

Help Yourself by Helping Animals In Need



Freedom The Eagle, from Sarvey Wildlife Rescue and Care Center in Arlington, Wash., pays an in-studio visit to Martha during her radio show,

Happy New Year! OK then, the holidays are over, the New Year is beginning and our economy is a wreck! So many of us right now are cutting way back on expenses and wondering just how we are going to survive. Some of those hit hardest in times of recession are our animal charities. When we cut back, one of the first things to go is often donations. I know because I interview several animal rescues and shelters every month on my radio show. I can tell you that they are all hurting right now. Everyone I have interviewed has talked about how much donations are down from last year. If things continue, it is only a matter of time before many will need to consider closing their doors. That would be very sad for our animal friends.

So I ask you to consider this: My spiritual education has taught me many things about how life works and the spiritual laws that affect us. For example; like attracts like, thought directs energy, everything going on around us is a reflection of what is going on inside of us, we attract to ourselves what we need to learn and grow from and what you put out, you get back, just to name a few.

I have learned that abundance, in this case money, is an energy or vibration. Therefore, the flow of that energy to us is influenced by what we do. I was taught that in order to receive, one must give. I learned that whatever you put out, you get back ten-fold. It was recommended to me that I donate or tithe 10% of my monthly income to a charitable cause or organization. Over the past 20 years or so, I have learned that this is all true. So, no matter how low or sporadic my income, every month I always tithe that 10% and I always seem to receive whatever I need as a result.

I am encouraging you to do the same, as the best way to increase your income is to start giving some away. Since animals are my passion, I am suggesting you consider giving to one of the many animal related non-profits in our area. I am a fan of keeping it local and supporting our own as opposed to funding the huge national organizations. Some of them are so large it is very difficult to know if the money actually goes to help the animals.

There are shelters, rescues and sanctuaries for pretty much all kinds of animals in our

area. So, depending on what type of animal you have in your heart, you ought to be able to find a local organization that is caring for them and needs your help.

I would like to share with you a little about some of my favorites and those I believe are most needy at this time. This is not, by any means, going to be a complete list but hopefully will inspire you to look further if your heart animal is not included. More details and all contact information on these groups



Our Animal Friends

by Martha Norwalk

and many others, can be found on my website, listed below, in the Shelter section.

Horses: My pick here is the Equine Rescue Association in Marysville, Wash. It is run

by Dr. Vel Moore and I just adore her. She is such a character and truly a gift to horses and kids. I especially

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