

Autumn 2021



sunfloweroracle.nz



Welcome Editorial

Gail McJorrow

Thank you for picking up my first Autumn issue of Sunflower Oracle Healing Times.

I landed in the beautiful arms of Raglan almost a year ago and have been blessed to find my Soul tribe here. Embraced by the magnificent Mt Karioi and Whaingaroa Harbour that flows out to the ocean, the energy of the land is a magnet for healers and light workers.

Being new to the area I wasted no time in seeking out other like-minded kindred spirits, who were awake, conscious Beings and there were a lot of them! Many of these healers work from home under the radar and you would only know about them through word of mouth. To make it easier, not only for locals but also for the many weekend visitors Raglan enjoys, I have compiled a directory to showcase the amazing healing modality options that are out there.

I decided to call it Sunflower Oracle after the sunflowers that adorn the main Street of Raglan village that give everyone so much pleasure.

The sunflower symbolises beauty, delight, happiness and renewal – she looks like the sun and follows the sun. During the course of the day, her head tracks the journey of the sun across the sky. Wherever light is, no matter how weak, these flowers will find it. And this is who

the Sunflower Oracle is for ... those seeking the light.

So if you feel it's time to weed your inner garden to make room for new growth; to fertilise and water the soil so that the original **you** can grow and flourish, I invite you to flick through and see what modality resonates with you.

Sunflower Oracle welcomes contributions from local writers who

would like to promote their healing modality and artists who would like to be featured on the next issue cover page.

If you would like to receive email updates on the latest workshops including sound journeys, drum circles, sweat lodges, Moon ceremonies and much more please go to our website and sign up for our newsletter.

– Namaste



What is Energy Healing

The foundation of energy medicine is the understanding that we each have our own innate healing force, an intelligent, active inner physician.

Sound and vibration medicine is an ancient healing modality that has been practised by indigenous cultures worldwide for centuries. It is now being sought by mainstream consumers looking for an alternative to the traditional pharmaceutical route.

We are all born with our own unique cellular frequency – tuned to the natural harmonics of Mother Earth – and our

cells vibrate at the highest frequency of LOVE.

As we journey through this physical realm and inevitably endure lower vibrational frequencies associated with stress and fear, we will experience dis-harmony. Our cells will be out of resonance, and this can be reflected as “dis-ease” in the physical body.

Everything in the Universe is vibrating energy and our existence is part of an interconnected web of electromagnetic vibrational frequencies.

We are made up of trillions of vibrating cells, we are a symphony of sound, vibration and energy flow. When vibrations travel through the body they promote circulation, energy flow and rejuvenation.

The frequency of the sound synchronises with the brainwaves and activates de-stress responses in the body, promoting healing on a psychospiritual level.

– Gail McJorow

“We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos. We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music.” — Albert Einstein



Sunflower Oracle

Issue 1, Autumn 2021


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Printing generously sponsored
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Somatic Movement ...

Somatic movement is a relatively new practice, and has become extremely popular around the world. It grew out of Feldenkrais, and developed alongside new research into neuromuscular reprogramming.

Somatic movement is based on the principle of neuroplasticity – the understanding that the brain is continually remodelling itself in response to new information and experience. Thus, movement limitations creating tension and pain are not permanent.

The term Somatic comes from ‘soma’ which means to understand the body as an intelligent, sensitive, living organism. The body is not a mechanical, insensate machine that we need to manipulate and control in order to get results.

Our body/brain organism has millions of years of evolution behind it. It knows how to move well. With somatic movement we find out why it is not able to do this. We find out what is getting in the way. The job of somatic exercise is to help the brain do its job properly.

The brain controls the way we move, so if we want to change the way we move we need to work with the brain. Neuromuscular reprogramming is the name given to this approach.

The problem for us is that when the brain learns a new movement pattern – eg how to ride a bike, how to sign one’s

name, how to protect an injured arm, how to not be noticed, how to cope – it may be a healthy pattern or not. After a few weeks of repetition the brain sends the pattern code to older parts of the brain, for repetitive, unconscious, reflex activation.

The pattern becomes an unconscious habit. This frees the upper parts of the brain for new learning. What is now a restrictive and maybe painful movement was, at the time it was learned, the best response possible to the circumstances. It may not serve us well now. It may be crippling us. How do we change?

Slow movement done with awareness allows the brain to wake up again – to what is actually going on. It can then automatically reorganise our movement to become smooth and easy.

Somatic exercises are disarmingly simple, extremely effective and very enjoyable. There is no requirement to be flexible or fit. The only requirement is to be curious and attentive. Everyone can benefit from the exercises.

I have found them immensely valuable, even after a lifetime of yoga. I couldn’t believe how they freed up my body. Results happen very quickly and can bring a greater freedom to whatever activities we enjoy, eg: gardening, walking, cycling, surfing, yoga, dancing, swimming.

– Dyana Wells



Meditating with the Body

In the modern world there is a tendency for us to live exclusively through our conceptual minds. We live in bubble worlds of thoughts and emotions, rather than in the world of direct experience.

The body however experiences itself and the world directly. It is shaped – moment to moment – by its direct interaction with life.

The conceptual mind sees the world through the filter of its own beliefs and expectations. It experiences a second-hand world that tends to play back all the prejudices and preferences developed during a lifetime.

If life has become empty and repetitive, and if it seems banal and meaningless, this is because we have lost the ability to experience the ever-changing miraculous flow directly. Life itself is like a never-ending Aladdin's cave, offering infinite possibilities of experience. This is one reason meditating with the body is important. It brings us back to the numinous richness of direct experience.

Thoughts are just thoughts, nothing

much at all. To be defined by the thoughts we have about who we are is a shaky place to be. Thoughts have no reality – they change, they aren't stable, they tend to depend on others to verify them. They can pop just like that.

By contrast the world of direct experience is all connected up. What we experience directly through the senses, we are connected to. We discover that we have never been separate from the world we experience.

Through direct experience our world becomes whole again and we are healed. We recognise ourselves in the rustling leaves and the warmth of the sun.

Remember being a child, dancing life into being, at one with the purring cat and the cool sea. The child still lives through the senses, in a wondrous shining universe.

Through meditating with the body our sensing of the world outside opens out again, but significantly our inner sensing also opens up. We rediscover what it is to feel.

– Dyana Wells



Havening Touch with Robin

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.

For further information and to make appointments with all healers, please see contact details on page 35.



Access Bars Treatment with Meredith

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.



Biofield Tuning with Scott



Biofield Tuning is based on the premise that the human biofield – the energy field that surrounds and permeates our bodies – is interconnected with our conscious and subconscious mind, including all of our memories.

All physical, mental and emotional disorders can be perceived as “disharmony” in our energy fields. Biofield Tuning is able to diminish and resolve this disharmony and, in doing so, alleviate and even eradicate the corresponding physical, mental and/or emotional symptoms.

The biofield is composed of both measurable electromagnetic energy and hypothetical subtle energy, or chi. This structure is also referred to as the “human energy field” or “aura.”

Similar to rings on a tree – life’s experiences are stored in the biofield, the most recent experiences are the

closest to the body while the earliest are further out.

Holding an activated tuning fork in the area of a traumatic memory or another difficult time period produces repeatable, predictable outcomes. The sound input helps the body digest and integrate

unprocessed experiences. As the biofield disharmony subsides, clients generally report feeling “lighter”, a diminishment or resolution of their symptoms and more in harmony with their life.

Like ripples in the pond, sound frequencies echo through the biofield for many days giving the body time to integrate the new harmonies.

Whereas Psychology deals with the mental aspects of our life’s trials and tribulations, biofield tuning harmonizes the disharmony laid down in our energy field. It was thought for a long time that the energy field was created by the human, animal or plant living inside of it.

New research has opened a door that suggests that the biofield is actually the blueprint that is shaping the life form inside of it.

– Scott Sutherland

ConTact Care

(Flinchlock Release®)

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.

These are just some of the ailments ConTact C.A.R.E. 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.

So if you feel you want to make changes and transform your life please pm me through Facebook and we can schedule a weekend appointment in my beautiful Raglan studio.

Nah Mai, Haere Mai
Shaun Holtz

Nia Dance with Belinda

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.



Yogalates

“How can we make our clients more comfortable, more functional and more connected within their minds and bodies in everyday life” – the question Louise Solomon asks herself as she continually refines the incredibly effective and accessible Yogalates modality.

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!

– Nicky Mann



Didgeridoo Sound Healing

Sound and vibrational medicine is an ancient healing modality that has been practiced by indigenous cultures worldwide for centuries.

The mystical ancestral sounds and vibrations created by the didgeridoo have

to take place on a deep cellular level as it moves and unblocks stagnant energy in your body.

As well as receiving the healing there are many therapeutic benefits for the person playing the didgeridoo.

Due to the circular breathing required, blood is oxygenated, expanding lung capacity and strengthening muscles in the upper airways. Asthmatics and people with sleep apnoea have reported being cured by playing the didgeridoo – the secret lies in developing the strength and dexterity of respiratory and thoracic muscles while remaining in a relaxed state. The didgeridoo is often touted as the world's healthiest instrument.

Jimmy's mahi is in conjunction with Raglan Crystal Sound and they offer private Didgeridoo/Crystal Sound Sonic massages at their studio as well as regular group sessions, and are available for ceremonies and rituals.

Jimmy is planning on holding a winter workshop to teach the didgeridoo and have a few personal tricks to share

with you not found on a YouTube tutorial!

If you want to kept informed of group sound sessions and workshop details please go to our website and sign up to Sunflower Oracle monthly newsletter.



the power to invoke listeners to enter deep states of trance. The primal low frequency drone the didgeridoo emits has a mesmerising sound, taking you into a deep meditative state allowing healing

Crystal Sound Healing

A Crystal Sound meditation and healing session is experienced lying down on a mattress with an eye mask on for a deeper sensory experience.

The sounds and vibrations of the angelic tones of the singing bowls lure you out of the mind matrix into other worldly dimensions. During this relaxed delta brainwave state clients often experience an altered state of consciousness, emerging from their session with an incredible feeling of lightness. Insomnia, anxiety, depression and chronic pain have sometimes miraculously disappeared.

The science behind how it works:

Each cell in our body is like a miniature battery that holds a positive and negative charge that has the capacity to give off 700 trillion volts. This electrical energy is what keeps our heart beating and has the power to change the rhythm of our brainwaves influencing our heartbeat and respiration.

Electricity is required for the nervous system to send signals throughout the

body and to the brain, making it possible for us to move, think and feel. Bio-electricity is how our cells communicate with each other and when we are fully charged we pulse in harmony with the electro-magnetic field of the Cosmos.



The pure quartz singing bowls are piezoelectric, which means that when pressure is applied by the rubber wand, energy is converted into electricity. Quartz crystal is the ultimate energy amplifier and is used in electronics such as computers and cellphones. In this fast

paced world we tend to keep on keeping on and just like a torch, our batteries go flat so a crystal sound healing can be a powerful recharge for your body on a deep cellular level.

Group sessions are held twice weekly at The Raglan Yoga Loft on Wednesday & Friday's 7.30-8.30pm. I also offer private sessions at my Raglan studio for individuals, couples/groups, and play at weddings and funerals.

– Gail (crystal sound Gypsy)

The Healing Hub

Massage with Trudi

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



Bernadette Marama 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.”

Bernadette Marama Gavin
Author, Healer, Animal Whisperer



Art of Change Therapy

with Etai

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.



Testimonials

"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

"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

Holistic Body & Energy Work

Fusion Flow with Therese

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.

Sunnyhill Meadows Retreat

Reiki/Meditation

We are Vicki and Ronja of Sunnyhill Meadows. With a focus on Holistic Healing, Sunnyhill Meadows grew out

the placement of crystals on and around you, light massage, aromatherapy, sound therapy, and a chakra rebalancing.



The purpose of this session is to unearth, release and rebuild your emotional, physical and mental bodies. Sessions take 1 - 1.5 hours.

As of December 2021 Sunnyhill Meadows will run small and personalised day and weekend retreats with alternative and ecological accommodation, offering the space

of a desire to help people and to work with nature, the power of the mind and universal love.

We offer Reiki with crystals, guided meditation, yoga practice, and handmade jewellery.

At Sunnyhill Meadows all our products are handmade and hand crafted. We enjoy growing our own produce and using recycled materials as much as possible.

A crystal Reiki session with Vicki involves the use of several healing methods. Tailored to your needs, these could include hands-on or hand-off Reiki,

and time to connect with yourself, animals and nature.

Please check out our website or Facebook page to see our crystals and our services, and we look forward to welcoming you at Sunnyhill!



Earthhorse Aotearoa

equine assisted therapy and spiritual guidance

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.

— Sue and Sarah



Holistic Personal Training

with Mike Jewell

Mike is passionate about helping people thrive through his holistic personal training approach.

With over a decade's experience, Mike's unique 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.

Are you sitting a lot for work, want to feel more able to do the things you love, want to have more energy, want to focus on longevity, or recovering from a health issue?..... then this training is for you.

As a trainer Mike works with you as a whole person, combining all the elements needed to get you to your best. He will start where you are and work toward 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.

Mike caters for everybody and meets them where they are at no matter what age or stage. Mike offers One on One or Pair Training in Raglan and offers a free 30 minute initial consult.

Testimonial

"I met Mike through a referral from a friend and found him to be a great guy who really knows his stuff. I've had big improvements in overall well-being and made some really effective lifestyle changes which suprised me. My energy feels really stable and I'm more balanced, everything from work to playing with the kids is easier and more enjoyable. I've tried a lot of different things over the years and found Mike's holistic training approach to be really effective with long-term change." – Mike Moran



Holistic Massage

Mike Jewell is passionate about helping you enjoy optimum health through the benefits of holistic bodywork massage.

Massage is a powerful healing modality, whether you have a specific health ailment or just looking for relaxation and calm.

The physical bodywork of massage will create space in the body for re-alignment and healing. The para-sympathetic nervous system, responsible for releasing the feel good hormones oxytocin and endorphins, is awakened 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.

With holistic massage, blood and lymph circulation is increased, moving

vital nutrients and oxygen throughout the body to organs and muscles.

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.

Testimonial

“Mike you have the touch and presence! Massage with you is always such a great experience, I leave in a completely transformed state everytime. Whether I’ve been busy at work or my body is needing some recovery you seem to be able to intuitively tap into it and sort out whatever is going on. Thanks so

much and I can’t recommend you highly enough!”
– Andrea Jones



Thai Yoga Massage & Didgeridoo Sound Healing With Shai

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.

(For your session you will be fully clothed on a mattress on the floor.)



Soul Alignment Therapies

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 transfuses 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, trauma which remains unresolved, if your relationships feel distorted, or you are simply finding yourself heightened, sensitive and in need of guidance, love and compassion, then perhaps 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.





Earthbeat



Driving the 3 1/2 hour pilgrimage in a convoy with family and friends to the incredible 5-day Earthbeat Festival 2021 in Kaipara we were rewarded with memories we will cherish forever.

Living up to its promo on their website as Aotearoa's most innovative and earth-friendly music and arts festival, we were deeply nourished on all levels.

From the amazing aesthetics it was obvious an incredibly hard-working team had been working months to put this together. The array of vegan food was insane (avocado and coconut ice blocks covered in carob!), spectacular performances by artists and musicians, informative talks from passionate speakers centred around intentional communities, living a low toxicity lifestyle, food sovereignty and the myriad of ways we can all create a more beautiful world. One workshop was titled "Why things are screwed, and how we can make them better."

Sunrise yoga, Qigong, Pranadance, acroyoga, African dance, the list goes on – only a handful of the beautiful body/

mind activities on offer. The healing tents took up a massive space, offering everything from Traditional

Māori mirimiri massage, evolutionary astrology, sound healing and reflexology complete with a herbal first aid tent (there was even a hair brushing circle!). A highlight was waking up to the haunting sound of the conch shell being blown to mark the end of a sweat lodge round.

One thing that stood out for me is that this was a zero-waste festival – we all bought our own plates/cups/utensils or we could pay \$1 and borrow from the stall holder and get a refund when returned. No rubbish bins supplied, compost stations for our scraps were dotted around and stations were set up for us to clean our dishes. It was amazing the difference it made not seeing the usual overflowing bins, empty cans and debris you would see at a large gathering.

I had the honour of playing a crystal bowl sound session in the Barn and watching my daughter's band Samsara Dhi play to a very appreciative crowd. Definitely going back next year.

– Gail McJorrow

Woven Stars

Song lyrics by Samsara Dhi

Our mighty Tangaroa
He is crying
Crying out to the two-legged
Who walk our sacred earth
To see
To open our eyes
To realise that we are just passing by
Leaving only footprints
As we ascend towards the sky
14 billion hands
And 7 billion minds
Could all be put together
To help our Mother rise

It's just you and me and the stars
tonight
In our Mothers womb
She'll hold us tight
And well listen to all the things
she has to say
She'll sit with us
And she'll sing awhile
And she will sing sweet lullabies
And you and I will bow to our
knees and pray

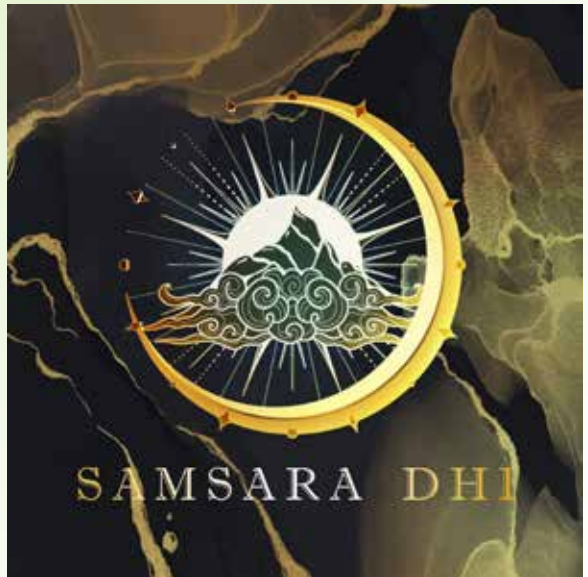
We'll pray that she will rise again
Brother, sister we'll all be friends
And rivers will flow like love down
her face

She's the Mother
She's the Mother
She's the Mother of our land,
she's the Mother of our land.

The people of the land are free
There is no difference between you and
me
And the mountains they are watching at
our feet

She's the Mother
She's the Mother
She's the mother
She's the mother
She's the Mother of our land.

Written and sung by Samsara Dhi (Shilo
McJorrow & Matt Norvelle) and Shilo's
two beautiful girls Jayah & Soul.
Samsara Dhi album **Receive the Sun**
available on Spotify & Bandcamp.
(Logo design by Ambro Art)



Birth

Birth/Intuitive Spiritual Medium



I was once told by an Elder that when a woman is giving birth she “walks through the valley of death to collect the Souls of her children”.

This rang true for me as having birthed 2 children of my own I knew I had wandered to a distant land to meet my beautiful children and bring them through the veil. With each roaring contraction we walked hand in hand ready for whatever this lifetime had to offer us.

During my own deliveries and births I

have witnessed the unseen, it can be felt all around, generations of women before us who have walked through the same valley are with us, guiding us.

We as women can claim back our ‘right to birth’. To be shown that our pain is our power and through positive birth experience we carry with us lifetimes of strength for generations to come; that birth is a dance between the veils and gives us a chance to claim back what we already know.

You can prepare for your birth through dream weaving and connecting in with the consciousness of your unborn child. Using ancient tools that have faded over time may we slowly find our way home with the gift of birth.

— Shilo McJorrow

Shilo is an intuitive medium and has the gift of being able to tune in to your spirit energy. She is passionate about home birth and has a deep spiritual connection to the sea.

Based in Wellington she travels frequently to Raglan and is available to do a distant reading for you by phone or in person when she’s here.

Death

You may be surprised to learn the average cost of a funeral using a Funeral Home will set you back around \$9,000 plus. But did you know anyone can arrange a funeral?

Sure there is legal protocol that has to be followed, but a funeral doesn't hold any legal status. You can save thousands of dollars by making your own casket, using the family vehicle to transport the body, and using dry ice instead of toxic embalming. Although it is indeed a big undertaking, arranging a family-led funeral and taking back control of the sacred process of death – rather than out-sourcing it to strangers – is a profound life-giving experience.

In my book ***Better Send Off – The Ultimate Funeral Guide***, you have access to everything you need to know to give your loved one a meaningful send off. In my book you will discover ways to save money as well as creative ideas to personalise the service, including tips for writing a eulogy, popular funeral poems,

how to leave a green footprint and much, much more.

My book is available to borrow from the Raglan Community House or can be viewed for free on my website or you can purchase your own copy from me.

– Gail McJarrow

Book Testimonial

“Brilliant, thank you.

“As a hospice nurse, I really believe it is time for us as communities to take back ownership of death.”

Karen Williamson
Clinical Nurse Specialist
Warkworth Hospice



Favourite Quotes

Addiction

The opposite of addiction is connection.

Anger

Anger is an acid that does more harm to the vessel in which it is stored than to anything on which it is poured.

– Mark Twain

Authenticity

One of the biggest challenges is to be yourself in a world that is trying to make you like everybody else.

Beauty

The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.

– Helen Keller

Change

The secret of change is to focus all your energy not on fighting the old, but on building the new.

– Socrates

Compassion

How we walk with the broken
Speaks louder than how we sit with the great.

– Bill Bennot

Consumerism

Have stories to tell not things to show.

Depression

In shamanic societies if you come to a medicine person complaining of being disheartened, dispirited or depressed, they would ask you one of 4 questions:

- When did you stop dancing?
- When did you stop singing?
- When did you stop being enchanted by stories?
- When did you stop finding discomfort in the sweet territory of silence?

Detachment

Detachment is not that you should own nothing,
But that nothing should own you.

Energy

Your energy is your true currency of your health. It is your silent language that speaks before you do.

Goodbyes

Goodbyes are only for those who love with their eyes. Because for those who love with their heart and soul there is no such thing as separation.

– Rumi

Gossip

You never make yourself look good by making someone else look bad.

Gratitude

Gratitude is like white blood cells for the Soul.

Grief

The only cure for grief is to grieve
It is only in the hurt that we heal.

– James Miller

Happiness

The people who are the happiest are
not the people who have the best of
everything but the people who make the
best of everything.

Humanity

When the last tree is cut down
The last river poisoned
The last fish caught
Only then will the white man discover he
can't eat money.

– Cree Indian Wisdom

Jewels

The most precious jewels you'll wear
around your neck are your children's
arms.

Letting Go

The trick to getting what you want
Is knowing how to let go of what you
don't want.

Love

When the power of love overcomes the
love of power
The world will know peace.

– Jimi Hendrix

More

Eat less
Breathe more
Do less
Be more

Nature

Rivers don't drink their own water
Trees don't eat their own fruit
The sun doesn't shine for itself
A flowers fragrance is not for itself
Living for each other is the rule of nature.

Peace

Depressed people live in the past
Anxious people live in the future
Peaceful people live in the present.

Relationships

The quality of our relationships
determines the quality of our lives, and I
think the most important relationship is
the one we have with ourselves.

– Esther Perel

Rest

It takes courage to say yes to rest and
play, in a culture where exhaustion is seen
as a status symbol.

Rhythm of Life

Our breath and heartbeat are constant
reminders of life's pulsing rhythm
that moves within and around us. The
Universe revolves around rhythm.
We live on a blue planet that circles
around a ball of fire, next to a moon that
moves the sea ... and you don't believe in
miracles?

– Quantum World: Awaken the Mind



My Favourite Poems

Don't Need Sleep

No, we don't need more sleep,
It's our Souls that are tired,
Not our bodies.
We need nature
We need magic
We need adventure
We need freedom
We need truth
We need stillness
No. We don't need more sleep,
We need to wake up and live.

- Brooke Hampton

Time to Be

We have a tendency to think in
terms of doing and not in terms of
being.
We think that when we are not
doing anything we are wasting our
time.

But that is not true. Our time is first
of all for us to be.

To be what? To be alive, to be
peaceful, to be joyful, to be loving.
And that is what the world needs
most.

- Thich Nhat Hanh

Dust if you must

Dust if you must, but wouldn't it be
better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between
want and need?

Dust if you must, but there's not
much time
With rivers to swim, and mountains
to climb;
Music to hear, books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out
there
With the sun in your eyes, and the
wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around
again.

Dust if you must, but bear in mind,
Old age will come and it's not kind;
And when you go, (and go you
must);
You, yourself, will make more dust.

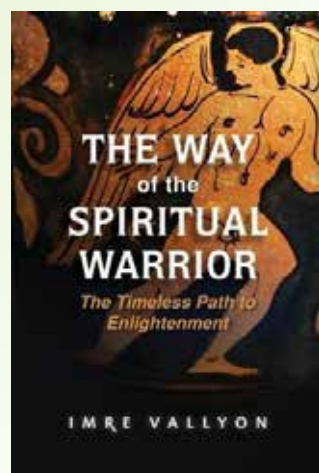
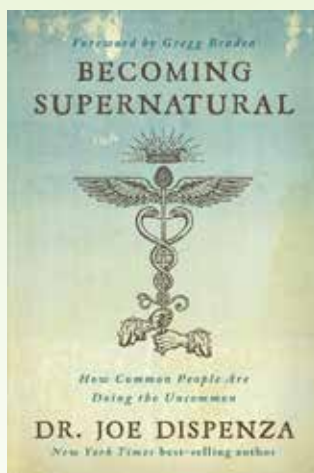
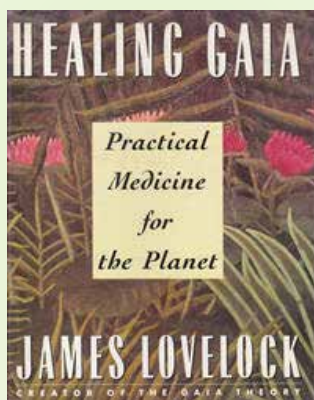
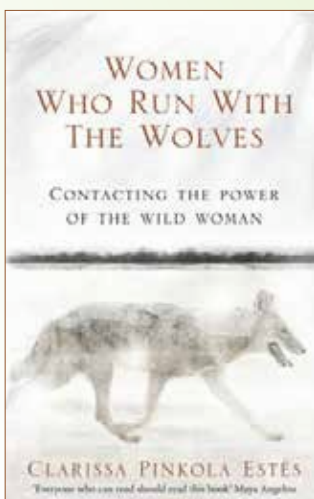
- Rose Milligan

Recommended

We want the Sunflower Oracle magazine and website to be an interactive space where you can feel free to connect and contribute and we welcome your feedback. Our aim is to connect and bring together the vibrant spiritual community of Raglan and surrounds and promote community co-created events, workshops and festivals. We welcome you to become involved to evolve.

Recommended podcasts

Any by Zach Bush



Recommended Reading

Becoming Supernatural – Joe Dispenza

Be Here Now – Human Foundation

Healing Gaia – James Lovelock

The Way of the Spiritual Warrior – the Timeless Path of Enlightenment – Imre Vallyon

Women Who Run with the Wolves – Clarissa Pinkola Estes

Astrological Insights

Astro-forecast for April 2021

The New Moon in Aries on April 12 is conjunct Venus and Mercury forming a stressful square aspect with Pluto in Capricorn.

This is a powerful signature for initiating change including setting our intentions of what this change shall look like. Pluto is the planetary energy concerned with the laws of decay, death and regeneration provoked by the instinctual drive of survival. Personally and collectively, we are drawn into a brave new world where the established order has dissolved and reveals its flaws and weaknesses. Nevertheless, failure and collapse carry the seed of the new that slowly but surely will emerge out of the decayed.

This current collective transformational process (Pluto) profoundly influences our personal lives (Aries). Nevertheless, brave and courageous individuals (Aries) can carry the impulse of renewal and have the power of stirring us toward a new direction.

The Full Moon in Scorpio on April 27th signals a change in energy. The Full Moon is opposite a Sun/Uranus conjunction in Taurus and T-squares Saturn in Aquarius. While the cardinal signs Aries, Cancer, Libra and Capricorn are driven by action, the fixed signs Taurus, Leo, Scorpio and Aquarius dig in their heels. Their best way of defense is 'hold on and resist'.

Taurus needs stability and dislikes chaos and change. The Taurus Sun is conjunct

Uranus, the planetary forcefield signifying revolution, social change and activism.

This Full Moon activates the Saturn/Uranus square, the most important outer planetary formation during 2021.

Saturn and Uranus are strongly opposing principles. Their alignment creates tension as Saturn likes adherence to order while Uranus is the cosmic awakener and disrupter of old forms. Important societal, cultural and economic questions are raised when these forces align.

This Full Moon highlights the tension that is generated when decisions must be made after a period of intense reflection, research, and consciousness work.



ARIES: The New Moon in Aries on April 12 is a great moment in time for the seeding of new ideas.

Nevertheless, before you can leap ahead you might have to deal with important issues from the past.



TAURUS: The weeks before your birthday are great for finishing old projects and reflecting on the year just

gone by. The energies of the Full Moon in Scorpio on April 27th might highlight areas in your life that need urgent attention.



GEMINI: This is potentially a very busy time for you, especially in regards to

writing, communication and networking. It is important, not to run out of breath; give yourself sufficient time for resting, processing and digesting..



CANCER: This is an important period where you will be working on a new balance between the past and a new future direction. Imagine yourself seeding something utterly amazing where you are in the limelight!



LEO: Our beliefs shape our lives, our bodies and minds. Reflect on your beliefs and their cultural conditioning. Is it time for a new set of values, for new types of inspiration and experiences?



VIRGO: This is a period where you might request more autonomy and independence as you are keen to find your spot in the greater world. What role do you like to play on the big stage out there?



LIBRA: Finding independence in your personal relationships as well as forming a good balance between giving and taking is one of Libra's greatest quests. Be aware that nobody can read your thoughts unless you share them openly.



SCORPIO: Your health, work and daily routine might demand your full attention. The Full Moon on April 27 could be emotionally testing as it highlights important family and relationship issues that need addressing.



SAGITTARIUS: During this period, you might feel a need to express yourself through something creative or artistic. The challenge is generating a stable income and enjoying financial security while doing the things that inspire you and make you happy.



CAPRICORN: Home and domestic affairs are at the center of your attention. There is always a lot to do when it comes to establishing a sound foundation for yourself and those dependent on you.



AQUARIUS: With Saturn in Aquarius until 2023, this is a helpful period for questioning the validity of your ideals and principles as well as reflecting on your contribution to humanity.



PISCES: When you are aligned with the universe, you can easily attract what you need. Strengthen your intuition and trust; the flow of energy is moving you in the right direction.

Navigation by the Stars
Personal Astrology Consultation
including Your Year Ahead: Plans,
Directions, Concerns for 2021/22.
Contact Tina: +61 457 903 957
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skype or zoom consultations available

Sunflower Oracle Healing Times is freely distributed in Raglan/Waingaroa in happy cafes, health food shops, yoga studios, crystal shops, retreats and Airbnbs, and can be read on our website.



Raglan Whaingaroa Sunflower Oracle mind~body~spirit~healing

Issue 1, Autumn 2021

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great articles: sunfloweroracle.nz



I was honoured to
meet Lakota John
about 5 years ago
when he lived in
Whakatane where
he carried out his
healing work and
ran sweat lodges
as well as working
with families.
His powerful
examination
of addiction
is reproduced
in a special
booklet with his
permission.

— Gail McJorow

The Mother's Embrace

In this time of remembering, we find
ourselves searching and seeking.
We are wandering through caves of
expression and wintering in our deepest
selves to find a way through to the
understanding. Where is the clarity that
we crave?

In union we pray for a vision of peace
and belonging. But how do we find it
without trust? How do we discover the
place of sovereignty without the belief
that it lies already within us?
How do we find a way
to cleanse our greater
selves amongst the ashes
of the fires which burn for
our becoming?

We are burning.
Together we are burning
in a great and timely
flame, ignited from the
core of her words, of the
Mother whom we walk
upon.

Those who can see this
flame can also see their
footprints imprinted in her caves; can see
the time they have spent in her darkness
and in her channels of birth. They can see
where they have trusted and where they
have fallen to their knees and where they
have emerged into the light once again.
Opening herself up to bring us to

moment of death, through a point of pure
resistance and deep understanding that
enables us to emerge with a clarity that is
potent and life giving. We cannot lose our
place on her.

Death does not separate us, it simply
moves us through her and allows us to
see the fabric of our universal bonds, our
synchronicity and our ability to be all,
seamlessly.

Her magic is our magic. We have no
boundaries other than
the ones we create. Our
destiny does not speak
of a dominant power,
it speaks of a place of
knowing, of emergence,
of tenderness, of
simplicity, of grace,
of justice and of deep
surrender.

Power is a word which
can draw us to believe
that we have conquered.
In truth, when we come
home to ourselves,
we have lost all, and we have allowed
ourselves to be nothing and everything
all at once.

When we arrive at this place, we
are entire and so there is no reflection
required, there is only the experience.
In that experience there is no potential



"Mother & Baby 2019"

Illustrations © Gynis Webb

Maeve Clodagh's **The
Mother's Embrace** looks
at our current time of
remembering, where we
find ourselves searching
and seeking.

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.

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Autumn 2021
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hypnotherapy



energy bodywork



massage



equine therapy



yogalates



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somatic
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animal
communication



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