

"Let your heart be silently drawn by the pull of what you really love." Rumi

'Tis the month that marks new love and the strengthening of existing love. Your fur folks give you unconditional love 24 /7, so give them as well as all of your two legged loves an extra hug or two this month. Why not ALL year long as well?! Happy Heart day from me and my fur folks.

EVENTS AND MY NEWS FLASHES

"FUR SHUI™"

"Fur Shui"™ *An Introduction to Animal Feng Shui.*



January was a great month for "Fur Shui". A nice talk at the local library in Encinitas and travel to Scottsdale to Barnes & Noble before my fun 1/2 marathon in Phoenix. Yes, I did wear "red" in celebration of Chinese New Year!

Next "Fur Shui" event:
FEBRUARY 22, SUN.
1PM-4PM

INTRODUCTION TO ANIMAL COMMUNICATIONS.

At: AUM & GARDEN

13365 Ventura Blvd., Sherman Oaks, CA 91423

This workshop will give you guided meditation techniques, some easy basic "hows" to open up your heart to a "heart to heart" communication with your animal friend, as well as demonstrations of energetic patterns in animals and you. "Fur Shui" will be there!

Aum & Garden Events Room

Cost: \$45.00 - Must Register In Advance

To Register: Please call (818)788-3400, or stop by the store.

WHERE?

It was a lovely time in Scottsdale with 3 sweet thoroughbreds before I marched off to a 1/2 marathon in Phoenix. "Mom" Ama Ray is a retired race wonder who has given her people two great healthy colts. They now all relax in the warm rays of the Arizona sun. Of course lots of shade and wonderful attention too. Ama's "mom" Jeanne showed me the new concept of "horse yoga" which is both relaxing and healthful for our four legged friends...good for us two legged folks as well. Thank you Jeanne and Dan for your hospitality!



Chatting with Ama Ray and family!

Thanks for reading...if you wish to not receive; e-mail me at: paula@furshui.com and ask to "unsubscribe"

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WHO, HOW AND WHAT?

More Chinese New Year 2009, The Year of the Earth Ox.

We are about 3/4 of the way through the 15 day Chinese New Year celebration. Have you set your "intentions" for the new year of the Ox yet? Better hurry, the New Year celebration ends on February 9th with the traditional Chinese Lantern Ceremony. In China, this is called the Yuan Xiao due to the first lunar month being called the yuan-month and in ancient times people called night Xiao. The Lantern festival occurs fifteenth day after the new moon and is the night of the first full moon. In the light of the full moon the tradition is to decorate the sky with thousands of beautiful lanterns, making the night a cheerful, joyful as well as lucky event. There are many myths that claim the founding of the lantern festivities. One of which associates the Lantern Festival with Taoism. The Taoist god Tianguan is responsible for good luck and fortune. His birthday falls on the 15th day of the first lunar month. Tianguan loves celebration and festivities, so believers organize all types of ceremony giving them opportunity to pray for good fortune. Lanterns are created with images of birds, animals, and mythological Chinese figures. These are carried during festivities and are hung on many local temples. An important part of the Lantern Festival is eating small dumpling balls called Yuanxiao or Tangyuan which are made of glutinous rice flour. Falling on the last day of the Chinese New Year (February 9th) the Lantern Festival is now traditionally the day for lovers as well as joy and luck and hope for brightness in the coming new year. Give your fur folks some extra love that day with some special organic treats and good food along with maybe a new pink toy or comfy blanket (Pink is the color of love!)

"Gung Hay Fat Choy" (Happy New Year), in this year of the Ox. Celebrate the strengths, honesty, and love all of our animals bring to us.

A couple of words on toxic herbs, etc.

I recently recieved an interesting notice from *Dr. Andrew Jones, DVM, Canada.* Here are a few items that I wanted to pass along. Please check with your local poison control agency for a more complete listing.

As Dr. Jones states; "All Herbs are not healing herbs, and in fact some are potentially toxic... (Here are a few examples from his alert) **1. Essential OILS-** There are hundreds of volatile oil compounds that make up the pleasing smell of MANY of the plants. Problems occur when the oil is concentrated, then ingested. pennyroyal, parsley seed, and nutmeg seed are potentially toxic to the liver and kidney if used in overabundance- NEVER use in pregnancy. **2.**The most common TOXIC herbal reaction that I see is with Tea Tree Oil being used topically in cats and small dogs- they INGEST it and become ILL. AVOID Tea Tree Oil in Cats and IF your dog can lick the area. **3. Tannins-** Juniper, Black Walnut, and Tea- can cause irritation IF used excsively, especially orally. Avoid in pregnant animals and kidney disease."

"Fur Shui" Tip for February: Switch your "color palate" from red to pink this month. Pink is the color of the love /relationship gua. Put a nice round pink placemat (or just a note with "I love you") under your fur folks dish to give them some extra love vibes to "digest" ... and a nice pink or dark maroon leash or ribbon around their collar for the dog park may just help attract a love for you as well! Hug a tree while you are at the park, they need some love as well...you will feel so great too!