



Sunflower
Oracle
RAGLAN WHAINGAROA

Edition 2
Winter 2021
sunfloweroracle.nz

Sunflower Oracle Wellness Network

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Raglan Outlets

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- La La Land
- Merkaba
- Orca
- Raglan Roast – Raglan & Te Uku
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Sunflower Oracle

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

Over the past few months there has been a shift in the Raglan community. The number of sound healing journeys, mini retreats, energy healers and holistic wellbeing practitioners have increased. As the world has a greater need to awaken and raise their consciousness, the Sunflower Oracle has begun to create a community of connected energy healers, holistic health and wellness practitioners. We welcome people to browse through



*Cover art by Alana Kerr
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the Oracle to connect more deeply to themselves and to the principles of Mother Nature, Universal Love and spirituality.

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.



Sunflower Oracle

RAGLAN WHAINGAROA

Edition 2, Winter 2021

Compiled and Edited by Vicki Shannon
& Ronja Skandera

Design and Website by Brian Thurogood
at authorbrian.com

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Massage & Aromatherapy with Diane Davies

Diane has been practicing the healing arts of aromatherapy and massage for 11 years, practicing yoga for 20 years and teaching for 5.

With a background in counselling, all these aspects inform her treatments so that the needs of the body, mind and spirit are catered to.

Using a tailor-made mix of essential oils for every massage enhances the holistic nature of the treatment.

Diane considers essential oils to be an aspect of plant medicine, to be used correctly and with reverence and no one treatment will be the same as another.

DIANE DAVIES

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Glenn Mortimer

Holistic Guide

Offering Shamanic Healing, Energy Healing, Reiki, Kambo, Meditations, Spirit Walks, Drum Journeys, Workshops and more at a rural retreat 20min from Raglan.

A private and relaxing retreat with a dedicated healing space and a guest cabin is available. We often serve one-one tailored sessions to suit each individual's needs, also couples, family, friends and small groups.

Healing is approached holistically whereby the whole self and being is worked with - physical, mental, emotional and spiritual.

A combination of techniques and traditions are used as needed.

Glenn apprenticed shamanic healing with The Four Gates Foundation and the late Ross Heaven.

GLENN MORTIMER

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Creating Change In The Body

Over the last 20 years Jo has studied a variety of techniques that have evolved to create a personal body treatment system for her clients that allows them to feel the change within themselves.

The treatments are designed to address the whole body not just the parts. You may be experiencing something that is creating tension or causing discomfort, when we allow space for that residual tension to be released and softened out of the body the body functions better.

Treatments depend on the individual and their comfort levels. It's not about fixing something, it's about making time and space for the body to adjust to its natural self, unhindered by held or recurring patterns of tension.

Creating space in the body through different techniques of body therapy such as Mohala Floor Bodywork, Kahuna Massage, Iwi heated stone massage, Constructive Rest and Hatha Yoga are all modalities that keep the body open and flexible which helps to keep our vital energy flowing.

Jo Sharp of Fusion Body Therapies has a clinic at 12 Wallis St. She also offers mobile massage and Mohala bodywork treatments around the Raglan region. Keep an eye out for other offerings, Karuna Fusion Dance & Constructive Rest workshops.

JO SHARP

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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

Meredith – Access Bars

Access Conscious Bars are 32 points on your head that hold the energetic imprint of everything you've ever thought, believed, said, been told, felt or experienced. Holding each point gently for a few minutes releases those charges and allows you to relax and let go.

It's a bit like rebooting your computer when it has slowed down or frozen because you've had too many windows open.

Bars can really help when:

- You're feeling anxious or overwhelmed.
- You're tired all day but as soon as you lie down to sleep your brain goes into overdrive.
- You just can't relax or quiet your mind.
- You can't focus for any length of time

Having your Bars run is relaxing and peaceful, and can create a sense of ease, calm and spaciousness in your mind.

I have been a Bars practitioner for over 6 years now. I really love this work and seeing the benefits it can bring as we navigate these often stressful times.

Sessions usually take around an hour and cost \$60, with your first trial session half price.

I look forward to meeting you. ●



Therese – Fusion Flow

With over 20 years experience as a physiotherapist, Therese's practice of holistic health deepened with her own journey into yogic lifestyle, mindfulness meditation and earth connection since 2009.

Since then her array of bodywork has broadened and taken her from outback Australia around the world, learning, adapting and evolving a heart-centred practice along the way. Therese's unique style of therapy interweaves an expert knowledge of anatomy and physiology with an intuitive understanding of the subtle body, emotions and energy in a natural nurturing flow.

The range of therapies available are Chi Nei Tsang (Abdominal Energy Detox Massage), Lymphatic Detox Massage, Craniosacral



Therapy, Therapeutic Remedial Massage, Deep Tissue Massage, Relaxation Massage including Guided Relaxation, Emotional Release & Balance which melds a combination of these physical modalities with voice, movement and breath, and the luxurious 4-Hands Massage.

The key point of any session with Therese is deep relaxation, a state from which you can more easily connect with the innate wisdom within to go through the healing journey (aka life!) with awareness, compassion and connection.

Online bookings available for sessions in our cottage clinic or at your place. ●

See page 23 for all Contact details.

Robin – Havening Touch

Havening Touch® is a wonderfully gentle, intuitive, self-healing process using inbuilt biological healing mechanisms, very effective for emotional trauma, anxiety disorders, PTSD, relationships difficulties, and low self-worth.

As a Certified Havening Practitioner I bring deep compassion and caring to my clients, gently assessing needs and choosing the



best techniques. I have worked as a medical specialist for 30 years so I bring a great depth of knowledge and understanding.

The neuroscience explains how traumatic events get 'hard-wired' into a part of the brain called the Amygdala and how a molecular mechanism can rapidly and permanently delete these traumatic memories.

The key to healing trauma is to create high levels of Delta Waves in the brain, which triggers the healing mechanism. During Havening, the brain is literally rewired to remove the effects of trauma. After Havening, you will be able to recall the event but the emotional reactions and stress response will be completely abolished.

The Delta Waves are generated with very specific forms of soothing touch to the hands, upper arms and face. Specialised skin nerves send signals directly into the brain to change the brain waves and the brain chemistry.

The touch can be applied by the practitioner, or else clients can apply the soothing touch to themselves, guided by the practitioner. My clinic is in Raglan. ●

Nicky – Yogalates

Working from the inside out, Yogalates improves body awareness and alignment to help develop proper movement patterns that we use in our daily lives, and focuses on a practice designed for “Western” bodies.

Created to awaken and strengthen the subtle and structural core muscles through Pilates based exercises while incorporating the asana (postures), philosophy and wisdom of Yoga.

The method supports a safe and functional approach, making it accessible for everyone. It embodies all levels of fitness by offering progressions and modifications derived from Exercise Physiology, Physiotherapy exercises and Yoga Therapy.

Through guided cues that aid the recruitment of core strength in static holds, slow flow movements, inspirational vini

sequencing, foundational standing and balancing postures, you learn to balance from your core with ease and efficiency of breath. Fine tuning the core of your body while cultivating a mindful state of awareness.

If you know you are ready to reduce unwanted stress, tiredness, mental and physical tension and improve your strength, flexibility and vitality – then now is the time to introduce Yogalates to your week.

Currently New Zealand's only licensed and practising Yogalates instructor, Nicky Mann offers 4 classes in Raglan each week – Wednesday, Thursday and Saturday mornings. If public classes don't suit, get together with friends and Nicky will create your own practice time and place. If you're just starting out, begin with one-on-one sessions. Individual solutions for the individuals that you are! ●



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

Equine Assisted

In our beautiful rural environment at Waitetuna Valley, we offer healthy connection with clients' deeper selves in one-on-one sessions and in small groups.

The Equine Assisted Therapy modality, which is both new and been around for as long as humans and horses have shared space,



is a counselling process enhanced by wise and gentle souls who generously offer their presence and healing.

Our horses model healthy ways of being, sharing their natural and ancient wisdom while they take clients on a journey of self-discovery and deep connection.

Because horses process everything they experience within the present moment they teach a healthier way of being as they become our spiritual teachers.

Experiencing horse wisdom is truly transformative as they mirror our true emotional and somatic states of being and provide a dynamic external focus to the therapeutic process.

Through the Equine Assisted processes, horses lead people to a level of emotional stability and spiritual knowing that is otherwise rarely accessible.

Etai – Art of Change

If you suffer from anxiety, stress or depression I can help you.

Using modern psychology with the latest understanding of brain science, you and I will work together to customise a treatment plan to help overcome your phobias, stress, anxiety and depression.



Using a blend of hypnotherapy, psychotherapy, NLP and EFT I will empower you with the tools and techniques that will enable you to make immediate and lasting positive changes in your life.

Online or face-to-face therapy in Raglan/Whaingaroa.

Testimonial: After a year of depression and six months of conventional therapy, I finally came to my senses and had a session with Etai. The very next day I awoke feeling as if a giant load had been lifted from my shoulders. Following the second (and final!) session I felt a complete return to my old sunny self. I was literally singing his praises in the street! – Gen P

Testimonial: I had two sessions with Etai for different issues and after both sessions, I was a changed person... It was seriously life changing. I couldn't believe even just one session could have such a result. I was able to be in the comfort of my home and did each session at the time that suited me best.

Etai helped me to overcome my fears and to completely shift my mindset out of an unhealthy space. Etai was my last lifeline and he was able to deal with my needs straight away in a professional and thoughtful manner. Etai provided me with follow-up support and Audio Hypnotherapy to support my session. I recommend Etai's incredible service to anyone. – Sophie G

See page 23 for all Contact details.

Belinda – Nia Dance

I'm Belinda and I fell in love with NIA dance 6 years ago. Until then I had no experience of dancing and it has literally changed my life. Aside from the physical and health benefits it has given me confidence and empowered me in all avenues of my life.

NIA stands for Neuromuscular Integrated Action and the beauty of it is it's suitable for all ages and no dance experience is required.



It is a physical conditioning programme that energises, heals and balances the body, spirit and mind.

NIA draws from many modalities including Tai Chi, Tae Kwon Do, Aikido, yoga, Alexander Technique and Feldenkrais to name a few.

As well as these Classic NIA dance classes I also offer NIA Dance Move to Heal classes for Seniors for those wanting more gentle movement as well as NIA Freedom Dance for people living with Parkinson's disease.

By doing NIA on a regular basis you will build your body's strength, stability and flexibility as well as becoming more agile and co-ordinated with the added bonus of enhancing your wellbeing and happiness with new social connections. NIA dance has been known to alleviate depression and help you reclaim your sense of joy. I would love to see you at one of my classes.

Bernadette Gavin

Bernadette works both in person and remotely for you and your animal.

"There are many ways I can support you, no matter what you're going through and where you are on your spiritual path."

For You:

Bernadette is dedicated to supporting you in realigning to your empowered self to overcome blocks, illuminate hidden pathways, bring clarity to a specific situation or seed the potential for positive change and inspiration for your Journey as a whole.

Sacred Journey Guidance

If you're experiencing physical discomfort, feel stressed, stuck or confused, have low energy, feel joyless, or just somehow, for some reason, feel less than amazing; this powerful session could benefit you.

Craniosacral Therapy

A non-manipulative, deep healing modality that works to reverse the debilitating effects of stress, both physical and emotional.

Energy Clearing

A gentle but powerful way to release

tension unconsciously carried forward from your past, while neutralising and clarifying the energy within your immediate field that directly influences you and those around you.

Chakra Balancing

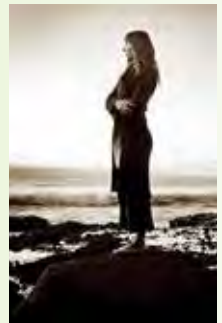
A no-touch approach in which the 7 main chakras are gently checked, monitored and realigned.

For Your Pets:

Utilising her healing skills combined with inter-species communication, Bernadette can support your animals with:

- general communication
- increasing quality of life
- general health and wellbeing
- specific injuries and ailments
- behaviour resolution
- rehabilitation after injury
- connection with deceased pets

"I'm devoted to being the clearest channel for the sharing of information between you and your animals."



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.



Sunnyhill - Crystal Reiki

Energy healing balances and restores the flow of energy in the mind, body and soul. Manipulating our auric and energetic fields can help relax, calm and soothe emotions and tension, make you feel happier, grounded and at one with life.

A Crystal Reiki session with Vicki involves the use of several healing methods tailored to your specific needs. We begin with an organic homegrown herbal tea and discuss your recent mental, emotional and physical health. You will then lie on a massage table and Vicki will place crystals on and around you,



and use a combination of Reiki, light massage, manipulation of pressure points, aromatherapy, sound therapy, and end with a chakra rebalancing. Sessions take approximately 60 minutes and are \$50.

We also offer beginner's meditation and yoga courses, individual and group retreats, and handmade crystal jewelry and meditation products. Please check out our website, and we look forward to welcoming you at Sunnyhill!

www.sunnyhillmeadows.co.nz
sunnyhillretreat@gmail.com
027 314 0109 or 07 825 0006
Find us on Facebook!

Shai - Yoga Massage

Originating in India over 2500 years ago Thai Yoga Massage is based on the Ayurvedic System of medicine working with your body's energy lines and is affectionately dubbed the "lazy man's yoga".

Tight muscles that we all have, reduce the flow of 'life energy' resulting in stiffness, pain and dis-ease, but regular Thai Yoga massage will energise your body, reducing stress and pain, increase joint flexibility and help take you into a deep state of relaxation, relief and rejuvenation.

Using a combination of my thumbs, palms, elbows, knees and feet I use a combination of gentle stretching, manipulation, massage and acupressure to harmonise your whole being. Thai yoga massage will be very beneficial for anyone suffering from back pain, anxiety, joint stiffness and general fatigue.

For a more intense healing I can also perform a didgeridoo sound and vibration healing. The primordial low frequency drone of the didgeridoo will take you into a deep trance. As I move the instrument over your body you will feel internal vibrations as stagnant energy is 'unblocked'. And it is during this state of altered consciousness, when you are out of the 'mind matrix' that healing can take place on a deep, cellular level.



See page 23 for all Contact details.

Trudi – Healing Hub

The Healing Hub is a tranquil, peaceful nurturing environment where you can come and experience a deeply healing Swedish remedial massage and energy bodywork including chakra balancing, acupressure and lymphatic drainage.

My healing gift is intuitive, I am guided by my indigenous Native American spirit guide who channels through me so I can work on the areas in most need, she also passes on important information for my clients to assist them on their healing journey.

Whether you have a physical ailment or emotional hurt or maybe both, intuitive bodywork will help shift and unblock stagnant



energy and trapped emotions that are holding you back in your life. You will step out of your session energised and rejuvenated with a sense

of clarity that will allow you to listen to your “inner voice” more clearly. Chronic pain is often diminished or can disappear completely.

If you feel the calling I would be honoured and privileged to share my Mahi with you. I look forward to seeing you at my Raglan studio.

Testimonial: I can't recommend Trudi enough. This woman is amazing. After spending 7+ years on Parkinson's medication for restless leg syndrome and consulting countless Drs and health professionals Trudi managed to sort the problem out in a one-hour session! It's been 4 weeks and I'm still off the pills.

I have a weekly massage with Trudi to unblock my lymph nodes. Thank you so much Trudi. – Daina Agnew, Raglan

Shaun – ConTact Care

As a qualified ConTact Care practitioner I use a bio-mechanic technique that releases the shock and contraction in your bones caused by surprise impact, so that normal function may return.

By releasing the body's pressure on the inside (at bone level) I can positively change the problem you are experiencing on the



outside (joint, nerve, circulation, respiratory or muscular). ConTact Care is a non-invasive organic process that involves applying gentle pressure to these impacted bones releasing not only the physical trauma but also the connected emotion. Some of the ailments ConTact Care can treat:

Depression – Sports injuries – Post-op rehabilitation – Carpal tunnel – Headaches/migraines

After identifying your current pathways and blockages we will customise a treatment complementary to ConTact Care that will also include a blend of physical and metaphysical healing modalities.

I have many years experience with counselling, addiction recovery, youth mentoring, Reiki, MiriMiri massage, chakra balancing and card reading and work safely in the Whatumanawa (the Supreme connection between the personal and Universal sub-conscious worlds).

Together we can activate your healing, assisting you to balance your physical, emotional and spiritual body, easing physical and mental pain, to release that which is no longer serving you, allowing you to reclaim your Mauri ora and live a life where you are thriving, not just surviving.

Where to place a Buddha statue in your home

Placing a statue of Buddha in your home or garden is a great way to promote positive energy, or chi, in your environment.

Gautama Buddha, the founder of Buddhism and the harbinger of Buddhist teachings, is the inspiration for the many Buddha statues available for purchase today.

The popularity of Buddha as a symbol of peacefulness has made the Buddha a rather secular and versatile symbol which many people display for decor purposes.

However, to honour the meaning and history that the Buddha represents, there are traditional and auspicious rules around placing a Buddha that we should understand.

The position of the Buddha and specifically the hand gestures (mudras) determine how and where the statue should be placed. As a general guideline your Buddha statue should always be above eye level as it is disrespectful to look down at it, and you should also avoid placing it in

any unsanitary parts of the home, such as the bathroom or kitchen, and avoid placing it in the bedroom.

These are some common depictions of the Buddha:

Bhurmisparsha Buddha, Earth Touching Buddha. The Earth Buddha sits with his right hand facing inward and pointing to the Earth beneath him and his left hand in meditation.

This statue refers to the time where the demon Mara repeatedly tried to tempt the Buddha, but the Buddha resisted and finally



reached enlightenment. This mudra represents eternal knowledge and should be placed facing east. It is also grounding

and supportive and can therefore be placed in any room of the home.

Dhyana Buddha, Meditating Buddha – This Buddha sits with his hands folded in his lap (left under



right), legs crossed, and head raised. His eyes are fully or partially closed in meditation. This Buddha can be placed in any quiet place in your home, preferably facing east, and ideally where you can sit and meditate or reflect too, and perhaps light incense and candles in this area.

Blessing or Protection Buddha. His right hand is raised and facing outwards as a protective shield, the other usually sits in his lap. This Buddha has two meanings – the first is to



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protect, and the second is to overcome fear. This Buddha should be placed at the front door of your house facing the doorway.

Nirvana Buddha,
Reclining Buddha – This Buddha depicts the last moments of Gautama Buddha's mortal life before entering Nirvana. This Buddha encourages you to seek inner harmony and peace. It is also symbolic of a transition period. This Buddha must always face west and should recline to the right.

Praying Buddha – This Buddha statue has his hands folded in prayer and is usually seated cross-legged or in lotus pose. Representing devotion and faith, this Buddha should be placed in a quiet area of the home where ideally you can light a candle or incense and meditate in the Buddha's presence.

– Ronja Skandera

The collage displays 12 cards from the Sunflower Oracle Online. Each card has a title, a brief description, and a 'read more' link. The cards are arranged in a grid-like fashion, with some overlapping. The themes include:

- Earthhorse Aotearoa:** In our beautiful rural environment of Wairarapa Valley, we offer healthy connection with Earth's deeper values, its wisdom, its secrets and its magic. [read more](#)
- Sunnyhill Meadows Retreat:** We are still and full of all earthly blessings, with a focus on creating inspiring, sun-drenched, lush green out of a desire to help people and to work. [read more](#)
- Somatic Movement:** Somatic movement is a relaxing, new way of life, and has become extremely popular around the world. It grew out of Feldenkrais' work. [read more](#)
- Holistic Body & Energy Work:** With over 20 years experience as a physiotherapist, Therapist, and holistic health practitioner, this yoga teacher... [read more](#)
- Art of Change Therapy:** If you're feeling stuck, stressed, or overwhelmed, I can help you. Using powerful psychology with the latest understanding of brain science, you can... [read more](#)
- Havening Touch:** Havening Touch® is a wonderful, gentle, and effective, self-healing system using multi-sensory, biological healing mechanisms, very effective for emotional... [read more](#)
- Bernadette Marama Gavin:** Bernadette works to help you and I remember for you and your world. There are many ways I can support you, no matter what you're going through... [read more](#)
- The Healing Hub:** This healing hub is a vibrant, joyful, dancing, movement, where you can come and experience a deeply healing, powerful, emotional, mind-body energy. [read more](#)
- Crystal Sound Healing:** A Crystal Sound event and healing session is a powerful, eye-opening, and a magical, and a... [read more](#)
- Nia Dance:** The Nia dance is a fun, and a... [read more](#)

Mike – Personal Training

With over a decade's experience, Mike's unique holistic personal training approach combines natural movement, dynamic mobility, and mind- body work to help you build life-long habits that enable you to get more out of every area of your life.

As a trainer Mike works with you as a whole person, starting where you are and working towards your goals in a sustainable way that is fun and super effective.

The training focuses on natural movement patterns helping you improve strength, fitness, mobility and flexibility all in one. Mike infuses breath and mind-body work to leave you feeling energised, vital and balanced.

Enjoy optimum health through the benefits of holistic bodywork massage!

Mike is passionate about helping people heal and thrive through the powerful modality of holistic massage. Whether you have a specific health ailment or just looking for relaxation and calm, Mike will help you awaken the parasympathetic nervous system, responsible for releasing the feel good hormones oxytocin and endorphins, allowing you to drop into a state of relaxation.

It is when you are in this state that “dis-ease” in your body changes to “ease” and healing can take place on a deep cellular level.

Regular massage will help with insomnia, reduce pain, lower blood pressure, improve circulation as well as promoting relaxation and generally increasing your well-being and vitality.

From his beautiful studio in Raglan, Mike offers deep tissue, mayo-fascia release and relaxation massage using only organic oils.



Maeve – Soul Alignment

My name is Maeve Clodagh Kelly. I am a writer, energy therapist and a carrier of Mother Earth's vibration and energy imprint.

My Soul is offering the combined energies of a force of Archangels, Ascended Masters and Ancestors, journeying with me in order to allow me to hold a strong and gentle space for those who are attuned to their own frequencies of alignment and who are wishing to dive further into their caves of destiny to discover their true path.



Self-recognition is a tool which I offer and is a foundational element to working with me. It is a place from which we can all find ourselves feeling more uneasy and frightened when faced with our deepest wounds. However, the discoveries we make when we are brave enough to see our own reflection in the world around us, can lead to the most profound and enlightening transformations.

The tool of self-awareness, which I offer to others, is held in a space of deep love, compassion and fortitude for the small aspects of ourselves which arise in that moment, for the purpose of great healing.

The light which transuses the process is one of truth and empathy, and there is a space within which the most buried parts of the self can emerge, tentatively and ultimately welcomed for acknowledgement and healing.

If there has been a deepening of difficulty in your life, unresolved trauma, distorted relationships, or you are simply finding yourself heightened, sensitive and in need of guidance, love and compassion, there is a place here for you to rest and to witness the expansiveness of who you are, and open a door which you have perhaps been yearning to open for some time.

The Oracle's Experience with Mike Jewell

Personal training

On a stormy, rainy afternoon we met Mike at Bush Park for our first workout in, well, a very long time.

Armed with a medicine ball, a resistance band and a kettle bell (this is all he uses), Mike explained to us his simple and straightforward exercise philosophy: functional movement. There are 6 ways that your body naturally moves - Push, Pull, Squat, Hip Hinge, Lunge and Core Rotation. The body reacts really well to training these



movements because this is how we are designed to move.

We began our session with a quick discussion of my general health and wellbeing. There was absolutely not an ounce of judgement, only support for being here today, willing and ready to do good for my body.

The workout consisted of a series of

functional movements in short sequences that meant I never felt bored. Mike noticed when I was out of breath, and pushed me just enough to keep me working hard, but easing off with some chat when he sensed I needed a break.

At the end of the workout Mike gave me the option of doing some mindful breathing exercises which I found both meditative and restorative. It was awesome to take the time to thank myself for this effort and to watch the trees sway above me and to feel truly grounded and present.

In summary, it was an awesome experience that left me feeling proud of my effort, and keen to do it again. Isn't that the ultimate outcome of a workout?

Holistic Massage

As with the personal training session, the holistic massage began with a discussion of how my body was feeling, if I had pain in any areas, if I had experienced massage before, and what I wanted out of the massage.

Mike gave me 100% of his attention and focus, and was committed to making sure he used techniques and appropriate degrees of pressure to ensure my body received maximum benefit from his treatment. I truly felt that this was a holistic massage, where Mike considered not just my body but also my energy and my mental and emotional state.

Mike combined various techniques throughout the massage including Swedish, Thai, Lomi Lomi, Myofascial release, and assisted stretching. The orange and almond essential oils added to the

overall experience. I left feeling relaxed and alive, and able to move a whole lot more freely. Pairing a Personal Training session with a massage to follow felt especially rejuvenating and luxurious! I would totally recommend a holistic massage with Mike and can't wait for my next session!

Q&A

“Harness what you already have to get to your natural best”

What services do you offer?

I primarily offer Personal Training (also available on Zoom) and Holistic Massage Therapy.

I also do workshops for workplaces and small groups. I run two workshops - Human Connection (on community and social connection) and Be Here Now (simple tools for calm and balance) as part of the Wellbeing by Design workshop program. These workshops offer explanations and tools that you can go away and use the very next day.

I work with people of all ages/ backgrounds and my special interest is longevity and return to health.

How did you begin your work as a PT and massage therapist?

Coaching and training became an obvious pathway through my own journey of health and wellbeing. I have been a Personal Trainer and a Massage Therapist for about 12 years now, and have been on a whole food diet throughout this time, studied in New Zealand and overseas



in various holistic wellness fields, and have been based in Raglan as a self-employed holistic wellness coach for the past 4 years.

Why is this work so important to you?

I am passionate about helping people to achieve a state of balance within themselves, both physically and emotionally, to reach their natural best. It's really about creating the space for someone

to thrive and guiding them through their own journey.

Which spiritual or energy practices steer your work?

My work is very intuition-based, I focus on the individual and get a sense of what works for them. Connection to self, connection to nature, and connection to others is a triangle that I use as a guide to figure out what a person needs to work on to achieve balance.

If you could tell your younger self one thing what would it be?

You can't control the outcome of things, all you can do is have a vision and trust in the process.

What are some tips for the Raglan community to stay healthy this winter?

Stay connected to people around you. The science shows that connection is the most important wellbeing factor releasing oxytocin, the love hormone, so how can you argue with that! Plus of course good whole foods and green winter vegetables!

Sunflower Oracle Directory June 2021

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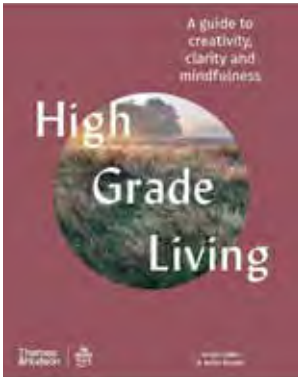
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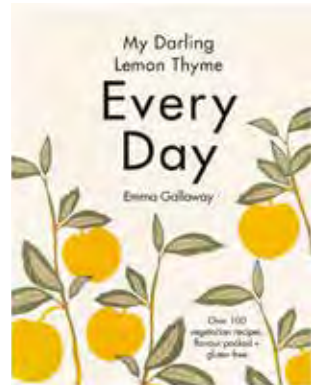
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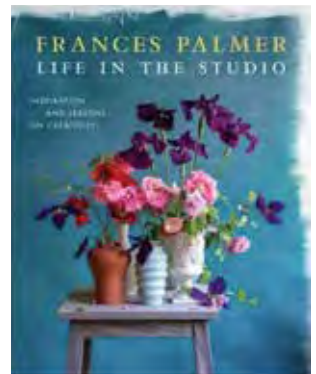
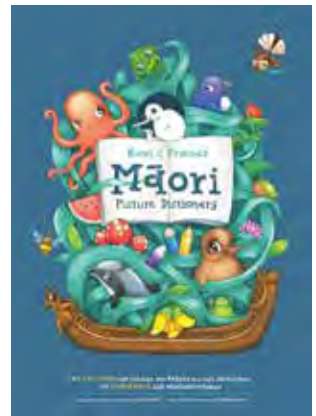
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