

My favorite time of the year...coming up to the longest day! The warm light and cheery sun brings me strength to "listen" to my heart as well as the hearts of animals. A time for growth, great fullness of health, sowing of seeds and tending to gardens. NOW is the time to go and smell the full bloom of roses!

EVENTS AND MY NEWS FLASHES

CHI·LIGHTFUL

BACK BY POPULAR DEMAND!

INTRODUCING MY two new Facebook pages...the first 15 to "like" both will receive a complimentary quick remote Chakra read for one pet! I am grateful for your support! Just send me an email at: paula@chilightful.com AFTER you have "liked" both pages...then I can respond to you! www.facebook.com/ChiLightful www.facebook.com/TheHeartofConversation

The Gratitude Circle. Continues! Offered to folks in and around Los Angeles at Aum & Garden in Sherman Oaks. PRACTICE THE ATTITUDE OF GRATITUDE

Come to the Gratitude Circle; enrich your life, increase you joy!
The Gratitude Circle @ Aum & Garden <http://aumandgarden.com/>
June 29, Sunday, 12PM - 1PM: Theme: "Energy flows where attention goes"
August 2, Saturday, 1PM - 2PM: Theme: "Now is the moment of power"
August 30, Saturday, 1PM - 2PM: Theme: "All power comes from within"

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



WHERE?

Continuing on with my pastel wanderings and art. Having fun with landscapes! Love "arting" sky, clouds, vistas. This was done up in Cambria...beautiful Central Coast just before the Hearst Castle and the South end of Big Sur.



Go inland from Cambria and sip some wine from the many Vineyards...or...Go a bit further north and find this wonderful waterfall and park: <http://bit.ly/1sk65rQ>

Time for hills to turn to gold in CA.(my art)

WHO, HOW AND WHAT?

Happy Summer Solstice!

At 3:51AM (PDT) this Saturday, June 21...Summer officially begins with the summer solstice. For those of you who cannot trek to Stonehenge, England (I am venturing to Ojai to do art / pastels with Bert Collins!) to partake the history of the shortest "shadow" of the year...here are some facts!

In Ancient China, the Summer Solstice was time to celebrate the feminine or "Yin" aspect of life's energies. Celebration of Earth (mother earth!) and the feminine is happening. History records that the Gauls welcomed the Summer Solstice with the Feast of Epona; the Goddess of fertility and who protected horses. For the Celts, Germans, and Slavs the June time Solstice was welcoming in with huge bonfires honoring the sun.

In the "now"...hundreds of modern day Druids gather at Stonehenge for witness and ritual. In the US we have festivals featuring art, music...awareness to the sun's energy and warmth. For northern Europe this marks the Midsummer celebration...one of the most festive celebrations where one dances around maypoles, homes are decorated with flowers, greenery, and bonfires are set into the evening celebrations.

Here's what the Huffington post has to say: <http://huff.to/1pbeRmh>

Have a great long day of summer, take your dog out for an extra walk, play with your kitty, and enjoy the love shared on this lovely day!

Summer Reading!

Time for some summer reading. You can always study a bit of Black Hat Feng Shui with my book "Fur Shui" (Karma cat is deep into the UK version of the book!). Or you can pick up a great summer read that features fur folks. Some of my favorites:

"Animals in Translation", Temple Grandin

"Kindred Spirits", Allen M. Schoen

"Wesley the Owl", Stacey O'Brien *Piia's cat "Karma" studying "Fur Shui"...wise black cat!*

And, for some more "enlightened" reads:

"The Medicine Wheel", Sun Bear

"Behaving as if the God in all life mattered", Machaelle Small Wright

Before you sit down to read...be sure to give your pooch some great food...to read all the good "labels"...go to: http://www.whole-dog-journal.com/topics/dog_food.html

Quote from "Rumi"

My new little sees himself as "big"...he says:

"Stop acting so small.
 You are the universe in ecstatic motion." - Rumi

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



Piia's cat "Karma" studying "Fur Shui"...wise black cat!



Rumi and me...he is growing so quickly!