

Wishing you the best of the holidays! With this season comes long nights we can all get close to our fur folks and share our love. Please be careful with holiday decorations, food, and company that "leave doors open"! Hugs for you and your fur folks, a very ho, ho, ho, holiday, a warm winter solstice, and Merry Christmas to all!

## EVENTS AND MY NEWS FLASHES

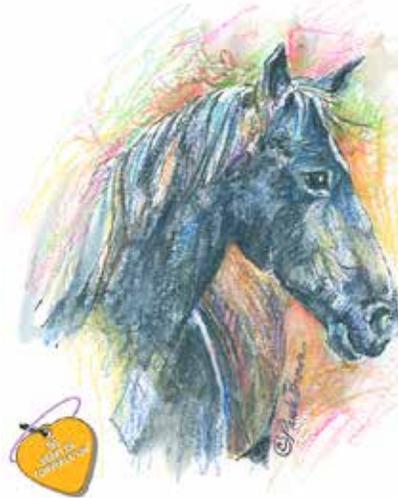
"Fur Folk Talk" **Beginner's online class.** My current online beginning animal communications class is just winding up...and what fun has that been! Amazing to see all connect up, receive messages, and actually "talk" with pets and animals. So thrilled! Be sure to look for my next class offering that will begin late March of 2020...great way to begin the new year! In the meantime, find out more about your own energies and your home's energy for this holiday season...makes a great gift: *Check out Fur Shui's 2nd release: Larger format and Kindle.*  
To purchase: [Fur Shui](#)

## WHERE?

All of my time has been spent on forming the best online class I can for beginning animal communications. After 20 plus years of being an official Fur Talk person, I have found it is a definite process of deep learnings. My passion is to bring you into "talking", and feeling, the magical talk of fur folks in a quick and easy manner. Want to get you to experience my joys and confidence in doing this work and have some fun too! I have been interviewed by CBS, The Discovery Channel, Martha Stewart Talk Radio, and many more...taught classes all over the world (including Finland), and I always am amazed with the magical healing of Fur Folk Talk!

I have also been doing "Quick Sketch Essence" portraits of pets. Seeing the "colors" that come from one's pet is such a great thing to draw. *For the holidays...offering the first person to email me...a deep discount on a 5x7" portrait! Normal charge is \$210. for this size...will give ONE for \$99. AND, will give a discount for a gift certificate or future drawing for \$155. if ordered before Jan 1, 2020*

All information to be used only (©) in this News sheet, contact me: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com) with any requests



*This is Bella the horse. You can see a "Quick Sketch Essence" movie on my home page: [www.animalhearttalk.com](http://www.animalhearttalk.com) AND, I give gift certificates for holiday gifting!*

## WHO, HOW, AND WHAT?

**Shortest day Winter Solstice, Saturday, Dec 21!**

In the Northern Hemisphere...the shortest day (first day of winter) comes for all to pause, and relight the "light" of hope for spring to come. The days now become longer! According to *Forever Conscious*, "The winter solstice celebrates the longest hours of darkness or the rebirth of the sun and is believed to hold a powerful energy for regeneration, renewal and self-reflection. In Pagan times the winter solstice was referred to as Yule and was a celebration of the Goddess (Moon) energy. It was believed that on this day, the moon would give birth to the sun." The winter solstice

is a time of quiet energy, where you get the opportunity to look within yourself and focus on what you want and need. It's a time to set goals and intentions for the coming year, to examine and let go of our past, and to make changes within ourselves. The solstice is essentially tied to a personal awakening.

**Enjoy the holidays with a few safety tips for Fur Folks.**  
From the ASPCA, tips on holiday safety for pets: <https://www.aspca.org/pet-care/general-pet-care/holiday-safety-tips>

**ASPCA Animal Poison Control Center Phone Number:**  
(888) 426-4435

**Tips from the American Veterinary Medical Association Pet Safety:** <https://bit.ly/2RWwePs>

**Healthy Holiday Gifts for Pets (The AVMA):** <https://www.avma.org/public/PetCare/Pages/healthy-holiday-gifts-for-pets.aspx>

**My Flower Essence tips for the Solstice: Regeneration for you and your fur love: Star of Bethelhem, Mariposa Lilly. For dilution instructions: email me: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)**



*Rocky, my "guru" kitty has been talking to folks in my online class!*