

Speak

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The Heart of Conversation News Sheet

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Paula Brown Animal Communications

“How you show up, is how you love.” Paula Brown

Coming to you today to wish you all love, safety, energy, and strength. I know that’s what I need right now! I am amazed at how my pets have helped me during “stay safe at home”. If possible, go into the natural beauty all around us to see and feel peace. Be well!

EVENTS AND MY NEWS FLASHES

Update: **Want to know what your pet needs, its “job”, and to actually talk with your pet?** My online Animal Communications class “Fur Folk Talk”, will be starting now last week of May. *A guaranteed way to acquire intuitive and mindful new skills of confidence, self worth, love and “talk” for yourself and with your fur folk!* Includes 9 Zoom meetings. “Basics” will be covered in an easy, fun manner. Class is highly interactive! First 5 will get a great “bonus”. To sign-up: go to my landing page at: www.furfolktalk.com AND, offering you a free 20 minute chat to “find our more”: paula@animalhearttalk.com

Check out Fur Shui’s 2nd release: Larger format and Kindle. To purchase: [Fur Shui](#)

WHERE? AND, ANOTHER OFFER!

Want to find out what animal communications are all about...and how this opens up the door to your very nature too? What benefits to your life and business learning how to Talk to Fur Folks could bring?

Offering a free Zoom meeting this Thursday April 30, 6PM pacific time.

Just send me an email: paula@animalhearttalk.com to ask for a zoom invite. Also talking about how to help fur folks adjust to upcoming “out of quarantine” life. *Let’s talk heart to heart!*

Yes, I have been doing some art, some pet essence sketches, and now “rock painting”. The Carpinteria Art Center where I teach art, has linked up with [CARP ROCKS! Facebook group](#) to paint and set inspirational painted stones around Carpinteria for folks to find. And, finishing off some of my pastels and oil paintings that I love. Here’s the lower rapids of Yosemite Falls. Travel through art!



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Fur Folk Talk
with Paula Brown, Animal Communicator / Heartist
My 9 week online beginner Animal Communications online class:
www.furfolktalk.com

WHO, HOW, AND WHAT?

Some good things to set up now for your fur folks post “safe at home” time!

Coming out of our homes will be another big shift for us and our fur folks. Pets need schedules and routines.

They now have adapted to our being with them 24/7! It’s been a comfort for both them and us. It is time now to create some “space” or alone time for our pets, esp. our dogs. To do this now is so important so they can handle you leaving them for longer periods of time. Set yourself up to be in separate rooms, inside / outside, and also, put their sleeping bed outside your bedroom if you can. Small steps to help both you and your pet adjust. Energy systems (chakras), emotional needs, physical systems too all now need a little TLC. Think of this as a physical move, how would you help them to a new home or environment (TALK to them)?

Flower Essence tips for both non fur and fur folks during this time of “shift”! Flower Essences that help harmonize the emotional body are wonderful to use as we all cope with our “new normal”. A good place to learn more: <http://store.fesflowers.com/> Here’s some help that nature can provide us to remain calm, strong, and keep on keeping on.

From Margarat Nee of Earth Song Energy: <http://earth-songenergy.com/> the suggestion of CA Poppy is grand. The bold “look at me” message of resilience from this flower is described by Margarat: “Shine from your center and know you’ll be able to come back from hardship. Release the tightness of worry. Let the sun from your center shine and expand. From taproot to seeds you have multiple ways to thrive. Share your sun knowing it’s always there inside you.”

My basic suggestions for essences right now would be Yarrow (helps go from the “dark to the light”), Honeysuckle (Separation / home, family, \ and environment loss or change), Olive (recovery from stress exhaustion), Star of Bethlehem (emotional or physical trauma). Shift out of stress and into safety with the help of Flower Essences! Please dilute Essences for your pet...email me for directions: paula@animalhearttalk.com

Meet Lilly. A lovely white Golden, she likes to star gaze!