

## Modern Feminine Community



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There is great power in sisterhood! Many women don't have deep, authentic connections

with other women. Our history of competitive experiences, cliques, backstabbing, and negative interactions with some women can affect how we interact and trust women. This is detrimental for our health and well-being. It is very important at this time for us to find each other, connect, and work together in deeper ways.

Women empower each other in a way no one else can. Our greatest power comes from being in community where we build ourselves while building each other, simultaneously. As the natural empaths and the emotional thread of humanity, we clear and rebalance by gathering. It is important for us to heal this disconnect that is prevalent in our world—both personally and collectively. We need each other in a

positive way. We are all women, and we have the same issues, concerns, worries, and unbalance. We may approach things differently, but supporting each other in our effort to build our families and communities is the way to create future health and happiness.

We need to have women in our lives with whom we can be our authentic selves—not the image or roles we play. We need women with whom we can be our greatest glory and our biggest mess. This is paramount to us thriving and being powerful. Deep, true connections are the healing oil we seek to build ourselves authentically. Connecting this way, we realize we are all the same. We are the web that holds the world together in all the social ways. Finding peace and comfort in each other is the call of this divine feminine movement. We are the nourishers, and we need to find ways to nourish each other deeply. We also need each other to remind and support us to nurture ourselves fully and rightly.

The "Sacred Sisterhood" movement—using healthful practices to connect and commune—is on the rise. We offer a Sacred Sisterhood Circle once a month at The Room at Meadowbrook to support women in learning about their femininity and how to embody it. We can gain greater understanding of our feminine truths and share this with all our communities of women, whether for business or pleasure. It is our time to raise ourselves and other women to the power of sisterhood, creating a healthful, collaborative modern feminine community that supports all those we touch.

**To register for one of these events, call 215-813-4073 or go to [www.theroomatmeadowbrook.com](http://www.theroomatmeadowbrook.com) on the classes page:**

**Sunday Celebration of Spirit in Our Lives**  
Sunday, 9:30 am, Dec. 2, 16 Jan. 6, 13, 20, and 27.  
Donation appreciated.

**Holiday Open House Potluck Celebration**  
Friday, 6 pm, Dec. 7. Please bring a small snack.

**Jin Shin Jyutsu Self-Help Class,**  
Wednesday, 7 pm, Dec. 12, Jan. 16, \$15

**Sacred Sisterhood Circle,**  
Thursday, 7 pm, Dec. 13, Jan. 17, \$15

**Sound Bath with Sharon Kachel,**  
Tuesday, 7 pm, Dec. 18, Jan. 22, \$20

**MSIA Soul Awareness Home Seminar,**  
Friday, Jan. 18, 7 pm, Free

**A Day of Raising the Energetic/Vibrational Bar with Diane Wind,** Saturday, 11 am-1 pm, Jan. 19, \$52

**Sensual Dance in Our Temple Body,**  
Mondays, Jan. 21, 28, Feb. 4, 11, 7 pm, \$15

**Free Day of Holistic Classes,**  
Saturday, Jan. 26, 9 am-5 pm

**Essential Oils for People and Pets,**  
Wednesday, Jan. 30, 6:30 pm

**Love Yourself Spa Day,** Saturday, Feb. 9, by appointment. Half-day or full-day options offered.



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## Holistic Pet Care: What About Acupuncture?



Suzanne Walski, DVM, MSS has an office in Ottsville, PA. She established Meadowbrook Animal Hospital, 1987, now called Meadowbrook Animal Healing, and soon to be Meadowbrook Healing Sanctuary, for people AND pets!!!

Well, you made it to my office with your furry friend and lots of information for me to put the puzzle together on your pet's "projects". I like the word "projects" much better than "problems"!

When is acupuncture an appropriate choice? Every animal can benefit from an acupuncture treatment, but is it the best approach to resolving the current issue? Many animals may not allow it because they are presently too painful or they just will not allow needles to be inserted.

It is used most often when animals are paralyzed

or having a difficult time walking because of spinal disc disease. Acupuncture helps with pain management. The needles are placed into the skin along energy pathways called meridians. Most animals come to enjoy this treatment which lasts about 20-30 minutes.

The number of treatments is determined during that first visit along with the treatment intervals. The most common scenario is 2-3 times the first week, 1-2 times the second week, and then weekly. Usually within 4 sessions, there will be signs of improvement, which can help predict the timing of further treatments. Along with acupuncture, I will send home Chinese herbs that also help with the energy or Qi (chi). One of the overall reasons for acupuncture is to help keep the Qi moving in the meridian paths, because, when Qi is blocked, it can result in pain. Next time, think about what else can be utilized to help your pet's "puzzle project"!



Suzanne Walski  
DVM

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**ANIMAL HEALING**

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