

"Laughter is the sun that drives winter from the human face" Victor Hugo

Happy Winter Solstice. It is the year's longest night here in the Northern Hemisphere...and the longest day in the Southern Hemisphere. This is a time to reflect, honor the cycles of the season, and to be grateful for all that is around us. I am grateful for you and wish you a warm and joyful holiday season!

EVENTS AND MY NEWS FLASHES

Traveling the past two months and now back at home in SoCal.

Back to New England to visit the East Coast, see wonderful friends as well as the changing of the leaf colors. Arrived just in time for "peak leafing"! There is no place prettier than New England in the fall!

New Hampshire leaf "painting" and Fur Shui visiting Newburyport, MA



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?



Kilauea Volcano glowing at dusk...and me glowing after my "Alaka'i" ordainment into the Kahili family of Huna with Serge Kahili King at Hale Huna, Volcano Village, HI

Lots of double rainbows in November...returned to Maui and the Big Island of Hawaii for some important life events! I was welcomed into the Kahili Huna family by my Kahuna Serge Kahili King (<http://www.huna.org/index.html>) and other Alaka'i in November. Magical moment for me to receive such an honor...I am now an "Alaka'i" with purpose in making the world a better place!

After my ordination, did some quick sketch journaling for a special retreat "Transform, Kona" facilitated by Leisa Peterson of "Wealth Clinic" <http://wealthclinic.com/>. Four special days spent recording purpose and breakthrough magic for all who attended. Mahalo Leisa!

Leisa and I enjoying an impromptu "Grateful Dead" band concert at my AirBnB in Kona after the Retreat.



WHO, HOW, AND WHAT?

December 21, Winter Solstice...shortest day for us in the North!

Winter is the season of nature's dormancy, dark and cold, the Solstice marks "the turning of the sun" as the days after grow longer. Many cultural celebrations throughout history have honored this time by feasting, festivities, and holidays.

In most Northern countries, the celebration of solstice is now marked by Christmas, the birth of Christ...replacing historically such festivities in Scandinavia as the Feast of Juul, and in Ancient Rome; Saturnalia. Lighting fires to symbolize heat, return of the light and the life giving sun, marked the Feast of Juul. This "light" was represented by the Juul log, brought and burned on the hearth in honor of their god Thor. For Saturnalia, quarrels and grudges were forgotten as well as a suspension of discipline and rules, wars postponed and replaced by masquerade parties and banquets held under a mock king and illuminated by bonfires.

Here's a quick suggestion to mark this time with heartfelt intent and simplicity to create your own Winter Solstice Ritual!

Simply take a piece of paper, get settled, light a candle or two, and jot down what you would like to release from this past year. Take that note and put it into your fireplace flames and watch those "things" vanish and clear out of your life. You can do this alone, or with a group of friends gathered for a solstice party. Light your life with positive intent

Holiday help for you and your pets!

Some of my favorite things for pets and people are on huge sale with Flower Essence Society! They are celebrating their new and improved e-commerce store with a 25% off sale!!! Great time to buy essences to create healing and harmony. Go to: <http://store.fesflowers.com/>

Helping essences for the season: *Angelica*. Create a stronger feeling of protection and connection with self and our "angels"...great for older animals during this season of rest. *Five Flower Formula*: Fosters calmness and stability in times of stress. The holidays can bring in the "stress" of new places and faces for you and your fur folks!

Warnings for the holidays and pets.

You have heard it before, and this is well worth repeating. Holidays are a wonderful time of the year. It can also bring sadness to many pet owners due to dangerous decorations, food and plants. **24/7 pet poison helpline: 855.764.7661** Here are only a few things to watch for:

- Christmas tree water*: In the base of your live cut Christmas tree there is water that also has mixture of sap and tree "life". Don't let your cat or dog drink from this "bowl". The chemicals from the tree as well as needle consumption can damage internal organs, (esp. older cats) and cause illness!
- Mistletoe*: Known for causing severe intestinal upset and sudden and severe drop in blood pressure causing breathing problems or seizures with death following.
- Amaryllis*: Contains Lycorine and other toxic substances. Causes salivation, vomiting, diarrhea, lethargy, and tremors in cats and dogs. Keep this away from fur folks!
- Chocolate and holiday human food*: Chocolate is harmful for dogs and cats...esp. dogs. Keep ALL holiday goodies away from paws and pet mouths. In general...keep all holiday decorations away from your pets. They can cause, cuts, choking, and great harm if not stable or kept away from your fur loves!



Happy Holidays from Marina del Rey, CA!