/>

April 19, Saturday, 3PM - 4PM

May 10, Saturday, 1PM - 2PM

June 14, Saturday, 1PM - 2PM

June 29, Sunday, 12PM - 1PM

Fee: \$15. must pre-pay and register: CALL or EMAIL: 310.621.8512 paula@chilightful.com



WHERE?



It's the year of the Horse. A friend and I found our way to a casual ride along the Calabasas Ridge lately. Was a beautiful day. This is "Nugget" and I very much enjoyed the company and the day. Get out and enjoy the fresh spring days. For you LA folks, enjoy a day or moonlight ride at: www.losangeleshorsebackriding.com

The rest of my time this past month has been devoted to my new site!

There will be a Chi-Lightful news letter coming out very soon...so Speak will be issued every 2 months in the future so I can combine my news sheets eventually! If you wish to sign up for the Chi-Lightful news sheet list as well...just fill the news sheet sign up on my site home page: www.chilightful.com

A word on exercise...for you and your pet!

Recently read an article by Dr. Andrew Jones which spoke about cognitive disorder in animals. A couple of his suggestions to help find solutions were dear to me. ONE: Get more oxygen to your brain with regular exercise, makes you and your pet feel good. TWO: Touch and positive interaction with your pet. A good loving word, a hug or two can improve ANY situation (for you or pet!), esp. the health and emotional well being of some or our SR. fur folks!

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

WHO, HOW AND WHAT?

Happy Easter, some "notes"!

Easter is what is defined as a "moveable feast"...meaning that it does not fall on a specific day for each year. The date of Easter is calculated from the time of the Spring Equinox and the times of the full moon. For Christians, Easter signifies the time for the crucifixion (Good Friday) and the resurrection of Christ. In Pagan times, groups of people came to spring festivals celebrating "re-birth" of nature, spirit, the return of the land to fertility including many new young animals. The idea of resurrection joins in the present celebration of the re-birth and renewal of nature. Eggs, chicks, baby bunnies, all come to the foreground at this time of year. Fresh new bright colors, folks moving more "outside" now, stretching, moving, and bringing in bright flowers (I love anything "yellow" or pink this time of year...daffodils, pink peonies!) into the home. A great time to air out, de-clutter, let the new in our homes and thinking!

The Easter Bunny is the season's gift giver...the spring "Santa Claus". Be sure to enjoy the traditions of this Easter season, the colorful eggs, the warm friendships. Happy Easter!

Now, springing forward with some food tips for Cats!

Last "Speak" had some great food links for your dog loves. A big thanks to Peggy and Pat who sent in research links to share in finding great food for your cats!

Cat info.org: <http://www.catinfo.org/>

Natural Cat Care Blog: <http://bit.ly/1hC0cue>

Next month: links to general dog and cat care great sites!

A "star" is born!

News from a "Speak" reader! Twizzle is now part of a movie production! Mare's dog who first appeared in my "Tour de Fur" now has a place in Mare's upcoming movie...part of the cast! Twizzle must be reading the "fame" section of "Fur Shui"! Good luck to both Mare and Twizzle...here's the link to the movie cast: <http://www.syrianatate.com/castpage.html> Send in your news!



Spring flower essence tip:

Get going, get outdoors, get more out of life by having your home, you and your pet in balance and harmony. Flower essences can help you find your joy, uplift your heart and calm and sooth both you and your pet's emotional body. For spring, I love "Pretty Face". Esp. meant for issues of re-birthing the spirit of loving oneself completely. Helps an animal see and feel it's worth and beauty.

Another "cure" for pets and people I LOVE are pretty yellow flowers like Daffodils.



These trumpet shaped flowers are the chief therapy for "communication". When they are present a person will benefit with their "speech". This Easter, shout your love for you, your pets, your environment! Find your Easter "happy flow"!

Be sure to check out the 2nd release of Fur Shui now in larger format and Kindle! To purchase, click the green dot: www.furshui.com

Denise, Fur Shui, Josh our trail guide and his happy trusted steed!

Thanks for reading, if you wish to unsubscribe, mail your request to me at: paula@furshui.com