

"The living moment is everything" – D. H. Lawrence

"Speak" will now be coming to you every other month. Doing lots of traveling at the moment. Happy Vernal Solstice today to you all! And, an early Happy Easter, warmer weather, longer days and many beautiful flowers and times to be enjoyed. Enjoy life, enjoy the moment!

EVENTS AND MY NEWS FLASHES

"FUR SHUI"®

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

"Fur Shui" is calling me to Italy this May...so, look for some neat shots and fun locations for the book. Going to find the Italian version's "whereabouts"!

The Tour de Fur has been such fun to meet you all via the book's journey. The "party" is coming to an end and I am calling all the books back to their home. If you have a book...please send it back to me! Will be announcing the grand prize winner after I get back from Italy in May. All the books should be back by then. If you have not yet collected your free chakra read, please do now...the offer is expiring at the end of next month! Still keeping, check it out at:

<http://furshui.blogspot.com/>

Those of you with Chakra gifts please contact me soon!



Angie's cat Gizmo got a free Tour Chakra read!

WHERE?



Roar! Happy New Year of the Tiger, 2010!

Red was the color of the evening for the official year of the Tiger Chinese New Year party! Got to see many long time friends, set great intention for this new year and brought along "Fur Shui" to enjoy the good vibes as well! On to spring!

Had a fun event/lecture at the Oceanside Library sponsored by the Friends of the Oceanside Library.

Had two lovely fur folks attend and received big "wags and kisses" from both!

Next event! I am going to be on **Blog Talk Radio HOUR long show with Glo Rod this coming Friday at 5PM PST (7PM Central, 8PM EST). Go to the live show at:**

<http://bit.ly/cFUg3N>

Kisses from Mr. Prince after the Oceanside Library, CA talk.



All information to be used only (©) in this News Sheet, please contact Paula Brown @ paula@animalhearttalk.com with any requests.

WHO, HOW AND WHAT?

The Vernal Equinox...Spring Solstice March 20, 2010!

On Saturday, March 20, 2010, at exactly 1:32 P.M. EDT (March 20, 17:32 Universal Time), the Sun will cross directly over the Earth's equator. This is known as the vernal equinox in the Northern Hemisphere. For the Southern Hemisphere, this is the moment of the autumnal equinox. It is a day of equal day and night hours. If you happen to be at the pyramids at Tulum, Mexico...that is the time when the rays of the sun travel down the "snakes" on the edges and light up the "eyes" of the snake heads!

Spring Traditions: (from <http://www.infoplease.com>)

"There is no shortage of rituals and traditions surrounding the coming of spring. Many early peoples celebrated for the basic reason that their food supplies would soon be restored. The date is significant in Christianity because Easter always falls on the first Sunday after the first full moon after the vernal equinox. It is also probably no coincidence that early Egyptians built the Great Sphinx so that it points directly toward the rising Sun on the day of the vernal equinox.

The first day of spring also marks the beginning of Nowruz, the Persian New Year. The celebration lasts 13 days and is rooted in the 3,000-year-old tradition of Zoroastrianism."

(From: Randy Mann *The Spokesman-Review* <http://www.spokesman.com>)

"There is a modern urban legend that claims that on the equinox days, one can balance an egg on its point. An egg can actually be balanced on its point any day of the year, but one needs to have enough patience. And, some tell me that this trick does work better near the equinox. I tried this a number of times, but couldn't get the egg to balance."

Toxins in pet foods: (from Dr Andrew Jones, DVM)

Wanted to share this with you all. Lots of folks have been asking about pet food. With the recent recall of some raw food, we all have to be alert, diligent and ask lots of questions for sure! Here's what Dr. Andrew Jones wrote of a while back:

"I have published a long list, but there are a few things that stand out.

IN fact MOST of the Breakfast Cereals on the market have one of these things in them.

Here are some SERIOUS dog and cat food toxins:

The CHEMICAL preservatives...Here are the TOP 3 preservatives to avoid in your dog and cat's food:

1. Ethoxyquin- promoted kidney carcinogenesis- significantly increased the incidence of stomach tumours - enhanced bladder carcinogenesis- significantly increased the number of colon tumours
2. BHA- causes squamous-cell carcinomas in rats and hamsters- enhanced stomach and urinary bladder carcinogenesis
3. BHT- promoted urinary bladder carcinogenesis- could be a promoter of thyroid carcinogenesis

I am not the only veterinarian sounding the alarm about pet food."

Please start this new season with lots of good food for both you and your fur folks!

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