The Heart of Conversation News Sheet

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Paula Brown Animal Communications

"If you know what love is, it is because of you"

Herman Hesse

Happy New Year to all! Thank you for your patience my long absence with "Speak". Lots of major changes, moved to Ojai, CA, finding my way and recovering from the Thomas Fire. 2018 will bring more well-being links, fur folk info and fun news! Glad to be back to add fur and non fur folk value and smiles. 2018 double full moon aloha and love!

## **EVENTS AND MY NEWS FLASHES**

Welcome to my new home of Ojai, CA. Lots going on with community just North of LA, CA. Working on my art studio, workshops, communications, and just plain doing what I love...art, animals, quick Sketch Quests, helping folks and animals speak their truths and purpose. Soon to be the Chinese New Year of the Earth Dog. News soon from the Fur Shui Speak.

Fur Shui's 2nd release: Larger format and Kindle. To purchase click on the green dot at www.furshui.com

## WHERE?

Thank you all for your support during my move and now the Thomas Fire. So grateful to be safe, all is good in my area... miracles DO happen! Ojai is set and ready for visitors, a great retreat area where I am creating a creative studio now for art classes and workshops.

#### Art News and Art Galore in Ojai and Santa Barbara!



"Fall Paints Gold"
My pastel of the
countryside above

vineyards between Pasa Roblas and Cambria, CA

Received first place at the 1919 State Street Show this past month...part of the Santa Barbara Art Association. Check out Gallery 113 website: https://www.gallery113sb.com/Enjoy a look around Ojai Art at Ojai Valley Art (OVA): https://ojaivalleyartists.com/ Nice to support some great local artists in the Ojai Valley!

And on the LA side of things...a link to my pastel society... enjoy "Pastel Chatters": http://www.pastelsocal.com/

WHO, HOW, AND WHAT?

# Super Blue Moon, total Lunar Eclipse, and Super Moon all at once on Wed. 1.31.18.

The 2nd full moon in a month is called a Blue Moon...and this one had an eclipse too...last time this happened was 150 years ago. Some say this is a romantic time..."Blue Moon" songs abound. North American Indian name would be the Wolf Moon. Farmer's Almanac for Moon names: http://bit.ly/2rVO0GY So, if you and your fur folk are going to howl at the moon, here are a couple of good flower essence suggestions to harmonize the winter times:

*Calendula:* Great for soothing the dry winter air in form of a cream and in essence it creates relationship communications for both man and beast.

*Olive:* Winter is the time to re-coup and rest. Perfect for deep rest and re-charging after physical depletion.

Check out FES Flowers for some good winter essence help: http://www.fesflowers.com/

### Winter tips for pets and pet parents.

Winter is a time to rest up a bit for all, keep warm, keep hydrated and keep safe in times of chill and short days. For my two cats it is a time for piling on the bed to become fur covers for both them and me to sleep warm. It is also time to catch up on "check ups" for our pets...take them on a wellness exam, keep them warm by keeping them inside, and also stay in shape with good exercise. Watch out for sensitive paws on ice and snow! Here's a good article from "Mercola" about some easy things to remember and do for your fur loves: http://bit.ly/2DIADfE And here are more tips for winter from the ASPCA: http://bit.ly/1LIjUUl

Stay safe, warm, and hug your fur folk, let them know how much you love them today and every day!

Makana Cat says "Aloha" from his now favorite country porch look out perch!

