

"In Spring, I have counted 136 different kinds of weather inside of 24 hours."
Mark Twain

Happy Spring! Now in full bloom, fur folk shedding, waking up, go with the new flow. Wishing you mild April Showers into May blooms. Unusual times, stay grounded in the constant changes all around. Speak your truths from the heart and step into your passion with courage!

EVENTS AND MY NEWS FLASHES



Our pets tell their energetic soul story 24/7, even as they cross over. Frederick the cat's soul aura is amazing...blues, yellow, purple... all from what folks feel, yet don't "see" from his "black cat" physical.

Speak your Story of Essence! Year of the Fire Horse encourages intent filled heart story expressions. This is Frederick art, my recent Pet Essence Portrait. He has a blue and gold light all around him, and made from vibrant purples / blues. Crossed over, his story is vibrant, strong. Grateful for his people wanting a keepsake. My inspiration comes from doing art, travel and heart / intuitive "work". Honor your and your fur folks heart stories, and find your harmony in this fast paced year. Gift yourself with a special energy essence pet portrait: paula@animalhearttalk.com

Honor your own purpose, creative 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 TO GROW?



Bloom walking at Brandywine Park, DE (Cherry Tree Blooms), Zorro and Reina fur loves, New Hope, PA (Phillips' Mill, Ivy Heart!). Gifted great peace meditating in the Woodstock, NY Tibetan Monastery. Sharing friendship with a life-long friend and her two Aussie Sheepdogs Zorro and Reina!

April is full of new experiences, get out and go exploring!

Visits to Brandywine Park, DE: <https://www.friendsofwilmingtonparks.org/our-parks/brandywine/> Tibetan Buddhist Monastery/KDT, Woodstock, NY: <https://kagyu.org/> New Hope, PA Phillips' Mill Art: <https://www.phillipsmill.org/> WAAM art space, Woodstock, NY: <https://www.woodstockart.org/>

WHO, HOW, WHAT?

April is a time of **CHANGE**, of "waking up". Pollens cast their seeds of new beginning, fur folks shed their thick coats, rains, storms, heat and cold.

I have had a series of animal communications with "issues" of emotional and physical needs and reactions to change, and want to speak out.

YES, OUR FUR LOVES HAVE EMOTIONS, ANXIETIES, PHYSICAL RESPONSES TO ANY SHIFT FOR THEM AND THEIR PEOPLE.

They have rich expressions of joy, empathy, fear, grief...I have received and given witness to their emotional wonder. AND YOU have felt in your heart their needs and giving.

Good article from Cornell College of Arts & Sciences: Researchers assess whether animals feel emotion: <https://bit.ly/3OHVRDq>

How to help with change?

Please get some "talk" from your fur folks. Talk in the form of energy reads for the emotional body, energetic body (chakras, energy paths), and YES, spiritual body. Animals, people, nature, ALL have soul purpose, passion, "jobs". Find out from the HEART what is going on with your fur love.

1. Have both Energetic and Telepathic (heart to heart) talk with your fur love. Pets really benefit from a talk, they KNOW they are heard, and helped.

2. Use Flower Essences that are custom designed for your unique pet to harmonize the emotional body. Each pet has specific needs for its emotional body. Suggestions for allergies, move from home to home, "anxieties", are helpful. For Spring, lots of inflammatory issues effect the physical AND emotional body. **Example: Two good all around essences for Spring: Walnut (for change), and Yarrow (environmental influences). For Flower Essences, you must dilute for pets, please email me, I will send you the easy dilution formula: paula@animalhearttalk.com**

3. Truly find the CAUSE of what is shown in behavior in body, actions. Use both Western and Eastern healing tools to find answers. "Band Aids" for behavior create more issues!

These are in general suggestions. Be aware of YOUR anxieties, disease, needs...your pet now reflects all of your thoughts, actions, behavior. I have had many heart to heart talks with pets that "take on" their peoples' energy and "dis-eases". TRUE!

HIBISCUS TEA FORMULA (For pets and people!)

For Inflammation / Itching HELP, here's **Dr. Andrew Jones** (<https://shop.veterinarysecrets.com/>) easy Hibiscus Tea formula you can try at home:

"The Healing Power of Hibiscus"

Hibiscus is more than just a pretty flower (it's even the state flower of Hawaii). It's rich in antioxidants like vitamin C, beta carotene, anthocyanins, and polyphenols — all known to reduce inflammation and support healing.

How to Use Hibiscus Tea for Pets

I bought some dried hibiscus flowers from my local co-op and brewed them into tea. Here's how I made it:

- 1 tablespoon dried hibiscus
- 1 cup hot water
- Steep for 15–20 minutes

It turns a beautiful pinkish-red color and tastes lightly floral and slightly sweet.

For dogs, I suggest giving ¼ cup per 25 lbs of body weight daily.

For cats, ¼ cup is enough. You can mix it into their water, or for picky cats, use a syringe to give it directly.

It's safe — just make sure you're using edible-grade hibiscus (the kind sold for human tea)."

HAPPY APRIL TO YOU, ADD A SPRING TO YOUR STEP, BRUSH YOUR PETS PLEASE, FIND BEAUTY ALL AROUND YOU!



Beautiful blooms at Mt. Cuba, DE: <https://mtcubacenter.org/>

Sending you and your pets all my love and gratitude for the love you share.

Let's connect:
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