

February, 2004

I had a great time today. Stu and I spent the afternoon at a party in honor of Briscoe's first birthday. Briscoe is an Italian Greyhound who lives with Mark, David, and his new little Italian Greyhound sister, Gertie in the Hollywood Hills. Today he was feted by 20 of his most intimate IG pals in a gala complete with birthday decorations, a doggie cake with one large candle, plenty of food and drink for the humans, and loads of presents.

Briscoe had the time of his life. Stu and I got there early, as I like to do to get to know the party hosts and what they require from me. Briscoe let me know right away it was *his* day. He was so excited he could hardly stand it and he made a point of checking the humans dining table often to make sure no food had fallen off onto the floor. His pals mingled, resplendent in their doggie finery – Briscoe wore a blue jogging suit, Daphne had on a lovely pink number with a big, black D on it. There were denim jackets, knitted sweaters, and a fancy, rhinestone collar or two. Everyone had on his best, partly because it was a cool and windy afternoon in L.A. and greyhounds don't have much insulation. The dogs behaved beautifully (except for the one little guy who humped the air enthusiastically every 15 minutes or so – I told him it wasn't that kind of party) and a good time was had by all. I wish every dog could enjoy the kind of love and care that these great Greyhounds get.

Don't Postpone Joy

About thirty years ago, I came across this next bit of wisdom and just the other day, I came across it again. Here it is:

The Rules for being human

1. You will receive a body.

You may like it or hate it, but it will be yours for the entire period this time around.

2. You will learn lessons.

You are enrolled in a full-time, informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.

3. There are no mistakes, only lessons.

Growth is a process of trial and error experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works".

4. A lesson is repeated until it is learned.

A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can go on to the next lesson.

5. Learning lessons does not end.

There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

6. "There" Is no better than "Here".

When your "there" has become a "here", you will simply obtain another "there" that will again, look better than "here."

7. Others are your mirrors.

You cannot hate or love something about another person unless it reflects to you something you love or hate about yourself.

8. What you make of your life is up to you.

You have all the tools and resources you need; what you do with them is up to you. The choice is yours.

9. The answers lie within you.

The answers to life's questions lie inside you. All you need to do is listen and trust.

10. You will forget all this from time to time.

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"I have become my own version of an optimist. If I can't make it through one door, I'll go through another door – or I'll make a door. Something terrific will come no matter how dark the present." Joan Rivers
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One of the most important things that has come out of the “mad cow” (as opposed to what? “Mildly irritated cow?”) situation, in my book, is the raising of people’s awareness of where that neat little plastic-wrapped package we pick up in the supermarket comes from. Who knew cows are fed parts of other cows? I certainly didn’t. I thought they snacked on sweet grass and chowed down on yummy corn. Ever since I read about the Scottish community of Findhorn years ago, I have practiced their way of giving thanks not only to God for my food but also to the plant and animal life that goes into it. When asked how they could grow amazing vegetables on what was essentially rock, the community replied that they spoke to the divas (spirits) of the plants and learned from them how to grow them. When they asked the devas how they felt about being somebody’s dinner, the spirits replied, “That’s what we’re here for. It is our purpose to nourish a higher life form.” Thank you.

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This information comes from Organic Style magazine, a wonderful source of information for anyone who wants to live “green”.
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Animal Testing: The truth Behind the Labels

There are no laws regulating animal testing language on beauty products, so what you see may not always be what you get. Here’s what the most commonly used phrases really mean: When the labels say not tested on animals, animal-friendly, cruelty-free, this finished product is not tested on animals, or tested on people, not on animals, it really means the *completed* product wasn’t tested on animals but *individual* ingredients may have been (whether by the ingredient suppliers or the product manufacturer.

Want to be sure? Look for the leaping bunny logo that guarantees that companies and their ingredient suppliers will not animal-test a product during development. Not all test-free cosmetics bear this logo yet. Write to your manufacturers to get them to use it. For more information, visit leapingbunny.org.

“I don’t know anything about luck. Luck to me is something else; hard work and realizing what is opportunity and what it isn’t.” Lucille Ball

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Here are the last three Universal Laws

Law Five

Everything in the relative world is always changing

Energy is always moving freely from one form to another in and out of everything, building whatever form is appropriate. We breathe the energy into our bodies in a form that regenerates our cells. Then we breath out energy in the form that we need to regenerate our bodies. The flow must continue in order to b useful. If we try to hold on to the air, it doesn’t work. The same is true of everything we must receive and give in order to keep the flow of energy working in our lives.

Law Six

Beliefs are simply information that we have accepted as truth

What actually happens here is that our thoughts and beliefs create our experiences which in turn validate our beliefs. These beliefs have been handed down to use from parents, friends and our culture and in most cases, we have not questioned them. Then we see that what we have believed to be true at one time turns out not to be true. Everybody thought the world was flat for a very long time until that belief was proven untrue. What we have accepted as truth is also in the relative world, which is always changing. The only absolute (non-changing) truths we can know are the Universal Laws.

Law Seven

We make all our own choices

Other people may coerce us, threaten us or present us with numerous ideas for our consideration, but ultimately we must choose. Even when we choose not to choose we have still made a choice. Why give your choices to someone else? Once we accept the fact that we are indeed making our own choices, we are able to take our own power back if we have given it away to beliefs that do not serve us as well.

The first four laws are given in newsletters 4 and 5 which can be found on my website: www.petreader.com.

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“Try and penetrate with our limited means the secrets of nature and you will find that, behind all the discernible concatenations, there remains something subtle, intangible and inexplicable. Veneration for this force beyond anything that we can comprehend is my religion. Call it, if you want, God...” Albert Einstein

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Stu and I are still looking to rent a guest house in the Ventura, Santa Barbara or Santa Ynez area. A horse ranch or vineyard is fine, too. If anyone has any info, please give us a call. Thanks!

Stu and I did a lecture/dialogue at the Universal City/North Hollywood Chamber of Commerce last week and it was so well received, we will be doing another one on March 12 at the Chamber at 6:30 p.m. Light refreshments will be served. It's called "A Scientist and a Psychic look at God, Reality and other stuff". We had a great time sharing ideas with everyone and look forward to the next one.

The chamber address is 11335 Magnolia Blvd., Suite 2-D, North Hollywood, Ca. 91601. If anyone from the area wants to come, please RSVP to us either at 818-762-8001 or on the website as seating is limited.

I will be making an appearance in Santa Monica on Sunday night at a benefit for Best Friends Animal Shelter in Utah. I'm doing a reading to their charity auction and will be doing readings during the evening with the proceeds all going to Best Friends. It's a wonderful facility that truly does God's work with animals in need. I'm very happy to be able to do this for them.

I'll be on KRUZ 103.3 in Santa Barbara on Wednesday, Feb. 25th from about 8:30 – 10:00 a.m. with Bill and Bonnie. We always have such a great time! I'll be seeing clients in Santa Barbara, Ventura and Solvang so if anyone wants a house call reading, please call quickly.

Our kittens, Molly and Scungi, are thriving and into everything. Their Aunt Nina and Uncle Bruce brought them a fabulous kitty condo when they came to visit and they have been having a ball exploring it! I'll include some photos in the next newsletter. Molly is becoming a beautiful, delicate Siamese with a long, graceful tail which she loves to flaunt. (Gandhi, who was her previous incarnation, had the typical short stubby tail of the traditional Apple head Siamese). She has begun to separate the world into Siamese/Not Siamese as she did before as Gandhi. Scungi is twice as big as she and all boy. He's gorgeous. His fur is getting long and is still silver tipped, as was Sam's, and he loves to kiss, just as Sam did. We are so grateful to God for these two. They are the joy of our lives. Grandma Isabeau, who hissed at Sam every day of his life for 81/2 years, keeps out of their way. At 18, she's not much in the mood to play.

Please remember to spay and neuter. Please adopt from a shelter or rescue center. Remember to take your newspapers, old blankets, and food that you are not using to the shelters. They will be so grateful and so will I. Until next time,

Happy wishes,

Patricia