

**“How you show up, is how you love.” Paula Brown**

To say we are living in “interesting times” is an understatement at present! I am sincerely sending you all my very best for a healthy and safe journey through our present health situation. Please be VERY careful out there, you are needed, valuable, and loved. My desire is to offer you valuable easy tools and tips to “safe shift” from stress to safety NOW!

**EVENTS AND MY NEWS FLASHES**

Update: **Want to know what your pet is asking for, what does it need, talk with your pet?** My on-line Animal Communications class “Fur Folk Talk”, will be starting now in May. *This class includes easy methods for relaxation and heart opening “in the present moment”. Skills you can use every day in life and business.* Includes 9 Zoom meetings where the “basics” will be covered in an easy, fun manner. This class is highly interactive! First 5 will get a great “bonus”. Be one of the Early Bird sign-ups: go to my landing page at: [www.furfolktalk.com](http://www.furfolktalk.com) Check out *Fur Shui’s 2nd release: Larger format and Kindle.* To purchase: [Fur Shui](#)

**MORE GREAT OFFERS!**

I am offering one of my “Energetic Healing Reads” at a very deep discount!

My Animal Communications full read (my standard read) consists of the heart to heart Q&A as well as 4 Energetic Reads (chakra, dowsing, flower essence, modality of help). This gives a person a total review and what I call “real” energy summary of conditions in the present moment. Separately, these energy reads are at a \$75. fee for each read segment.

*For NOW (until Easter!), my Flower Essence Custom reads will be \$40. per pet or animal.* I want to be of help with returning to calm and emotional peace. These essences treat the emotional body (they do NOT interfere with any chemical or drugs being taken) and REALLY work bringing back balance! Give me a call if you are not familiar with flower essences. You can use the same formulas as your pet. At present our pets are our mirrors. I will give you the easy formula for diluting the essences for pets (fur folks being very sensitive!).

Don’t have a fur love now? I will do a custom read for YOU. **Send me a note at: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com) to begin!**

All information to be used only (©) in this News sheet, contact me: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com) with any requests



**Fur Folk Talk**  
with Paula Brown, Animal Communicator / Heartist  
My 9 week online beginner Animal Communications online class: [www.furfolktalk.com](http://www.furfolktalk.com)

**MORE HELP!**

**NOT feeling in control or safe?**

I am giving a mini workshop **“Shift Out of Stress and Into SAFE.”**

April 5, Sun. 10-Noon pdt on-line / Zoom. Giving easy and effective

“safe-shift” methods to regain emotional calm, exercises to destress your body and mind, tools and info so you can get into your OWN safety zone.

*Check out details at: [www.furfolktalk.com](http://www.furfolktalk.com) Email me for sign up and fee pay (\$57.)*

**Some info about your pet and Corona Virus:**

During my last Facebook Live video I talked about feeling safe with your pet folks during this emergency. Please share this info with folks who are considering leaving their pets at shelters due to fear of pets either getting or being a carrier for Covid19. Shelters are now providing free food for folks hit hard economically...call your shelter / rescue to see about their food pantry.

Keep your fur loves!!!

In all emergencies, it is best practices to keep a good emergency kit and extra food for our pets. Do stock up a bit for their needs as well as yours.

**Reassuring links about pets and Covid 19:**

**VCA Hospitals:** <https://vcahospitals.com/know-your-pet/coronavirus-disease-in-dogs>

**American Kennel Club:** <https://www.akc.org/expert-advice/news/can-dogs-get-coronavirus/>

**The Human Society of the United States:** <https://www.humanesociety.org/resources/coronavirus-covid-19-faq>

**Global Veterinary Community:** <https://wsava.org>

Download: [https://wsava.org/wp-content/uploads/2020/03/COVID-19\\_WSAVA-Advisory-Documents-Mar-19-2020.pdf](https://wsava.org/wp-content/uploads/2020/03/COVID-19_WSAVA-Advisory-Documents-Mar-19-2020.pdf)

**Flower Essence tips for COVID-19:** Looking at my

essence reads and info from Flower Essence Society: “in general” three essences can now help you and your pets. Olive, Yarrow, and Rescue Remedy / Five Flower (FES).

For: grounding, recovery from stress exhaustion, and stress release now. Please dilute Essences for your pet...email me for directions: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)



Say hello to Quinn...one of my students fur loves...so sweet!