

**“Love is the heart’s play.” Paula Brown**

It’s time for summer and Memorial Day! Even when we are safely social distancing, we can enjoy our longer days, get out for a walk, smiles, and hugs from our fur folks. Be aware, stay safe, and enjoy the summer STRETCH!

**EVENTS AND MY NEWS FLASHES**

Update: SUNDAY, MAY 31! *My online Animal Communication class “Fur Folk Talk” guarantees to help you free up from the frustration of not knowing what your pet needs or wants! Talking heart to heart gives you new focus, intuitive and mindful skills of confidence, trust, self-worth, love and “knowing” in life, relationship, business!*

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](http://www.furfolktalk.com) AND, offering you a free 20 minute chat to “find out more”: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)

*Check out Fur Shui’s 2nd release: Larger format and Kindle. To purchase: Fur Shui*

**WHERE?**

During this time of “shift” or pivot, we and especially our fur loves are taking in emotions of fear, anger, due to feeling out of control, now knowing. I am seeing this in the reads recently. Our animals have absorbed both our and the community’s frustrations. This leads to lots of “not so good” disruption in emotional and physical bodies for all of us. The only spot that is “safe” for us all is right where animals and nature live in and that it the present moment!

*Being in the present “where” moment.*

1. Think about a childhood pleasure and go DO just that!!! Mine is painting! We need to pause and comfort our creative souls.
2. You have heard it before, take a walk, do a series of deep breaths and take in what you see, find beauty.
3. Focus on ONE thing and finish it.
4. Forgive yourself for “not being” what and where you want to be!

*All information to be used only (©) in this sheet.*

*Thanks for reading, if you wish to unsubscribe, mail your request to: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)*



**Fur Folk Talk**  
with Paula Brown, Animal Communicator / Heartist  
*My 9 week online beginner Animal Communications online class:*  
[www.furfolktalk.com](http://www.furfolktalk.com)

**WHO, HOW, AND WHAT?**

*Some tips for our upcoming “leaving home” pivot.*

As I mentioned in my last news sheet, there is a huge change coming for all of us as we leave our home base and get out into the public again with work and “non-essential”

doings. We are going to see our fur folks go through not having us at home 24/7 and possible feeding and schedule changes. Abandonment issues for both fur and non-fur folks may be part of this pivot.

There is a “**Displacement Behavior**” theory; the psychology on why our animals are acting oddly now due to changes in schedule! Here’s the article on VOX to read: <https://www.vox.com/the-highlight/2020/4/24/21231806/coronavirus-pets-covid-19-cats-dogs>

Good article from the NY Times addressing both physical and mental “exercise” for your dog: “**Helping Your Dog Survive During a Quarantine**” <https://www.nytimes.com/2020/03/17/smarter-living/dog-pets-quarantine-coronavirus-tips.html>

IndyStar article about how “**Corona Quarantine has changed pet’s behavior and vet care**”: <https://www.indystar.com/story/news/health/2020/05/13/coronavirus-and-pets-how-quarantine-changing-your-pets-life/2999694001/>

**What to do when we all “come out”?**

1. **Start giving your pets NOW alone time...you not being with them for at least a couple of hours or so.**
2. **Set your new or normal feeding and walking schedule now and stick to it!!!**
3. **Try giving the emotional body comfort with Flower Essence treatments.** Flower Essences help harmonize the emotional body are used to help guide calm during change. A place to learn more: <http://store.fesflowers.com/> For YOU and your pet, my suggestions include: Yarrow, Star of Bethlehem, Olive, and Honeysuckle. Please dilute Essences for your pet...email me for directions: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)

**Be well, be safe, be happy, focus on positive outcomes!**



*Above: Meet Myles! He is a strong love for Chriss.*

*Below: My pastel: “Moonstruck”*

