

“Celebrate what you want to see more of.” *Tom Peters*

Happy 2022! Time to choose positive actions, new determination, hope, and celebrate well-being with fun and harmony. My intent is to honor my strengths to lift up, celebrate, all my heart connections, fur and non-fur folk. What are your intentions to make your world a better place?

EVENTS AND MY NEWS FLASHES

The Chinese New Year begins with the 2nd new moon on February 1...here in the USA on Pacific time...January 31. This will be a fast paced, “doing” and adventurous year for all...The year of the Black Water Tiger tells us to watch for water activity, surges, waves...so catch the Tiger “wave” by coming to my 2022 Chinese New Year Zoom workshop on February 12. “Activate you in 2022...The Chinese New Year of the Tiger Workshop.” Time to activate some Tiger dynamic courage, energy for this great new year.

See details at: www.furfolk.com

February 12, Saturday: 10AM to 1PM Zoom

Fee: \$57.99

To sign up (deadline Feb. 9): email me at paula@animalhearttalk.com

Put in email title: “I’m in for the Tiger”.

As class fills to at least 6 folks...the class will activate.

I will send a class “hello”, your private paypal invoice, along with class “what you need to bring” with pre-class year of the Tiger information.

Any questions email me: paula@animalhearttalk.com

Celebrate 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](#)*



ACTIVATE YOUR STRENGTH, GOOD FORTUNE, AND WELL-BEING, IN THE YEAR OF THE TIGER.

SATURDAY, FEBRUARY 12, 2022: 10AM TO 1PM PST

Want to step into confident positive action, claim and create new beginnings, **GET MOVING?** Jump in and activate your year with dynamic “Tiger” power tips and savvy!

My fun and easy workshop is designed to help you let go of the “old” and welcome in the new energies of courage, adventure, liberation, this special Chinese New Year of the Black Water Tiger promises. *(It’s going to be an action packed year!)*

Information at: www.furfolk.com

email me with your questions at: paula@animalhearttalk.com

WHERE?



Beautiful night light paths, garden Christmas light creations at the Descanso...me on lighted bench...was COLD!

The Enchanted Gardens at the Descanso Gardens, Flintridge, CA

Lighting up the holidays...lovely night lights in the Enchanted Forest in the Descanso Gardens.

Spent the night after Christmas roaming about in the moving light show at the Enchanted Gardens...was so lovely. Check out the Descanso Gardens if you are Pasadena, CA adjacent: <https://www.descansogardens.org/>

Walking between rain storms during the holidays!

Hope you all are safe, warm, and enjoying 2022. We had over 15 inches of rain in Ojai, CA during the two holiday weeks. Doing some hiking and walking between storms to find rainbows, cold, yet beautiful! Get out and hike going. Here’s a link to what is in my area: Ojai Valley Land Conservancy: <https://ovlc.org/>



Rainbows from the Topa Topa Mts were plentiful during the holidays...lots of rain!

WHO, HOW, AND WHAT?

Happy New 2022!

New Year is here...and my “new year” is actually the Lunar New Year beginning on February 1, 2022 (January 31 for us in the USA!) Right now, it is cold for us in the North...where I live, I see many fur loves outside with no shelter. **PLEASE BRING YOUR PETS INDOORS OR GIVE THEM SHELTER, HEAT, HYDRATION, DURING WINTER!**

If you are cold, they are too! Fur does not provide the warmth you may think.

Here’s a common sense article from **Yavapai Humane Society** (Prescott, AZ) which reminds us to give our fur loves shelter, check paws for ice / chemical / salt cracking / give your pets LOTS of fresh water, watch out for critters keeping warm under your car hood...check out all for safety! : <https://bit.ly/3JLI07M>

Watch out for antifreeze “licking” puddles, keep off of icy bodies of water, and again: “If it is toooooo cold for you, it is tooooo cold for your pet. **Download a sheet of winter tips** from **PAWS.org**: “Cold weather tips for companion animals”: <https://www.paws.org/resources/cold-weather-tips-for-companion-animals/>

Seems like we all are having stormy unusual weather...here’s an article from **GoodVets.com** about getting ready for and taking care of pets in storms! “**Warm and Fuzzy: 6 winter storm safety tips for your pets**”: <https://www.good-vets.com/services/dogs/blog/warm-and-fuzzy-6-winter-storm-safety-tips-your-pets>

2022 Flower Essence Tips

It’s going to be a fast pace year. Treat you and your fur loves to calm and peace by using some Flower Essences to ground the emotional body. PLEASE DILUTE FOR OUR FUR LOVES. (zip me an email and I can send you the easy dilution instructions)

My top suggestion would be to keep that **Five Flower Formula** (or Rescue Remedy) handy to use for both fur and non-fur loves.

Mariposa Lilly is great to see all the beauty unfolding around us this year.

Beech will be great for all of us since we will be benefited by partnerships, team co-operations...asking and receiving assistance.

Here’s a link to FES for essences: <https://store.fesflowers.com/>

Aloha, and Mahalo...I wish you a grace filled and fun 2022...enjoy!

Let’s connect: paula@animalhearttalk.com



Rumi and Makana enjoying warm cuddle spots on New Year’s Eve.

