

“Spring unlocks the flowers to paint the laughing soil.” *Bishop Reginald Heber*

Happy Spring Equinox (3.20.22), the day of equal light for night and day. Go into nature, create new beginnings for both fur and non-fur folks! Feel, see, touch, smell, the new season bursting with beauty and hope. Plant positive thought seeds for peace, compassion, best of outcomes.

**EVENTS AND MY NEWS FLASHES**

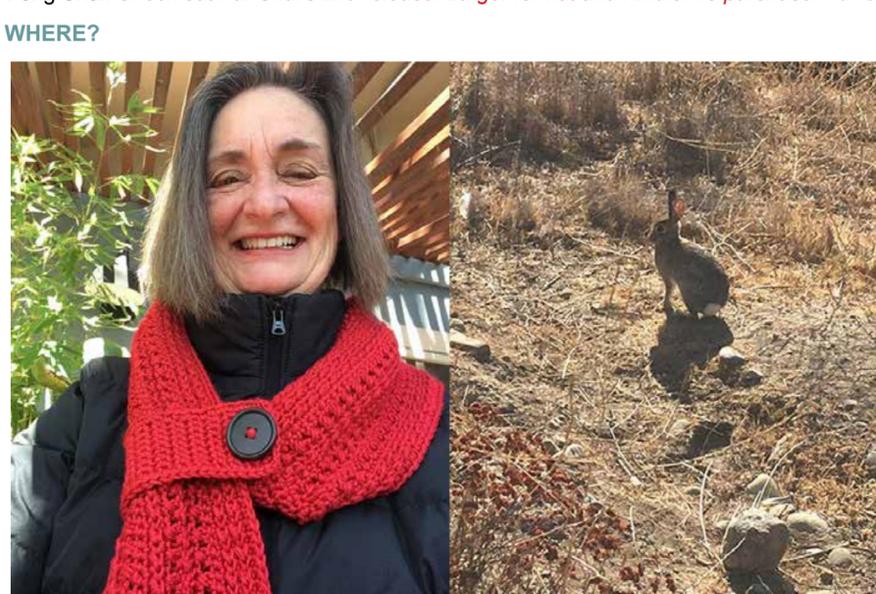


To say we live in challenging times is indeed an understatement. My hope for you and your fur love is to find deep calm, compassion, strength, beauty and joy in the present moment.

Heart action with mindful intent is purrfect for the present moment. In this season of renewal, may your dreams manifest to real growth and joy. Peace begins with kindness and a smile.

Discover the magic of 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?**



*Walking about the preserves finding Spring Cottontails sporting my NEW hand crocheted red scarf made by Kim O'Neill!*

**WHERE?**

Out and about walking and painting in nature. Cold, windy, yet finding lots of wildlife scurry about, and the peace of not too many people nearby.

Recently did an “art trade” with Kim O’Neill...my Critter Art Turtle “True Love” mini acrylic painting original for her making me a bright red crocheted wearable art to keep the cool winds attractively at bay. Red is my favorite color...and with her professional signature tag, I love my new bright scarf. Boy, can those rabbits see me coming. Thanks Kim!

Take a look at where I enjoy nature here in Ojai: <https://ovlc.org/>

**WHO, HOW, AND WHAT?**

**Happy Spring Equinox!**

On Sunday, March 20 we had the Vernal or Spring Equinox. Equal day and night...beginning of Spring for the Northern Hemisphere and beginning of Fall for the Southern. Ancients knew this day to be “Ostara”, and has long been celebrated as a moment of balance, rebirth, and new possibilities. This is a time when the light and darkness have evened out, and we find joy in the Northern with Spring beginnings.

Time for celebration of the “light returning” with Spring festivals like Easter and Passover around this time. Easter is the first Sunday after the first full moon that falls after the March Equinox. Easter 2022 is on April 17.

Many rituals are activated during this equinox time...here are a few basic hints you can do with your fur puppy or partner with some wild critter, bird, bug, or fairy, to refresh, recharge, and plant new seeds(other than travel to Stonehenge, England!).

- 1. GET OUTSIDE** and connect with nature. Take a quiet walk with your dog, horse, out into nature. Be quiet and listen to nature, and you may just find your own nature speaking!
- 2. PLANT NEW LIFE.** Fill those garden holes your pooch has dug for you...plant a new tree, new life. **Make a neat Fairy Garden**...this is such fun...who knows what energy will choose to arrive: <https://rhythmsofplay.com/start-your-own-fairy-garden/> Send me a photo of your fun new garden please!
- 3. BRING SPRING INTO YOUR HOME.** A bouquet of spring flowers, a new inside home plant, and or refresh your home with an infusion of Orange Essential Oil aroma all create a new beauty just for you and your fur loves. (Careful with Lavender, it is toxic if a cat licks or ingests!)
- 4. STAND AN EGG ON ITS END.** Legend says that you can stand an egg on its end during the spring equinox. Never tried this...let me know if you can!
- 5. REGAIN BALANCE IN YOUR HOME.** Get rid of old not used or broken items of yours and your fur loves. Maybe some shiny new food and water bowls for the fur kids? Toss out the worn out couch “throw”, replace with some new bright (red: color for the Year of the Tiger) new pillows to refresh the space! **GIVE me a call for some Feng Shui custom cure shifts!**
- 6. CREATE A NEW DAILY ROUTINE FOR YOU AND YOUR FUR LOVES.** Now is the time for new beginnings! Shift things about a bit to perk interest in your fur folks...for your feeding, walking, playing routine...just keep it consistent!



*My home at sunrise and a view of sunset across the river from me in Ojai. Equal Day, Equal Night Equinox!*

**Spring pet “tricks” to stay healthy and happy.**

A new season of Spring brings some pet “challenges” you may not expect. Keep an eye out for hatching bugs that bite your pooch or kitty, new “available” toxic plants to romp, chew, and swallow, spring cleaning chemicals that can harm, human sweeteners in Easter treats too...to mention just a few.

A good article about the danger that could happen with throwing all those now available sticks to your dog (choking, poisoning, stabbing wounds...etc.): <https://bit.ly/3NI2q9s>

Tulips, Lilies, Azaleas, Sago Palm are but a few toxic to fur loves when ingested. I know of a few of my clients’ pets who were ill just rolling about in Lilies from the pollen! **Guide to toxic and non-toxic plants for pets from the ASPCA:** <https://bit.ly/3jqV6X>

**ASPCA Poison Control Center: 888.426.4435**

Your Spring Cleaning chemicals need to be fur folk friendly! Toxic chemicals from cleaning can soak into paws, fur, etc. AND, chewing on broom bristles and cleaning tools can choke or cause serious puncture and infections...think about where you store these items too!



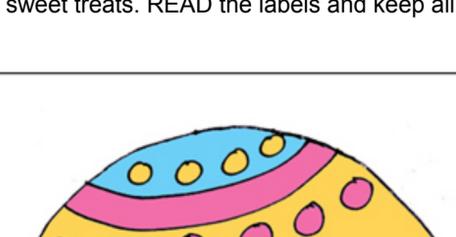
*Here’s looking at you, Rumi and Makana wish you a safe and refreshing Spring!*

Spring brings airborne pollens, along with changes in food...and skin lesions due to increased grooming and “itching” from warmer temps. Here’s what a good article in **PetFinder** has to say: <https://www.petfinder.com/dogs/dog-health/dog-skin-allergies/>

**Flower Essence** treatments can also calm the emotional body during allergy attacks. Both you and your fur folks can get custom essence reads which can and does help allergic responses...plus essences balance out the emotional body VERY well!

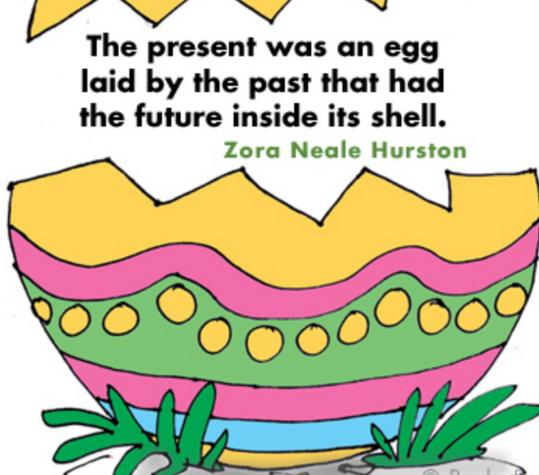
Give me a call for a custom read (you can benefit from these essences too!). [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)

**Easter and sugar...fake sugar go hand in hand. Xylitol** is deadly to animals and is an ingredient in a lot of sweet treats. **READ the labels** and keep all human sweets away from your pets.



**The present was an egg laid by the past that had the future inside its shell.**

**Zora Neale Hurston**



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**Aloha, Have a bright and beautiful Spring, Easter, and new beginnings!**

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

