

Sunflower Oracle



Winter 2021
HAMILTON KIRIKIRIROA

Amarda La Bella 2021

Sunflower Oracle Wellness Network

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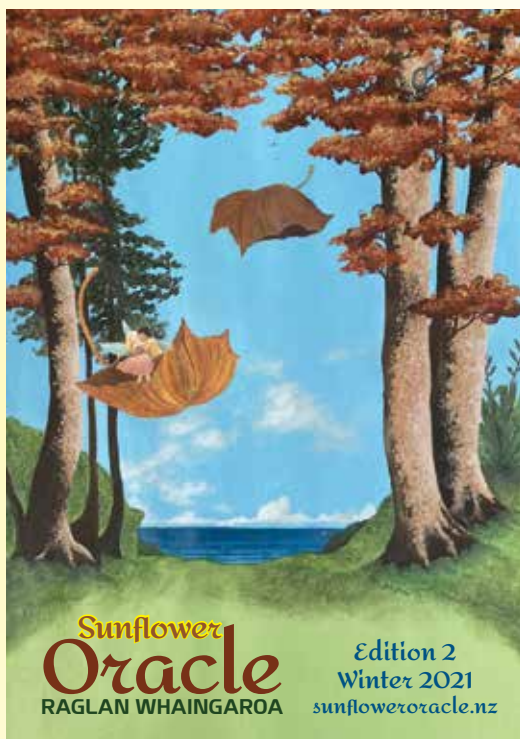
Sunflower Oracle

HAMILTON KIRIKIRIROA

is a sister publication to

Sunflower Oracle

RAGLAN WHAINGAROA



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The content of Sunflower Oracle magazine is for educational and informative purposes only and is not intended to serve as medical or professional advice. You should consult your physician, other health care professional and the healer to determine if the modality is suitable for your unique needs.



Welcome Editorial

Vicki Shannon

Welcome to this Winter edition of the Sunflower Oracle! It is with great pleasure and excitement that we bring you the inaugural edition of the Hamilton Sunflower Oracle.

As the world has a greater need to awaken and raise their consciousness, the Sunflower Oracle is creating a community of connected energy healers, holistic health and wellness practitioners.

We welcome people to browse through the Oracle to connect more deeply to themselves and to the principles of Mother Nature, Universal Love and spirituality.

The connections with the Hamilton community are only just beginning. It is wonderful and enlightening to meet so

many practitioners that deeply care about what they do and are available for you to connect with this Winter.

It is important to be self aware throughout winter. You may find yourself longing for the warm hot sunny days or more daylight. You may find yourself feeling blue or getting irritable. Listen to what your body is saying! Make the most of the time you do spend in nature such as a walk on a beach or a moment to dig your toes in the dirt. Be mindful and present in those times. Winter can be just as beautiful as Summer. Take the time to notice the beauty of this season as we look forward to the next.

Fire is a great element to draw on in winter. It is warm and comforting, motivating, joyful and attractive. Fire is an active element so if you find yourself getting the winter blues do something active. It could be a ten minute morning yoga or an ecstatic dance to your favourite hit from your teenage years. Invoke the energy of fire with this mantra as you move "I embrace the warmth and passion of fire".

Winter blessings to you all.

— Vicki, on behalf of Brian and Ronja, the Oracle team.



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Sunflower Oracle

HAMILTON KIRIKIRIROA

Edition 1, Winter 2021

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& Ronja Skandera

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Infinity Spiritual Centre

Infinity was born in 2006 when Barry took ownership of a books and crystal shop. It was his intention to have a haven for like minded people, somewhere that truth seekers could go, find answers to their questions and be met with understanding and support.



In 2008, Infinity moved to a bigger shop with space to hold classes, films, seminars, concerts and courses.

The dream is ever evolving, in 2019 Infinity moved again. There is now even more space for products, healers and classes. As well as a monthly Spiritfest.

2021 brought more changes. Infinity is embracing the age of Aquarius with the addition of Female Energy at the helm. Barry has been joined by his daughters Amanda and Nina which has brought a new direction and pace. We also have a wonderful team of very gifted healers and readers in store.

There has always been a family dream to provide a space where people can have

a relaxed experience, to be able to shop, have a healing and a coffee or bite to eat.

This dream came into reality and ARK Infinity cafe was born. ARK stands for 'Acts of Random Kindness' something we embrace wholeheartedly at Infinity.

So come on in, grab yourself a coffee, healing or gift, or pay it forward with an 'ARK' in the cafe. There is always something new in store, so you never know what treasure or experience you will discover....

Namaste, Barry, Amanda and Nina

INFINITY SPIRITUAL CENTRE

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A banner for 'Spiritfest' featuring colorful mandala designs on the left and right. The text reads: 'Spiritfest' in large yellow letters, 'Third Saturday of every month' in black, 'Meet our Healers and Readers' in red, and 'Grab a 30min taster appointment for HALF the usual price!' in blue.

Spiritfest
Third Saturday of every month
Meet our Healers and Readers
Grab a 30min taster appointment for HALF the usual price!

Angela Kerkhof

Yoga, Massage, Meditation

An upbeat kinda girl, journeying through life on a spiritual tide. It makes me feel alive to help others be more aware of their limitless possibilities.

I can support you on your journey with:

- Yoga – for all levels and to your body's capabilities
- Guided Meditations – Lunch times and Full Moon meditations
- Therapeutic and Sports massage

Therapeutic and Sports massage has physical, mental and emotional benefits. It will help reduce the effects of long term illnesses, relieve muscle tension, improve clarity, lower anxiety, helps to reduce injury, energizing, and is great for mental health

Massage not only supports muscle repair and decreases risk of injury, but also improves circulation and wards off stress. A good massage can restore mobility to injured muscle tissue and reduce fatigue. This allows you to work harder with more efficiency.

I am looking forward to working with you on your health and

wellbeing journey. Please feel free to contact me.

Blessings,

ANGELA KERKHOF

angeblaikie@yahoo.co.nz

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Also at Infinity Spiritual Centre Hamilton



Diana Innes

Psychic Reader



Diana has over 40 years experience in providing readings to guide people in their lives. She is a deep seer and can reflect unseen parts of you back to you.

Diana is a truth seeker and has studied various forms of numerology, syncretism, and galactic life forms. If you are at a crossroads in life, feeling lost and confused about which direction to take, or need clarity on love, work, health or finances, then a reading with Diana will be highly valuable to you.

Diana's services include:

Psychic readings (30 or 60 minutes)

Using several divinatory tools including Tarot and Oracle cards, and the significance of your numbers and chemicals in this lifetime to decode why you are here. During a reading, messages come through from loved ones and Diana's spiritual team. If you are concerned about energy attachments, Diana can see these and advise.

Death transition

If you have questions about a loved one who is in the final stages of their life, then Diana can support you because she has first-hand experience of losing her son and supporting him with his transition to the light.

She also supports the

Ascended Masters to transition in and out of Earthly life and this is one of her remarkable spiritual talents.

If you need guidance from a supportive and authentic reader with advanced spiritual gifts then book now.

DIANA INNES

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Sessions via Zoom or Skype

Also at Infinity Spiritual Centre Hamilton

Certified Feldenkrais® Practitioner

The Feldenkrais Method® (pronounced FELL-den-krice, rhymes with “rice”) belongs to the field of somatic education.

It uses gentle movement and directed attention to help people learn new and more effective ways of doing what they like. In plain terms, it’s an easy way to reduce pain and be more in control; the movements involved are often slow, gentle and safe.

The health benefits are muscular ease, increased vitality, fewer pain meds, but also mental wellbeing and better self-care.

It is taught through group classes (Awareness Through Movement®) or individual hands-on sessions (Functional Integration®).

My journey towards becoming a Feldenkrais® practitioner started from the desire to help my child who had had a stroke at just 40 days old. While originally I’ve been looking for ways to support children with special needs and their families, I now love taking care of mums at any stage of their mothering journey. I am also fascinated by all things brain, and in my work with people living with persistent pain, I combine gentle movement, skilled touch and pain science education.

I teach group classes in Hamilton, including

Pregnant Pauses® and Pelvic Floor workshops, and offer private sessions in Gordonton and Hamilton.

ALINA KOMNATNAYA

Certified Feldenkrais® Practitioner
Member of the Feldenkrais® Guild NZ
Pain science educator
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In the Zone Healing with Glenys Earle



Glenys is passionate about helping people achieve greater wellness and vitality through her work as an Energy Healer. She believes it is our birthright to experience full health, joy and vitality.

As an energy healer Glenys can work directly to correct imbalances in the various subtle energies, or chi, that flow through and around your body. These energies include the chakras, meridians and aura. She also tunes in intuitively to uncover and release blockages at emotional or soul levels that are the underlying cause of the issue you are experiencing.

Glenys began her training in 2000 with Reiki energy healing, and since then has added ThetaHealing, Eden Energy Medicine, Akashic Records soul reading, flower essence therapy and soul dream analysis to her "toolkit".

These are all tools and techniques that she has learned and used successfully for her own healing journey first. With her original training in Physics, Glenys has a deep understanding of energy from the scientific quantum perspective.

An individual healing session with Glenys typically lasts one hour, and can be in person or online via Zoom. After a healing session clients almost always report feeling happier and lighter, as though a burden has been lifted.

Glenys also runs workshops to help overcome issues such as fatigue, insomnia, stress and anxiety, in which she teaches simple energy medicine techniques that are easily learned and applied.

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IN THE ZONE *Healing*

Falling In Love With Meditation

There are many misconceptions surrounding meditation and what it really is. Meditation is not sleeping sitting up. Meditation is not sitting still and thinking. Meditation does not require you to empty the mind.

Meditation is taking the time to simply stop and be with yourself.

With a habit of overthinking and over analyzing the little things in life, meditation has helped me to calm down my thoughts, look at the positive things in life and just slow down. It sets up my day and teaches me to stop focusing on the negative thoughts that used to consume my mind. After leaving a ten year marriage with two kids, I had lost touch with my true self. I turned my back on my old life in pursuit of a new one which came with lots of challenges, unkindness and betrayal. I began to meditate to find out who I was – to figure out the true essence of who I am, the things I enjoy in life and the direction I want to take. This was not an easy task but I found myself looking forward to my morning meditations and feeling out of sorts when I wasn't able to have this time.

It has been an interesting journey since discovering a passion for meditation and it will be a journey that will never end. I share this with you today in the hope that it may inspire someone else to begin their own practice (and it is a practice, as some days are not as easy as others and no day is ever the same).



Meditation has many benefits:

- Lowers blood pressure
- Reduces heart disease and the possibility of cancer
- It is a fountain of youth – look younger by 12–15 years
- Increases productivity
- Boosts cognitive function
- Can help with insomnia
- Boosts immune system
- Decreases muscle tension
- Reduces anxiety and depression
- Increases feelings of peace, happiness and contentment

Beginners advice on how to meditate:

The key is to start small and make your practice manageable. One minute a day is better than nothing. Find a space that is free from distraction and where you will not be interrupted. Sit comfortably, ideally on a cushion with your legs crossed and your arms in your lap but don't stress about it – just sit. Lying down is not recommended as your body will naturally want to sleep, but if this is the most comfortable for you then go for it.

Do not stress too much about the best postures, the best space, or the perfect time.

I begin my meditation practice with a basic body scan exercise where you take three depth breaths and then name each part of your body from your toes to your head. As you name each body part imagine it is becoming completely relaxed. Expect your mind to wander during the scan – if this happens just bring your awareness back to your body.

Once you feel comfortable with this exercise I would suggest finding some guided meditations online that you enjoy or attending a meditation class or session. Don't be too harsh on yourself. Every day will be different! Some days it will be easy to sit still and meditate and other days it won't. Accept it for what it is. Go easy on yourself. And begin today!

– Vicki Shannon

Carolyn Fox

Tranquil Light Medium

I am medium and a healer. Coming from a long line of mediums going back generations, it has been so nice to have the support growing and learning my gifts.

Often people require a healing to enable them to move forward or to receive clear guidance. I work with cards in my readings and healings, often combining both depending on what a person needs.

My readings are done intuitively using messages from spirit, helped along with what I can see in the cards. I check for energy flow through the body and find areas that need focusing on.

Cards and crystals guide and assist in healing. My goal for everyone is to leave feeling refreshed and comforted with a sense of peace and understanding.

In between this breath and another is where our Hearts find the stillness within the song of the Universe.

This is where I will greet you with love's embrace.

Whispering our truth, I am not over there, I am here, right where you sit, be present with me and receive my gift.

I am as close as your next breath.

Feel with me, remember your Light, Listen without judgement.



*Seeing from within, our hidden faces,
hearing our silent message, surrender to her voice.*

Bringing you home to Spirit. So you will know there is only this.

– Written for me by Sue Rhodes

CAROLYN FOX

021 453 304

FB: Tranquil Light – Carolyn Fox

Insta: tranquil_light_carolyn_fox

Also at Infinity Spiritual Centre Hamilton

The Path of Kriya Yoga

with Kavita Parshotam

Kriya Yoga is an ancient meditation technique. It works with energy in the deep astral spine where the chakras are located.

The Kriya technique was hidden in secrecy for many centuries. The great Yoga Master Paramhansa Yogananda popularised it through his book *Autobiography of a Yogi*.

According to Yogananda, Kriya Yoga is the most effective technique available to mankind today for reaching the goal of Yoga: union with the Divine.

Yogananda says that Kriya Yoga quickens spiritual evolution. One Kriya breath, which takes about 30 seconds, gives you one year's worth of spiritual growth.

The daily practice of Kriya changes you from the inside out. Those things that held you back, soon start to fall away. You reach a point where you are no longer driven by old habit patterns, but are freer to live in harmony with the universe and with your true soul nature.

The path of Kriya Yoga is very practical in that it helps you become a better person in every way. It brings harmony in your relationships. It enhances your ability to concentrate. It improves your general wellbeing.

You can begin on the path of Kriya Yoga with the *Learn to Meditate* course.

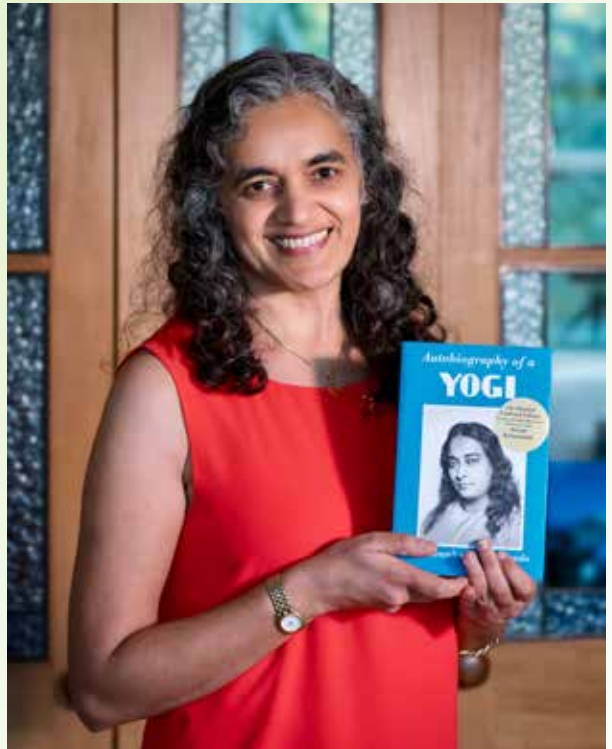
Here you will learn a simple yet effective technique of meditation

that was taught by Yogananda. You'll also learn how to establish and maintain a sustainable meditation practice, and how to have deeper, calmer meditations.

Kavita is a lifelong disciple of Paramhansa Yogananda. Using apt metaphors, life experiences and storytelling, Kavita effortlessly weaves the spiritual teaching into daily living.

KAVITA PARSHOTAM

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Sue Xu Therapy

I am grateful to my ancestors for teaching me the philosophy of being a human being and how to take good care of my health.

In 1992, I came to New Zealand.

In 2006, I used my ancestors' medical knowledge to help my ex-husband recuperate from skin cancer.

My specialty is to use the whole traditional face-to-face diagnosis, scraping (Gua Sha), cupping and moxibustion therapy for conditioning and balance.

I also teach my unique skills to help people who need to learn. I use the Book of Changes (I Ching) to help clients deal with emotional problems too.

There are only three things of value in this world: Heaven, man and Earth.

May we all cherish our one-way trip!

SUE XU

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022 681 0143

Also at Infinity Spiritual Centre Hamilton

Testimonial: Six years ago I had to have an operation on my forehead to get a cancerous growth removed at Waikato Hospital. It was done under local anaesthetic and was very painful. At the time, I was told to come back in ten weeks to have the same operation on the right side of my forehead and was given six different tablets "to be taken daily" from the chemist which I did for approximately two weeks, until I met Sue.

Sue told me to stop the tablets and she gave me treatment, Gua Sha, and an oil to rub on the right side of my forehead which was made from natural herbs. In a very short time, the signs of the cancer had disappeared, to the point where, when I went back to hospital, they could find no traces of cancer left, so did not operate.

That was over five years ago and I have not taken any pills or had any operation since. – Glenn Scott

Corrinda Taylor

Leadership Mentor

Corrinda is the Leadership Mentor at Future Transcendence, who empowers business leaders to unify their feminine and masculine qualities to thrive in their career, health and relationships.

We are living in a masculine-dominant paradigm and this is causing imbalances for people's health and productivity. People are exhausted and disconnected from their purpose. There is a need for change, for balance, and to embrace the feminine.

Corrinda has worked in corporate for over 17 years, is a certified Level 2 Oracle, Advanced Grace Master Healer and is trained in quantum healing protocols for accelerated life results. Services include:

- Life Purpose Briefing and Blueprint Activation
- Understanding your Name Compatibility with your life purpose
- Relationship Compatibility
- Name Enhancement (change your name, change your game!)
- Baby Name Selection
- Energy Clearing: removal of intrusive energy attachments
- Grace Healing: removal of abusive programming
- Shadow Programming Clearing: removal of vows, agreements and limiting beliefs.



Testimonial: "I found Corrinda's Life Purpose Briefing very insightful and uplifting. Prior to the briefing I felt lost and was on the fence on making current decisions that were presented to me.

"Things that occurred in my life I now have a better understanding. It has helped me to move forward with certainty in my decision making and also identifying my strengths. I highly recommend Corrinda, she is highly intuitive, warm and has a genuine interest in your profile."

– Isabella M, Australia

CORRINDA TAYLOR

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FB: @FutureTranscendence

Sessions available via Zoom.

Also at Infinity Spiritual Centre Hamilton





Abstract Artist, Usui Reiki Master

I'm Candy and I am an Intuitive Reiki Master, Spiritual Life Coach and Abstract Artist. My connection with spirit comes through the inspiration of nature, oracle cards, chakras, music and all forms of creativity.

Through Reiki and Spiritual Life Coaching I blend a balance of structure, energy and creativity to create powerful tools to support you in building a strong relationship with yourself and your own inner guidance.

My work supports heart centred, sensitive souls to transform people pleasing, self-sacrificing, codependent tendencies into personal power, passion and purpose.

As sensitive, empathic souls we often put ourselves last and find ourselves trying to take care of everyone else at our own expense. True leaders/healers must walk the path of liberation first by learning to take care of and prioritising themselves. Then

from a place of overflow and nourishment you can step into being of service and supporting others on their journeys in the most aligned and powerful way.

My goal is to liberate you from burnout, reconnect you to what lights up your heart and soul and teach you how to deeply love and accept yourself. From this place, you'll shine your unique light and gifts into every aspect of your life and transform those around you by living as your most authentic self.

If this sounds like you and you're ready to get started, I'm currently offering in person Reiki sessions in Saint Andrews, Hamilton. To book a Reiki session with me, head to: <https://CandyLove.as.me/>

Until we meet;

Sending you loads of love,

CANDY LOVE

info@candylove.com.au

www.iamcandylove.com

027 239 0604

The Native Oracle

Te Oranga Turner

Kia Ora e te whanau

My name is Te Oranga Turner and I am from Ōtorohanga, Ko Maniapoto Te Iwi, Ko Tainui Te Waka. I am a reader, a healer and a seeker of truth and my journey started many lifetimes ago.

In this life my work is to give guidance on present issues causing confusion therefore hindering people from their chosen path of abundance.

Getting people connected with their intuitive mind is a part of my practice as well as connecting people with their loved ones in spirit through spiritual channelling.

This is a taonga/a gift that I so passionately share.

Testimonial: I was extremely grateful for the way she approached the reading. It was thoughtful, sensitive and straight to the point and unapologetically kind and gentle. A lot of what was shared in the first set of cards were confirmation of where I understand I am in my healing pathway. The second set of cards were affirmations of where I am heading and decisions I am making. What I truly appreciated as well was the extra guidance extended by tupuna korero.

– Sienna Hamilton-Katene

Testimonial: Words cannot express the gratitude towards the clarity you provided me with today beautiful. Thank you, it was the most in depth reading I've ever had. So many answered questions I've had lingering for so long. Thank you sooo much for your time and energy and willingness to help. Beyond grateful. Highly recommend your mahi hun.

– Lyla Byford

TE ORANGA TURNER

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Also at Infinity Spiritual Centre Hamilton



Sunflower Oracle Online
Like the magazine – but more!
sunfloweroracle.nz

Renee Barrett-Jones

Wairua Light (energy healer)



Tihei Mauri Ora!

I start by giving immense thanks to Nga Atua, the gods of above, below, beyond and within. The many universal energies that direct the flow of my Mauri. It is the essence of these energies that have created life force itself. Forever my heart will hold massive gratitude. From the mountain peaks of Tongariro and Tuhua, their waters that stream through the veins of Papatuanuku, hydrating and sustaining

our lands, forever providing nutrients and resources for the survival of our physical being.

We each hold great magic deep within, not one being of greater or lesser quality. Equally, individually, personally spun perfectly for the purpose of one's journey.

My haerenga/journey of wairua and energy has been known to me for as long I can remember. I have always been aware of my spiritual connection. The light I hold. The light I must share and the connection to the ones beyond and before me.

Being brought up in Te rohe potae, ki Taumarunui, being well connected to our whenua marae and elders has played a precious tone of music in my life. My father too has passed down his knowledge and the gifts of his experiences with wairua, healing and afterlife.

My soul purpose here on papatuanuku is to collectively rise spiritual vibration. To tautoko/support my brothers and sisters in their connection to healing and awakening their own inner spark.

To shine this light upon all life force that reaches my Mauri.

Manaakitanga ki a koutou katoa.

RENEE BARRETT-JONES

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FB: Wairua-light-with-Renee-Barrett-Jones-101399831235985

Also at Infinity Spiritual Centre Hamilton

Quartney Pretorius

Spiritual life coach

“Who are you? I am. We are.” Realignment with the self – what do you need?

Would you like more passion in your life? Would you like to gain access to the vibrational, emotional and eternal being that you are? One that enjoys relaxing into the flow of your creation?

Personalized sessions, healings, retreats and workshops are just some of my passions. Learn how to create, maintain and enjoy a steady, neverending, constantly unfolding path of new ideas and adventures.

I am a spiritual life coach and healer who uses a diverse range of modalities, such as the Akashic records, card readings,

channelling, energy and Quantum healing modalities, Quantum alchemy, color therapy, visualization, intentions, meditation and breathwork, and Access Bars.

With all of these tools I am equipped and continually expanding! I look forward to connecting with you!

QUARTNEY PRETORIUS

Exchange for time: (remote & in person)

\$80 per 30min or \$120 per 60min.

quartney52@gmail.com

text 021 0888 9004 to book a free

15min consultation call!

Also at Infinity Spiritual Centre Hamilton



Aura Photography with Steve Mullan

The Aura camera is the IES Aura Cloud system, which interprets aura-chakra energy by taking electronic readings of your hand.

Aura imaging software processes the data from the hand reading and translates it into visually-engaging graphs and charts.

With this technology, plus my 16 years of interpreting Aura Photos, the session will highlight what is most important in your life at this moment.

Sessions potentially cover topics such as your personality type, what your

colours mean for you, areas of learning that would assist your growth, and your chakra energy levels.

You will receive a single photo provided at the time of session, plus 14 pages of details via email. Choose between a 30 min or 60 min session.

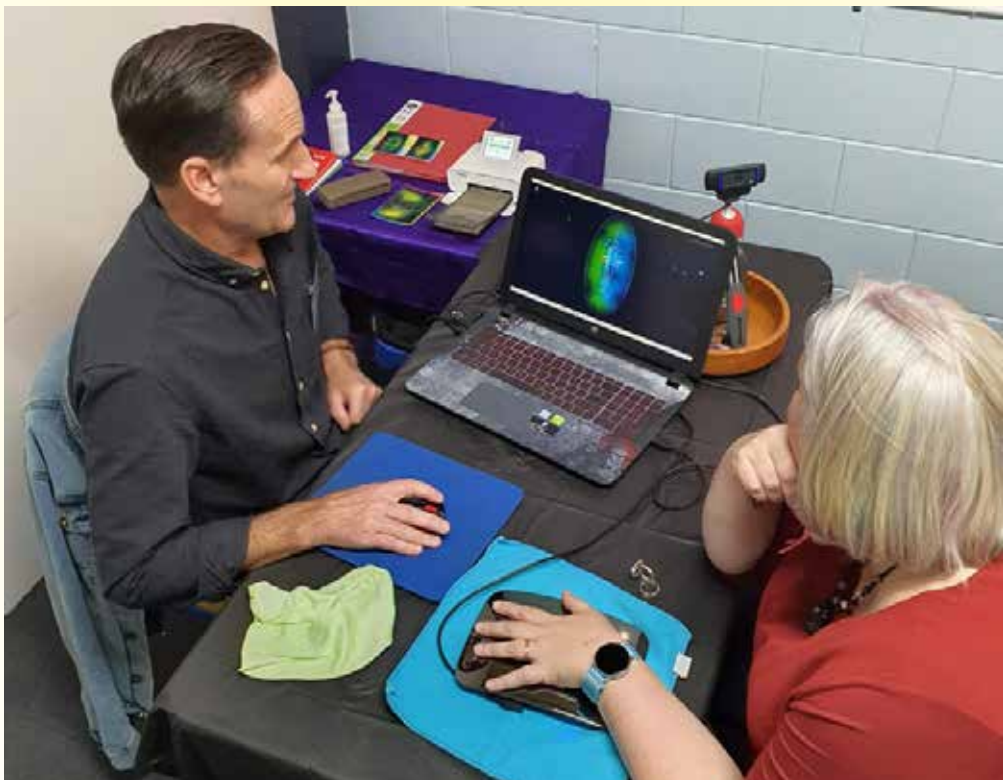
Also Available: Animal Alignment / Business Coaching / Reiki Workshops.

STEVE MULLAN

steve@stevemullanbusinesscoaching.com

022 484 3585

Also at Infinity Spiritual Centre Hamilton



Intuitive Energy Healing & Therapeutic Bodyworker with People and Animals

Marguerite is passionate in her calling to create a healing space that assists people and animals to flourish in their lives, and move toward the best version of themselves.

The body, with its innate wisdom and intelligence, has the tools required for healing and creating positive change. The body's natural response is to flow, and thrive.

Using her gifts, Marguerite connects with your innate wisdom. She listens and is guided, as the body indicates the areas and nature of the treatment that is most beneficial. This gentle hands-on approach is guided and involves all aspects of the body, from the cells to meridians and chakras, energy, oxygen and blood flow in the system.

The benefits of this gentle and intuitive healing are many, and facilitate release and change. Some are:

Relaxation * eases fatigue & lethargy
* emotional and physical trauma release *
energetic shifts * clarity & focus * balance
* optimising function * reconnection *
peace * wellbeing.

Accelerates physical healing of injuries
* post-surgery & illness * easing and
eliminating pain and swelling.



As a Canine Behaviourist her healing work with animals, predominantly dogs, follows the same intuitive and empathic approach. This includes neuro-fascial bodywork, a combination of hands-on release and mobilisation of core body structures, craniosacral and subtle energy balancing.

Marguerite looks forward to assisting you and your animals through your unique process of change and transformation.

MARGUERITE MARINKOVIC

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Winter Foraging

in the Garden and in the Wild

While winter landscapes are not as colourful, there are still plenty of restorative and beneficial plants to harvest.

Keep an eye out for these 5 when you are outside getting some air!

ROSE HIPS The fruit of the rose flower, these can be found in the wild or in your garden. Pick and use fresh or dried. Rose hips are high in Vitamin C and are very useful to reduce pain and stiffness. Steep 2-3 rose hips in hot water for a relaxing tea.

PINE NEEDLES If you take a walk around your neighbourhood you're bound to come across an old pine tree somewhere. Make a "bath tea" by putting a couple of handfuls of fresh pine

needles into a muslin sack or some old pantyhose (rinse the dirt from the pine needles first!), plus a cup of epsom salts (optional), then drop the bag into a hot bath for 5-10 mins before getting in. Pine needles are a wonderfully natural way to relieve pain, reduce stress, relieve skin irritations, and purify the mind. Alternatively if you do not have a muslin bag or pantyhose pick a larger stem or two of pine and lay these branches in the bath (can be a little messy to clean up!)

MINT Once you have established mint in your garden you'll be hard pressed to get rid of it. Luckily, you won't want to as it has many culinary and medicinal uses. Mint is high in vitamins, calcium and antioxidants, making it great for treating a cold, headaches, relieving stress, and it also aids digestion. Put a few fresh or dried leaves into a cup, top with hot water and enjoy it as a tea, especially after a meal.

THYME Thyme can be grown well throughout the winter. It grows wild too but is harder to find in this area. Thyme has strong antibacterial and antimicrobial properties, making it awesome against sore throats. Add the fresh leaves to salads, steep fresh or dried leaves in hot water to make a soothing tea.

DANDELION Growing everywhere all year round, the entire plant is edible so you can't go wrong. Good source of Potassium, Vitamin K, Vitamin A, and calcium. Add the younger leaves to a salad or make an attractive tea using fresh leaves and flowers.

— Ronja Skandera



Seasonal Affective Disorder

People who experience SAD only do so at times when there is less light. More commonly we refer to this as the 'winter blues.'

SAD differs to other mental health disorders in that people suffering from SAD are not affected during other times of the year.

Common symptoms include difficulty concentrating, fatigue, increased levels of stress, disrupted sleep, low energy, and generally feeling a little "down."

Here are some tips to make you feel happier and more grounded during these cold and cosy months.

- Make your environment brighter and "sunny!" Paint your bedroom in a warm and cheerful yellow, buy a bright bedspread, replace any dark curtains with light and airy ones, play music with summer vibes, buy fresh flowers, or make your own bouquet of leafy branches...
- Furnish your house with indoor pot plants, and perhaps even paint the pots!
- Rug up and open all doors and windows. Letting in the light and the fresh air will do wonders to how you feel inside your living space.
- Make a "happiness altar." Choose a little spot in your bedroom, living room, office and collect things from nature to display in a creative way. Think driftwood, a tray of sand, some dried flowers or herbs, stones, shells, bark and moss, pinecones etc. You



could even float a tea light in a glass bowl at the centre. Allow yourself some time to sit at your altar every day, and perhaps meditate or reflect on the things for which you are grateful.

- You knew this was coming – exercise! Get some daylight every day, even if it's just a small walk outside during your lunch break.

And remember to celebrate Winter Solstice on June 21st – from now on the days are getting longer and before you know it we'll be celebrating spring!

– Ronja Skandera

Namaste Clinic with Shirley Green

Whether your pain is physical or emotional, experience deep relaxation and rejuvenate with a Namaste Remedial or Relaxation therapy, catering for your specific needs.

Shirley Green, Owner/Therapist, has been involved in massage and Natural healing for about 30 years. She offers a wide range of therapies, which can include aspects from the following modalities: Acupressure, Polarity, Reflexology, Aromatherapy, Crystals and Reiki. Intuitive Aura Clearing, Chakra balancing and Alignment are also used.

The therapies are a unique combination of the modalities that are appropriate for you at the time of your visit and always cater for your needs in a consultation ensuring you gain the full benefit of your therapy.



NAMASTE Clinic

We cater for all ages, babies to all adults.

The Namaste Clinic courses developed from Shirley's awareness of the need to share the knowledge she had gained, as clients became interested in how she worked with people and put together her therapies.

Anyone can do the courses, no prior knowledge or experience is required. The courses are fun, informative and provide an opportunity to meet like minded people. Learn how to treat yourself, family, friends (or clients if you have your own business). All courses have a manual or notes provided.

- Healing Body Mind & Soul
- Offering Individualised therapies and a range of Courses
- Feeling stressed, tired, lethargic, depressed, lacking purpose, direction and clarity?
- Discover Namaste Clinic – Discover pure Relaxation and Peace while you rejuvenate and restore wellness.

SHIRLEY GREEN

joeandshirleygreen@xtra.co.nz

www.namasteclinic.co.nz

027 223 9532

Karyn Janelle Davis

Forward Focus Solutions

I facilitate NLP Trainings, Dynamic Body of Knowledge workshops, skillmills, and support gifted beings who are passionate, energy-aware and ready for their next level growth.

Maybe this is you? You recognise the synergy of potency and transformation nestled within you, yet you seem to be missing it (just a little).

You desire to go from blocked and mistrusting in yourself and your gifts to BEing in confidence with superior trust in yourself and your unique talents, gifts, and abilities to live on purpose with your calling.

In fact – you want more than that – you want to be the magic maker, the transformation agent to work with others.

Do you fit the following criteria?

- Fascinated by developing your multifaceted intelligence (emotional, spiritual, body, energy)?
- Desire to Reconnect with Your TRUE Magical Self?
- Release your Gifts to be aligned and purposeful in application?
- Love learning and desire to know how to apply generative – learning [how to learn, Un-learn at speed and organically]
- Desire GUIDANCE and TOOLS to support your own process of living life on purpose?



- Ready to shift OLD patterns and RE-code into a new expression of SELF?
- Want to learn how to shift your vibration at a CELLULAR level?
- Desire to be SEEN/ HEARD/ RECOGNISED for who you REALLY are?
- Ready to UPGRADE your impact and effectiveness in what you do?

I offer a complimentary 20 minute Magic Heart conversation. We can discover if there is an energy match for us to work together.

KARYN JANELLE DAVIS

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www.forwardfocussolutions.co.nz

021 449 823



Holistic healer, Coach and Past life regressionist

Hi beautiful Soul, I'm Crystal and I am a holistic healer and spiritual life coach based in Hamilton where I have a beautiful healing studio that is safe, nurturing, and filled with high vibe energy!

It is a space for you to just come and be, while you feel as though you are being wrapped in love itself.

I work with empaths and sensitive souls who feel, sense and know deeply to rediscover the love, light and wholeness that has been there all along.

I empower you with guidance, tools and practices, as I assist you with your own inner healing as you grow, expand and uncover the truth of who you really are.

My experience and wisdom not only comes from being a healer in many lifetimes before this one but also from this current time where I am trained and certified as a Reiki Master and teacher,

past life and inner child regressionist, level 3 crystal healer, and an NLP practitioner.

I am all about empowering and guiding you in rediscovering that you are your own best healer and that you are here for greatness as your love & light within is the strongest of all.

I would love to assist you on your journey, either in person or online. I work intuitively, offering holistic healing sessions, 1:1 programs for adults and children, Past life and inner child regression, workshops & courses.

The light in me sees and honours the light in you and I cannot wait to see you soon.

CRYSTAL LEE

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www.crystal-lee.co.nz

027 486 4875

Lesley Ormsby

Tarot and Oracle

Readings & Messages

Kia ora! I am a psychic medium – an intuitive and universal interpreter of tarot and oracle cards.

Whether it is a loved one you're wanting to make contact with, you want to know about a situation, you need a bit of confirmation, guidance, direction, or trying to make sense of something, someone, or yourself, I can help!

Book in for a healing or reading session which is tailored to your individual needs.

Soul, Spiritual & Galactic Energy Healing and Clearing

Connect and discover! Understand and release! The cause and effect of an emotional or physical experience can lay

dormant, unexpressed, or suppressed until it forms 'disharmony' or dis-ease in the body. Together we can create a shift in your perspective and energy for a brighter, empowered, conscious, mindful you.

A session may include chakra or aura clearing, massage, mirimiri, intuitive energy or spiritual healing, korero / talking (discussion with guidance), life or spiritual coaching or meditation.

Mauri ora,

LESLEY ORMSBY

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Also at Infinity Spiritual Centre Hamilton



Lesley Ormsby Psychic Medium Intuitive Tarot & Oracle Mystic Healer

Spiritplace

Jenni Frampton & Lyn-Marie Moss



Welcome to Spiritplace! Life can be a wonderful journey of twists and turns.

Experiences are put in our way for a reason, be it to just enjoy or to learn. Spiritual mediumship and tarot card readings are uplifting and provide us with direction and healing. They can help us to unpack and work through the experiences we have in life. Readings can be done in person via Zoom or Facebook messenger if you live overseas or outside the area.

Another event that we run is a psychic supper. These are run once a month and are a great opportunity to connect and receive messages. At a psychic supper, everyone will receive a message either from your guides or loved ones in Spirit. Come along by yourself or bring a friend. Places are limited, bookings are essential.

Workshops and classes

You can also contact us to enhance your spiritual growth. Jump into a class

or a workshop to enhance your skills to become a better psychic medium or healer. Develop your intuition and expand your confidence in your daily life. Workshops and classes are for all levels, absolute beginners to the advanced. Expect to be surrounded by like-minded people as we learn about guides, mediumship, healing and use various tools to expand your awareness.



We look forward to meeting and working with you – contact us today to make a booking or for more information.

JENNI FRAMPTON

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027 452 1827

LYN-MARIE MOSS

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Also at Infinity Spiritual Centre Hamilton

Chrissy Shirley

Access Consciousness

Empowering people to know that they know.

Are you looking for a different way of changing what is not working in your life?

Access tools and processes have changed my life enormously. Before I discovered Access Bars (an energy process that releases stress) I was a broken lady.

Would you like to discover how easy it is? Do you have relationship problems? Anger? Anxiety? Depression? Headaches? Upsets? Body issues? Health issues? Job troubles? Scarcity issues? Stress? All of these and more can be changed easily using the processes of Access Consciousness.

Would you like a session over the phone or in person? Would you be interested in learning these energies? The beauty of energy work is you don't use your mind to figure it out, which means that you access your own awareness. Changing energy just requires that you choose to change.

My services include:

- MTVSS (an access consciousness process) for the immune system.
- MTVSS for the whole body (fibromyalgia, exhaustion etc), for more vitality.
- Access energetic facelift for beauty without botox.
- Body processes for relaxing the body and releasing pain.
- Access bars for releasing stress and changing your perspective on life.



- Advanced access classes for changing your whole life.

All of Life Comes to Me with Ease, Joy & Glory

CHRISSY SHIRLEY

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Self Care Rituals for Winter

An EPSOM SALT BATH is nice way to relax and cleanse your aura. Fill your bathtub with warm water.

As the bath is filling, stand over it and visualize the natural cleansing properties of water. Add a cup of Epsom salts and some essential oils to the bath (sandalwood is calming and grounding; ylang ylang connects to your heart and is a positive feminine power; myrrh promotes inner strength, grounds and centres the mind).

Once the bath is full, light a candle and put on some relaxing music. Get undressed and stand with your hands over the bath. Ask the natural cleansing properties of water to cleanse and replenish you. Immerse yourself in the bath for a minimum of 20 minutes.

As the water leaves the bath imagine all of your negative energy going with it. Thank the water and be revived.

GROUNDING RITUAL – In the winter you may find you are not outside as much and as connected to the earth and nature as you are in Spring and Summer. Here is a short grounding ritual that I would recommend during this time of year and when you feel you may be carrying around negative energy.

Stand with your bare feet connected to Mother Earth. Open your palms, visualize any negative feelings or energy leaving your body and falling through your feet into the earth.

Stand like this for 5 minutes or whatever feels right for you. Thank Mother Earth and carry on with your day. If you have a Red Jasper or Smoky

Quartz you can hold these in your hands.

TURMERIC offers us a myriad of potential health benefits.

Its medicinal uses date back almost 4000 years to the ancient Indian and East Asian medical systems. Among a great deal more, turmeric is an antioxidant, anti-inflammatory, improves symptoms of depression and arthritis, as well as being scientifically proven to reduce risk of heart disease, cancer and Alzheimer's.

Tip – Don't skip the black pepper! Drinking black pepper may not hold great appeal, but it helps our bodies to absorb the curcumin (a major component in turmeric)

You can drink this at any time of the day, but particularly pleasant is just before bed.

Mix the following quantities and keep in a sealed jar:

- 5 tablespoons of ground turmeric
- 3 tablespoons of ground ginger
- 2 teaspoons of ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground black pepper
- 1 teaspoon ground cardamom

Use 1/2-1 teaspoon of this mixture per cup of milk. We prefer plant-based milk, with organic soy or oatmeal being our favourite.

Put the spices in a pot with a dash of milk to mix into a paste.

Then add remaining milk and heat. Alternatively you can put the spices straight into your cup and then add hot milk.

Sweeten with honey if desired.

– Ronja Skandera



What is Winter Solstice?

The return of Sun!

Winter Solstice is a celebration of the shortest day. Solstice roughly translates to "sun stands still."

It is an important astrological occurrence and has been observed around the world for centuries with roots in almost all Ancient Civilizations. It was viewed as a time of death and rebirth, and a time of reflection.

In Scandinavian tradition Solstice was a way to recognise the return of the sun by bringing home logs of wood called Yule logs. In Ancient Rome the Saturnalia festival was celebrated on Winter Solstice. Saturn is the God of Agriculture.

There were lots of feasts with plentiful food and drink in the weeks leading up to Solstice. Incas fasted for three days leading up to Solstice and then offered golden cups of fermented beer to the Sun God in the community plaza. In Chinese culture it is a celebration of the return of positive energy to Earth.

Monday 21st of June marks the Winter Solstice for us! There are many modern ways that you can celebrate and recognise the Winter Solstice.

Fire and light are two important symbols, so creating an altar with candles in gold or yellow to represent the Sun surrounded by symbols of Winter (pine cones, herbs or wreaths) is a nice simple

way to celebrate.

Lighting a fire and decorating a Yule Log is a great link back to the Scandinavian traditions. Decorate a log with plants, leaves, ribbons in reds and yellow to represent the sun and pine needles.

Then place it in the fire on the 21st of June during your feast or celebration time, to celebrate the return of the light.

As we welcome back the light, cleansing and cleaning your space is another great Winter Solstice ritual! Cleanse your home of unwanted clutter by cleaning and sorting, then clear any negative energy by smudging your space with sage, sweetgrass and/or pine needles.

You could make your own smudge sticks from these plants by tying them in a bundle and allowing to dry for two weeks before burning.

Another great way to celebrate Winter Solstice is through the sharing of food. Buttermilk bread is a delicious treat to have on Winter Solstice. Make it, share it and connect with people (see the recipe on our website).

Warmest Winter Blessings to you all as we welcome in the light and the return of the Sun! Feel free to share any photos of your Winter Solstice celebration by posting on our Website!

— Vicki Shannon

WHAT TO SAY WHEN YOU SMUDGE
Yule is here, and I smudge this place,
Fresh and clean, in time and space.
Sage and sweetgrass, burning free,
as the sun returns, so it shall be.



Holistic Psychology

with Crystal Foster

I believe every person is a unique expression of creation, and that every part of us is sacred.

The way I work is to walk alongside people as we explore the driving factors behind any mental health difficulties being experienced and address these together.

Since completing Clinical Psychology training in 2012 I have worked with people from all walks of life.

I incorporate mind, body, and emotion focused approaches, and can assist in helping you develop a deeper connection with yourself and your own wisdom through learning how to allow and honour your feelings as they arise with acceptance and compassion. I have also completed

studies in the rapidly growing field of Nutritional Psychology. The understandings being brought forth in this area are paradigm-shifting for mental health! Good nutritional intake and absorption can strengthen resilience to stress, increase the ability to focus and think clearly, bring more balance to emotional states, and help improve sleep.

Another way I can assist is to help

you develop skills in practicing trauma-sensitive yoga and/or mindfulness. Trauma-sensitive yoga allows for the cultivation of peaceful embodiment without necessarily having to talk things through (because not everyone wants to talk). This can be a gentle and powerful way to connect with yourself through your body.

If you would like more info about Holistic Psychology, trauma-sensitive yoga, or group education on Nutritional Psychology or Holistic Mental Wellbeing, please contact me.

CRYSTAL FOSTER

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Journey Practitioner with Jo Gordon

I am a Journey Method Practitioner. I know what it's like to feel muted, oppressed and enclosed in grief. But I also know how it feels to burst out of that oppression, like taking a huge gasp of fresh air.



That's why I believe passionately in creating a safe space for people to explore the process of nurturing both body and soul, in a way that promotes wellness.

The more people I spoke to, the more it became clear that everyone has experienced some level of trauma which limits their ability to live life to the fullest.

I've also learned that, for one reason or another, most people just don't allow themselves the space to work through their emotions in a productive way.

I want everyone to be able to experience that "gasp of fresh air" feeling. So, I created Guided by Grace, supporting people to uncover their authentic selves through an empathetic, inclusive process.

A process which empowers people with the qualities they need to release their most authentic selves, gives them hope, and helps them understand that they can move forward in life.

The Journey Method can help you if:

- Fear, anxiety or stress is prevalent in your life
- You're feeling stuck or feel that there's just got to be more to life
- You're facing ill health or ongoing physical issues
- Unhealthy behaviors or circumstances leave you feeling depressed
- You're wanting more fulfilment in a relationship
- You're still searching for your infinite potential

The Journey Method utilises guided meditation style cellular healing. Sessions take 1-2 hours. Appointments are available via Zoom and in person in Hamilton.

JO GORDON

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FB: Guided by Grace: holistic healing



Pranic Applications

with Faye Taylor

Faye is a natural health practitioner and a teacher of the Pranic Healing Application non-touch courses held on regular basis



around the country. She is passionate about helping others and works from home in Glenview using a holistic approach which works on many levels.

Prana is a vital energy or life force that keeps the body healthy and alive, dealing with physical and psychological ailments and life issues.

The courses held encourage students to learn techniques to work on health concerns and life aspects for self and distant healings. Pranic Applications is so easy to learn and do for any ages.

What happens when you accidentally

burn, cut, bruise, get stung by wasps or bees? Feel a cold coming on, have a toothache, backache, headache, migraine, coughs, colds and other symptoms? This is where pranic apps come to the fore to help in these situations with the many protocols set in place.

The courses cover working with the hands to feel energy, clearing blockages, removing stagnant energy that causes concern, using colour to enhance healings, plus using protocols for many dis-eases as well as finance, relationships, business, fuel economy, grief, farming, pets, animals, pests, tummy and hip

tucks, phobias, fears, negative thoughts and emotions, planet healings and so much more.

Benefits are: To be self-confident, have inner peace, create good health, be inspired.

Courses set in Hamilton are:

Apps1: July 3/4; Sep 25/26; Nov 13/14.

Apps2: July 24/25; Nov 27/28.

FAYE TAYLOR

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Quinn Fogg

Refined Body Adjustment Therapy

I have been in practice as a natural therapist since 1998, treating a variety of complaints which include headaches, back pain, sciatic discomfort, knee and ankle aches, occupation overuse syndrome and foot problems.

It was in the process of this work that I developed a very soothing, non-invasive technique that is based on the principle that gentle persuasion is more effective than heavy muscle manipulation.

I have found that by being able to integrate my natural healing ability with my other modalities, disciplines and principles I am now able to offer a complementary and non-invasive holistic healing and accelerated recovery process.

Although my experience and practice was based firmly with people, I began to receive enquiries from small and large animal pet owners requesting assistance with various health issues which had arisen with their animals.



From there my animal practice grew to an extent where I now assist dogs, cats, horses and even the odd cow in my refined body adjustment therapy.



QUINN FOGG

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Also at Infinity Spiritual
Centre Hamilton

Morningstar Reiki

with Sue Rhodes



have their own, it is not something I can describe for you as it needs to be experienced by the individual.

Through my own personal experiences I find it helps me enter into a deep state of relaxation in which my body/mind naturally comes into balance.

Some of the benefits of Reiki are stress reduction, replenished energy levels, improvement of sleep, reduction of anxiety and an overall sense of well-being.

My journey with Reiki began when I completed my first level in 2008. Over the years I have learnt with various teachers and in 2019 I started from the beginning doing all

Kia ora my name is Sue Rhodes and I am a Usui Reiki Master.

Reiki is a Japanese healing system that was founded by Mikao Usui. The word Reiki is a combination of two Japanese words, Rei translates as 'spirit or Universe' and Ki translates as 'life force Energy'. Thus Reiki is energy healing that will bring about balance and harmony.

Reiki is complementary to other forms of healing, both natural and allopathic. Reiki is an experience so everyone will

my levels and within this process gained a great respect for Mikao Usui, the founder.

For me Reiki is about coming home to self, the remembering of your brilliant Light that is always there just sometimes covered over by your experiences and the journey of Life.

Namaste,

SUE RHODES

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Also at Infinity Spiritual Centre Hamilton

Annie Donald

Spiritual Intuitive Connections

The Universe is one step ahead of you. You are at the right place, right now, to seek self-discovery and step up to own your spiritual journey.

It is not a coincidence that you are reading this, at this very moment. It is a wink from the Universe asking you “to open your arms and embrace the mystery.”

I am honoured that you are here. I have been connecting with Spirit and divine intelligence for over 25yrs. Spiritual intuitive healing is for the mind, body and spirit.

The guidance and wisdom comes in different forms including, but not limited to, visions, auditory messages, energetic and physical sensations. A conversation between Spirit, you, and I – soul to soul.

During a session I deliver messages to support where you are on your life's path, and to ignite the wisdom and magic of your divine essence.

Intuitive blend sessions:

- 90 minutes Holistic healing package: Energy or Pranic healing plus the benefit of Intuitive Rune reading in one visit.
- 90 minutes Holistic healing package: Energy or Pranic healing plus the benefit of Spiritual Intuitive reading in one visit.

Other services I offer:

- Spiritual Development classes
- Mindfulness course
- Holistic Healing
- Pranic Healing
- House & Land clearing



- Rune's reading: means “secret, something hidden” or sometimes “miracle” – present in Old Irish Gaelic, Welsh, and Old English.
- It indicates that knowledge of the runes was originally considered esoteric or restricted to an elite. Rune reading is one of the oldest forms of divination. Its roots go back to the Nordic and Germanic tribes of Scandinavia and Britain. They are used to help gain insight into situations or questions.

ANNIE DONALD

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instagram.com/quintessence.111/

Also at Infinity Spiritual Centre Hamilton

Lifeforce Foodie!

I love playing around with wholefoods, creating nutrient rich dishes. Adding in beyond organic supplements are essential and now part of our TRUE health regime.

As all life is Resonance, Frequency and Vibration, I implement these Health tools (supplements) that use a unique patented technology, Advanced Resonant Plasma (ARP) Technology. These three modalities are permanently charged into these Health tools to uplift one's emotional state (as most dis-ease originates from the emotional body), while nourishing and harmonizing the emotional and physical body for rejuvenation.

I am eternally grateful I have these Health modalities available, which we are *never* without and are truly ahead of their time! Bless our Beloved Creator, The Powers of Nature for the Miraculous Planet and Body Temple we have been gifted.

Playing with Plasma Fields!

While experimenting with GANS (Gas in Atomic Nano State), we have created great success in our orchard (bountiful fruit) using different elements for their health.

With that success, I have created our Wearable 'Vessels of Light'.

Each Vessel emanates Magnetic and Gravitational fields. Your body is a sea of plasma (fields), self-selective, intelligent and will select the fields from the Vessel it needs for added health

support.

To learn more, join my newsletter, at the bottom of our home page.

KATHY JUST

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FB/MeWE – Lifeforce Tonics.

Blessing you with Legions of Light!



'Vessel of Light'



Our Orange Harvest



Frozen C60 Plasma Fields



Lifeforce Smoothie



Lifeforce Salad



Champion C60 WS

Therapeutic Angel

Healing/Hypnotherapy/Psychic Readings

Hello, my name is Jan Maunder. I'm a Registered Nurse of 20+ years and a light worker.

I offer face to face and distance treatments like massage, reflexology,



Indian head massage, lymphatic drainage, reiki, combined energy healing and intuitive reading, hypnotherapy and psychic online readings and courses.

I use my nursing knowledge to enhance my distance and face to face energy and reiki healings. I scan from head to toes, visualising every organ and tune into the client's needs to direct healing energy where my intuition feels it's most needed. This helps relax, re-energise and dispel unwanted negative energy from the body, mind and soul.

I use my skills of hypnotherapy, neurolinguistic programming and theta healing to help clients move forward to a life of manageable stress and anxiety levels, and freedom from phobias or negative conditioning from childhood or toxic relationships. To help maintain and reinforce positive results meditation recordings are made and given to clients.

As my holistic skills develop, so do my psychic skills of mediumship. I now get



regular input from the spirit and angelic realms.

Very often my client's current issues are communicated to me by my spirit team before the client voices them.

I am a firm believer in the less the client tells me, the better they will believe and trust in what I and my tarot cards reveal. Thus as their current life story unfolds with the turning of each tarot card, their predicted future pathway being revealed by the tarot will more likely be acknowledged as truth and followed.

JAN MAUNDER

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021 173 3829

Also at Infinity Spiritual Centre Hamilton



Vicki Winn – Energy Healer

Vicki works intuitively with different vibrational energy healing methods to support you, to clear blockages and dense energy held in your body, mind and emotions. This enables you to come into harmony, balance and healing, and feel more empowered and energised.

I have worked with the First Light flower essences since 2006. I have seen shifts and changes within both myself and clients as the vibrational healing chord within each native NZ plant creates healing and harmony within our energy fields in a gentle yet dynamic way.”

Each plant came forward with its own healing vibration to harmonise negative personality, attitudes, feelings, traumas and belief patterns that are held in the subconscious mind.

I intuitively choose a selection of essences for each person and then pass on any messages that come through. Each bottle lasts for a month with drops taken each day. These essences also work really

well for children and pets.

I also offer Usui Reiki treatments which include sound healing with Tibetan bowls, light language and toning.

Reiki is able to relieve stress, anxiety, muscle tension, remove energy blocks, promote deep relaxation, strengthen the immune system and foster natural self-healing.

Channeled light language clears blocks and distortions in your energy, bypassing the logical mind to speak directly to your physical and spiritual bodies. I am guided by my guides, archangels and ascended masters and also the crystals that I work with regularly.

I work from Infinity crystal shop on Wednesday and Thursday and from home in Hamilton East by appointment.

VICKI WINN

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021 163 8850

Also at Infinity Spiritual Centre Hamilton

ReCode – Timeline Clearing with Wendy Maggs

Transform your life by clearing and recoding your timeline by facilitating the power of God, and the frequency of essential oils, to identify and release trapped energy imbalances and limiting beliefs caused by painful memories.

God inspires your unique, heartfelt truth into those areas and recodes you with your truth.

Truth is high frequency. It 'cancel clears' negative thoughts and emotions, freeing you to 'Imagineer' yourself and life differently. Live happier, joyful, self-confident, free to fulfil your life purpose and attract your highest choices.

As emotional energy from the body releases, you may experience improvements to your physical health and well-being.

ReCode 60 min Session

- Timeline clearing, own life and generational
- Clear roots causing blocks and skewed beliefs
- Release trapped energy
- Reset with essential oils
- Integration of stuck personality parts
- Get your unique God truth affirmation
- Oneness with self, others, God
- Greater clarity, and return of self love
- Physical healing may return
- Cancel Karma code, trauma loops, negative cycles and habits
- Return to your highest authentic self, Imagineering and attracting your highest choices.



Wendy, Intuitive Healer, lover of God, Spirit and essential oils, is passionate about helping others live happier, healthier and joyful lives. Certified Belief Clearing Practitioner, Qualified Liebuster, SOZO Ministry, Aroma Freedom Technique, Emotion Code, Young Living Essential Oils member 2262255. Zoom sessions available.



WENDY MAGGS

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Also at Infinity Spiritual Centre Hamilton

Waikato's

LARGEST

Crystal Shop!

Over 200 different Crystals



Jewellery, Incense & Smudging supplies,
Tarot/Oracle Cards, Singing Bowls, Books,
CDs, Kama, Candles, Runes, Salt Lamps,
Dreamcatchers, Gifts, Angels, Dragons,
Fairies & much
more...



Healing Centre - Reiki, Theta,
Traditional Chinese Medicine,
flower essences, Energy clearings,
Access Bars, Mediums, Psychic/
Spiritual and card readings, Yoga, Meditations, Detox
footbaths, Aura Photography, Soul Purpose readings.
Spiritual Classes, workshops including Drum making
and painting.



A.R.K Infinity cafe



hamiltonspiritualcentre.co.nz