

“Laughter is the sun that drives winter from the human face.” Victor Hugo

Winter Solstice: Sunday, December 21 (3:03PM PST time here in LA)! Shortest day of the year...and now the beginning of winter. For all of you in the land of snow...here is an Estonian Proverb: *Deep snow in winter; tall grain in summer*— I wish you a wondrous winter season filled with peace, rest and joy!

**EVENTS AND MY NEWS FLASHES**

**Happy Holidays!**

I want to wish you a beautiful Christmas and holiday season. Art is what I love to do...and this is my chance to send you my “Christmas Card” of ocean motion and ebb and flow!



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Wishing you the time and the opportunity to give to yourself YOUR passion, YOUR story during this holiday...be it hugging your fur folk, expressing your “art”, your voice...share what you love to do with others. And, send me your art, your experiences to share with others. Our fur folks share their purpose, passion, jobs, and love every day with us, let’s share US with them!

Doing art brings me such joy...what brings you joy?

*The Central Coast, Cambria, CA  
A place where nature is constantly in motion, living, thriving. Great place to paint seascapes!*



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**WHERE?**



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Taking some time out to visit one of my favorite places, Cambria, CA. Launched my new site [www.chilightful.com](http://www.chilightful.com) and took a brief holiday trip to beautiful Moonstone Beach. Found these two “whale stones” on the beach and saved a little Loon teenage bird found close to its passed away parent. The loon is the keeper of “dreams coming true” and a very special bird! Visited Bolsa Chica Wetland Preserves with fellow Docents from Ballona Wetlands too! Get out and get into nature!



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*Great Egret at Bolsa Chica Wetlands, CA*

**WHO, HOW, AND WHAT?**

**Winter Solstice!**

For me, Solstice is a time when animals and people pause, a quiet time for looking at one’s necessities, what to keep, what to leave behind. A time to be both inside as well as in one’s own deep self. . .looking for light both on the horizon and in one’s heart. One is called to look deeply into small things, make amends, release things that no longer “fit”. To stop, take pause is contrary to “holiday whirlwinds” of shopping, parties, travel.

*Marielle Croft at [www.croftastroler.com](http://www.croftastroler.com) says:*

“Winter solstice points out the longest night and the shortest day of the year. Time to rest before exploring a new direction. Let’s go quiet, travel within, call for vision, let go of the past, prepare for the future, cleanse the physical body, empower the spirit.”

*Some interesting “past facts” about Winter Solstice:*

For the Scandinavians, this is the time to light what we now call the Yule log. . .or have the Feast of Juul. Life giving heat was celebrated in the bonfires of the Juul log and was given in the honor of the Scandinavian god Thor. A small piece of this log was kept for good luck. While in other areas in Europe, the Yule log ashes were collected and kept as a “charm” or strewn across the planting fields to ensure good crops.

And, in Ancient Rome. . .Saturnalia was celebrated. All things came to a halt, even wars. . .grudges forgiven, schools and business were closed, slaves released, and the festivities lasted for 7 days. Gifts of candles, imitation fruit, dolls. . .and life became a very outrageous party with not too many rules.

*What we do now:*

Many countries have celebrations honoring the sun, celebrating “the birth of light” . . .which for Christians is formally Christ’s birthday honored on December 25. The “return of the light” during dark days of cold and winter temperatures was and is still celebrated on the Solstice. A great reason to celebrate nature’s cycle continuing and with more light!

**LINKS for the HOLIDAYS!**

Some safety items this holiday season...check out my blog “Giving Joy to the Fur World” at: <http://www.animalhearttalk.com/giving-joy-to-the-fur-world/>

Dangerous Holiday Plants for Pets: <http://bit.ly/1r501TQ>

ASPCA holiday safety tips for our pets: <http://bit.ly/1zEI5RV>

Pet Poison Help line: <http://bit.ly/1wREtK4>

**FUR SHUI**

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](http://www.furshui.com)

*How my cats hibernate this winter!*



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