

“Appreciation is the magic formula you’ve been seeking.” *Abraham*

Back to “101” basics this summer! Keep it simple, it is all about appreciation, gratitude, and being in the present moment. Simple joy, that is what our fur loves are all about. They appreciate all we do for them, that is their magical unconditional love. The formula for “magic” is right inside of them and you, right here, right now!

**EVENTS AND MY NEWS FLASHES**

**ANNOUNCING!**  
I am happy to offer a new mini zoom workshop:

**FALL IN LOVE WITH YOU!**  
Sunday, Sept. 19, 2021  
10AM to 1:30PM PDT

Want to spark and open the doors to your true nature, the gratitude of YOU, to fall in love with YOU?

Jump in to my zoom mini workshop, Fall in Love With YOU with positive teachings from the wisdom of Hawaiian Huna and easy Harmony gratitude tools.

**EARLY BIRD Fee: \$53. via PayPal** (until Sept. 14)  
**AFTER SEPT 14: \$63.**

*Fee is non refundable*

*Details and sign up at: [www.furfolktalk.com](http://www.furfolktalk.com)*

Any questions email me: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)

*Fall in love with your home environment by moving some energy or “chi” with Feng Shui: Check out Fur Shui’s 2nd release: Larger format and Kindle. To purchase: Fur Shui*

**WHERE?**

**Fall in love with YOU for “me” is doing art!**

Just had my “solar return” time in which I concentrated on finding my own joy in doing art. Time to fall in love with “me”. Visiting the Sequoia and Kings Canyon, I heard so many nature connections “whispering” me to share my love of nature via art and teaching heart to heart connections so others can find gratitude in their own soul expression! If you can, visit the “wise ones” in Sequoia and the STRONG beings in Kings Canyon!

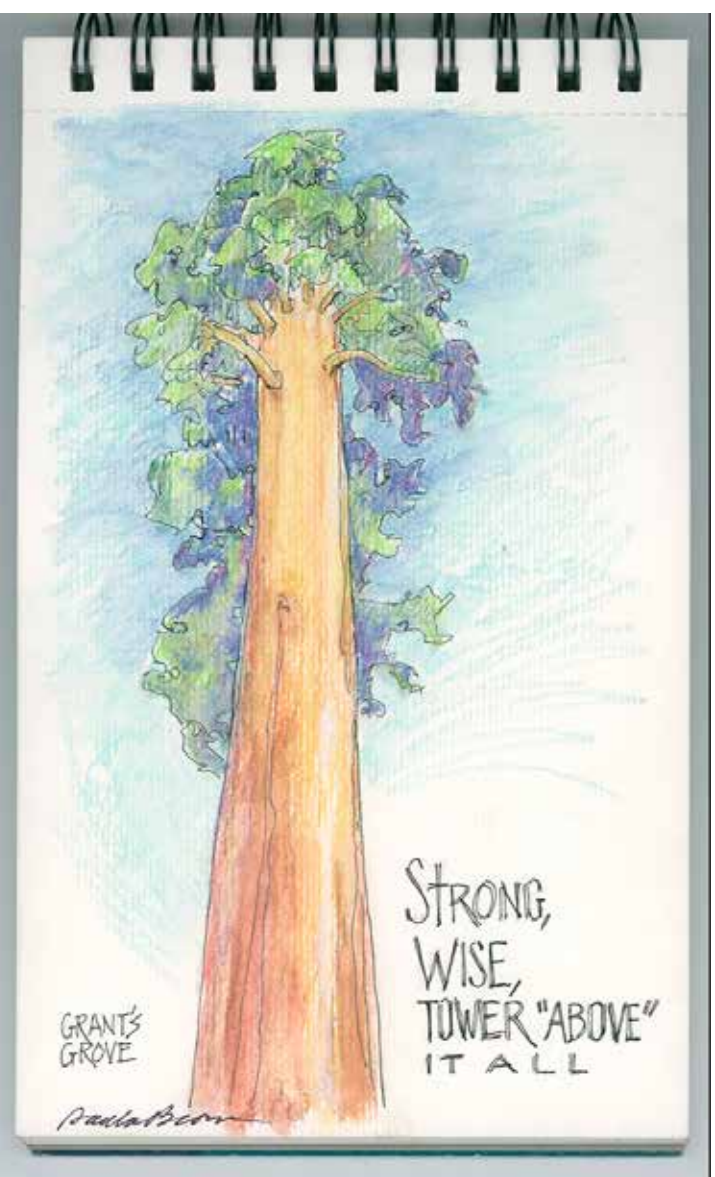
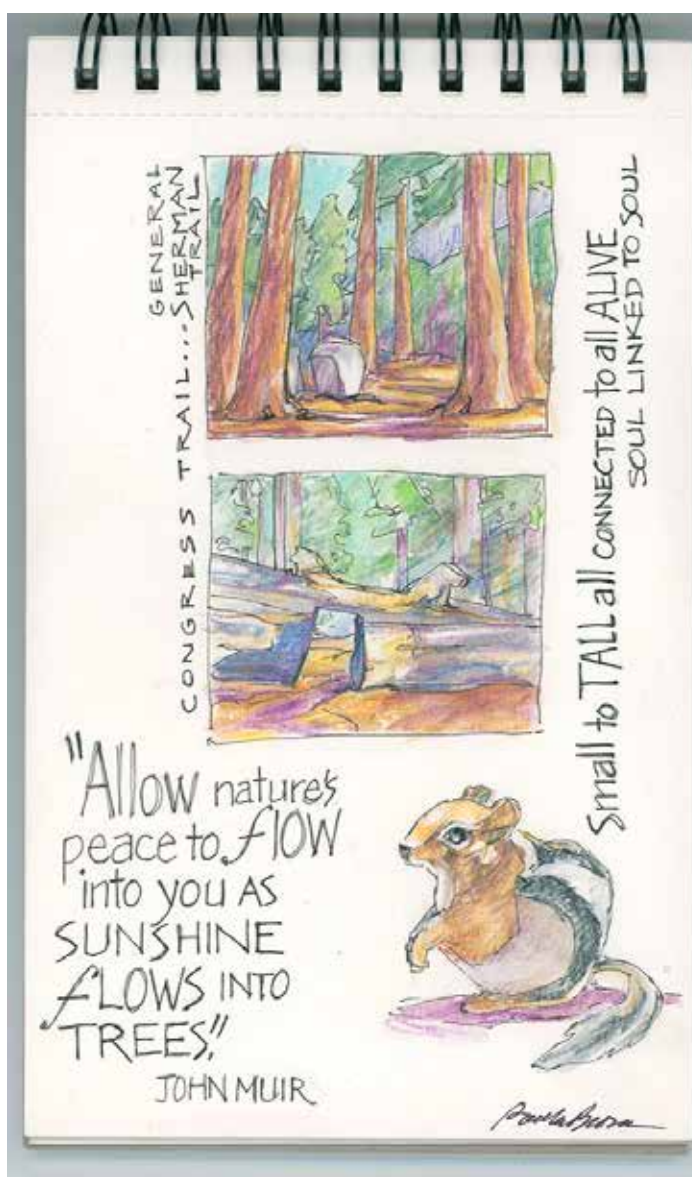
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FALL  
IN  
LOVE  
WITH YOU...  
*Paula Brown*



*Love painting the essence of place here’s my oil: “Aloha to the Dawn”, Hawaii*



*Amazing to “be” with the Sequoia’s, am so grateful for all I encountered and shared space.*

**WHO, HOW, AND WHAT?**

**My basic “101” action is expressing gratitude for all of nature.**

Gratitude: Our pets express this to us in their unconditional love, it is their joy they give to us. It is my “101” primer for finding the joy in me and all my connections. My teachings in Huna and all the other tools I have learned all have this one underlying “truth”...the attitude of gratitude opens the door to love, finding comfort, patience, and well-being. That’s what my class “Falling in Love with YOU! is all about, gratitude in the present moment “how tos”.

Here’s a good article: “The Benefits of Gratitude”: *Healthline:* <https://bit.ly/3rjqvD0>

**Gratitude for those who rescue and care for animals and nature...**

I know so many people who lead rescue and well-being for cats, dogs, wildlife, and nature, and I salute all who help heal and are healed by their efforts.

**Kudos to cat rescue!**

*This year, National Cat Day is celebrated on October 29.* It was created by Colleen Paige to bring awareness to the number of cats that need to be rescued each year.

My cat Rumi was a wonderful rescue kitty from Pasadena, CA. These 3 kittens were found in a parking lot, starved, and pried away from car tire wells. Thanks to my two friends Barbara and Sandi, they all found loving homes. I adopted “Spitfire” (now Rumi) who fiercely protected his two brothers from humans. **Thank you ALL that help, find homes, and love fur folks!**

**My favorite cat rescue close to home:** My friend Pam Allison works with rescue and homing kittens (and full grown cats too!): **Kitten Rescue**. It’s one of the largest cat rescues in LA. One of the her favorite things they did recently is clearing the East Valley shelter of all adoptable cats (44 of them): [www.kittenrescue.org](http://www.kittenrescue.org)

**My favorite fur love charity: Best Friends** in Utah. They know how grateful their rescue animals are to be in a safe and loving place. Check out what they do...so kind, full of love, no kill advocate and adoption activist and sanctuary: <https://bestfriends.org/>

**A favorite for Search and Rescue Dog training: SARDUS** They do such great work with training both fur and non fur folks for search and rescue. Appreciate SARDUS having a program for returning Soldiers...great link: <http://sardogsus.org/returning-soldier-initiative/>

**Grateful for nature “helpers”.**

Appreciate nature EVERYWHERE! From city balcony bird nests to the raptor nests in the tall trees of protected land...the **Nature Conservancy** is grand in its outreach and actions that create a future where people and nature can thrive, “co – appreciate” so to speak! : <https://www.nature.org/>

**I am grateful for being a Certified Interpretive Guide with the NAI (National Association of Interpretation):** <https://www.interpnet.com/>

Being a nature docent is my volunteer choice. Helping folks know the environment, the nature connections that create the web of life for all of us is something special that forges heart and mind connections to the importance of respecting nature.

**Bridging safety with appreciation, building wildlife bridges:**

Wildlife bridges over highways are saving animals and drivers! Gratitude for the new “animal bridges” popping up around the world to help wildlife safely cross freeways and roads. There is one planned for the Los Angeles area... crossing the 405 freeway!

Here’s an article from the *National Geographic* about these bridges providing safety for all: <https://on.natgeo.com/3wOsoZg>

Another animal bridge article showing the benefits both people and wildlife by *ArtFido*: <https://bit.ly/2Ubpdhj>



*A wildlife bridge in NJ, USA*

**MY GRATITUDE FOR BEING IN YOUR LIFE!**

Would love to see you in my workshop! Giving this class to show my gratitude to you, your and my fur loves, and my love for the ALOHA tools of Huna.

This news journal is my “labor of love” that gives 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.

**My soul is a “heartist”, and I share my joy with all sorts of art “doings”. I love sharing 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/AnimalCritterArt>



**JOY** FALL IN LOVE WITH YOU!

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Join the gratitude talk in my Fur Folk Soul Stories Facebook Group: <https://www.facebook.com/groups/576338039691377> Aloha to you all!

**Let’s connect: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)**