

“A walk in nature, walks the soul back home.” *Mary Davis*

This is my 100th “Speak”! I thank you for letting me bring some goodness into all your lives with story, info for body and soul, pet and nature love. Celebrating my 100th with some “goodies” announced the months of June - July! Theme today is: “DE-STRESS using nature’s help.”

EVENTS AND MY NEWS FLASHES

Celebrating 2 Oil Paintings now in the On-line Show “Atmospheric Impressions”

Thrilled to have two of my 6x8in oil paintings in the on-line show “Atmospheric Impressions”. Here’s the show link: <https://bit.ly/2R1rBFy>



De-stress your home, with moving some energy or “chi” with Feng Shui: Check out Fur Shui’s 2nd release: Larger format and Kindle. To purchase: Fur Shui

WHERE?



Blooms from The HUNTINGTON GARDENS. Spring beauty!

GO INTO NATURE TO HEAL AND DE-STRESS!

My goal the last few months has been to visit, be in, and sketch in beautiful parks, gardens, and a couple of National Parks! From the Huntington to the Sequoias, it has been a beautiful experience. Above are some of the Huntington blooms: <https://www.huntington.org/>



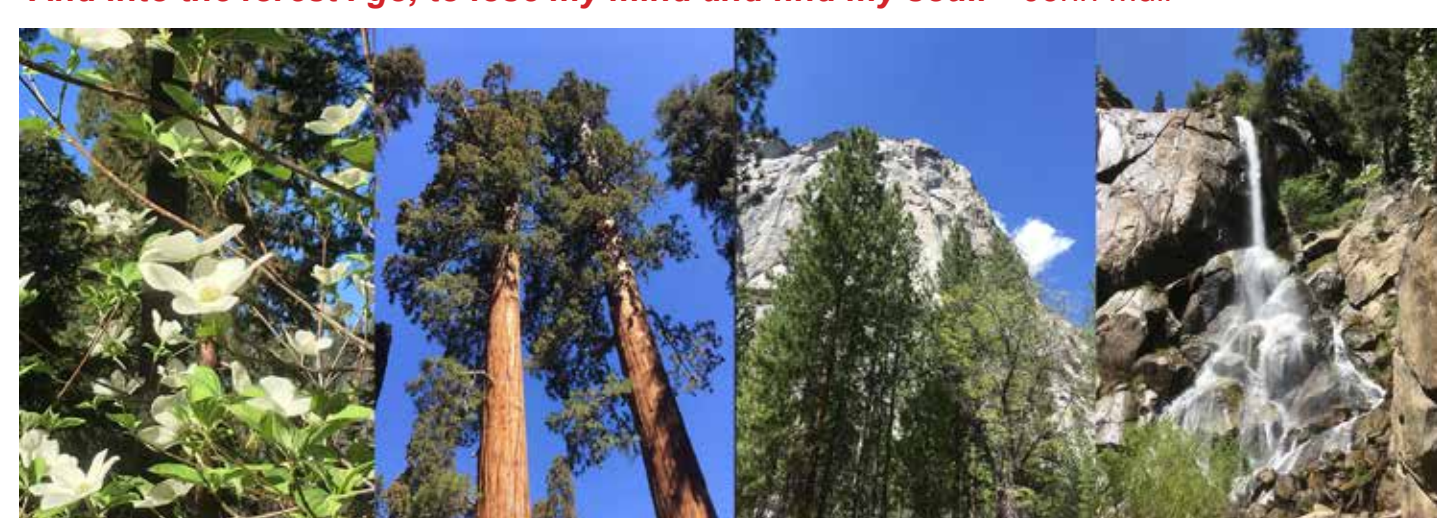
Three pages from my Sketch Journal of the Taft Gardens visit.

Visiting the Taft Gardens in Ojai, CA was filled with inspiring “talk” from the earth, flowers, and trees. Brought home some of my Huna “principles” load and clear. Calmed and focused me instantly! One of the best gardens I have been in...very “hidden”. If local, do visit: <https://www.taftgardens.org/visit>

VISITING THE WISE AND WILD ONES TO RE-CHARGE...

The Sequoia and Kings Canyon National Park are some of the spots I “go home” to and in! Spent 3 days hiking, sketch journaling, absorbing the ancient wisdom of the Sequoias (largest are over 3,000 years old) and the raw strength of Kings Canyon. John Muir’s words resonate in these worlds. <https://www.nps.gov/seki/playourvisit/index.htm>

“And into the forest I go, to lose my mind and find my soul.” John Muir



Sequoia and King’s Canyon, forever in my heart...messages of strength, beauty, deep peace and purpose.

WHO, HOW, AND WHAT?

My way of finding my own soul talk, calm, peace, being is by being in nature, listening to its voice, talking with animals, and drawing and painting what I feel and see. It is all from the heart and listening to the hearts all connecting around me in nature.

How nature heals us...

“Research today confirms the profoundly healing and restorative effects of nature on our mind and body. For instance, there are studies that show that some trees emit invisible chemicals known as phytoncides that have the potential to reduce stress hormones like cortisol, lower blood pressure and improve immunity.” outofstress.com

A good article from outofstress.com: **“Nature Heals and Restores”**: confirms nature’s healing capabilities. <https://www.outofstress.com/ways-nature-heals-you/>

There is also plenty of research that proves that people who live closer to open green spaces are healthier and live longer.

How our pets “de-stress” us...

Our pets give us their love, healing, companionship. During these “lock down” and times of isolation, they have been our safe harbor, hugs, smiles, and most wonderful healers.

“Pets have an uncanny ability to make us laugh. Doctors always say that laughter is the best medicine, and in many ways, it’s true! According to the Mayo Clinic, laughing activates and relieves the body’s stress response, soothes tension, relaxes tense muscles, and stimulates circulation. In addition:

“Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.” – Mayo Clinic –

- From ArizonaPetVet.com

Here’s a link to **“Stress Relief Animals: The Pawsome Health Benefits of Pet Ownership”**: from [www.arizonapetvet.com](http://www.arizonapetvet.com/blog/how-pets-help-relieve-stress/): <http://www.arizonapetvet.com/blog/how-pets-help-relieve-stress/>

Specifically researched for our lock down time...

“Do pets reduce our stress? 12 ways your pet is boosting your wellbeing.” : <https://www.healthista.com/can-our-pets-reduce-stress-12-ways-your-pet-is-boosting-your-wellbeing/> YES, our pets are major helpers to “de-stress” us! This Article written for our “lockdown” environment lists the benefits of having a fur love. Their #1 benefit is: Pets chase away our loneliness.

AND, how can we help our pets de-stress?

“7 Proven Ways to Calm Your Anxious Dog”

Good article from the Central CA SPCA: <https://www.ccsPCA.com/blog-sPCA/education/anxious-dog/>

“The best way to treat your canine companion is to determine the cause. Anxiety is usually the evident and easily identified reason, you can go about treatment management.”

YES, find out the cause...a good way is to have a heart to heart communication, simply ASK your dog...find out both the feelings and most important the ENERGY of the physical and emotional body! Give me a call, set up a communications session.

From taking walks to music therapy, lots of things to lessen anxiety, fears. Flower Essences are GREAT when treating off balance behavior...call me and get a custom read!

“10 Helpful Ways to Calm Your Cat”

From PetMD: <https://www.petmd.com/cat/slideshows/10-helpful-ways-calm-your-cat#slide-1>

Horses, Birds, snakes, goldfish and all other creatures great and small all are unique, all have loving companionship, help us with their special kind of love and heart talk. Just be still, listen with your heart...they are talking with words of strong and soothing love.

Gift yourself or others with a heart smile...

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 with gifts from the Heart...Critter Art. Check out my Etsy shop: <https://www.etsy.com/shop/AnimalCritter-Art>



MY GRATITUDE FOR BEING IN YOUR LIFE!

This news journal is my “labor of love” to give you a peek into what makes me tick as well as how hearts talk to other hearts, what soul stories are told by connecting to nature, fur loves and our own nature. Join the talk in my Fur Folk Soul Stories Facebook Group: <https://www.facebook.com/groups/576338039691377> Aloha to you all...look for some “100th” celebrations in the next Speak! **Let’s connect: paula@animalhearttalk.com “I’m Listening”!**