

"A mask tells us more than a face." Oscar Wilde

Happy Autumn in the Northern Hemisphere...time for crisp days, longer nights, storing up for winter and spooky "bumps in the night." Watch out for your pets, keep them inside prior to Halloween and ESPECIALLY ON HALLOWEEN. Stay safe and have a boocicious time.

EVENTS AND MY NEWS FLASHES



Just finished giving my workshop "Fall in Love with YOU!" Had a great time teaching the basics of Hawaiian Huna and loved being able to help folks find easy paths to their own heart essence!

New Class Policy: *If you would love to take a mini workshop discovering Huna, Heart to Heart Talk, etc...please let me know. Get a group of 6 folks together, email me...we will make it happen...and YOU can take the class for no charge!*

Fall in love with YOU and 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?



"White Flame"...pastel 9x12 from the Sequoia forest understory. (For purchase, framed and ready to "go".

Been painting in and around the environment, plein air painting with local groups and with SCAPE (Southern California Artists Painting for the Environment). Had my pastel "White Flame" in the recent climate change show in Santa Barbara. This painting is from a photo I took while hiking in the Sequoia National Park in May. Now, this grove no longer exists because of the still burning KNP fire in the park and region. So very wonderful to have this memory of such beauty gracing the forests...floating white Dogwood blooms.

I am closing my Etsy "Critter Art" shop after the first week of December 2021.

SO...get to the shop and scoop up those fun Christmas gifts that fit into most any space. Bring a smile to you and to others with fun art!

Share some Heart Hugs to celebrate with gifts from the Heart...Critter Art.

Check out my Etsy shop: <https://www.etsy.com/shop/AnimalCritterArt>

As a "Speak" bonus for Halloween...I am offering "Cat Box", one of my Critter Art original acrylics at a discounted price of \$50.00 (normally \$83.77) plus \$7.00 shipping...to the first person emailing me (paula@animalhearttalk.com) and saying "YES, I want to buy a smile."

"Cat Box"...5x5inch square original acrylic painting



WHO, HOW, AND WHAT?

Halloween safety tips for pets

Calm your pets prior to Halloween, keep them in a quiet room, and when trick or treaters do come to the house, keep all pets away from door! And, lots of our fur babies LOVE soft music to calm nerves.

Watch that goodie bag, bowl, and kids that want to "share". If you live in the country and have horses out and about...put your horse love in the stable, not in pasture by fences where kids can give Halloween treats!

The Humane Society suggests using "Feliway" in spray form...there is also a Feliway plug in that acts to calm pets. For me...I use flower essences at least a week prior to Halloween...

the essences Mimulus, Star of Bethlehem can help calm the emotional body. Always dilute the essence when giving to pets.

Good article link: <https://www.humanesociety.org/resources/halloween-safety-tips-pets>

Here's the 24-hour ASPCA Animal Poison Control Center hotline: 888-426-4435.



Make sure your pets are comfortable, and will not eat their costumes...and watch out for flying black cats!

The truth about black cats

Halloween brings on all the false ideas about black cats. They are NOT bad luck, or cause misfortune. In many cases and cultures, the black cat brings wonderful prosperity and good luck!

I love black cats...their eyes are so clear, intense, and they are usually quite intelligent as well as have very strong natural immune systems!

Here's a couple of things from an article in Wagwalking.com has to say about some characteristics of black cats:

" Most black cats have yellow eyes

That black color gene that causes melanism doesn't just create black fur and a stronger immune system. The excess of melanin also causes these kitties' eyes to be the distinctive golden yellow to coppery amber color we've come to know. Bombay cats were bred to keep these colors intact, but you can find other black cat breeds that may have been passed a dominant gene for green or blue eyes. These rare dark kitties are unicorns indeed!

In Japan, black cats have their own café

Japanese fans have shown their love for dark-coated felines by creating the world's first café devoted to black cats. At Nekobiyaka in Himeji, Japan, you can relax comfortably in a space fit for the most royal of animals while being surrounded by- you guessed it- black cats. Outfitted with cat trees, elevated shelves, platforms and tunnels, the café is home to several cats you can pet and adore. While you are asked to not pick them up or wake them from a nap, you are encouraged to play and pamper them to their heart's content."

Here's a link to the whole article: <https://wagwalking.com/daily/10-interesting-facts-about-black-cats>

And now, something "non Halloween" that is good for your fur love!

From Dr. Andrew Jones / The On-Line Vet:



Bee Glue for Dogs and Cats...(use for hot spots, skin allergies, arthritis)

Propolis (known as Bee Glue) is a resinous, waxy substance that bees create by mixing their saliva with beeswax, along with compounds from various plants and trees. Bees use it to seal gaps in the hive to keep out intruders. Propolis also has antimicrobial properties and may protect bees from pathogens.

As a rough guideline, propolis typically consists of:

- tree and vegetable resins: 50%
- beeswax: 30%
- pollen: 5%
- essential and aromatic oils: 10%

Propolis also contains polyphenols, such as flavonoids, which are a type of antioxidant.

Medicinal properties

One 2019 review suggests that people have used propolis as a medicine since the year 300. Ancient Egyptians used propolis for embalming, and some doctors used it during World War II to help with wound healing.

Wound healing

One 2015 review suggests that propolis may aid wound healing. An animal study in rats with diabetes showed that propolis helped the skin grow new cells in order to repair itself.

Because people with diabetes can experience slow wound healing, this suggests that propolis could be beneficial for helping the skin heal more quickly. As propolis also kills some types of bacteria, it may also help prevent infection.

Allergies

One study in the journal Oxidative Medicine and Cellular Longevity notes that propolis contains compounds that may have an anti-allergy effect in the body.

Conclusion: Propolis skin cream appears to have a beneficial effects on the healing of partial thickness burn wounds

Aloha, and Mahalo...I do love you, appreciate you, grateful you are in my life.

Let's connect: paula@animalhearttalk.com

