

Feline Feng Shui Author Interview

Paula Brown reveals how pets influence our life spaces in “Fur Shui.”

By Stacy N. Hackett

Paula Brown and her cat, Boomer1. What was the inspiration behind the book?

The inspiration for “Fur Shui” is the recognition of the unconditional love our animal friends give to all of us. The intent of “Fur Shui” is to bring a deeper understanding of this natural love between people and their animal friends.

I wanted to show a different way an animal shows its love for its people, to let people know that yes, our animals have this love energy that affects every aspect of our home space as well as our hearts.

Being an animal communicator, I visit clients in their home spaces for consultations. My observations gathered from being a Black Hat Feng Shui practitioner let me notice that certain behavioral comforts and discomforts of our pets were reflecting in the life spaces outlined by the classic Chinese Feng Shui map, the bagua.

Using the Feng Shui bagua as my guide, I came to the conclusion that our animals are actually natural masters of the energy the Chinese call “chi.” This chi lives and makes up your life spaces, home and work areas. My communication visits and talks revealed that animals seemed to be using the natural energies people have in their life spaces to either help them or their people. Animals naturally know the different energies of our home and in many cases point out what is flowing and not so comfortable.

Putting my Feng Shui practitioner’s knowledge together with the results from my animal communication inspired me to encourage people to take a bit of an unusual and new look at how they can relate to their animals. The book describes a new way to explore and gain understanding of how both people and animals add to their chi.

2. What was the most difficult part of writing the book?

The ancient science or art of Feng Shui can be looked upon with a bit of skepticism or as something that is expensive or hard to do or understand. One can get very involved with Feng Shui, and I wanted to keep things easy and simple and then put in a conversational, fun voice. So, keeping things easy, fun and short at times was challenging.

It was most difficult to keep things in general terms so readers would be encouraged by their imaginations to find their own tips and cures to help their animals as well as their life spaces. I did not want to simply write a list of tips for Feng Shui success for each life space, but I wanted to give people easy tools to use as reference for their own personal needs. Writing in lay-person language with an animal’s voice or point of view seemed to be a great way to accomplish this. Still, it was difficult to give just enough rather than too much information. Mostly, creating “Fur Shui” was fun.

3. What was the most rewarding part of writing the book?

The most rewarding part of writing “Fur Shui” was the book’s actual process. It was a true journey of creating something different, creative and new that could benefit both animals and people. For me, it was exciting to hear people laugh when I mentioned the title, then so great to see people light up when they asked questions about how it works. It was nice to see people becoming more aware of the possibilities of energy, of the invisible forces that contain love and nature.

The journey of writing this book gave me new wonderful friendships, as well as a deepening of love between my two cats, Rocky and Boomer. The rewards are countless and continue to be added into my life. I am very grateful for all my lessons of love, patience, support, new learning and friendships.

4. What type of feedback have you received so far?

Lots of smiles and lots of questions. I am signing many copies to fur folks’ names as well as their people. I’ve enjoyed seeing so many pets arriving for a book! Many people tell me that they can’t wait to try out the methods outlined in the book, while some people have bought the book simply because they like the illustrations. They know nothing about Feng Shui, but the book makes them feel good. That’s a great compliment for me.

Another great comment is that the book is simple and easy to understand, while the illustrations are very fun. The book is traveling all over, and has been sent to Canada, Spain and England as gifts. "Fur Shui" also has been placed in stations at a beautiful hair salon in Beverly Hills! I am amazed at "Fur Shui's" travels and appearances so far.

5. What is your writing/editing process?

Being a graphic designer and artist, my writing process was a bit turned around. I had the concept, and I drew most all of the illustrations first. Then I organized and wrote the book. "Fur Shui" officially began when I was on holiday in Hawaii. While working on a much different idea for a book, I started drawing, and "Fur Shui" was born.

To write the book, I found I needed a beautiful, quiet space away from my home studio. I made it a point to carve out writing and design time during the morning. Several days a week, I scheduled 3 to 4 hours of "book time" devoted to "Fur Shui" when I didn't answer phone calls or send e-mails. You could find me early in the morning in coffee shops with notepads, my laptop and a sketchpad while away on vacation. I planned weekend getaways to spots by the ocean and other places that I found beautiful while I worked on the book.

When the book was nearly completed, I asked several Feng Shui experts to review it. I also asked a wonderful artist/illustrator associate to make comments. I reworked the content and had it reviewed again until I felt the book was solid.

6. Do you have any other books?

"Fur Shui" is my first book. I am learning all about the purpose of being a new author, publishing and the many things that new authors face. Hopefully "Fur Shui" will be the first of many books that will help people find their own purpose, passion, love of animals and nature.

7. Do you currently own a cat or other pets?

I am the person for two loving cats, Rocky and Boomer. They have been my family for 13 and 14 years respectfully and have taught me many lessons of love. Rocky is a wise and loving shorthair orange tabby with big golden eyes that look right into your heart. He is a thinker and very wise old soul who greets me with purrs and insistence at an early hour of 6 a.m. and gets my day going. Rocky is definitely my teacher who reminds me that it is important to nourish myself as well as others.

Boomer is my strong gray tabby who guards both my heart and home. He lets me know immediately if he approves or disapproves of the folks I invite into my home. He is a very good judge of character! Boomer also brings me his toys as gifts almost every morning and evening, telling me how much he loves me and letting me know he is a great hunter and protector.

8. Do your pets influence your writing?

Rocky and Boomer are my muses, and both sit with me in my studio while I work at home. Boomer reminds me it is time to eat by putting his paw on my leg and giving a soft meow. I sometimes lose track of time, and they let me know when I need to eat lunch or take a break! Boomer also sits along the back of my chair as I write or work — always there supporting my efforts.

Rocky jumps on the desktop and runs across my keyboard when I have worked too long and need a break. He sits on top of my work sheets and gives me either approving or not-so-approving glances of "get to work" or "job well done." While I travel, Rocky's voice is always with me, adding encouragement.

During my remote animal communications either or both cats will come sit by my shoulder or alongside me and purr. They are the ones who I feel originally inspired me to write "Fur Shui," and the book carries their attitude and warm expressions of joy.

Stacy N. Hackett is a contributing editor to CatChannel.com who lives in Southern California with her husband James, children Kayla and Parker, and two adorable Cornish Rex cats, Evita and Carson.