

Sunflower Oracle

Wellness Network
Raglan Edition 3
Spring 2021

Raglan
Ruapuke
Te Mata
Waingaro
Waitetuna
Whaingaroa



Sunflower Oracle Wellness Network

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Sunflower Oracle

RAGLAN WHAINGAROA

is a sister publication to



HAMILTON



TAURANGA

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Raglan Outlets

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The content of Sunflower Oracle magazines and websites 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.

Symbolism of the Sunflower

Vicki Shannon



Once upon a time there was a beautiful Greek sea nymph called Clytia and a powerful God called Apollo. Apollo was a splendid God who drove his golden chariot across the sky.

Clytia observed Apollo in all his glory and fell in love with him. Although she was very attractive, Apollo did not love her

took pity on her and transformed her into a sunflower. Even today she continues to turn towards the sun, in order to see her beloved, Apollo.

Created from the depths of a broken heart the sunflower is a symbol of eternal devotion, peace, love and hope. Symbolising longevity in Chinese culture

and as a life giver in Inca culture, the sunflower continues to be revered by people today.

As we publish the Spring edition of the Sunflower Oracle, it is with great pleasure that we welcome Tauranga and the surrounding area to the Oracle network. We look forward to welcoming more areas in the future.

Seeking out the light and holding its head up high, the sunflower is the only flower that turns its

head to follow the sun. The symbol of the sunflower graces the covers of the Oracle because of all the beautiful meanings and representations behind it. The symbol of the sunflower also honours the Oracle's roots, starting out as a small seed in the Raglan community and continuing to grow throughout New Zealand. As a symbol of happiness, its colour lights up even the darkest days. When you look at a sunflower you cannot help but smile.

We wish all sunflower lovers eternal optimism, happiness and peace.



back and took no notice of the poor sea nymph. Every day she turned her head to the sky to watch her love. Her longing and love almost drove her mad. The other Gods

Sunflower Oracle

RAGLAN WHAINGAROA

Edition 3, Spring 2021

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& Ronja Skandera

Design and Websites by Brian Thurogood
at authorbrian.com

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Ylia Sawitzki

Yoni Mapping Therapy

Yoni Mapping Therapy is a sexual wellness modality exclusively for women.

Would you like to feel more connected and at ease with your sexual energy as a woman? Would you like to experience more pleasure and joy in your sexual encounters?

And... how about awakening a sense of sacredness and healing in your love life?

We live in a society where some women are not experiencing their sexuality as joyful and nourishing.

And some women have resigned into feeling sexually frustrated, inadequate, or plainly “can’t be bothered”. What if it didn’t have to be that way?

Yoni mapping therapy takes you on a 3-hour journey that is informative and deeply relaxing – as well as profoundly inspiring and embodied!

After a session, most women feel a profound sense of aliveness and vitality in their pelvis.

They enjoy a deeper connection with their yoni and a newfound sense of feeling



honoured and at home in their body as a woman.

Ylia is a midwife and has been giving Yoni Mapping sessions in Auckland for the past 4 years, following an extensive specialised training.

She offers her sessions in a beautiful private clinic about 20km from Raglan.

For bookings and information:

www.yonimappingtherapy.com/ylia/

YLIA SAWITZKI

Ylia is also a sculpture artist and a Reiki and intuitive massage practitioner. Yoni Mapping for her is like the icing on the cake – or the cherries on the blackforrest gâteau, as she is originally from Germany!

It is a culmination of the variety of her careers and interests that have all revolved around her fascination with intuitive bodywork and healing.



Sunflower Oracle Online Directory

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PLUS! Coming soon to Sunflower Oracle ... • ROTORUA • COROMANDEL •

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Get Unstuck

Live Life on Your Terms

Build your personal and professional skillset

What's keeping you stuck?

Maybe you're struggling with negative emotions, feeling unmotivated, anxious or depressed? Perhaps you have communication difficulties or negative reactions to others' behaviour.

Whatever your struggle, the truth is, you're probably holding yourself back! Not intentionally, of course. But whether intentionally or unintentionally — the results are exactly the same — you stay stuck and continue to struggle.

To get unstuck you have to change your mind!

The problem is that you've never been taught how to use your mind to improve your success. Once you learn, you can shift your thinking and dissolve any mental and emotional blocks.

Success — in all areas of life — can be yours

The good news is that Inside Your Mind, you have all the 'software' you need to move out of stuck-ness and into flow. You just need to learn how to use it!

It's time to get out of your own way!

Be adventurous. Take back the reins of your life.

STEPHANIE PHILP

Head Consultant at Inside Your Mind.
I've successfully coached and trained thousands of people.

I know how to get you unstuck, shove you out of your stagnant comfort zone (in

the nicest possible way!) and launch you towards the success you deserve.

And when I say success, I mean your definition of success — whatever that may be.

For some, success is gaining a deeper understanding of how your mind works so you have more control of your thinking, reactions and emotions.

"I found out more about myself in those 6 days than I have in 49 years of living"

— Marcus Deans

Or, success might mean leading and coaching others to get more from life.

"I am working as a health coach and have set up my own business."

— Tanja Blinkhorn

Inside Your Mind offers

- International NLP (Neuro Linguistic Programming) Certifications (Practitioner and Coach training)
- 1-1 Coaching
- Short NLP-based courses
- Books and free articles



Grab Your Free 'Get Unstuck' Self Review from

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Soul Alignment Therapies

Maeve Kelly

Soul Alignment is the opening of channels, both within the physical body and the template of energy which surrounds the body, and ultimately our unified body which connects with all things.

It is the reinvigoration of that destiny we have chosen before birth and the remembering of the purity that we carry within our hearts. It is an awakening experience which allows for the flow of energy and information and for the release of blockages and trauma which we have carried during this and previous lifetimes.

A session of Soul Alignment may involve any of the following: spiritual guidance / counselling, past life regression, trauma acknowledgment and release, hands on energy healing, embodiment practices, massage, reflexology and meditation.

The healing session is Soul guided and is governed by your own requirements and the aspect of you, which is awaiting healing, will arise to the surface for recognition organically.

The sacred space within which you will journey is held by the Archangels & Ascended Masters and by your own ancestral lineage, and therefore the room is bathed in love and compassion for the purpose of deep transformation. It is the perfect place to step into when you find yourself at a crossroads in life; when you have the feeling that there is a door to be opened and a new chapter to begin, or

perhaps you feel there is much that you are willing to witness within yourself and potentially let go of.

You may be experiencing deep grief, residual trauma, anxiety, depression or physical discomfort, and you wish to find a sense of peace and understanding. The clarity that you seek comes alive within you, when you choose to create a moment of self-awareness and sacred alignment.

The practice of Soul Alignment is a Shamanic one, offering the opportunity for deep journeying, soul retrieval and embodied consciousness. There is an opportunity to become aware of and choose to decode old patterning and establish understandings which arise from the heart and not from the unhealed wounds.

It is supported by my own experiences over 12 years, of

profound self-witnessing and awakening, of energy studies (Reiki & Seichim Master training & Kwon Yin Magnified Healing), Celtic Shamanic training, Shamanic Breathwork, Romi Romi Massage, Ancient Lomi Lomi Temple Healing Massage, Angelic Healing & Channeling, Reflexology and Shamanic Plant Journeying.

MAEVE KELLY

Contact me on 0273330707 or email me at mck.angelfire@gmail.com.

'Out beyond the ideas of wrongdoing and rightdoing, there is a field, I will meet you there'. – Rumi



Nicky Mann

re:align / Yogalates / Pillar Code

“Create a life that feels good on the inside, not just one that looks good on the outside.”

re:align is the offering of two complementary but stand-alone, holistic practices that create positive change in your life - the practice of Yogalates and the teachings of The Pillar Code.

Yogalates offers public weekly classes at The Yoga Loft in Raglan as well as personal or small group private sessions.

The Pillar Code is a 12 week on-line guided healing journey that allows for the total clearing (release), repair and transformation of your Life, Mind and Body.

By clearly seeing what your past life has manifested for you – i.e how your Life, Mind and Body looks now – you are then given the tools to support you manifesting the “what” of your choosing for your tomorrow.

Combining, aligning and lifting each individual to clear and release past blocks, take back ownership of their own life experience and to positively move forward creating a fulfilling, joyful and purposeful life.

Our programmes will:

- empower you to lift into your highest form of resilience
- calm and balance your mental wellbeing to help you lift into clarity



- nourish, rebuild and strengthen your body to be the healthiest version of you right now.

If you are choosing to reduce unwanted stress, tiredness, tension, find your sense of calm, rediscover your confidence to feel in control of your life and reignite your passion for adventure – then Now is the time to re:align.

NICKY MANN

For information and testimonials check www.realign.co.nz and contact me to book in your Discovery Call and complimentary Life Happens session (valued at \$125).



re:align
RESILIENCE | JOY | STRENGTH

Sacred Self Care

Tea ceremony

You can make your own tea by gathering herbs from your garden such as lavender, rosemary, lemon balm and mint.

Dry these (in the hot water cylinder works well) for a few weeks. Once they are dry, take time and care to prepare the herbs in a glass jar (recycled is preferable). Be mindful of every movement you make while placing the herbs in the jar.

When the tea is dry, consciously boil a jug of water – watching the water as it enters the kettle. Focusing on its replenishing, purifying nature. Without it we cease to exist.

A tea steeper is best for the next step. Fill your tea steeper with the tea from your jar. As you fill your cup breathe in the aromas.

Notice the water changing colour and notice how you feel. Hold your hand over the cup and be grateful for the water that gives life.

Before you take a sip notice how you feel – are you relaxed or tense?

Relax every part of your body. Close your eyes and take your first sip – be completely mindful of how it feels.

Feel the warmth open up your heart space.

Altar to your inner child

Your inner child is the childlike aspect of your personality. The joyful smile on your lips as you see images in the shape of the clouds. The silly giggle that escapes your lips when something tickles your toes.

Your inner child is the expression of your childlike self and a source of strength. Why not celebrate this with an altar?

Find that feather on your walk through the park, or an interesting shell. Add some stickers from the \$2 Shop or a crazy hair tie, a pretty coloured leaf, some coloured pencils or a snail shell. Celebrate the things that make you smile and create a sacred space in your house to remind you to laugh, play and reconnect with your inner child.

Every time you see it – Stop! Breathe! Reconnect to the source of your strength and the foundations of who you are now!

Enjoy!

– Vicki Shannon



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

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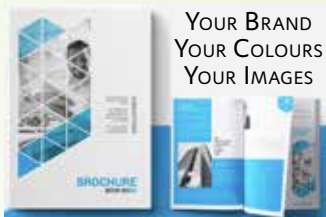


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CREATING ATHLETIC ARTISTS



media@sunfloweroracle.nz

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

MIKE JEWELL

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truelifetraining.co.nz

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Nia Dance

Nia is a fun, dynamic movement practice that leaves you feeling energised and alive.

Blending the latest neuroplasticity science with ancient wisdom, The Nia Technique educates dancers to approach life and their bodies in a holistic manner, infusing love, joy and a refreshed sense of body awareness.

A delightful range of Music and choreography inspires dancers to feel free.

Belinda encourages dancers to choose an intensity level and adapt the movements, dancing in your body's way.

STEP INTO A CLASS NEAR YOU

Contact Belinda at www.dancenz.co.nz

Leave your shoes and inhibitions at the door, quieten your mind, and be guided into the sensations of the body. Feel the strength of social connections with like-minded souls reclaiming life, joy, and happiness.

Nia is a grounded cardiovascular dance class incorporating the chemistry and the healing of Martial arts, Dance Arts, and Philosophical healing wisdom.

STEP in and experience the MAGIC



BELINDA – NIA

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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021 050 6346

The Healing Power of Sound

Annie Jameson is a Sound Healer, Crystal Bowl Master, Musician and an Intuitive.

Her love and passion is to create sacred sound with Alchemy Crystal Singing Bowls™ and other high vibrational instruments to bring people into a deeply relaxed centred space.

When the quartz crystal singing bowls are sounded with reverence they invoke a quiet peace that can still our minds and release stress from our bodies, allowing us to relax and be open to receive healing.

Our entire human body down to our DNA is crystalline in structure, causing it to respond and resonate with the extraordinary frequencies associated with quartz crystal.

Each sound healing session is a unique experience as Annie creates a sacred space, leading



you on a journey within to heal mind, body and soul.

Through playing and toning with the crystal bowls she intuitively weaves the exquisite pure tones, bringing your chakras and energy into balance.

Transformation may be experienced on many levels.

Annie also creates music for deep relaxation, mindfulness and meditation.

"When the bowls themselves sing and resonate, I immediately feel a deep sense of inner stillness, peace and calm". - L.K

ANNIE JAMESON

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Access Bars Treatment

Meredith Youngson

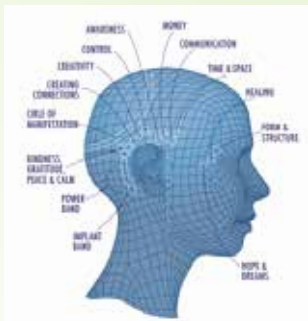


It's a bit like rebooting your computer when it has slowed down or frozen because you've had too many windows open.

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

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.



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.

MEREDITH YOUNGSON

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The Oracle's Experience with Sue Court at Earthhorse

“Your life is your story. I’m helping people aim for a better story and a better narrative of who they are.”

Walking through the gates at Earthhorse we are instantly overwhelmed by warmth and aroha. Nestled in a stand of native trees, Sue begins our session by introducing us to each horse and pony in turn. She then shows us the facilities – a small and cosy cabin, where counselling sessions begin, and the arena and round pen for clients to work with a therapy horse.

Sue explains to us the magic of giving and receiving counselling in the presence of horses – and indeed we see for ourselves how incredibly beautiful and peaceful this experience is. Horses, Sue explains, can help people find their true self. From a horse we can learn so much, from how to be present and mindful at each moment, to interacting with others, to discovering how our egos try to control us.

Entering the paddock with a rope and halter, Sue waits for a horse to engage with her. Gypsy stops grazing and tracks Sue’s movements. Sue stops several meters away from Gypsy, and bows her head in greeting. Then, holding out her hand, Sue turns and walks away, inviting Gypsy to follow. Gypsy does, thus indicating to Sue a desire to interact. Sue waits for Gypsy to stop beside her, and offers her the halter. Gypsy lowers her head, and the agreement to spend some time together is reached.

Sue, Gypsy and Vicki enter the round pen. Sue guides Vicki through a grounding meditation. Then, after careful questioning and her observations, Sue is able to guide Vicki through a series of mindful interactions with Gypsy that help Vicki make sense of an issue she has been experiencing recently.

Vicki explains: “Working with Gypsy was amazing. She mirrored my feelings and emotions,

and what I was processing in my head played out before me in my relationship with her.”

It was very clear to us that Sue has a deep love and respect for horses, and a true passion for helping people. “People, especially kids, tend to trust animals a lot quicker than they trust other people. A horse will behave in a way that is so meaningful to a client that together we can get to the root of an issue which could otherwise take several sessions to come to in counselling rooms.”

Our experience at Earthhorse was almost surreal. Seeing the love and respect between human and horse, and experiencing first hand what a horse can teach us, was truly something magical.

Q and A with Sue Court

Could you tell us about the creation of Earthhorse – how did it come about?

We were living and working in Australia when Sarah saw that there was a facility offering training in Equine Assisted Therapy in Victoria. It was one of those WOW moments. We both had many years of horse riding and natural horsemanship under our belts as well as a passion for psychology, philosophy and neurology, so we thought it would be awesome for one of us to train in the modality. At that point I found myself jobless, so I devoted two years to training as a counsellor and an Equine Assisted Therapist. Sarah followed a few years later in counselling after she finished her doctorate in music.

What makes counselling with horses unique?

The horses make it unique. That’s obvious, but of course you want to know HOW! The best (short) answer I can give is that the horse becomes another therapist or teacher for the client, one which is easy to warm to, is grounded in being, and is so honest in their reactions to people that they become a perfect mirror of our state of being.

What obstacles did you face to get to where you are now and how did you overcome them?

The biggest obstacle in setting up the business in New Zealand was my hesitation initially. I knew I was qualified for this work, but because it is such a new thing (in a formal sense at least) the evidence for it working is more experiential than scientific, although that is changing.

Coming from an academic background I found it hard to explain and justify how it works. Now I have no problem because it has proved itself to us both over and over again. Overcoming lack of faith was a matter of doing what horses do – putting one foot (hoof) in front of the other and keeping going.

Who should visit Earthhorse?

People who want to learn more about themselves, to become more grounded and present, or to overcome an obstacle such as lack of confidence, anxiety, PTSD, etc. It is also really good for small groups wanting to immerse in a day of meditation with horses or to discover the leader within. Horses are such amazing teachers and healers that simply being in their presence can't fail to impart something of real value.

How are the horses selected to work with clients at Earthhorse?

We have seven horses, two of which we brought back from Oz, and the rest have come to us by a variety of means – often they were unwanted for some reason. With care and love they learn to be part of the herd where they immerse themselves in horse wisdom they may have lost track of. And we train them in natural horsemanship techniques so that they are safe to be around.

When a client comes for a session we either decide ahead of time that one horse looks keen for the work that day, or we invite a client to choose a horse.

Could you share a mental wellbeing tip with the community?

Plan your life as though you will live forever but live your life as though each day will be your last, then watch your world come alive with joy. I think it was Gandhi who said that, but I'm not sure. It works for me.

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

Follow your dream. Don't waste time doing what is expected of you, or what you think is the most sensible thing to do. Life is too precious to waste on fulfilling expectations, so follow your own inclination even if you have no idea where it is going to end up. By remaining true to your inner self your life will naturally be interesting and full of joy.

– Vicki Shannon



Sunnyhill Meadows Retreat

Crystal Reiki / Meditation

Spring is a time to reawaken. It is a time to cleanse and refresh your mind, body and soul. We welcome you to Sunnyhill meadows for a Crystal Reiki Therapy and a Chakra Cleanse with Vicki!

Situated in Ruapuke, we have a beautiful therapy studio overlooking a peaceful valley and our maunga, Karioi.

You will be welcomed with a fresh cup of homegrown herbal tea, and Vicki will have a chat with you about your current wellbeing.

You will then get comfortable on the massage table and Vicki will use a variety of therapeutic healing modalities tailored to your needs and her intuition. This includes Reiki, crystals placed on and around your body, light temple massage with organic essential oils, manipulation of pressure points in the hands and feet, and a chakra balancing with a pendulum and affirmations.

Please allow 75 minutes for this session (\$70). We can also accommodate two people at once, making this a special experience for yourself and your partner or friend.

At Sunnyhill

we also offer beginner meditation workshops for individuals or small groups, yoga, and fully catered individual retreats. We are also available to host group packages – ask us about our group meditations, blessings, rituals and ceremonies that we offer for brides-to-be, birthdays, or groups wanting to experience deeper connection together.

Please check out our website, and we look forward to welcoming you at Sunnyhill!

SUNNYHILL MEADOWS

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027 314 0109 or 07 825 0006

Find us on Facebook!



Holistic Massage Therapy

Mike Jewell

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

Having worked in the world of holistic health since 2009, Mike combines his massage therapy training with his understanding of the mind-body connection. He treats each person as a whole, with the aim to return balance rather than an illness to be defeated.

Mike's journey into holistic health and healing started in 2002 when he was working in an office environment and experienced pain through his back, arms and hands to the point he couldn't rotate his wrists. This led him to see the pressures different environments put on our body and mind and the many health issues that result. From here through travel, education and experiences he began to discover the deep healing power of natural health and body work.

Mike is passionate about massage as a way to create space in the body, dropping into the parasympathetic nervous system where strong healing takes place. This allows the body and mind to return to natural balance. Regular massage will help with insomnia, reduce pain, lower blood pressure, improve circulation as well as promote relaxation and generally increase 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.

"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

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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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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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Sacred Journey Guidance

Bernadette Gavin

Bernadette works both in person and remotely.

“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

“Bernadette has a remarkable empathy toward and ability to connect with animals beyond my understanding.” – Rowan

BERNADETTE GAVIN

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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

TRUDI – THE HEALING HUB

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

The Oracle's Experience with Nia Dance and Belinda

“Smile at strangers, Kindness is the new cool!”

Late on a Tuesday afternoon after a hectic day at work I headed to my first Nia dance class kitted out in my activewear. Tired after a long day, I was open to a new experience especially one that involved dance!

What I noticed first was the environment that Belinda created. It was lovely, inclusive and welcoming, and Belinda really made everyone feel like they were able to succeed in the exercises no matter what their level of fitness or experience.

Each session has a different focus, and Belinda offered this at the start. We began with slower and softer movements, which then became faster as the session progressed, and slowed down again at the end. The movements

were easy to follow and Belinda layered sequences into three different levels depending on your ability. Incorporating breath work, choreographed dance moves, free movement, yoga, and stretches, Belinda took us through a series of songs working different parts of the body.

Belinda was encouraging to the class and brought a vibrant, free energy to her teaching, even using vocal sounds combined with the movements to create more variety and fun. For a person who loves to dance, it was amazing to take a class that incorporated and encouraged free movement alongside choreographed steps.

Belinda live streams and records her sessions for clients who are unable to make it and makes these available on her website for 24 hours. In our class there were people who were taking part online which is really awesome in our post-lockdown society.



I would seriously encourage anyone who likes to take group fitness classes to give this a go. It was an invigorating and revitalising workout suitable for all ages and abilities – fun and beneficial for mind, body and soul!

Q and A with Belinda

What services do you offer?

I offer choreographed, easy to follow dance classes to adults, that are so much more than exercise!

I consider the greatest value I offer is a place where people get together and enjoy beautiful music while creating happiness and friendships.

Why is this work so important to you?

I feel passionate about fitness and self-care.

In these times of uncertainty and imminent change I am able to offer classes online and in-person. I believe keeping up social activities on a regular basis can make all the difference to people's well being.

Could you tell us how your interest in Nia Dance began?

I saw a poster advertising DANCE classes and decided I would give it a go. With my background in professional surfing and developing orchards, my relationship with my body was not always kind. From my very first Nia Dance class, I felt so relieved! Finally, I had found a place where I was encouraged to move in "My Body's Way," guided by the pleasure of what felt good.

What obstacles did you face to get to where you are now and how did you overcome them?

When creating a class for the public I realised there was a level of professionalism required to give the best value for me and my students. The Nia Technique offers Intensive life skills and personal development training. Each year for the last 4 years I have gained a new belt level. First was a White belt, then Green, then Blue, and now I am about to step into my graduation ceremony of being a BROWN BELT!

During Covid I upskilled my IT skills, knowing that some of my senior dancers and especially my dancers living with Parkinson's would benefit from being able to stay home and still attend my classes.

Who should seek Nia Dance as a holistic well-ness technique?

Everybody, lol! Particularly those who would like regular time out from their busy lives and come and have some fun.

Could you share a well-being tip with the community?

Smile at strangers, Kindness is the new cool!

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

Nobody cares if you make a mistake, it gives a moment where people can relate to being human.

– Vicki Shannon



Crystals for Spring

Spring is a magical time of the year. It's the season for new beginnings, rebirth, regrowth, and cleansing. Crystals and gemstones have been used for thousands of years. They are natural energy resonators, each with its own vibrational energy frequency.

Crystals to use this Spring:

Clear Quartz – the most recognized crystal. Use to clear, activate, balance, and purify the energy centres of the body. A healer of negativity associated with one's perspectives and judgments.

Selenite – this powerful crystal quickly absorbs and unblocks any stagnant energy.

Moonstone – A stone for “new beginnings”, Moonstone is a stone of inner growth and strength. It soothes emotional instability, stress, and stabilises the emotions, providing calmness.



Selenite – above.

Moonstone – below.



Clear Quartz
– above.



Amazonite – above.

Black Tourmaline – below.



shop without packaging



SWOP aims to be a zero-waste alternative to supermarkets so customers can shop without packaging in an affordable and sustainable way. Providing things like loose tea, baking staples, snacks, herbs and spices, oils and vinegars, plus things like toothpaste tablets, period underwear and eco reusables.

Did you know kiwi households throw out a staggering 1.76 billion plastic containers per year?! By refilling your pantry, we can reduce this down by 50% on average and create circular economies all around. Small changes made by many people make the biggest difference.

Shopping packaging free makes a real difference to our environment. We are constantly sourcing new and exciting products and taking feedback from customers. We source New Zealand grown and locally made items, at affordable prices. SWOP's next aim is to become an essential shop in Raglan!



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