

HOLISTIC PET CARE: Flower Essences and Essential Oils

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!!!



I am a Certified Bach Flower Practitioner for people and now have incorporated the use of flower essences for pets. Our pets very definitely have emotional patterns similar to those we experience on a daily basis. I ask you some questions about how your pets act or react in situations to help determine which flower essence can help them overcome a challenge.

It has been my experience with my own personal "rescue" pup, Bart (he is the little Chihuahua-looking dog in my photo!) that giving him his "flowers" on a daily basis makes for a happier Bart. It helps me live with him and what I like to call his "special needs".

Rescue animals usually have gone through some strife, and they can become imbalanced in their emotional states, with FEAR being one of their primary emotions. Another common condition is anxiety/frustration. These animals often will overreact to situations because they were bred for a certain behavior, and they need a job to release the energy building up inside them.

Emotions after all are just energy in motion. An example would be a dog that is used to digging/hunting vermin out of the ground. It may be totally impossible to stop a digging problem in this dog. That being said, I have had success using the Bach Flower Essences along with increased activity to help an obsessed digging Jack Russell terrier.

Another way of helping pets with issues is the use of Essential Oils. Although I personally am not trained in their use, I have seen their effectiveness in pets. I understand the principles of their use and can refer owners to people trained to help incorporate oils into the pets' daily lives.

In fact, for those who want to learn more, I organize an intro class for both of these modalities at The Room at Meadowbrook. As a pet mom/dad, learning what is available as a tool for healing in your pets' bag of tricks is very important!



Suzanne Walski
DVM

**MEADOWBROOK
ANIMAL HEALING**

610.847.2776

4089 Durham Road, Route 412
Ottsville, PA 18942

www.suzannewalskidvm.com

Celebrate Being Queen of Your Dominion!



Lyn Hicks is a published Author of *The Lotus Project*, *The Art Of Being a Woman*, Sacred Feminine Arts Educator/Mentor, Eastern Movement Instructor, Organic Flower Designer and Coordinator for The Room at Meadowbrook. 215-813-4073 www.lynhicks.com.

So often we are doing for, caring for, celebrating, and honoring others. We create all the wonder that supports others as they accomplish, achieve, complete, and thrive. Imagine if we did these things for ourselves. How magnificent we would feel?

If we honor all the things we do, celebrate our care, and notice our kindness, we would feel really good about ourselves! Why don't we do this? What beliefs stop you from reveling in your magnificence? How do you criticize or request too much of yourself with no acknowledgment?

This season has many celebrations, and we will be the coordinators of all the fun. Let's take a moment to really revel in ourselves for this! Let's support other woman by complimenting and honoring them for that graduation or family gathering. Let's consider as we celebrate everyone else that we too

deserve congratulations—feeling wonderful for all we do, creating the sacred space, honoring others, bringing people together! None of this happens without us.

As women, we create health, relaxation, beauty, and groundedness by acknowledging and recognizing ourselves for what we do for our worlds! Not martyrs, exhausted by over-care—but Queens of our dominions in a glorious way. Wear that crown, Ladies!



4089 Durham Road, Route 412
Ottsville, PA 18942

Lyn Hicks • 215 813-4073

www.theroomatmeadowbrook.com

To register go to
www.theroomatmeadowbrook.com
and open Calendar of Events

June Workshops

Sensual Dance in Our Temple Body
Mondays in June at 7:00 pm \$15
or \$50 for all classes
Register lyn@lynhicks.com

**From Anxiety to Flow,
Woman's Health**
Thurs. June 6, 7 pm, \$20
Register lyn@lynhicks.com

Gene Keys Study Group
Wed. June 19, 7 pm, \$5
Register srw@epix.net

**Coming Home to You
with Heidi Garis**
Friday, June 21, 7-9 pm, \$35
Register 215-453-1418 or email
heidi@tapintoabundancenow.com

**Sharing Your Gifts!
Free Woman's overnight Retreat**
Sat. June 22 12- Sun. June 23 1 pm.
Space limited, free
Register lyn@lynhicks.com

Sound Bath with Sharon Kachel
Tues. June 25, 7 pm, \$20
Register attunedwithspirit@gmail.com

July Workshops

Sunday Celebration of Spirit
Sun. July 7, 9:30 am, Free
Register email srw@epix.net

Reiki for Children
Sat. July 13, 1-4 pm, \$100
Register
holyfeathersreiki@yahoo.com

**You Can't Afford a Luxury
of a Negative Thought**
Wed. July 17, 7-9 pm, Donation
Register srw@epix.net

Sound Bath with Sharon Kachel
Tues. July 30, 7-9 pm, \$20
Register attunedwithspirit@gmail.com

Essential Oils for Peoples and Pets
Wed. July 31, 6:30 pm, \$20
Register srw@epix.net