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Speak

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The Heart of Conversation News Sheet Vol 98, 2021 *Paula Brown Animal Communications*

"Spring is nature's way of saying "Let's party!" *Robin Williams*

Spring comes blowing in on March 20th...and then close behind is Easter on April 4. It is indeed the time to "wake up", get out, get going with increasing sunshine, flowers, warmer temps for the Northern Hemisphere (opposite for the South). Get those fur folks brushed and exercised!

EVENTS AND MY NEWS FLASHES

Rumi waves his "Birthday" greetings!

Celebrating love, life, and healing, with 2 FREE Zoom fur folk meeting sessions.

In honor of my cat Rumi's birthday this month, I am gifting 2 Zoom meetings to any who wish to gain some important information to help their fur folks and to guide healing for both fur and non-fur folks!

Session 1: Tuesday, March 16, 5PM pacific time. Zoom meeting

In this hour long meeting: How to heal with and honor your pet's crossing over. Simple talk, get some understanding of "how pets stay in our hearts".

Session 2: Wednesday, March 17, 5PM pacific time. Zoom meeting

In this 2nd hour long meeting: How to heal emotional trauma: Balance with Flower Essences! Regain and maintain emotional balance for both you and your fur love with some Flower power.

It's simple, just sign up by emailing me at: paula@animalhearttalk.com

You must commit to one or both sessions by putting in your email: "I'm IN!", then tell me the date or dates. I will send you the links to your session or sessions.

You can always go to my class site to see more: www.furfolktalk.com

MUST SIGN UP / EMAIL ME AT LEAST 24 HOURS BEFORE EACH SESSION.

For some know how on simple energy harmonizing for your fur folk and home: *Check out Fur Shui's 2nd release: Larger format and Kindle. To purchase: Fur Shui*

WHERE?

We had a great time bringing in new energy for this 2021 new year with "cures", positive intent, and some Ox "magic".
Thanks to all who participated, and a happy new year to all!

Be sure to check out my next offering (to be announced next month)... here's one comment from the Year of the Ox class:

"Thank you Paula for an exceptional workshop that supported me to get focused for the year!

I am grateful to learn exactly what will help me stay in balance and red flags to watch for if I stray. Your guidance with the meditations, teaching on how to use and integrate colors, stones, candles, lucky food, plants, charms into my life and my home is grounding and fun! Each process, tool and meditation is a Blessing to bring into my home. I feel your ability to share the wisdom and teachings allow me and everyone who attended the receive in a natural way that flows from you to us. Your energy is nourishing and I felt energized after your workshop, rather than drained as I have felt with others. I look forward to your next offering."

Rheta - Ojai, CA

Keeping up with the "where to share" your time, donations, charity...here is a good place to go in almost ANY city or "hood". Your local Humane Society very much needs your help and I am so grateful for my close to home shelter. These folks are great humanitarians and fur folk advocates and angels. Look up your close to home shelters from their main site: https://www.humanesociety.org
My close by Society is: https://www.hsvc.org/
And, one of my favorite spots is in San Diego...where I have given info talks and enjoyed the people, place, fur folks: https://www.sdhumane.org/

Please send me YOUR favorite charity, fur folk helpers so I can put them in the journal!

Give your time, donations, good words, whatever you can to help your favorite charity!

WHO, HOW, AND WHAT?

Spring Equinox: March 20!

Equal day, equal night marks this spring day. The equinox is celebrated by many cultures in different ways. For the most famous "tradition" the Chinese hold, one can balance an egg by its pointed end. Try that out on March 20! In Mexico, "The Snake of Light" ceremony is explained by "Farmer's Almanac" as: *"There are many ancient sites that mark the equinoxes (and solstices). One of the most famous ancient Spring equinox celebrations was at Chichen Itza in Mexico. The Mayans built a huge pyramid around the year A.D. 1000. The play of the Sun's light on it signals the beginning of the seasons. On the spring equinox, it looks like a huge snake is slithering down the steps.*
Mayans called this day "the return of the Sun serpent."

I have been to this site, yet not on the Solstice...beautiful place any time of year!

Asking you "how do you feel" at this time in the year...be more aware of "things stirring" in you and all around you in nature and your fur loves.
• *The March full moon is called the "Worm Moon" due to the earthworms starting to be more active and re-appearing*

• The sun (in the Northern) is getting warmer...fur folks are "waking up" with shedding, and the Chinese time clock of Liver activity is now happening for both people and pets...time to watch for skin itches and hot spots! (Good to get some flower essence cures now!)

• *Days are getting longer. The increasing sunlight triggers birds to sing! Here's the Farmer's Almanac's link to their bird song page:* https://www.almanac.com/topics/birding-fishing/bird-sounds

• The spring flowers are popping up, crocus, daffodils, flowering trees like Dog Wood and Magnolia... breath in the beauty!

Flowers popping up in all places from beaches to mountain valleys...gardens too.

With the spring, shedding comes too!

My cat Makana is already having fur ball issues with his shedding. Time for natural remedies like adding a bit of pumpkin to his food, etc.

From *"Pet Assure"*: "Shedding is considered a sign of health in a cat, because sick cats do not shed their fur. Shedding occurs for different reasons, but depends largely on the amount of time your cat spends outdoors or whether your cat is purely an indoor cat. The shedding is largely influenced by daylight, and this is called the "photoperiod".
Here's some tips for getting the fur under control with ***Tips to help with shedding cats.:*** https://www.petassure.com/new-newsletters/cats-shedding-winter-coats/

Happy Solstice to all...Spring forward in time, in intent, in joy!

Tell me about you and your fur folk's "story"! Join my Fur Folk Soul Stories Facebook group. Please join the talk, and love for all things "nature"...what's your "story"? Go to: https://www.facebook.com/groups/576338039691377/ (Answer all 3 questions to join!)

Love is all you need and our fur loves give us comfort, smiles and inspiration for all of our days together. Be sure to tell your pet how you feel, help them know how they are in your heart forever. Let me know how I can help you know what your love needs, desires, and is teaching you. Give yourself and your fur folk the gift of heart to heart communication.

Email me at paula@animalhearttalk.com and get some soul talk happening!

I'm a "heartist", and I share my joy with all sorts of art expressions. My fun art is my passion to give you some art smiles. *Share some Heart Hugs to celebrate your new "happy" with gifts from the Heart...Critter Art.*
Check out my Etsy shop: https://www.etsy.com/shop/AnimalCritterArt

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