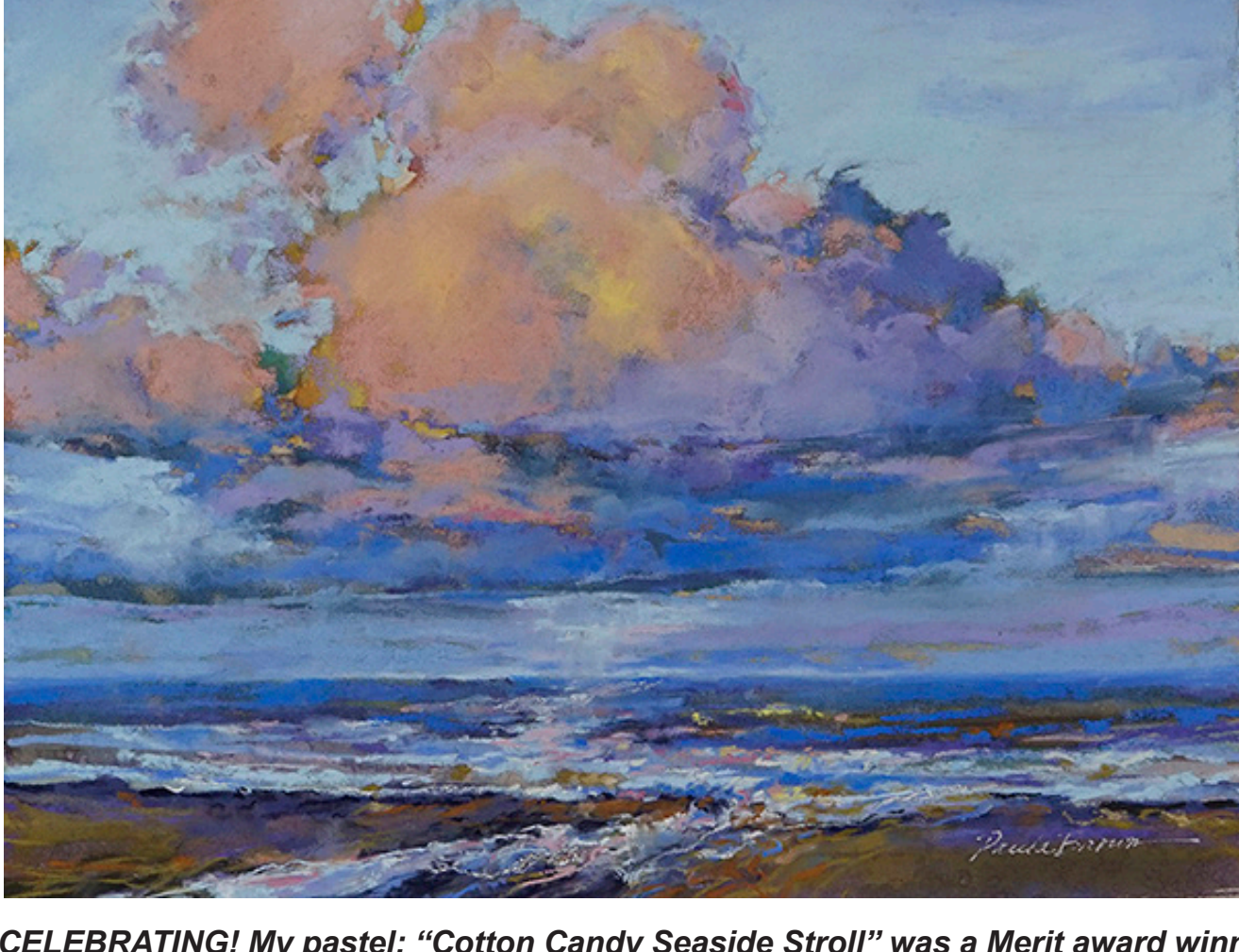


“Look deep into nature, and then you will understand everything better.”
Albert Einstein

Summer is sizzling! Finding my cool spots in the shade of nature by rivers, creeks, and tall woods. Celebrating my birthday month, so Speak is my short “hello”. NOW offering Forest Bathing...see below! I wish you a summer pause to look deep into the nature all around and within you too!

EVENTS AND MY NEWS FLASHES

Painting continues, art shows, and color fun!



CELEBRATING! My pastel: “Cotton Candy Seaside Stroll” was a Merit award winner in the Maryland Pastel Society Juried Members Exhibition “Symphony of Colors”. I am so honored to be part of this once a year show. *Grateful for Juror Maria Marina’s words:*

“The artist has convincingly demonstrated an understanding of the fundamental principles of atmospheric perspective. The painting is full of textural quality, and your eye naturally focuses on the wonderful patterns of shapes found in the beautiful cloud formation. A gem of a painting!”

To view this beautiful pastel show: Kentlands Mansion Gallery, 320 Kent Square Road Gaithersburg, Maryland 20878 (Just up from DC)



Honored to be invited into the Maryland Pastel Society Signature Artist Show. This is my 16” x 12” soft pastel painting titled “Lavender’s Pink Goodnight”. This is the “pink moment” at Ojai, CA. Love that scene!

Show details: “Luminosity of Pastels”, Friday Aug 30 - Saturday September 28, Tish Fine Art Plus Gallery, 343/345 High St, Chestertown, MD

Chestertown, MD. is a beautiful village full of art, historic homes, right on the Bay.

Come on in on September 7, 2-4PM for Artist Reception!

Create your own lovely well-being, enter into harmony, and balance, encourage your expression of energy or “chi” with Feng Shui: **Check out Fur Shui’s 2nd release: Purchase the Larger Paperback format. To purchase: Fur Shui**

WHERE?



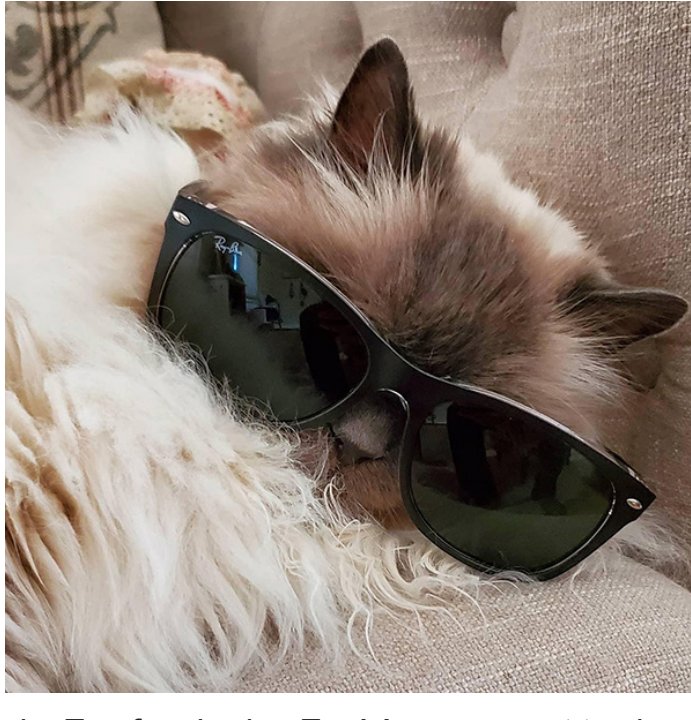
What fun it was to attend a Summer Solstice birthday party for friend Erik. Right at dusk, my gift was to offer folks some Heart Art Nature Post Card creating. Very fun and creative to do some sketching in remembrance of the day spent with each other. We went into the full moon night doing art from the heart thanks to Erik and his solar lanterns!

WHO, HOW, WHAT?

Summer Fun!

Celebrating you and your fur folks! Asking you all to send me your pet photos to share with others in “Speak”. Show the world “who” you love, cherish, and makes you smile.

Here’s Eve’s cat Zoe! In Eve’s voice: “Zoe is a 21-years young ragdoll, enjoys sleeping, napping, and lounging in her favorite red blanket whilst snuggled up against me. Throws tantrums when we have to wash said blanket, and is quite chatty (now deaf tho).”



Thanks Eve for sharing Zoe! Anyone want to share their fur love, please send photos and words! paula@animalhearttalk.com

Important garden / plant WARNING:

Wildflower seed packets could have Toxic Larkspur! It’s all about sharing your knowledge. Pets, people, nature shares all wanted for “Speak”! Here’s an experience from Jackie in Tennessee. She is a master gardener, chef, and HUGE animal lover who recently saved her kitty Clifford from garden harm. She had to remove all the wildflowers she planted.

Here’s what happened!: “The packs I bought at Tractor Supply had Larkspur in them. Once these flowers bloom and turn to seed, the little seeds are very sticky. I would clean them off him when I would find them. But he had some very serious coughing fits like he had something stuck in his throat. So \$600. at the vet, blood work and xrays. He had inflamed lungs. He was on meds for 10 days. He finally quit coughing. He is fine now. I found out Larkspur is very toxic to animals. If it grows in fields where cattle are, they love to eat it and in doing so it can kill them. HUGE killer of cattle. Clifford may have licked off a seed and ingested it. The flower beds have been removed. Please do your research before planting!”

Article on Larkspur Toxicity: ASPCA: “Larkspur”: <https://bit.ly/3A9rFcp>

NEW! My Forest Bathing and Heart Journal sessions!



Want to create a close connection to nature? Find peace in the present moment? Nurture your nature with a Forest Bathing session enhanced with writing and art Journaling your experience!

Come for a unique quiet walk in nature, pausing to use all of your senses to bring a real present moment peace and calm into your life. Memories are recorded by YOU as you begin a unique Heart-Scape Memory Journal recording your journey.

As you create connection to your environment, you are guided into new heart openings to nature’s messages and beauty during this 3 hour session. You will be pausing at 3 locations to nature your walk to deeply dive into merging your soul nature with nature’s beauty and quiet spaces. Topped off with opening up your journal to record both in visuals and in words a summary of your journey.

I will be your guide, inviting you to take a creative “heart” pause to discover how you are connected to the heart of nature. Record your own “story” with creating from new connections between your environment, natural beauty, and YOU! Share your story / memories, with fellow explorers and leave with a smile in your heart; a guided journey for you to take home a peaceful heart and a reflective Heart Journal beginning from your nature walk and inner journey.

General Session details:

Offering for in person sessions starting after Labor Day, Saturday, September 7. (Zoom workshops to come!)

Time: 9AM to 12:30 (3.5 hours)

Where: Local nature conservancy, park in North Delaware, to be customized at time of sign up.

Requirements: Adults 18 and up, no need to be an artist or an author for journaling.

Journal Materials: Spiral Bound small art journal (Watercolor or Multimedia paper is great!), any familiar art media like colored pencils, watercolors, colored markers, a fine line black pen, pencil, eraser, and glue stick for those “press-able” items.

Bring your comfortable portable chair, mat, stool to settle into during our stops along on your walk.

Fee: (pre-paid, will send PayPal Invoice upon sign up)

One to two people: \$125.

3-6 people (minimum of 3 people, maximum of 6 people): \$60. Per person.

Location sent upon registration

YOUR GUIDE: Paula Brown / Heartist / Certified Forest Therapy Guide / Essence Illustrator www.paulabrowncreative.com

Questions? Please email Paula: paula@paulabrowncreative.com



Mak my cat on top shelf letting me know “life is a journey, find your story”...he loves to “go to” high places. Hugs of gratitude for all of your happy birthday wishes this month, thanks for loving nature, animals, and YOU.

Let’s connect: paula@animalhearttalk.com

