

“Animals are such agreeable friends - they ask no questions; they pass no criticisms.” *George Eliot*

Lots going on...it is now summer here in the Northern Hemisphere. Babies being born, things moving quicker, days are lovely and long! The summer solstice is this month and coming up...our July 4th Independence day to celebrate. You and your pet need lots of water now as you get out of doors, picnic, enjoy.

EVENTS AND MY NEWS FLASHES

FUR SHUI™

“Fur Shui” has been out in meditation gardens all around LA as of late. Taking in the flowers and the sunning turtles has been tons of fun. Water is the element of “career / lifepath”. The sunning turtle brings prosperity to one’s life path...and, the bamboo on the shore is a great feng shui “luck” cure bringing in abundance to one’s home entrance. Looks like this turtle is taking a break to stretch. Animals do need a vacation as well...time for rest, fun. Go with the flow and enjoy some water time soon!

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



© Paula Brown

WHERE?



© Paula Brown

A visit to the Getty gardens to take in their “sketching in the garden” program...fun!!

Summer begins with “art”! Sketching outside in gardens, finding creativity in everyplace I have gone. It is great to participate with like-minded folks at beautiful locations. The Getty Center offers sketch classes every first and third Sunday...check this out at: <http://www.getty.edu/visit/cal/courses.html>

Creativity is in all you see and visit. The darker sands as the tide goes out here on the Pacific shoreline “draw” trees, people...even yoga “sun salutes as below...fun to see and dream at the sea.

Seeing lots of “yarn bombing” in parks as of late. You never know where and when trees, lampposts, even buildings will have new yarn decorations...what fun! Check out yarn bombing:
<http://ti.me/1FMBe8R>



© Paula Brown

Left: Yarn “bombed” Oak tree in Ojai, Right: Ocean sand low tide “yoga reacher” on Moonlight beach.

WHO, HOW, AND WHAT?

Summer Solstice

The longest day of the year is the Summer Solstice, for the US on the West Coast it will be on June 21, 2015 at 9:39AM PDT. This day marks the first day of summer for us in the Northern Hemisphere and winter in the Southern Hemisphere. The Solstice time marks a “turning” of the year. Many cultures celebrate the fulfillment or culmination of something. Our Farmer’s Almanac signifies the “mid” growth point for crops. Stonehenge, England with its 5,000 year old stone circle is a hugely popular gathering point for watching the sun rise on Solstice day...celebrating ancient neo-pagan religious ceremonies or just coming together to celebrate “Litha” (which means a stopping or standing still of the sun). More: <http://bit.ly/1xDPXH>

Mark this day with celebration of new life, bright light, joy. A great time to let go of things that are “done”, celebrate the positive new things begging for your embrace. Find some place in nature for the sunrise or sunset. Make this a special day bringing in the summertime...or the short winter days if you are “down-under”!

Get ready for summer “Booms”

Our Independence Day is coming up...July 4th. That means summer picnics, outdoor adventures, gathering of friends, and some well deserved 3 day summer weekend. The 4th is a loud celebration of our freedom as a democratic nation...and we party with fireworks, loud blasts of noise, big sky light shows. For most people, this is a beautiful event. *For our fur friends, it can mark a night filled with noise terror, fear, discomfort.* “Booms” cause many of our pets great anxiety to the point of breaking loose and just “running away”, as far away as possible from the noise that is VERY scary for them. Please be aware of this danger and emotional “hurt” for your animal. Great ways to calm them could be the use of proper Flower Essence formulas to help calm nerves and anxiety. Best to get a custom “read” for this...give me a call! Flower essences do NOT mix or alter body chemistry...they work only on the “emotional body” and are made of water and diluted essence of flowers and plants. *If you look into calming “herbs”, please consult and expert. Herbs need to be administered carefully and do mix and mingle with body and medicine chemistry and can be quite harmful if not closely monitored.*

A good “calming” product (without ANY chemical influence) is made by Rein N Paula Padgett-Hege called the “Rein Coat”. This is a “coat” that applies a bit of comfortable pressure on an animal that helps the animal feel secure and less anxious with situations that create emotional tension, anxiety for an animal. Much different than the “Thundershirt”, it is a great way to help ease an animal’s anxiety due to noise and other fearful environmental change. A good article that compares different methods to reduce your pet’s fears is at: <http://bit.ly/1Iw2zzq>

Happy Summer...hydrate, keep your pet’s feet off hot pavement, and never leave your fur folk in the car on these hot days (cars are ovens for us and fur folks)!!!



© Paula Brown

Makana Cat “helping” me with cushion slip covers while Rumi plays “ball”! Summer!