

## Cold Weather Tips

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cat is used to always going to the bathroom outside. The time may come when the weather is just too bad for them to be willing to go outside so just in case, maintain an indoor cat box for emergencies.

Cats that go through cat doors to boxes in garages or basements may not want to use them if it gets too cold. Also, if your cat friend is older or has developed physical problems, they may feel too vulnerable to go outside and an indoor box may be necessary to accommodate them.

Next on my list is winterizing your car. If you do this yourself be very careful with antifreeze. It is toxic and deadly to our animal friends as well as being attractive to them at the same time. Please use non-toxic, safe antifreeze.

If your animals spend extended periods of time out of doors in very cold weather be sure they have dry and reasonably warm shelter. They also need fresh, clean water especially when the temperature drops below freezing.

Another interesting fact about this time of year is that all bodies, animals as well as humans, need

more balanced omega fatty acids during cold weather to maintain healthy skin and hair coats. The need for balanced omega 3 and 6 oils is amplified for our animal friends when we turn on our indoor heating systems because this can dry out their hair and skin. I suggest adding the Missing Link supplement by Designing Health (I like this product specifically because it is human quality and has both omega 3 and 6 oils) to their food as an easy solution.

Lastly, dogs need regular exercise even when it's cold or wet and heck, we do too! So, keep it up!

*Martha Norwalk is an Animal Behavior Therapist and host of Martha Norwalk's Animal World, Sunday mornings, from 9 a.m. to noon on Alternative Talk AM 1150. She can be reached at Martha's Canine, Feline and All Creature Counseling at (206) 525-2016 or www.marthanorwalk.com. For a free, no obligation telephone evaluation or to make an appointment for Martha to work with you and your animal friend, give her a call.*

## The Sun Is Always There

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**reach that sense of conscious awareness?**

Mada: This is a universal question. I'm going to try and answer this a little differently. I can answer it as a teacher who would say you need to meditate and find your inner stillness and center. To do that you need to witness yourself, your emotions and your body. You need to take some time to just keep watching. That would be something you need to do anyhow.

What I would like to share on top of that is it is very simple to come to the place of stillness once we express our suppressed thoughts and emotions. Our difficulty is created by all the thoughts, conditions and beliefs that are in our energy and in our body. That's when going within becomes difficult because there are so many programs that are in our body. It's not just in our head because our whole body is like a mind.

Basically, once you express those thoughts and emotions, automatically that peace, that knowing, that stillness, the witness

of consciousness automatically comes in. It's like when there are lots of clouds in the sky, you don't see the sun. Once the clouds start dispersing, the sun is there. You don't have to create the sun. It is always there.

The same thing is with our consciousness. Our consciousness is within us. The unconsciousness is like the clouds which are the thoughts and emotions. Our identification with the clouds is like when we forget that there is a sun. By releasing those clouds we quickly come to see and then there is that connection with the inner knowing. With that, nobody can condition you to say otherwise anymore because you have actually experienced the truth that all the mystics are talking about.

**Judith: So is releasing the clouds just becoming aware of what those clouds are?**

Mada: Becoming aware is the first step. Allowing your self to express it freely is the second step. I know it is confusing how to find something with the mind. It's easier when somebody else sees it, but I want to teach others how to get there themselves.

It's important that everyone takes responsibility for their own healing. The power is within your self. The fear to own your power has to do with mistrust in yourself. If you trusted yourself you would act on your power. The whole work is basically how to undo the things that have sabotaged your self-trust by getting in touch with what they are. We're going to become authentic by allowing ourselves to express what we have been suppressing. That's how we're going to heal ourselves. That's the whole concept of healing into consciousness. Basically you have to be authentic first and by being authentic you're going to start experiencing your inner strength. The inner witness is where the inner power exists.

*Mada will be offering a seminar on Dec. 6 at Bastyr University. The focus of the seminar will be to welcome your pain because it has a message. There is something in discomfort that will help you transform your sadness into joy. For more information about Mada Dalian, her book and upcoming seminar, visit www.madadalian.com.*

*Judith Campanaro is an art therapist who can be reached through her website, www.judithcampanaro.com.*

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