

"Animals are such agreeable friends—they ask no questions; they pass no criticisms."
George Eliot

I don't make resolutions, yet do take time to observe what serves me and my fur loves. What needs to be tossed out, surrender, make room for new. How about you? The winter months are perfect to dive inside of what you are being and doing. Nature whispers: "It's time to pause, listen and dream deeply to find rest and well-being." Wishing you ample time to snuggle up to your dreams and your fur loves. Appreciate who you are, accept the love and quiet of your true nature. Happy full Wolf Full Moon Jan 6!

EVENTS AND MY NEWS FLASHES

2023

Year of the Water Rabbit

Chinese Lunar New Year of the Water Rabbit begins Jan 22, 2023, Gung Hay Fat Choy!

Are you ready for the Chinese Lunar New Year of the Water Rabbit? I sure am! The Chinese new year of the Tiger had challenges, fast paced movement, a year of quick change, aggressive actions that took me outside my comfort zone.

My new year begins with the lunar new year, so I am preparing to welcome a much "softer" time that the Water Rabbit brings starting Jan. 22, 2023.

I have decided to give my annual Lunar New Year Workshop on the last day of official celebration of the "Lantern Festival" which celebrates and sparks love, partnership, with the full moon gracing the sky. **Check out the details below in this news sheet (changed the date from previous news sheet). FEB. 5, SUNDAY, 4-6PM EST (1-3PST)**

Discover the joyful spark 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?



Longwood Christmas conservatory, New Castle window box and pineapple finial, squirrel at feeding tree.

Been so hectic with finding my footing in my new environment. Getting used to having seasons again, enjoying the traditions of the holidays and decorations here in the East. And, raking lots of leaves from my massive Red Maple tree. Beautiful Delaware Art Museum with acres of nature paths and sculptures:

Delaware Art Museum: <https://delart.org/>

And, joined **Winterthur**...beautiful HUGE hiking paths, mansion, library, nature programs!
<https://www.winterthur.org/>

THE WOLF FULL MOON, JAN 6

Visit your intuition to find good ways to achieve your desires this month.

Here's a snippet of the legend of the Wolf Full Moon from www.moongiant.com

"The very first full moon of the year is known in many cultures as the Full Wolf Moon... For instance, the Gaelic word for January, *Faoilleach*, comes from the term for wolves..."

The Seneca tribe links the wolf so strongly to the moon, they believe that a wolf gave birth to the moon by singing it into the sky.

According to Celtic mythology, the wolf is infused with lunar power, which refers to its ability to sniff out hidden insights or knowledge, and to detect unexpected sources of danger. In some legends, the wolf even swallows the sun so the wolf can bask in the moon's overflowing lunar power! The Full Wolf Moon is a great time for you to plan out clever ways to achieve your goals for the upcoming year. Trust your wolfish instincts when it comes to decisions, but also be tenacious in searching for useful knowledge that will help you realize your masterplan."



Wolf full moon, time to use and trust your intuition!

WHO, HOW, WHAT?

First, the good news from 2022.

What a year...yet there were many good things happening...here are but a few!

The world's largest wildlife overpass is being built over a California highway.

The world's largest shipping container line is rerouting its fleet to protect endangered blue whales.

Once-endangered humpback whales are growing in population globally thanks to conservation efforts.

523 acres of California redwood forest were returned to a group of Native American tribes.

Up from just 2,000 in 2020, researchers counted nearly 250,000 monarch butterflies in California in 2021.

A new Lyme disease vaccine is now in the final phase of its clinical trial.

"Pawternity Leave," or giving employees time off to care for new pets, is being recognized by more companies. Extra time off if employees adopt an animal from a shelter.

Links to see a 2022 "better world":

The Top 12 Animal Good News Stories: <https://tinyurl.com/GoodNewsNow4>

Here are more instances of good news from: <https://tinyurl.com/GoodNewsNow9>

Here's an illustrated digest of more good news: <https://tinyurl.com/GoodNewsNow1>

183 Ways the World Got Better in 2022: <https://tinyurl.com/GoodNewsNow11>



Local honey can heal sooo many things for fur loves and you.

Honey, it's for you! (and your fur love)..exerts from Dr. Andrew Jones article:

"How to SELECT Honey for you and your pets."

"Ideally select locally grown RAW and UNPASTEURIZED Honey. I would advise going to your local Natural Health Store, or Farmers Market. Look for darker-colored "honeydew" varieties produced by bees that collect the sugary secretions insects leave on plants, which is called honeydew.

In Veterinary Medicine has has a multitude of uses, BUT for your own pets, the top 3 diseases are for WOUNDS and WOUND healing, COUGHS, and ALLERGIES.

Honey to heal wounds

Any wound can have honey applied to it- typically this would be for speeding up closure of an open wound.

An example would be a cat abscess, or a abrasive wound in which a section of skin has been removed and it can NOT be closed with surgery.

Wounds such as cuts, grazes, scrape when covered with honey and bandage is an excellent healer. The next time you OR your pet has a bite wound or cut, I encourage you to try honey as a remedy.

NATURAL COUGH SYRUP. Lemon and honey can soothe any sore throat. Mix 2 tbsp of honey, 1 tsp of lemon juice and 1/2 cup of water. Give it to your dog twice daily. Homeopathic cough syrups may be helpful. I have added in SLIPPERY ELM at 400mg/20lbs to improve the effectiveness of this cough syrup.

Honey for Allergies in dogs and cats

Local honey contains very tiny amounts of pollen. ... Each time your pet eats the local honey, he or she begins to build up a tolerance to the pollen. Eventually, your allergic pet is able to tolerate the amount of pollen usually present in the environment.

You can give your dog or cat 1 teaspoon per 10lbs daily. Do this for 60 days to test the effectiveness. Make sure it is raw local honey.

Honey for Digestion

Mix honey and apple cider vinegar in equal proportion, dilute with water. This wonder drink aids digestion and eases joint inflammation

Honey for Eye Infections

Honey dissolved in equal quantity of warm water is good lotion or eyebath for the conjunctivitis (eye infections)

Honey for Urinary Tract Infections

This is an important natural remedy for UTI's in dogs.

You can add in 1 teaspoon of honey/20lbs of body weight twice day for 7-10 days.

Honey to help you sleep...for those insomniac pet owners...

A mug of hot milk with a dessert spoon of honey acts as a sedative (minerals, vitamins amino acids) aiding sleep." Dr. Andrew Jones – <https://drjonesnaturalpet.com/>

2023

Year of the Water Rabbit

A much more tranquil, compassionate, co-operative charged new year.

The upcoming Chinese Lunar New Year of the Water Rabbit.

This new year is ALL about tranquility, empathy relationship with oneself and with others. That is what the Chinese rabbit brings for 2023. **Can we connect with and bring this new quality in to our lives, homes, business, environment?**

YES, and that is what I am excited to share and offer in my zoom workshop:

2023: The Year of the Water Rabbit Zoom Workshop

DATE: **FEB. 5, SUNDAY, 4-6PM EST (1-3PST)**

(Date change from the last news sheet. **Celebrating the Lantern Festival Day**)

Jump into creating YOUR own calm and peace in your relationship and self.

This is the year to honor YOU, to find peace, tranquility, relationship joy, empathy for your own nature and home.

Workshop experience offering:

This year's Chinese "Rabbit" traits and tips you can use to create your new year of luck and well-being.

Using simple Feng Shui (black hat school) tips to activate positive energy flow in your home and environment.

Special Hawaiian Huna exercises / meditations that can bring you peace, focus.

New Year rituals for harmony, peace, determination, and some "magic"...**special Meditation gift of mp3 to bring in abundance for this Year of the Water Rabbit.**

Must sign up by February 1, 2023

Class needs to have at least 6 people for class to "happen".

To sign up: email me: paula@animalhearttalk.com (Write in the title "Sign me up!")

(Sign up is NOT on my website, this is a special.)

FEE: \$70. Invoice sent to you email via my PayPal (After 6 people sign up)

DATE: JAN 5, SUNDAY, 4-6PM EST (1-3PST)

Gung Hay Fat Choy...See you in class!



Makana and Rumi cats keeping it warm and cozy in 2023.

Wishing you all a cozy, wonderful, peace filled new 2023.

Thanks for reading, I am grateful for your support!

Let's connect: paula@animalhearttalk.com

