

“March brings breezes loud and shrill, Stirs the dancing daffodil.”
Sara Coleridge, *The Garden Year*

Hope Springs eternal...first day of Spring in the Northern Hemisphere is on March 20! Welcome to the Lunar New Year of the Rabbit, a new year with the intent of beauty, hope, peace if chosen. Enjoying the first daffodils (the official flower of March) blooming at my home, standing strong in the last cold days of winter. Fur loves are now “waking up”, wanting to stretch their play, and starting to shed!

EVENTS AND MY NEWS FLASHES



Chinese Lunar New Year of the Water Rabbit brings choice of peace, calm. Lucky plants are Jasmine and Plantain Lilly.

“Rabbit, Rabbit!” This is an old tradition said on the 1st of each month to wish people good luck. Will be trying to send out “Speak” on the first due to this being the Year of the Water Rabbit. My workshop helped ring in the Lunar New Year with blessings of peace, calm, beauty.

Grateful also for my recent painting entries being juried into East Coast / Philadelphia and Pennsylvania local shows. Glad for some rabbit luck!

Bring yourself and home some positive flowing energy 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?



My pastels “Pop Into Spring” and “The Colors of Sunset” were juried in to the new Pastel Society of Philadelphia show!

So excited to have both my pastel paintings juried into the Pastel Society of Philadelphia spring member show! Here is: “Pop Into Spring.”, a 9x12” soft pastel done from my English Spring countryside photo.

A big bonus was to win a 3rd place award in the upcoming Delaware Valley Art League Penn Med show! My 8x10” pastel painting titled “Hill Tops Bright Shine.”

And, been such fun to see all the Spring bulb flowers come up around my new neighborhood and at Winterthur grounds.

Go see some beauty of the Garden at Winterthur Blog: <https://www.winterthur.org/category/garden-blog/>



Thousands of yellow bulbs, corms, sprinkled with dainty white Snowdrops and Snowflake blooms blanket Winterthur's hills.

WHO, HOW, WHAT?

Spring 2023 in Northern Hemisphere will begin on Monday, March 20

The first day of spring is marked by the spring equinox, which falls on March 19, 20, or 21 every year.

Around the world, Spring has many names and traditions. India: “Holi” celebrates the triumph of good over bad, Japan: “Hanami” that celebrates the Cherry Blossoms, Netherlands: “Bloemencorso Bollenstreek” which ushers in a 12 hr parade constructed and filled with flowers / tulips!

SPRING! Nature puts on its colorful show of hope!

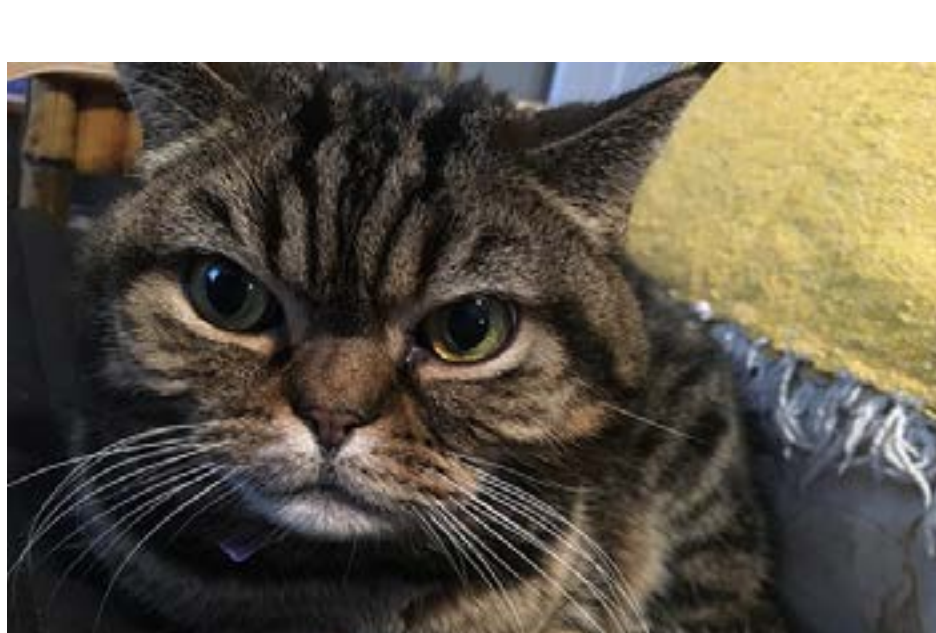
Some simple ways to celebrate

- 1. Decorate!** Spring can start with decorating with spring flowers, bird nests, pussy willow stems arranged on the mantle or “high up” so fur loves don’t taste!
- 2. Observe!** Take a good look around, just observe. Note the longer days, watch the sun rise & set.
- 3. Explore!** Go for a walk with or without your fur folk and hunt for wildflowers sprouting. A drive to the country to find calves, lambs, new life.
- 4. Taste!** A good Spring meal with FIRST CROPS OF THE SEASON. New potatoes, mint, chives, asparagus. Add some candlelight too!
- 5. Plant!** Sow some seeds. Start a row of your favorite flower or plant seeds to honor a loved fur folk here or passed. See your love grow into summer.

EASTER

Sunday, April 9 is Easter 2023. The next Speak will talk about the holiday, and awareness of potential for folk hazards all around the “hood”!

Big warning...not only REAL plants harm around Easter...watch out for the PLASTIC GRASS in all those Easter baskets. Extremely toxic and cause of death for animals who ingest!



My cat Mak gets into EVERYTHING...I don't have any Easter grass or baskets on counters. He sheds big time in Spring.

SPRING: Lengthening daylight time brings on cat and dog shedding.

Cat shedding:

I DO know the hazards of heavy Spring cat shedding...throat, stomach, gut blockage, my cat Makana is in danger of every Spring. Scottish Fold cats have dense undercoats that create havoc in the Spring Shed.

My regiment is to brush, brush, brush. AND, watch for too many fur ball throw ups, lack of appetite. Cats can and do get serious blockages. I add a Vet’s Best Fur ball pill every morning to the food dish.

A good article from Animal Wised is: <https://www.animalwised.com/cat-shedding-causes-stages-and-potential-problems-4216.html>

Dog Shedding:

Keeping beds clean, pups brushed out, furniture covered with cleanable throws keeps your dog from licking even more hair down (plus keeps you less fur covered!). Keep those tape rollers handy!

Dog shedding info from the AKC in their article: Dog Shedding: What to Expect And How to Manage It. : <https://www.akc.org/expert-advice/health/dog-shedding-what-to-expect-and-how-to-manage-it/>

HOW OTHERS AROUND ME ARE BRINGING HOPE AND HEALING

Want to support those who support me and my healing heart for fur & non-fur folks.

ALOHA!

My Hawaiian Huna group via Urban Huna (UK) is offering a great workshop series! Dive into healing with: Huna: Manifestation, Grokking, and Healing with Stewart Blackburn and Pete Dalton. Zoom Online Workshop.

3 Weekly Classes. April 18, April 25th and May 2nd. 7pm-8:30pm UK Time. <https://www.urbanhuna.org/event/huna-manifestation-grokking-and-healing/>



My friend Sarah Mayland / Inside Out Transformations, has just released her new Oracle Card Affirmation Deck!

Her deck is designed to support and uplift women on their self-love journey. It contains 52 hand-painted affirmation cards, as well as a card that explains how the deck may be used. It is 3.5”x5” and is shipped in a lavender organza bag with a hand-written thank you card from Sarah!

The link to purchase the cards: <https://www.ioempower.com/shop/affirmationdeck>

Cost: \$34.99 plus shipping.

The best & easiest way to reach Sarah is via email at sarah@maylandwellness.com

Year of the Rabbit supports Community. If you have a product that can help ignite a fresh healing of hope, send your info to me: paula@animalhearttalk.com

The essence of Spring: Hope

Wishing you all new hope, new calm, new peace. Take action on these intents with giving kindness to both fur and non-fur folks. I know my two cats give me the love, peace, support, to take my next step forward!

Thanks for reading, I am grateful for your support!

Let's connect: paula@animalhearttalk.com

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