

Speak

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The Heart of Conversation News Sheet

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Paula Brown Animal Communications

"We are born of love; love is our mother." Rumi

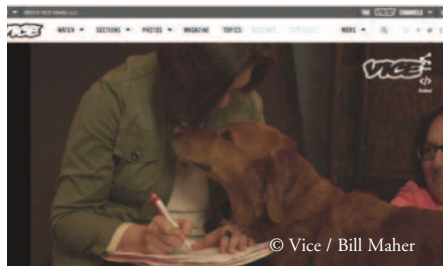
Love the fact that the days are now getting brighter! In the US (most states!) we "spring forward" an hour for daylight savings time this Sunday morning. Spring is almost here! Vernal Equinox is considered the 1st day of Spring on March 20, 2016(UTC). Reasons to flower, to find more love, give and be love!

EVENTS AND MY NEWS FLASHES

Here in SoCal, we are finally getting a bit of rain. We are so grateful! And, I am grateful to be a part of a Bill Maher Daily online documentary for "Vice". Was the animal communicator whose words became a new song for Ricochet the service dog (Surf dog down in San Diego!) "I'll be there". The Laurel Canyon Animal Co. is featured in this documentary filmed by "Vice"! Kudos to all! Enjoy: <http://bit.ly/1Sub98T>

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

Ricochet giving me her "input" during her first hearing of her song. Fun for me and the whole crew in the recording studio.



WHERE?



All about the "Vice" documentary this past month or so. Fun shooting at my place...Aiden the fantastic camera person and crew were great!

Thanks to The Laurel Canyon Animal Co. and Bill Maher's production crew for Daily Vice...was a fun time communicating with Surf Dog Ricochet all about her mission, purpose and feelings as she helps heal Post War Syndrome for Vets, autism behavior in little and big folks. For more info on Ricochet:

<http://www.surfdogricochet.com/>

Info to buy her song at Laurel Canyon Animal Co:
<http://petcds.com/>

For the neat documentary:
<http://bit.ly/1Sub98T>

YES...still busy doing ART!

In a show: www.pastelsocal.com



Two pastel Paintings are "on the wall" in the SoCal PSSC annual show! Exciting!

Happy Spring! May your new beginnings be filled with beauty!

All information to be used only (©) in this News sheet, please contact Paula Brown @ paula@animalhearttalk.com with any requests.

Thanks for reading, if you wish to unsubscribe, mail your request to me at: paula@furshui.com

WHO, HOW, AND WHAT?

March 20, 2016...The Spring Equinox!

For all of us in the Northern hemisphere, spring begins on the 20th UTC (In Los Angeles...begins at night on the 19th!)...those in the Southern hemisphere begin their Fall season. This is the time for new life, new beginnings here in the North! "Equal day and night" brings many forms of celebrations...most famous are the Christian Easter and the Jewish Passover. The Equinox is also called Ostara, Easter, and St. Patrick's Day is timed with purpose to celebrate the passing of winter. There are many pagan and Wiccan culture festivities as well to symbolize birth and reproduction. In China there is a tradition of egg balancing on this day...the only day that it is claimed that you can balance an egg on its vertical axis...which speaks to the balance of day as well as new birth. Fertility symbols of this time are the egg and the hare or rabbit! Happy Spring, give yourself some time to re-fresh, enjoy nature, as well as find some bright smiles for yourself!

Blackstrap Molasses...good for your pet!

Dr. Andrew Jones, DMV recently sent an interesting mail out about the positive benefits of Blackstrap Molasses put the diet for your pets. He mentions that it decreases shedding, boosts energy, creates stronger bones, prevents disease, cures early hair graying, improves sleep, and promotes hair growth! Pretty nice!

Here are a few of his tips (used for both you and your pet!):

"Good for hair - One serving (two tablespoons) of blackstrap contains approximately 14 percent of our RDI of copper, an important trace mineral whose peptides help rebuild the skin structure that supports healthy hair. Consequently, long-term consumption of blackstrap has been linked to improved hair quality, hair regrowth in men and even a restoration of your hair's original color! ...

Rich in iron - Two tablespoons of blackstrap contain 13.2 percent of our RDI of iron, which our bodies need to carry oxygen to our blood cells. People who are anemic (including pregnant women) will greatly benefit from consuming 1-2 tablespoons of blackstrap molasses per day. ...

High in calcium and magnesium - Blackstrap molasses contains a mineral profile that has been optimized by nature for superior absorption. For example, two tablespoons of blackstrap contains 11.7 percent of our RDI of calcium and 7.3 percent of our RDI of magnesium. This calcium-magnesium ratio is ideal, since our bodies need large quantities of magnesium to help absorb similarly large quantities of calcium. Both of these minerals aid the growth and development of bones, making blackstrap a good safeguard against osteoporosis and other bone diseases."

Get more info and a free intro DVD from Dr. Jones at:

<https://www.theonlinevet.com/>

Here is some info about "bad plants" for dogs and cats!

There are some very beautiful plants that we all love and many of us have in our homes and gardens that are not so great for our fur folks! The top 12 not great plants are listed...including Castor Bean (toxic through and through), Lilies (high mortality rate!!!), Rosary Pea (watch out for bracelets made from the red berries)

<http://bit.ly/1Ud4wFJ>