

“When you can see God in small things, you’ll see God in all things.” *Donald Hicks*

Summer Solstice time! The longest day for the Northern Hemisphere. The official opening day of summer for all northerners! A hot one here in Los Angeles...heat wave. Keep yourself and your fur folks VERY HYDRATED. A full Strawberry or Honey Moon and the solstice, rare combo: 6.20.16!

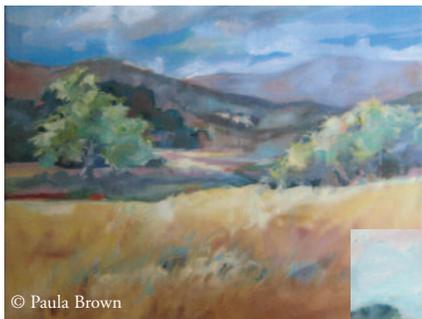
EVENTS AND MY NEWS FLASHES

Speak is a bit late in coming...been very busy re-doing my business, path, and looking for a change in living space! Will keep you posted.

I have been igniting my own joy as of late. Doing “art” has captured my soul it seems...as well as getting rid of the old and making space for new adventures to waltz into my life. Had fun with being in my pastel society’s annual art show, and participating in a fun Facebook “5 day art challenge”. Getting ready to enter more shows, do more art! Fur Shui is having a good go of it...off traveling on its own, helping folks harmonize their environments, getting great compliments on the book!

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

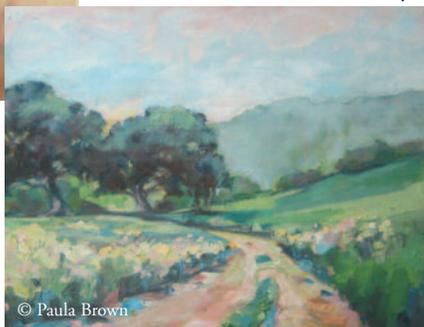
WHERE?



Two plein air paintings “oils” done at the Irvine Ranch Conservancy while trail guiding. Left: Baker Canyon Storm. Below: Early morning in Limestone Canyon.

© Paula Brown

What brings me joy? Being in nature, communicating with nature...finding and expressing the light I find in places and moments! It has been all about “art” these past few months along with walking in beautiful places and sharing the essence of those spots with those who love art and nature.



© Paula Brown



© Paula Brown

Pastel painting of sunset at low tide on Moonlight Beach in Encinitas, CA...one of my favorite spots!

My calling to find the purposes of your fur folks now extends officially to “people”...I am a “**Heartist**” who helps folks find their business or personal purpose! Check out my site at: www.chilightful.com I am both a purpose guide and a graphic facilitator...and still of course an animal communicator!

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

WHO, HOW, AND WHAT?

June 20, 2016...The Strawberry Full Moon and the Summer Solstice!

A once in a generation happening today June 20, 2016...a full moon along with the Summer Solstice longest day of the year for the Northern Hemisphere. This “line up” last happened in 1967 and will not happen again until 2062! Go out and take a look at this beautiful Strawberry or Honey Moon tonight. Official full moon: 4:02AM pst and the official Solstice: 3:34PM pst. The native Americans named this full moon “Strawberry” due to the harvest time for those juicy red berries.

Along the USA East cost...Monday evening — about two hours after the solstice — the moon rises, almost fully illuminated, in the eight o’clock hour (8:41 p.m. Eastern in D.C.). The moon hangs very low on the horizon making it’s light shine through a denser more humid atmosphere...appearing to be “amber”...thus the 2nd name of a “Honey Full Moon”.

Summertime heat...take care with your and your pet’s health.

It’s that time again this year...summer...heat, danger for your fur folks that can strike quickly and have very serious consequences.

Warnings / signs:

For dog walking...put the back of your hand onto the pavement or walking surface. If it feels hot to your skin touch, it will be too hot for your dogs paw pads.

Excessive lethargy and panting in cats or dogs...immediately cool your animal’s skin. Put cool wet towels over the back of the head, armpits, and groin area...paws too! Get them to your vet if the condition does not improve.

Offer your pet some water to drink...do not force.

DO NOT LEAVE ANY ANIMAL IN THE CAR DURING THE HEAT (and or your kids!) On a warm day, the inside of a car temperature can climb quickly to 120 degrees in a matter of minutes. Your pet can suffer from brain or organ damage, heat and can quickly die from heat stroke or suffocation.

In California we now have a law that gives permission to break a car’s window in order to remove an animal from a car during hot or warm days. Even if the window is cracked, the heat is unbearable.

For a basic on “what to do” for animals stuck in an unattended auto, download this pdf “Hot car flyer” pdf “Protect Pets” from the American Humane Society:

http://www.humanesociety.org/assets/pdfs/pets/hot_car_flyer.pdf

Never leave animals in an unattended car, period...they can die from heatstroke, be stolen, come to harm. Here’s a great article to read from the American Humane Society: <http://bit.ly/28JQXBY>

If it is a hot day with high humidity, that can be a “double danger” for your pet. In the article from the link above, Dr. Barry Kellogg, VMD, of the Humane Society Veterinary Medical Association states: “Animals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves, and their temperature will skyrocket to dangerous levels—very quickly.”



© Paula Brown

While painting at Ballona Creek, a pair of Canadian Geese came to watch me. Get outside!

Thanks for taking care in the heat!

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