

“What you do unto the least of mine you do unto me”. Source...the “inner you”

Greetings to summer, it is the solstice today! The longest day of the year. Sol + stice comes from the Latin meaning “sun” + “to stand still”. Celebrate, go for a long walk and just stopping, “to stand still” to admire the sunset, take a pause, think of all you have to be grateful for, and build a bonfire of love.

**EVENTS AND MY NEWS FLASHES**

**“FUR SHUI”®**

*“Fur Shui”® An Introduction to Animal Feng Shui.*

Fur Shui has been busy “hiking”, wandering about the SoCal country side, as well as traveling to Austin Texas! Now in paperback large format and in Kindle. You can go to my site at [www.furshui.com](http://www.furshui.com) and purchase by link. Check out its travels at: <http://furshui.blogspot.com/>



*Fur Shui and Jim are hanging out in Saloons with the Lonesome Doves, TX.*

**WHERE?**

It's definitely SUMMER! Get out there and enjoy some hiking, biking and walking out in nature. Spending my time hiking and painting in the Irvine Ranch Conservancy. Wonderful wildlife seen. The mother deer and her fawn were seen in Freemont Canyon, photo by Mike Koch! Can you see the “Turtle” peeking into the photo to the right? We caught him at Freemont Canyon spying on us.



©Paula Brown

*As seen in “Aum & Garden” Los Angeles (available for purchase)*

...NEW “Art of Energy”. I have now begun to do small pastel “paintings” that help move energy. These are fun and bring more helpful energy to the places you put them into your home...want more love, creativity, stronger family, even more mooala? Try moving some “chi” with these art pieces! Designed and “blessed” in each color of the bagua. From purple Iris’ to yellow Hibiscus, all colored to move specific life space energies. More info, just e-mail me!



**WHO, HOW AND WHAT?**

**Summer Solstice, time of celebration!**

Midsummer is what a lot of cultures call the Solstice. For many peoples it is a time of “magic” and celebration to light ritual bonfires to increase the sun’s energy, honor the “light” and welcome the dawn. The Druids celebrated the day as “wedding of Heaven and Earth” which lasts today in the belief of a “lucky” wedding in June. The time of magic also was known to have evil spirits “appear” as well. Pagans wore protective garlands of herbs and flowers. St. John’s Wart was known as one of the most powerful and was called “chase devil”. Today this herb is used as a mood stabilizer. Celebrants also believed that the yellow flower Calendula picked at night had amazing healing powers during this time. The midsummer celebration of St. John’s Eve had a belief that Dragons were roaming about on this day poisoning springs and wells. A giant wheel would be rolled down hill to rid the land of the Dragon...the wheel signifying the sun in its heavenly passages.

In Sweden, Finland, Latvia and Estonia, Midsummer’s Eve is the greatest festival of the year, comparable only with Walpurgis Night, Christmas Eve, and New Year’s Eve. Wherever and whatever you do today, count your blessings and ask for much luck for this new season!

**Summer Heat:** Be very aware of temperatures reaching “too hot” for healthy with all of your fur folks in mind. Animals get sunburned just like people...short haired dogs and cats with pink skin and light hair. Limit your pet’s exposure, stay in the shade. Always keep fresh water in shaded areas if outdoors as well as indoor cool spots. Hey, don’t try to do your “Iron Man” workouts with your pooch in the heat or mid day sun...common sense please. NEVER leave an animal in a parked car in the heat, even with the windows cracked...cars are OVENS. Symptoms of heat stroke are: excessive panting, rapid pulse, drooling, fever. Immediately run cool (not ice) water over animal and wrap them in cool towels before transporting to your vet. Offer your pet ice cubes to lick. PANTING in cats is NOT normal. For more, check out this tip sheet offered from Pet’s America: <http://bit.ly/19WNTKD>

**Summer Flower Essences:** July 4 brings bangs, lights, noise...which most of our pets do not enjoy. Please keep your pet close by and inside during the PM festivities so they will not panic, run off and get lost due to noise. Panic sets in for many fur folks during fireworks. You can help calm them with flower essences. Given at least 2 times a day at least a week before July 4 to get their emotional body a bit more prepared. Rescue Remedy, Mimulus, Rock Rose are all good to calm fears. Be sure to dilute at least “7 to 1” for fur folks. Summer hot spots may occur from heat or plant and food allergies. Flower essence Yarrow for the emotional body and checking in with your vet for the physical help is great. If you are going to use

Flower Essences, drop me a note and I can give you the dilution recipe, it’s easy!

**Say “hello” to Makana cat.**

My dear cat Rocky “found” me a new love just 5 days before he passed. What a great gift this is to me. Meet Makana cat...“Makana” means gift in Hawaiian. He certainly is a gift of love from Rocky. Just remember, love ALWAYS returns.



*Makana, born on 9.11.12...and yes, he is both an bonor and a frisky terror!*