

The Heart of Conversation News Sheet

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"Spring work is going on with joyful enthusiasm." John Muir

St. Patty's day is March 17 (Irish American Month), the Spring Equinox is March 20...along with a total Solar Eclipse that day...it's basketball's "March Madness", National Craft Month, National Peanut Month, Multiple Personality Day (March 5!), Ides of March (the 15...et tu Brute?), it's SPRINGTIME!

EVENTS AND MY NEWS FLASHES

Great time at Dexter's Deli, Del Mar on Valentine's day!

Love was in the air on Valentine's Day in Del Mar, CA at Dexter's Deli. The "Talk to the Animals III" talk and quick one on one raised abundant donations to 2 charities: *Freedom Dogs* and *Wounded Warriors Service Dogs*. I was so happy to be a part of such a joyful day!

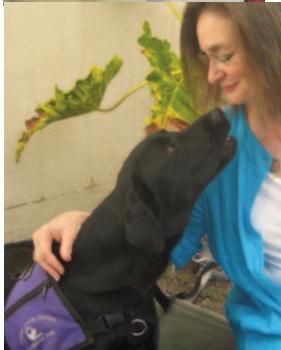
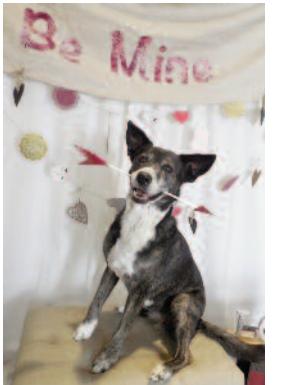
"Fur Shui" and I met lots of great new friends, enjoyed golden old friends and all had such fun with the pet photo booth and quick helpful communication sessions. Here's Vida hamming it up for her person Margarita for some loving memories and a caring and smart "representative" for "Tender Loving Canines" service dogs.

FUR SHUI™

"Fur Shui" was photo shy that day...just too busy helping out with folks!

You can check out the 2nd release of Fur Shui now in larger format and Kindle!

To purchase, click the green dot:
www.furshui.com



WHERE?



LOVE is on the streets too! Found this wall in Culver City...great art. And, led a Zentangle "connect with nature" hike in Limestone Canyon in the IRC (<http://letsgetoutside.org/>) to help folks find some peace of mind and connection to nature with Zentangle opportunities. Goes something like this: the acorn is connected to the Oak tree, the Oak tree is connected to the Acorn Woodpecker...and so on and on. We



WHO, HOW, AND WHAT?

The total eclipse of the sun, the Spring Equinox, and St. Patty's Day!

The vernal equinox is on March 20...as well as a total eclipse of the sun. Add to this a New Moon Supermoon, and this is quite the day! The further "north" one moves, the more percentage of light will be blocked for view. Folks in Greenland and Iceland will have the best front row seats. Since the "heavens" are celebrating that day...so can you.

In theory...there is equal night and day on the Vernal Equinox day, which is the official start of Spring in the Northern Hemisphere (for you all in the Southern Hemisphere the first day of Fall). This is the traditional time of new beginnings that happens just before Easter. The Chinese mark the day with tradition "fertility", of balancing eggs for good luck and prosperity. This day also marks the Iranian New Year, and the Japanese remember their ancestors with a week of Buddhist services that make up "Higan". Here in the USA, there are many "Earth Day" celebrations to promote the preservation of the environment. It is also "Ostara", beginning on St. Patrick's day continuing to the month's end with nature celebrations.

Maybe a bit of temporary "darkness" will happen in your area due to the Solar Eclipse. Don't let that stop you from brightening your home with spring beauty, flowers, fresh air and good wishes. Be sure to view the solar eclipse with the proper eye shields and reflection devices!

Then there is St. Patty's Day. A time for celebrating with all things "green". In Feng Shui (Black Hat) the color of green defines the family / community life space. That is appropriate for March 17 due to everyone seemingly becoming "part" Irish to join in celebrating. This day is actually marking the day of St. Patrick's death, which originally was honored by the Christians with a feast. The popular Shamrock worn on this day represents the holy trinity...a way the Christians tried to explain this to the Pagans who had many "triple deities"! So put on your green, join the community celebration and share your Irish luck with all.

Spring is here...and so are many skin irritations. Flower Essences can help!

It is a lovely time of year for you and your fur folk. It is also a time that seems to bring on sneezes and itchy skin. In Chinese medicine, it is the time that one's liver "wakes up"...and seems to trigger skin and membrane sensitivities. Always go to your holistic vet for help once you see some scratching and repeat "itching" or sneezing from your pet. Flower essences can help ease the emotional stress of Spring for you and your fur folk.

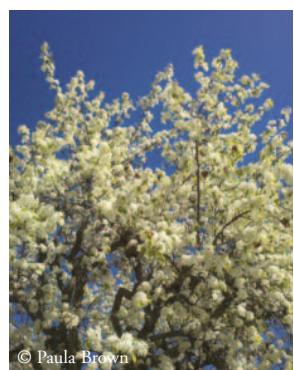
Rescue Remedy: A great in general de-stressor and works to help an animal get to a calm spot so other remedies or solutions can take better effect.

Yarrow: Environment factors influencing skin and mucus membranes can be soothed with Yarrow!

Walnut: It is a time of change...Walnut helps ease transitions.

Cherry Plum: To gain relief, animals can transfer one location of irritation into making a new location raw...to scratch, chew, etc. This essence helps break that pattern!

I can send you dilution instructions if you wish to try some healing essences. (Just shoot me an email!) Flower essences do not alter body or drug chemistry...learn more at: <http://www.fes-flowers.com/>



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Blossoming Pear seen on my street!