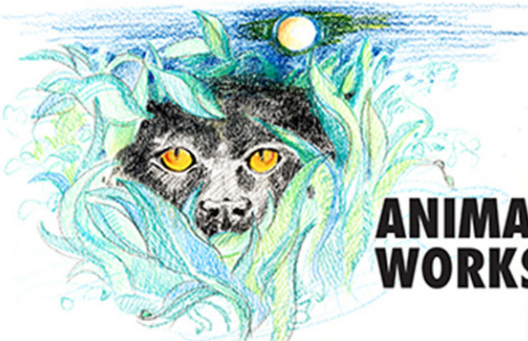


“Autumn days come quickly, like the running of a hound on the moor” *Irish Proverb*

Tues. Sept. 22 Autumn begins in the Northern Hemisphere and Spring in the Southern Hemisphere! Time for more “shift”. I love the cooler nights, crisp days, slowing down of nature along with the holidays of Halloween, celebrations for Equinox, the equal day and night of Sept. 22. Shifting our schedules for school, sleep, and beautiful Leaf peeping!

EVENTS AND MY NEWS FLASHES

WHO, HOW, AND WHAT?



**ANIMAL SPIRIT GUIDE WORKSHOP**

CONNECT UP WITH YOUR ANIMAL SPIRIT GUIDES!

*Now for some fun and learning all in one workshop!*

I am happy to announce my ANIMAL SPIRIT GUIDE WORKSHOP that will be held on Zoom Sat. Oct. 10 4PM to 5:30PM (or longer!). Can you feel an animal “close by” or see a being from nature repeatedly in the day or in your dreams? Find out “what” and “who” are helping you (and WHY) unconditionally. Come join the journey into the “non-ordinary” world where all of our animal spirit guides live. Discover or re-discover your focus, what is needed to bring you into harmony and joy with these animal totems and guides that give you unique and strong support in this very moment!

**Details:**

**Oct 10: Sat. 4-5:30PM** Zoom / online workshop

Price: \$53.

Sign up: go to [www.furfolkstalk.com](http://www.furfolkstalk.com) and click the “buy now” button...PayPal payment

Check out *Fur Shui's 2nd release: Larger format and Kindle.*

To purchase: [Fur Shui](#)

**WHERE?**

What a GREAT August this was! I delivered my oil painting “Pop Into Joy” to its new person / home. Thanks Diane (for a lovely meet up and lunch in Laguna, CA) and Ed for asking me to paint this for your home. So honored, makes me smile! Can't wait to see it framed and on the wall.



24” x 36” oil painting “Pop Into Joy” reflects the happy attitude of its new home.



They love apples! These guys are just part of a friend of mine's safe haven home for many animals here in Ojai. Dropped off some carrots and a bag of apples recently during the heat wave and these guys LOVED the apple treats...came running each day for treats, sure makes you smile to know such enjoyment is happening!

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If you wish to unsubscribe, mail your request to: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)

*The Fall Equinox: Sept 22, 2020, Equal day, Equal night.*

Time for another “shift”, this time it's the seasons. For us in the “North”, things begin to slow down a bit, nights get cooler, days crisper. Plants and trees are slowing down, as sunlight decreases, to get ready for the colder season ahead. Asters and chrysanthemums bloom beautifully as orange pumpkins and corns mature. Notice the arc of the Sun across the sky each day as it starts shifting south. Birds and butterflies migrate along with the path of our Sun! Fall is my favorite season, leaf peeping, hiking, fresh air. Lots of “sites” to go celebrate the equinox from the Mayan pyramid Chichen Itza, Mexico, to Stonehenge in England. *An interesting Farmer's Almanac story on Equinox and Solstice “5 ancient hot spots”:* <https://www.almanac.com/content/five-ancient-sites-aligned-solstice-and-equinox>



My cat Rumi, starting to do the “Fall” relaxation...ahhhhh...

*A good and fun article about “how” cats show they love you!*

I got a kick out of this article from where cat expert Ami Shojai mentions in the “Dodo's” article by Stephen Messenger: “Why Cats Love Shoving Their Butts in Your Face”: “cats’ butt presentations are, in reality, a complimentary show of love - likening it to “a human's enthusiastic hug or a kiss on each cheek in greeting.” <https://www.thedodo.com/why-cat-love-showing-butt-1911359743.html>

*Itchy skin in Dogs and Cat advice:* It's still end of summer heat, dry, and also added stress right now...dogs and cats are itch'n during the changes too! Here's some good info in the “Honest Kitchen's” blog: Top 5 Vet-Recommended Steps for Itchy Dogs 7 Cats”: <https://bit.ly/3h7NCK2>

*Flower Essence info and Tip for “non fur folks” (that means us humans!) for fall shifting.*

Self-care for our emotional bodies during change is critical for both us and our fur folks. The more we are in harmony, then our fur loves are too! Getting our focus returned to priorities rather than the “buzz” around us is key right now. Read about the Media flower in Flower Essence Society's recent blog: “Mardia flower essence helps us focus on what is central and essential in life, and ignore the incessant pull of distracting influences that swirl around us.” : <http://www.fesflowers.com/mardia-focus-on-the-essential/>

**Tell me about you and your fur folk's “story”! Join my Fur Folk Soul Stories Facebook group.**

Please join the talk, contribute your own tips, shares, and love for all things “nature”...what's your “story”? Go to: <https://www.facebook.com/groups/576338039691377/>

Gone Fish'n...A Great Heron patiently searching for dinner, Ojai, CA

