

"Always have an attitude of gratitude." Sterling K. Brown

Happy Labor Day...positive flow into Sept...the page turns to learning, deeper discovery of our fur loves. Expressing gratitude for all the summer connections we shared. Cooler temps for most of us, days are getting shorter, fall knocking at our doors in the Northern world. Are you showing appreciation for your fur loves, others, yourself now? **Be sure to READ to the Bottom!**

EVENTS AND MY NEWS FLASHES



Want some easy, positive "Aloha tools" to get back into balance, get unstuck from the year's quick changes for body and emotions?

My zoom class "Fall In Love With YOU!" is Sat. Sept 19. Be sure to join in / sign up by Sept. 14 for the early bird fee!!!

Being a teacher of Hawaiian Huna, I am now offering this workshop to give you some ancient energy guides and tools from the rich principles of Huna. Calm those jagged Covid energies and get back into present moment harmony!

More details on www.furfolktalk.com

Course includes:

Gaining foundational stepping stones that guide you into present moment harmony, to step back into balance with the gratitude of being YOU. Plus, energetic protocols to re-align head, heart, body from Covid effects.

- **Balancing YOU** into the present moment: quick learnings in the 7 principles or way of life from Huna Philosophy (ancient Hawaiian way of life.)
- **Touching YOU** with guided meditations to assist you in being in the present moment and in gratitude consciousness.
- **Expressing YOU** with short journaling exercise for gratitude writing.

Class offering: Fall In Love With YOU! (Zoom)

Date: Sunday September 19

Time: 10AM to 1:30 PDT

Fee: \$53. (early bird price...up to Sept 14, after Sept 14, price is \$63.)

Find out details and sign up: www.furfolktalk.com

Bring a journal, pen, and of course "you"...get ready to step into the positive present moment, relax, re-align, and find your unique gratitude for you.

This class is the perfect workshop to get into your "center", to become "being" rather than "doing"...with fun exercises that bring you into grounding, harmony, back to YOU.

WHERE?



Who is that masked woman? Covid "me" with my painting "Tutti Poppy" on opening night Carp Art Center.

Grateful for getting back into my fine art "show", joining in to galleries, and entering shows once again.

Juried into "The Power of Green" show with my oil painting "Tutti Poppy" at the The Lynda Fairly Carpinteria Arts Center. If you are local to SoCal, come to Carpinteria, a nice beach town with a great small Art Gallery right on Linden street.

Show goes from Aug 28 - Oct. 3

Here's the show: <https://carpinteriaartscenter.org/currentshow>

Here's how and where to buy my painting! <https://carpinteriaartscenter.org/current-show/2021POG011>

WHO, HOW, AND WHAT?

Time to go back to "school"...summer's end.

Both fur and non-fur folk are beginning to get back into a good daily schedule, going into learning, teaching, and just plain hunkering down once again. Which in no way means no "play". Playing for both fur love and you is a must each day to enjoy time together, keep your heads and hearts in shape, be grateful for each other.

In my belief, a pet's person first needs to address their own internal and external harmony, balance, before they help alter their pet's behavior. If you are calm, at peace, looking at the "big picture", then you can find solution, calm, and give your fur love strong guidance, peace, to shift or become more balanced, healthy emotionally and physically.

Be grateful for the both the smiles and the challenges!

Two articles for cat "happy" actions and safety from Preventive Vet:

1. For tips to keep Cats out of houseplants from **Preventive Vet**: <https://bit.ly/3yTY-EuZ>
2. Top 10 Indoor Plants Safe for Cats: <https://bit.ly/3n9i2Sw>

Spider Plant and Moth Orchids are two of my favorite safe kitty indoor plants.

Destructive pup?

Good common sense actions you can take to help your puppy with chewing and other destructive behavior. As Jolly Pets mentions:

10 Ways to Stop Your Puppy From Destructive Behavior:

- Be attentive. ... • Contain the situation. ... • Leave your scent behind. ... • Prevention is key.
- Choose puppy toys wisely. ... • Discipline when appropriate (never harsh!). ... • Correct then divert. ... • Do not give your puppy an old shoe or old socks to chew on.

Jolly Pets: <https://bit.ly/3BODe4m>

"Always have an attitude of gratitude." - Sterling K. Brown

Do you really feel and share the attitude of gratitude? I tell you, our fur folks always live by this quote...grateful 24/7, no matter what!

Gratitude opens to all sorts of wonderful flow...flow and connections of joy, partnerships, love, understanding, success.

My upcoming class is all about living in the attitude of gratitude. *Students of my current classes will be invited to a journaling group in the near future. DESIGNED FOR FOLKS WHO TAKE MY HUNA OR ANIMAL COMMUNICATIONS CLASSES.*



Here's Mak's birthday "deal"! ONLY ON SEPT. 11...email me!

YES, IT'S TIME TO CELEBRATE MAK'S BIRTHDAY! (Read to the end for his gift!) Makana was born on a very special day of remembrance. He is such a gift of reminding me to always be in the present moment to say "I love you" each day to both him and Rumi cat, myself, and those around me. To be grateful in this right now moment.

ON SEPT 11, the first 3 folks who email me (paula@animalhearttalk.com) and commit / type "I'm IN! Happy Birthday Makana"... they get entrance into my "Fall In Love With YOU!" zoom workshop on Sun Sept 19... for a discounted price of \$29. (normal fee of \$53.)

If you want the "gift" discount, send me an email "I'm IN! Happy Birthday Makana" ON SEPT 11. and I will send you a fee invoice not on the site...don't pay onsite link on www.furfolktalk.com!

Aloha, and Mak and I do love you, appreciate you, grateful you are in our lives.

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...Criticr Art. Check out my Etsy shop: <https://www.etsy.com/shop/AnimalCriticrArt>

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