

Speak

www.animalhearttalk.com

760.753.1954

The Heart of Conversation News Sheet

Vol 31, 2010

Paula Brown Animal Communications

"I do not want the peace which passeth understanding, I want the understanding which bringeth peace." *Helen Keller*

Peace, comfort and joy to all this holiday season! The shortest day of the year is upon us, the Winter Solstice, along with a full moon and a lunar eclipse on the day of Dec. 23. My wishes for you remain for happiness, understanding, love and compassion for both Fur and Non Fur folk alike. Merry Christmas!

EVENTS AND MY NEWS FLASHES

"FUR SHUI®"

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

Wishing you a very Merry Christmas from Fur Shui! Ho, ho, ho...check out the red and green this season for great Fur Shui and Feng Shui. Recently the book was guest at The Barkley Pet Hotel grand opening in Woodland Hills, CA. and at a special panel discussion of Animal Communications at Dexter's Deli in Del Mar, CA. Mostly taking a bit of a rest for the holidays. Dress up and be seen in the color *red* for festivities. Red is the color for Fame and has terrific re-charging energy for both people and animals. Give your fur folk a boost of energy during these long cool evenings with a red bed or collar. This will make them happy and active! The color green is for family and this is also for the fur folks too...that green Christmas tree that kitty loves to disassemble is quite the treat! A green kerchief will bond your fur folk family tighter and makes for a great gift. Check out the travels of Fur Shui at: <http://furshui.blogspot.com>



Merry Christmas from Fur Shui!

WHERE?



©Paula Brown

This past November brought a greater understanding for the folks who attended a special panel and mini read offering at Dexter's Deli in Del Mar, CA for all that is animal communications. I am so grateful for being asked to participate. Thanks Dexter's for doing a good job and bringing the topic and profession into more public view. All the proceeds from the mini reads after the panel went

Dexter's Deli hosted a fun and informative panel on Animal Communications...that's me in the red enjoying the talk!

to a great cause; FACE. FACE helps out folks who need some help in paying for treatment and vet bills for their pets. Find out more at: <http://www.face4pets.org/> I just love the help they have to offer. And, for locals, please check out Dexter's at: www.dextersdeli.com



©Paula Brown

Margaret's dog Vida (oh, so wise!) kept me company during "mini" reads at Dexter's!

WHO, HOW AND WHAT?

The Winter Solstice and Full Moon Lunar Eclipse.

We have the shortest day of the year coming up on Dec. 23rd and with it a full moon lunar eclipse, quite rare!

Winter Solstice: Ancients called it the "Dark night of Yule". Pagans decorated their sacred spots and placed a red candle inside a cauldron to bring the light forth from the darkness. Old saying proclaims: "A bayberry candle burned to the socket brings food to the larder and gold to the pocket." And, to symbolize the completed cycle of the year, Holly was used to represent the Wheel of Circle of the Year. Another candle tip: candles were lit to rekindle the fires of Sol...we also have an inner "Sun"...so, same as with the red candle...place a lit white candle in a cauldron and state your intentions to pursue your goal or dream, see what comes! You have just performed a very old New Year's manifestation tradition. Go for it! **Winter "blues":** Snuggle up to a plant or two this time of year...the meager sunlight in the short winter days "increases the secretion of melatonin in the body, throwing off the circadian rhythm with longer sleep. Exercise, light therapy, increased negative ion exposure (which can be attained from plants and well ventilated flames, burning wood or beeswax) can reinvigorate the body from its seasonal lull and relieve winter blues by decreasing melatonin secretions, increasing serotonin and temporarily creating a more even sleeping pattern" (*Wikipedia*). I know I am going to the beach for some neg. ions! **The Full Moon Lunar Eclipse:** Very early in the AM on Dec. 21 (total eclipse beginning at 2:31AM EST, 10:30PM PST Dec. 20...Nasa: <http://bit.ly/XsqCV>) the full moon will totally eclipse. The moon in the earth's shadow lasts a long 72 minutes. This makes the shortest day of the year appear even shorter...look for the moon to be situated high in the sky early Dec. 21!

Holiday offering: Send a holiday shot of my book "Fur Shui" and get a free chakra read for your animal OR a signed copy of Fur Shui to give as a new year's gift...the Chinese New Year of the Rabbit is coming soon! Gifts given to the first three folks to send a photo!!!

Holiday offering: Send a holiday shot of my book "Fur Shui" and get a free chakra read for your animal OR a signed copy of Fur Shui to give as a new year's gift...the Chinese New Year of the Rabbit is coming soon! Gifts given to the first three folks to send a photo!!!

Rocky loves RED, he says Merry Christmas to all and pay attention to "red" this holiday season...great color to keep us fur folks frisky and famous!



©Paula Brown

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

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