

CONSCIOUS COMPANION

NOVEMBER NEWSLETTER

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BENEVOLENT BEINGS

As I write, we are snuggled up while the wind and rain tap and dance wildly at the window panes. It's a blustery day here in New England; something we rarely experienced in southern California. But we always make the most of less than ideal circumstances.

That's been one of the most empowering lessons I've learned from our fur fam. Rather than complaining, they accept; sometimes even embracing challenging circumstances.

This beautiful benevolent being has become the most amazing teacher for me. Not only does he challenge me to see things in a new way, but he's helped me to become a better human. Every moment I'm grateful for the gift of this powerful teacher and for the blessing of being on this journey with him.

[Click image for full post.](#)



LESSONS FROM LEAVES

Trees create space for next year's growth by letting go of their leaves; returning them to the soil which will later provide vital nutrients back to the trees when the time is right. Autumn teaches us to trust the process of surrendering; letting go can be an empowering path of growth and renewal!



Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let things flow naturally forward in whatever way they like. —Lao Tzu

BE KIND.

Most of us are acutely aware of our own struggles; we are preoccupied with our own problems. But Philo of Alexandria compassionately reminded his community, "Let us be kind to one another, for most of us are fighting a hard battle."

When we feel into this sentiment and accept its truth we allow ourselves to open our heart, to see through the lens of compassion, empathy, and love. When we accept this statement we allow our self to set aside judgment; we become the compassionate observer. We recognize we couldn't possibly know the path one is on and how arduous it might be at the moment. We admit one could never know all of what's happening behind the scenes.

Everyone is struggling on some level; physically, mentally or spiritually. This includes strangers, coworkers, Mother Earth, friends, family, plants, wildlife, lovers, and animal companions. Everyone.



[Click Image for Full Post.](#)

"AUTUMNAL"

Pale amber sunlight falls across
The reddening October trees,
That hardly sway before a breeze
As soft as summer: summer's loss
Seems little, dear! on days like these.

Let misty autumn be our part!
The twilight of the year is sweet:
Where shadow and the darkness
meet

Our love, a twilight of the heart
Eludes a little time's deceit.
Are we not better and at home
In dreamful Autumn, we who deem
No harvest joy is worth a dream?
A little while and night shall come,
A little while, then, let us dream.
Beyond the pearled horizons lie
Winter and night: awaiting these
We garner this poor hour of ease,
Until love turn from us and die
Beneath the drear November trees."

— Ernest Dowson, The Poems and
Prose of Ernest Dowson



AN ATTITUDE OF GRATITUDE



As the world shows its more chaotic side, I have become infinitely grateful for gifts that I took for granted for most of my life. These gifts are Mother Nature and animal companions. Not only do they offer some of our most meaningful life lessons, they help us heal. Some beloveds are no longer physically here, but they are still by our side In Spirit. Regardless of their form, every day I make a point to thank them for being in our lives, and for the lessons they offer.

The images above are linked to some of our most inspiring posts about living In Gratitude. **Click on the images & enjoy!**

GIGGLES, GOOFS & GIVING AT THANKSGIVING

365 days a year, 24/7, we do our best to help every animal to feel safe and secure in and around our home. We continue to counter-condition and desensitize each one to their individual perceived threats. We practice energy management. We strive to set them all up for success. We use tools and techniques to ensure their perceived "threat level" is at zero. We respect boundaries, believe in consent, and factor in FUN! But these are only pieces of the peaceful puzzle. Watch the video below for Holiday Tips for Busy Families (plus some silly bloopers!)



Read the full article [HERE!](#)



That's my girl. My sunshine. My Smile. My whole heaping heart.

When I am down, she lifts me. When I am frustrated she waits for me to become clear. When I am sad she feels it. When my boundaries are out of bounds, she reflects this back to me. When I need space, she gives it. When I grieve, she is near. When I need a nudge to get out of my own way, she gently pushes. When I am stuck in the muck of my mind she pulls me out of it.

We walk. We run. We explore. We laugh. We play.

She is a light in the dark. She is a rock when I need rest. She is unconditional love when I am forgetting to love. She is an angel disguised as a dog.

But most of all, she is my Joy.

I share this with you because we all need someone or something in our life who gives us these gifts. We all need moments of levity, laughter, and love ... 24/7.

Especially now.

We need to remember there are beloveds by our side who are always holding space for our well-being. These beloveds – if we let them – can help our mental, emotional, and physical health, especially during these trying times.

Read the Full Post Here

Feeling Down? Get Up & Get Outside!



ANNOUNCEMENTS

A Trilogy In The Making!

As we find ourselves nearing in 2019, it's more important than ever to be honest and true. Now is the time to stop holding back and playing small; now is the time to embrace our divinity and to tell all.

This book serves to do just that.

We are hard at work to get the first book in this trilogy published! **Read an excerpt**



Behind The Veil Creations™ Conscious Companion has created services for those who want to learn more about what lies behind the Veil.

The Golden Years: If you, or someone you know is struggling with an aging animal companion, there is support! At every moment we can give up ... Or we can give them a life that's Golden.

The Empowered Path: Tips & Tools for Empaths who love animals!

COOL CRITTER DATES

ASPCA's Adopt a Senior Pet Month -Nov
 National Pet Cancer Awareness Month -Nov
[National Pet Diabetes Month](#) -Nov
 Manatee Awareness Month -Nov
 Animal Shelter Appreciation Week: Nov 4-10
[U.S. Antibiotics Awareness Week](#) Nov 12-18
 Christmas Bird Count Week - Dec. 14 - Jan. 5
 International Cheetah Day - December 4
 World Wildlife Conservation Day - December 4
 National Mutt Day -Dec 2
 World Wildlife Conservation Day -Dec 4
 National Day of the Horse - Dec 13
 International Animal Rights Day - December 10

