

“Autumn carries more gold in its pocket than all the other seasons.” *Jim Bishop*

Fall is here! Wonderful time of harvest, slowing down to see long sunsets, golden leaves, pumpkins, and of course sample fresh apple pies. For nature and animal friends it is time to prepare for the short days of winter, change into “winter” looks and garb, store up the food, complete migrations, and fortify homes.

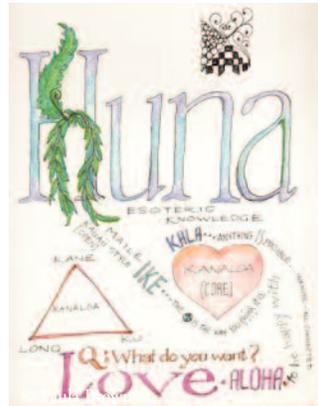
EVENTS AND MY NEWS FLASHES

The summer was full of travel, art, exploration. Apologies for the long absence of “Speak”!

Studies of Huna with Serge Kahili King at Volcano Village (so neat!): <http://www.huna.org/html/alohaint.html>, and birthday celebration took all of July...and then into August with art shows, painting, being on the road.

Page from my class sketch journal, Huna!

Words about Huna: This is an esoteric philosophy used by ancient Hawaiians to make the world, community, a better place with its 7 principles. NOT a “religion”, rather a way of life with it’s roots in “Aloha”...the breath of life: “to be happy with one’s life and being”. Animals play an important role in our well being with their unconditional love. Using nature’s energy to heal is wonderful. Step out into nature and just “listen”. That seashell is actually a “crystal” that sends healing wave lengths, that stone has power to heal as does your breath and thoughts!



WHERE?



A birthday celebration, Kathy’s dogs and wild spinner dolphins, wonderful! Right: my pastel “On the Rocks”

Birthday time...and thanks for all your well wishes. My friend Kathy’s dogs got all dolled up to wish me a happy day! The Big Island of Hawaii was my major theme for summer. Went swimming with the dolphins on my birthday...what a treat. “Sunlight on Water” <http://sunlightonwater.com/> are the people to go to when you want to visit when swimming with wild Spinner Dolphins in a respectful and traditional Hawaiian manner. Captain “China” Mike is a real ocean Kahuna, the sea just loves him. Great and humbling experience filled with joy and transformation!



Am honored to be in upcoming “Rejoice in Art” in SoCal. Love listening to nature’s voice; painting, sketching the essence of what surrounds me.

WHO, HOW, AND WHAT?

Fall Equinox, with Super Full moon and Lunar Eclipse this Sunday.

It’s the first day of autumn! The official end of summer and the beginning of fall. Pumpkins and fancy gourds are showing up in bins, baskets, harvests from the fields.

We in the Northern Hemisphere are all looking forward to cooler days and sweet fall nights. For all those South of the Equator, this is the start of Spring. Today, night and day are almost the same lengths. Time for festivities!

Prepare the feast of Michael and All Angels in Christianity, a harvest of good. “Mabon” was celebrated by pagan civilizations; the time of a 2nd harvest before winter time...giving thanks to the sunlight and preparing for “darker times”. China celebrates the moon, a festival of abundance with mooncakes, delicacies that include dried fruit, and duck eggs. For Japan, this is a traditional time to remember the dead and their spirits reaching Nirvana. a time to honor gravesites and memories.

Super Full Moon and Lunar Eclipse...Sunday - Sept. 27.

Look up into the night sky this Sunday...huge “Super Blood Full Moon”...with a Lunar Eclipse. Next Super Full moon with an eclipse. This has only happened 5 times since the turn of the century, next one like this will be in 2033...don’t miss it!

Warning: Now peanut butter can be extremely harmful to your dog!

Beware; some brands of peanut butter now contain xylitol that makes the product no longer safe for dogs to consume. The brand “Nuts ‘N More” now has xylitol...and ingredient...even in small quantities...can drop a dog’s blood sugar to dangerous levels causing seizures, collapse, and the destruction of a dog’s liver cells.

Get informed, take a look at this article from Preventive Vet for more details: <http://bit.ly/1Gg1R8M>

There are easy and good recipes to make your own peanut butter, have some fun and do-it-yourself...know the ingredients!

There are easy and good recipes to make your own peanut butter, have some fun and do-it-yourself...know the ingredients! Go find the Maple Almond Butter Recipe at “Show me the Yummy” website: <http://showmethenyummy.com/>

Time to take a look at some natural “fall boosts” for fur folks.

Animals and nature are getting ready for cooler temps, slowing down of activity, rest time. Perfect time to think about adding a little “beefing it up” with some natural products for our fur folks. Perfect for this time of year could be some Omega 3 oils for good digestion and immunity building. Animal Essentials is my favorite choice with their “Ocean Omega Gold Soft Gels”. <http://animalessentials.com/#products:64> And, time to shift flower essences for immunity strength...go look at what is new at Perelandra at: <http://www.perelandra-ltd.com/> Click on their “Animal Care” tab and take advantage of some great healing essence formulas!

FUR SHUI™



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 Happy Fall...pause, have some apple pie and give your pets some organic pumpkin for their healthy coats and digestion!

Makana Cat “reflecting” on the heat wave in LA...tooooooo hot to work!