

“Do something wonderful, people may imitate it.” Albert Schweitzer

Happy 2021, and a new page turned with the US Inauguration! Time for healing, positive change, respect and hope. Lead in your own way, set a positive example of giving and receiving respect and joy, speak your heart's truth. Thankful for all being kind to both fur and non-fur folks.

EVENTS AND MY NEWS FLASHES

Give a gift of love...no calories!

Just posted some special Valentine's Day mini Critter Art paintings to my Etsy shop. Sending all my heart art and hugs...new shop offerings:

<https://www.etsy.com/shop/Animal-CritterArt>



Check out Fur Shui's 2nd release: *Lots of love to give in my Etsy shop...heart hugs to all!*
Larger format and Kindle. To purchase: [Fur Shui](#)

CHINESE NEW YEAR OF THE METAL OX

Reason for celebration, ritual, putting the fresh intent of abundance in all our life and spaces! I am offering a quick class / workshop for bringing in this new year of the OX. Tips, feng shui, wealth meditation, and a bit of "OX" magic too. Put an UMPH and smile into this new year beginning on February 12 and ending on February 26. Gung Hay Fat Choy, don't miss this one!

Class offering: **Refresh, Renew, Resolve, Shift into the Year of the Ox!**

Date: **Saturday February 20**

Time: **10AM to 12 noon Pacific time**

Fee: **\$33. ("6" is a very lucky 2021 number)**

Sign up with PayPal: [Chinese New Year 2021](#)

WHERE?

Been spending time hiking and painting outdoors. Nature is such a safe and lovely place to heal, to enjoy, to hear, touch, see, and feel good and at peace. We are all connected and nature's messages have helped me through these challenging times.



Honoring my cousin Kayse's passing with hikes to beautiful spots to meditate.

WHO, HOW, AND WHAT?

The new White House, the new Chinese New Year.

The US is shifting into a new direction as of today 1.20.2021. New process, determination, and shift to healing in our capital, and with a pet loving family moving into the White House. NBC has coined this shift as the "Indoguration Day". The Delaware Humane Society had a celebration for Major, the rescue German Shepherd on Jan 17, celebrating the first rescue dog to be now residing in the White House. The Biden's other dog is Champ, also a German Shepherd. Rumor has it there is also a cat being considered for adoption by the Bidens. This is a return to "pets in the White House" after a long absence of no fur folks in the Trump days. Take a look at more: <https://www.usatoday.com/story/entertainment/celebrities/2020/11/29/joe-biden-unite-cat-dogs-champ-major-white-house-pets/6458586002/>

The Chinese New Year of the Metal Ox

The strong and determined, hardworking Ox is coming to get all of us on track, on path, and moving forward as of February 12. With the entire Chinese world preparing, refreshing, cleaning up, celebrating this time, a person can feel supported and renewed with all the intent of prosperity and joy during this celebration. The outgoing year of the rat which exposed all that was not "working" in community, health and wealth...now is the time to act with the strong Ox to heal, to use new and "correct" tools to plow a path to well-being and new foundations. Be sure to join in my workshop to capture some know how on what will be auspicious to do, wear, communicate, and welcome into your life and home during the time between the New Moon up to the Full Moon romantic Lantern Festival! Feed yourself with good food, good words and works, and good luck this new year! (This is a 2nd chance to usher the new year in! :))

Listing for workshop will be posted on www.furfolktalk.com as of January 25!

Join in: Pay to sign up! [Chinese New Year 2021](#)

Helpful recipe for dog "paw licking".

I know many dog parents who have their pups suffering from excessive paw licking which could cause swelling, staining, and painful to touch for their fur loves. According to Dr. Andrew Jones (The Internet Vet), many things cause this from allergies, secondary yeast infections. I also know that emotional trauma can also set this into action too!

What to do? Dr. Jones gives a topical anti-allergy/anti-yeast recipe that can help.

Ingredients

- 1 cup Green tea
- 2 tbsp Apple Cider Vinegar
- 1 tbsp Salt
- 10 drops Lavender Essential Oil (make sure you do NOT use this on your cat!)

Quoting Dr. Jones: "The green tea is antibacterial, the ACV is effective for yeast, the salt is antibacterial and will also take down some of the swelling, and the lavender oil offers anti-yeast and some antihistamine qualities to help with the allergy."

Directions: Brew up 1 cup of green tea, then allow to cool for 15mins. Add in the ACV, Salt and Lavender Oil. Soak the affected feet for 5 minutes twice daily. Assess after 7 days if this is beneficial.

CELEBRATE VALENTINE'S DAY AND FRESH BEGINNINGS WITH TREATS!

Here are 2 treat recipes for your fur loves you can easily create at home. Time to get some good home made from the heart vibes going with your fur loves.

DOGS: From Dog Express: <https://dogexpress.in> here is a special treat to make:

PUMPKIN & BANANA TREATS FOR DOGS

- 1 ripe banana
- 1/2 if a fresh pumpkin puree (I would suggest one small can of pureed pumpkin)
- 1 tsp honey
- 1 1/2 cup whole wheat flour
- 1/2 tsp baking powder

Directions: Mix the ripe banana, pumpkin puree, and honey in a large bowl. Use your hands to mix well. Add flour and baking powder. Sprinkle some flour over your cutting board and roll. Cut into shapes using cookie cutters. Cover with parchment paper. Bake in a pre-heated oven at 350 degrees Fahrenheit for 10-12 minutes until the cookies turn a light golden color. Let cool at room temperature.

Bonus: Store the treats in an airtight jar to keep them crunchy!



CATS: From Pawsomecats: <https://pawsomecats.com>

TUNA HEART CAT TREATS

- 150g canned tuna, in oil
- 1 dup rice or oat flour
- 1 egg
- 1 tbsp dried catnip
- extra olive oil

Directions: Preheat your oven to 175°C (350°F), or 160°C (320°F) if you have a fan-forced oven.

Combine drained tuna, rice or oat flour, egg and catnip in a bowl, and mix thoroughly with a fork until combined. The mixture should hold together but not be excessively sticky. If the mixture is too dry, you can add a little extra olive oil as required.

Roll the dough into 1/2 teaspoon sized balls and place on a lined biscuit tray, flatten with the back of a spoon.

Place the treats into the oven and bake for 10-12 minutes until they are dry and slightly golden on top.

Allow to cool completely and place in an airtight container. The treats can be stored in the fridge for approximately 7-10 days.

Tell me about you and your fur folk's "story"! Join my [Fur Folk Soul Stories Facebook group](#). Please join the talk, and love for all things "nature"...what's your "story"? Go to: <https://www.facebook.com/groups/576338039691377/> (Answer all 3 questions to join!)

HAPPY VALENTINE'S DAY TO YOU ALL

Love is all you need and our fur loves give us comfort, smiles and inspiration for all of our days together. Be sure to tell your pet how you feel, help them know how they are in your heart forever. Let me know how I can help you know what your love needs, desires, and is teaching you. Give yourself and your fur folk the gift of heart to heart communication.

Email me at paula@animalhearttalk.com and get some soul talk happening!



Check out the love gifts in my Etsy Shop...no calories, doesn't wilt, "no contact" shopping, purrrfect!
<https://www.etsy.com/shop/AnimalCriticArt>