

The Heart of Conversation News Sheet Vol 63, 2016 *Paula Brown Animal Communications*
 “Animals are such agreeable friends - they ask no questions; they pass no criticisms.” *George Eliot*

A joyful New Year to you all! And, double that greeting...soon it will be the new Chinese year of the Red Monkey. Buckle up your seat belts, it is going to be a “quick change” year that is for sure. Let me know how the year is going, what you are enjoying? I am enjoying the new morning light, and more day bright!

EVENTS AND MY NEWS FLASHES

Hope your holidays were magical! This New Year holds abundance, new ideas, and opportunities for all of us. Stay warm, and safe during the midst of winter now. “Fur Shui” recently visited Sedona, AZ to admire the lovely red rocks and to take pause IN nature after a busy holiday season.

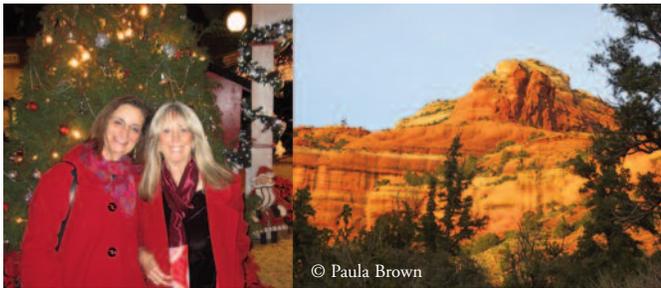
You can check out the 2nd release of Fur Shui now in larger format and Kindle! To purchase, click the green dot: www.furshui.com

Fur Shui found in and around the red rocks of Sedona, AZ



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WHERE?



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Two friends in red sharing holiday art fun, Sawdust, Laguna, CA...and even more red in Sedona surrounded by Red Rock vistas!

From the shores of Laguna Beach to the desert island of Sedona, AZ, views of “red” seemed to be the theme. This new year brings many “home” options into focus for me. Back home on the coast doing docent work at Ballona Wetlands, we found a sweet owl resident letting me know where both his and MY wise home is along the coast, while in AZ, a Havalina says “hello” what are you doing here...this is MY home!



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Burrowing Owl at the Ballona Wetlands, LA...and a Havalina visit in Sedona, AZ!

WHO, HOW, AND WHAT?

February 8, 2016...Welcome in the Chinese New Year of the Red Monkey!

All of China is “shutting down” as of the Eve of February 8th for the first lunar new moon that ushers in the Year of the Red Monkey. This year takes on the personality of the curious, quick moving, fun loving monkey. On the “not so fun” side are the possibilities for naughty pranks and clever moves that you just may not expect. Expect the unexpected this year! Go with the flow, consider all your decisions wisely, if it does not feel good...don't participate, if it feels lovely and positive...go for it!!

Take part in celebrating on February 8...wear red underwear...yes, that is lucky on New Year's Day. On New Year's Eve select 9 red grapes and eat them at the midnight celebration. And, for good luck give a special gratitude gift in a Chinese red envelope to someone who you care for and or has done you a loving service. Giving is good luck during the new moon to the full moon celebration. AND, it is lucky to say out loud to folks: “Gung Hay Fat Choy” which is “Happy New Year”!

Let me know if I can be of help with some Feng Shui magic to clear out the old and create fresh new prosperity energy in and around your home, get your home all harmonized to match the new energies coming your way!

News about the Zika virus...what is it, does it effect our pets?

So much news about the Zika virus, and good to educate yourself about what is going on with this mosquito bite. Symptoms include joint pain, fever, headache, and conjunctivitis. It is reported that in most folks people do not show symptoms at all, and severe disease is uncommon. Here's what Dr. Andrew Jones DMV has written about the disease and possibilities of infection for our canine friends...which is seemingly “remote”...best to be “in the know”! Go to: <http://bit.ly/1Q01XTV>

Good idea to let your dog or puppy sleep in your bed?

Well...there is some discussion about quality of sleep for both fur and non-fur folk when this question comes up: “Is it a good idea to let my dog sleep on or in my bed?” This question HAS come up in some of my reads...and I usually ask, “Why would you (dog) not want your own bed space?” Cases include animals that actually help heal their people who are in need, calm them down, cheer up sadness or heartbreak. There are emotional issues on both sides of this “pillow”. For me...I need a good night sleep and when my two cats decide to curl up by my head, it gets pretty warm, and I toss and turn. Here's what Dr. Marty Becker for Vetstreet.com has written for the Huffington Post: huff.to/1gM06ES

Did you know that cats are “obligate carnivores” and WHY are they so picky?

Yes, and that means that they HAVE to eat meat. I recently did a communication with a cat that just was not doing well physically. It was lethargic, scratchy, and pretty non-social...the person wanted to find out some answers to be of help. After many questions posed to the cat's person...I found out that the person was a vegetarian and was convinced the cat would be much more healthy eating “greens”. Did not work. Got the cat back on a meat diet (after much experimentation and picky refusals to eat “just any old meaty variety”) no meat “by products”, no grains, no “veggies”...and now the cat is doing much better. Here is a good article based on results from a recent study at the Monell Chemical Senses Center in Philadelphia that can explain WHY our cat friends seem to be so picky about their food! Good read at: bit.ly/1SPHQTI

How are you going to join in the party for the New Year of the Monkey?

If you are in the LA area...come on down to “Restful Steep” in Torrance, CA on Feb. 13. I am giving a fun talk all about the Year of the Red Monkey. You are invited!: bit.ly/1PKSo18

Gung Hay Fat Choy...Have a Most Happy Chinese New Year of the Red Monkey!