

“Green was the silence, wet was the light, the month of June trembled like a butterfly.”

*Pablo Neruda*

Welcome to Summer Solstice, the Northern Hemisphere’s longest day of the year; Thursday, June 21, 2018. Time to take action “now” on what you have planned to manifest by end of year...this is the half way mark and there is power in movement, in action. So...take advantage of the long days to boost you and your pet’s energy, well-being, and fun!

### EVENTS AND MY NEWS FLASHES

Summer is here, and my favorite time of the year. **I am offering the first 3 people who email me a shorter TWO QUESTION read with free energy reads if they agree to do a “Zoom” interview and audio about their experience for my YouTube and iTunes posting. Happy Solstice! Want to get the word out...paula@animalhearttalk.com** “Fur Shui” and I are taking July to travel and relax. Still available to help, just give a call at: 310.621.8512!

**Fur Shui’s 2nd release: Larger format and Kindle. To purchase click on the green dot at [www.furshui.com](http://www.furshui.com)**

### WHERE?

Time to take a stroll through the woods, be in the cool still of nature. Doing art from my memories of “home” of the rain forests of the Pacific Northwest. Sun shines the way into the green secrets of the forest during summer. Take care to carry all your trash out, smother your campfires! High fire risk now. Come up to Ojai for an early morning hike or sunset stroll...it is cooler then.

Hike by my home: **Ojai Land Conservancy:** <https://bit.ly/2K9tN8q>

**Lavender Festival:** Downtown Ojai: Sat. June 30, 10AM to 5PM! <http://ojai-valleylavenderfestival.org/>



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### WHO, HOW, AND WHAT?

#### **Northern Hemisphere, longest day: Summer Solstice!**

Solstice’s most famous celebration is in England at Stonehenge where hundreds of people come to see the rising sun reach the center of the stone circle on this one day of the year. Maypole dancing, picnics and bonfires also mark this day in the UK. Summer is now “here”! In the USA, there is an all-day yoga festival in Times Square, and close to home, Santa Barbara has a city-wide celebration. Time to look at your goals for this year and see where you are “at”. Need to change the pace, or even set new intentions?

#### **Great time to re-view, re-assess your pet’s needs!**

*Now* is a good time to look at diets, general health, summer travel with pets, and any changes that may have upset their routines...here’s some help:

**For info on raw food diet for dogs:** <https://bit.ly/2pKuaDE>

**And, traveling with your dog: water safety!:** <https://bit.ly/2K5g4Q3>

**What to expect with a “cat health check-up”:** <https://bit.ly/2lne7AH>

**How to help pets with “change”:** <https://bit.ly/2K2vbGH>

Makana cat below loves the long days in the shade of the porch...Happy Solstice!

