

## What Is Femininity?



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Femininity is not just about woman. It is a pole of expression just like masculinity. There are two ways of doing. Femininity is considered more experiential—doing for an experience, to enjoy, to relish, to create...often without an end goal. Masculine expression is results oriented. It focuses on achievement.

Today, there is a call for a more nourishing experience of life. Doing with never-ending production and no rest is exhausting. When femininity participates, the sensations of the experience are central. The color, texture, smell, style, and sound—the full experience is the motive. Masculinity drinks coffee for the energy boost. Femininity will delight in the smell, the flavor, the presentation, the cup, and the sensations of it.

This feminine is about rest, release, and receive—taking time to commune with others, relax and enjoy. Having a monthly cycle of

letting go, a renewal, supports adaptability, changes, and rebirth. The feminine allows and accepts difference, is less competitive and more compassionate by nature, and is receptive, flowing, and open. It invites wisdom, creativity, advice, and others to be with it and moves at a slower pace to experience fully and enjoy what is here right now. That is the call of this shift—to be more nourishing, slower, and quieter...yet fully engaged in all of life.

**The Room**  
at meadowbrook

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## HOLISTIC PET CARE: What Is Laser Therapy About?

*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!!!*



When you come to my office with your pet, I have fun taking all the information you bring (the puzzle pieces, as I call them): medical, nutritional, treatment plans—all that has been done or is currently happening. These are all important to help put the puzzle together, to help in the healing of your pet's medical project.

I have incorporated a modality that is helpful in almost every medical condition: therapy with a P4 K-Laser. This is a device that delivers 4 different wavelengths of energy-light therapy to aid the body's healing process. Most important, it works at the pain and inflammation level where healing needs to begin when cells are damaged.

The laser reduces pain caused by irritated nerve endings, and it dilates blood vessels to bring in more blood cells to help with inflammation and the exchange of an increased amount of oxygen for tissue repair. The body heals itself with the correct tools, and laser therapy is a tool that I use for almost every condition. It can be used along with chiropractic care and acupuncture during the same treatment. In some situations, it may be the only therapy because an animal will not allow the injured area to be touched.

I use the laser for chronic issues like arthritis in knees, hips, and even the spine. For acute injuries like muscle sprains/strains, it works very quickly. Old injuries to tendons and ligaments can be helped by increased flexibility to the tightened/scarred area.

The number of treatments is based on each animal's condition, but it averages about 6. Sometimes, we see a response after the first application! Most animals have such a great response that owners continue treatments on a regular weekly to monthly basis. My clients tell their pets, "Time to go to the spa!"



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To register go to  
[www.theroomatmeadowbrook.com](http://www.theroomatmeadowbrook.com)  
and open Calendar of Events

### April Workshops-The Room

**Angel and Fairie Tarot Card for Beginners**  
Wed. April 10, 6:30-8:30 pm, \$75;  
includes a deck of cards.

**Sacred Sisterhood Circle**  
Thurs. April 11, 7 pm, \$15

**Reiki Share**  
Sun. April 14, 1:30 pm, \$5

**Discover Your Authentic Voice with Alyssa Martin**  
Tues. April 16, 7-9 pm, \$35

**Intuitive Healing with Dustin Parent**  
Fri. April 19, 7-9 pm, \$25

**Easter Eve Seminar with John Morton, MSIA**  
Sat. April 20, 6-7:30 pm, Free, Bring a snack

**Sound Healing with Sharon Kachel**  
Tues. April 23, 7 pm, \$20

**Bach Flower Remedies for People and Pets**  
Wed. April 24, 6:30-8:30 pm, \$20

**Dance the Chakras**  
Thurs. April 25, 7 pm, \$20

### May Workshops

**Sunday Morning Celebration of Spirit in Our Life**  
Sun. May 5, 9:30 am, FREE

**Gallery Style Angel Oracle Reading**  
with Gwynn Groggan  
Wed. May 8, 6:30-8:30 pm, \$25

**Magnetizing Women's Health**  
Thurs. May 9, 7 pm, \$20

**Meet the 9 Healing Angels**  
All-Day Workshop with Wendi Rose  
Sat. May 10, 9:30 am-4:30pm, \$115.00

**Reiki Share**  
Sun. May 11, 1:30 pm, \$5

**MSIA Soul Awareness Seminar**  
Fri. May 17, 7 pm, FREE

**Intro to Crystals with Caitlyn**  
Sat. May 18, 2-4 pm, \$35;  
Small stone collection included

**Full Moon in Scorpio Celebration**  
Sat. May 18, 7 pm, FREE

**Sound Healing with Sharon Kachel**  
Tues. May 28, 7 pm, \$20

**Essential Oils for Pets and People**  
Wed. May 29, 6:30 pm, \$20