

Sunflower Oracle



re:align
Crystal Reiki
Aromatherapy
Holistic Massage
Access Bars
N.L.P.

Raglan
Ruapuke
Waitetuna
Whaingaroa
Waingaro
Te Mata

Summer 2021/2022

Wellness Network Raglan Edition 4

Sunflower Oracle Wellness Network

Healers / Practitioners

Annie Jameson	11
Belinda – Nia Dance	21
Bernadette Gavin	21
Diane Davies	14
Earthhorse Aotearoa	17
Etai Gilad – Art of Change	4
Glenn Mortimer	14
Jo Sharp	11
Maeve Kelly	10
Mike Jewell	13
Nicky Mann	7
Meredith Youngson	15
Stephanie Philp	7
Sunnyhill Meadows	6
Therese – Fusion Flow	5
Trudi Peet	15
Ylia Sawitzki	17

Sunflower Oracle
RAGLAN WHAINGAROA
 is a sister publication to



HAMILTON



TAURANGA

Editorial Articles

Welcoming the Sun	3
The Oracle's Experience with Nicky Mann – re:align	8–9
Renew Energy, Mind & Body	12
Air-Purification of Plants	16
The Oracle's Experience with Stephanie Philp – NLP	18–19
Sacred Self Care	20
Awakening the Buddha Within	23

Raglan Outlets

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Welcoming the Sun

Vicki Shannon



It is Summer! Finally the days have become longer, the sun is shining more often and the temperature has increased. You may find yourself smiling more, feeling lighter and becoming more connected to Mother Gaia.

This is natural – as human beings we need natural light. It boosts our body's ability to store vitamin D, leads to higher productivity, benefits our vision and helps us to sleep.

Did you know that your body makes Vitamin D from cholesterol when your skin is exposed to sunlight and that scientists believe that the “happy” hormone called serotonin increases when nights are short and days are long?

That is even more reason to make the most of the beautiful weather of Summer. Many psychiatrists prescribe people get out in the sunlight for at least 30 minutes a day to help prevent or treat mental health conditions. The connection with nature also helps us to feel more uplifted and more connected to the energy that is all around us and Summer is the best time of year to do this.

Get out and go for a walk, lie on the grass, go for a swim, hug a tree – do



something that gets you into nature and maybe take the Sunflower Oracle magazine with you.

Embrace the light and welcome the Sun as we at the Sunflower Oracle welcome you to the Summer edition.

7 Health Benefits of Sunlight

- Improves your sleep. Your body creates a hormone called melatonin that is critical to helping you sleep
- Reduces stress
- Maintains strong bones
- Helps keep the weight off
- Strengthens your immune system
- Fights off depression
- Can give you a longer life



Sunflower Oracle

RAGLAN WHAINGAROA

Edition 4, Summer 2021-2022

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& Ronja Skandera

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at authorbrian.com

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Counselling & Hypnotherapy

Art of Change Therapy with Etai



Are you ready to take the journey towards discovering the true masterpiece that you are? Does your

life feel colourless and dull? Are dark thoughts covering the canvas of your mind? Is it time to release the shadows of your past?

Solution-Focussed Hypnotherapy is an effective and enjoyable way to connect with your inner resources, be open to possibilities and discover new perspectives.

"I saw the angel in the marble and carved until I set him free."

– Michelangelo

Etai Gilad

DHypPsych (UK) has been helping people to make changes in their life including lifting depression, easing anxiety and resolving trauma since 2009.

Using a blend of hypnotherapy,

psychotherapy, NLP and EFT Etai will help you develop tools and techniques that enable you to find your creative flow and craft the life that you want.

Face-to-face therapy is in Raglan/Whaingaroa, and online sessions are available from anywhere.

ETAI GILAD

etai@artofchangetherapy.com

<https://artofchangetherapy.com>

027 508-0577

Online therapy for change uses the power of technology to your advantage.

Secure video call, audio recording and documents give you comprehensive counselling support. You'll have tools to use at later times of need. All from the safe comfort and convenience of your home.



Online Service: <https://artofchangetherapy.com/online-therapy/>

Therese – Fusion Flow

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

Since then her array of bodywork has broadened and taken her from outback Australia around the world, learning, adapting and evolving a heart-centred practice along the way.

Therese's unique style of therapy interweaves an expert knowledge of anatomy and physiology with an intuitive understanding of the subtle body, emotions and energy in a natural nurturing flow.

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



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

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

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

THERESE – FUSION FLOW

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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

sunnyhillretreat@gmail.com

sunnyhillmeadows.co.nz

027 314 0109 or 07 825 0006

Find us on Facebook!



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.

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

InsideYourMind.com
steph@insideyourmind.com
021-684-395

Nicky Mann – re:align / Yogalates

"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

The Oracle's Experience with Nicky Mann – Re:align

“Place your focus on the moment you are in.”

On a beautiful morning I attended a yoga Slow Flow class with Nicky. This was my first ever yoga class, and I confess I was a little worried about keeping up!

Nicky was very friendly and welcoming, and greeted everyone warmly. It was immediately comfortable and relaxing, setting up our yoga mats and chatting with each other as we prepared to start.

Nicky began the class with a short seated meditation and breathing exercise. She then led the class through a 90 minute slow flow sequence, that focused on loosening and strengthening the joints and muscles at the back of the body, and then the front.

I was a newbie to the class, but other participants are regular participants in Nicky's classes. It was really nice to see and hear Nicky interact with her regulars, asking them how their knees were feeling or suggesting a modified pose to someone who has elbow trouble, or had difficul-

ty sitting on the floor. Nicky really gets to know her students and where they are at in their yoga practice. Even though this was my first class, it made me feel really supported and confident in Nicky's guidance and care.

Nicky offers yoga to anyone, and particularly enjoys teaching outdoors. Why not book a class with her (one-on-one or with a few friends) at the beach or the Wainui Reserve this summer? Start the summer season like you mean to continue – with peace and unity!.

Q&A with Nicky Mann

What services do you offer?

At Re:align I have two main offerings, both entirely holistic – total body healing, within and without.

1. A 12 week wellness programme called The Pillar Code, that incredibly lifts your life in all ways. Calming the mind, clearing the body and connecting you to a purposeful life that you can confidently feel you have deliberately chosen and created.

2. I teach yogalates, and sometimes yoga –





to lift your energy, clear physical blocks, reduce discomfort or pain and fully experience how a healthier body and calm mind greatly increases your enJOYment of life. I happily offer corporate sessions, workshops and retreats, community classes as well as private groups and individual sessions at your place or mine.

Why is this work so important to you?

I can honestly say I love what I do. People come to me knowing that their life experience could be improved and I have so many tools to help them lift into being the best they can be – to be able to move past old limitations that have held them back and to put it simply – appreciate and enjoy their life more.

Having learnt so much along my own journey, it just seems impossible not to share it with others.

Lifting our mental health, our resilience to deal with the daily stressors we are confronted with is so important. If this is left unaddressed it begins to be felt in the body – lower immunity means we are more susceptible to illness, therefore stopping a full and rewarding participation in life.

Could you tell us about how your interest in yogalates began?

I studied at Wellpark College full time for one year to immerse myself into a yoga practice. On completion, I was a qualified teacher. It had not

been my intention to teach but so many asked me to share what I knew, that I slowly started with small local classes and as I realised the need was great and the benefits potentially life-changing, my offering grew organically.

I like to be offering the best service I can, and continued to learn various aspects of a yoga practice which eventually led me to Yogalates. It was another 6 month commitment, with a month away in Australia face to face, so as a single mum with 3 young kids, a bit of a challenge but so worth it. I love this modality – and so did all my yoga clients.

Yogalates combines the core strengthening and overall muscle toning practices of Pilates with the stretching, balancing and breathing practices of Yoga.

Why should people seek yogalates as a holistic wellness technique?

Why: – because this over-busy, over-stimulated, over-indulged life we lead impacts our mental and physical wellbeing. Increasing awareness of your choices, recognising the messages the body is sending and attending to those messages will 100% lift your potential for a full and enjoyable life.

Yogalates is suitable for anyone at any level of fitness or age. It's never too early to start – most wait until they have 'an issue' before they think to look to remedy it. Remember, prevention is better than (requiring a) cure.

Could you share a wellbeing tip with the community?

Accept your past as it has played out – you can't change it. Place your focus on the moment you are in – awareness that your beliefs and your emotional state determine the actions you then physically take. Make these positive and inspiring. Acknowledge what you do in the present determines how your future plays out – imagine your happy, healthy, successful future, then take action to move towards it.

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

Listen and learn all you can, but ultimately trust your gut and walk your own path. You are enough and you can do it.

– Experience and Q&A by Ronja Skandera

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 journey-

ing, 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 right-doing, there is a field, I will meet you there'.

– Rumi



Sunflower Oracle Online Directory

See all the online services available from healers

RAGLAN

HAMILTON

TAURANGA

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

sunfloweroracle.nz/online-directory/

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 dif-



ferent 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

info@fusionbody.co.nz

www.fusionbody.co.nz

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, lead-



ing 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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Renew Energy, Mind & Body

Nicola Mary Burton

Self-Care is important around this time of year!

As the pressure upon us speeds up to complete deadlines, finish up projects, juggle family with social activities – and perhaps you may be preparing for the festive season. Phew!!!

Taking care of our energy is the Yin and Yang to balancing our lifestyle. There are many holistic modalities to choose from, including Reiki healing. It is a beautiful energy healing treatment, a gentle technique which helps to support your overall wellbeing.

Reiki Energy Healing is a non-intrusive Japanese Technique and assists to reduce stress and helps promote healing.

We know that everything in the Universe is energy. Including our emotions. Consider, just for a moment, someone angry – and how your 'own' emotions can be affected by their energy. Especially leading up to the busy festive season.

Now recall a celebration where everyone was happy, everyone joyous, including you. I am certain that you experienced an expansion in your own energy, feeling possibly intoxicated with heightened energies that leave your mind, body and spirit bathing with the warm and fuzzies.

We have all experienced emotional blocks at different times in our lives. Maybe it's those disappointments in not landing that job or promotion you had hoped for? The offer on the dream house or car that fell through. This energy can get 'stuck' somewhere in the mind, body and soul.

Reiki is Pure Life Force Energy and helps to unblock and dissolve those physical, mental, spiritual and emotional blocks. It's



for enhancing the body's natural overall healthy balance, wellness, vitality and wellbeing. Reiki can heal all facets of your life. Imagine the benefits of this healing modality, and gifting yourself with a feeling of peace and calm as you recharge and re-centre your mind, body, spirit and soul.

Make Reiki energy healing a part of your self care personal ritual.

Love & Bliss

Nicola Mary Burton

Relationships Therapist and

Transformation Healing Practitioner

Holistic Personal Training

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.

"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 life-style 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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022 632 1004



Mike Jewell

Holistic Massage Therapy

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

truelifetraining.co.nz

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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021 170 4474



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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021 969 929

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

tmjpeet@gmail.com

021 201 3253

Meredith – Access Bars

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

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

Bars can really help when:

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

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

I have been a Bars practitioner for over 6 years now. I really love this work and seeing the

benefits it can bring as we navigate these often stressful times.

Sessions take around an hour and cost \$60.

MEREDITH YOUNGSON

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Air-Purification Plants

Ronja Skandera

Reading the World Health Organization's statistics and facts about the link between household air pollution and health is frightening.

To summarise the problem – the average person spends 90% of their day indoors. The air inside the home contains a multitude of toxins and pollutants (in many cases 2 to 5 times more than the air outside, and in the worst cases 100 times more) that are responsible or at least contributing factors to severe allergies, asthma, lung cancer and heart problems.

Most of us are probably conscious of the quality of the roughly two litres of water we drink per day. But what about the 11,000 litres of air that we inhale each day?

Fortunately, there are some instant improvements we can make. Opening the windows, avoiding harsh cleaning products, fixing any leaks, vacuuming regularly, replacing old carpets, cleaning areas of mold, washing and airing bedding frequently...

But studies have also shown the efficacy of certain indoor plants. Science tells us that in isolation, a single indoor plant can contribute between 0.9 and 9% of pollutant removal. Though this may not be staggering, in conjunction with some of the other suggestions, you can make a real improvement. Not to mention the added mental and emotional benefits of surrounding yourself with plants!

Here are a few suggestions:

- **Rubber tree/plant** – the rubber tree's secret superhero power is fighting off mold and bacteria. It is also one of the highest oxygen producing plants. Keep out of reach of plant-partaking pets.
- **Spider plant** – having little to do with spiders, this plant sprawls from its pot and looks great on window sills. It is pet friendly, and helps to remove chemicals in the air.
- **Mother in Law's Tongue** – sporting a cool name, this plant is easy to grow and happy in any lighting condition. It filters toxins and doesn't take up much room. Toxic to household pets.
- **Golden Pothos** – a fast-climbing vine, it looks great crawling along a shelf or draping down a wall. It filters toxins and is very hard to kill. Should be kept out of reach of household pets.
- **Bamboo palm** – this magnificent indoor palm is sure to grace any space. It is safe for pets, and filters toxins from the air.



Ylia Sawitzki Yoni Mapping

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 gateau, 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.

Earthhorse Aotearoa equine assisted therapy & 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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earthhorse.co.nz

022 1714 122



The Oracle's Experience with Stephanie Philp – NLP



“Relax – everything will be fine!”

This was an eye opening experience which all happened over Zoom.

Since experiencing my NLP session with Stephanie there have been many changes. My thought process and patterns are more positive, my trust and outlook on life is more productive and I do not find myself reacting to situations in the same way that I did before. I am more flexible and easy going - which I think is a great skill that most people would like more of in their lives!

Stephanie began by asking me what I wanted to work through. I identified an emotional reaction I wanted to change and then Stephanie asked me for an instance where this had been a problem.

Stephanie had me revisit that event in my mind, look at the feelings and sensations before, during and after. We discussed what I was thinking would happen and what I was worried about and what actually happened. In essence we picked apart the event, what I did, how I felt.

Little did I know at the time, but Stephanie was trying to figure out the self limiting belief hidden in my subconscious. This is what we spent the next part of the session working through.

Stephanie asked me to respond to a series of statements and let her know which one “tugged”

at me. This was how we began to narrow down the self limiting belief of my subconscious that we were going to work on releasing.

Once we had identified this belief Stephanie began the process of releasing it. She told me that these beliefs sit in our past and start with a single incident. It could be a trauma or a small event that sets up this pattern of behaviour or emotional reaction as a result of this belief. It is a single incident that is buried in our subconscious.

Stephanie took me back to this first event through a time coding exercise where I was looking down on the past and popping in and out of different moments in my timeline. Rather than focusing on what happened we identified what the major learnings were from this event and focused on that to clear and release this self limiting belief.

I then visualised moments when this belief had caused problems and what the same event would look like without it. Finally I then visualised how my future would look without this belief

This was an eye opening and interesting release for me. I felt myself smiling at the potential future, void of this belief. If you would like a chance to identify areas of your life that could be limited, then give Stephanie a call for an NLP session or training. She makes you feel comfortable and capable of working through anything that is “inside your mind”.

Q&A with Stephanie Philp

What services do you offer?

Training in NLP, including certificate trainings (NLP Practitioner, Coach and Master Practitioner), coaching, mentoring and therapy. I'm working on an online course at the moment called Minding Your Mind. It's for people suffering from anxiety and stress. Plus I have some books I've authored available on my website.

Why is this work so important to you?

I'm driven by helping people to get unstuck; to step out of tick-tock and live life on their terms. I've found people unintentionally hold themselves back because they've never been taught how to use their minds. When they learn to change, their minds can shift their thinking and dissolve mental blocks. They leap off any emotional merry-go-rounds and disrupt any negative social programming. They empower themselves and gain success in ways that are meaningful for them.

Could you tell us about how your interest in NLP began?

I was at a Training and Development conference in Wellington in the early 1990s and there was a speaker who mentioned Neuro Linguistic Programming (NLP) in passing. He also talked about a book. The book's title and the very little he said about NLP intrigued me, so I bought the book as soon as I could get hold of a copy.

That was it! It was the most amazing thing I'd come across. I'd taken so many courses up until that point but I was kind of 'ho hum' about them all. But the book blew my socks off. I spent the next few years finding out how I could learn more.

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

I've been in business since 1994, and all businesses have their ups and downs. I've been married – and divorced. I've been able to help people at some of the worst times of their life.

From a business perspective, most people had never heard of NLP when I started and the 'programming' part put people off, because they thought it sounded like mind control.

I used to say, "It is mind control — it's about

you taking control of you own mind, instead of allowing the programming you've received from parents, teachers, the media etc to control your life."

Who should seek NLP as a holistic wellness technique?

NLP is a lot more mainstream these days and is used in just about every field of endeavour. If you read the testimonials on the website InsideYourMind.com most people will tell you NLP is for EVERYONE! However, I like to train people who want to make improvements in their personal and professional life and/or want to positively influence others in their growth and development.

Participants come from all occupations including health care, business, coaching, education, training, sales, management, engineering and human resource management.

As far as individual wellness is concerned, NLP can help with just about anything. A good NLP Practitioner will help you make the changes you want without dragging you through any negative or traumatic experiences. So don't expect a talk-fest!

Could you share a wellbeing tip with the community?

This might sound glib but it will be life changing: Take responsibility for everything that hap-



pens in your life. Don't blame others; think what you can learn from your experiences and become a sovereign being who is in control of your own thinking.

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

Relax – everything will be fine!

– Experience and Q&A by Vicki Shannon

Sacred Self Care

Water Meditation by Vicki Shannon

Summer is filled with opportunities for you to swim, splash, dive, play or even walk through water. Water is a symbol of renewal, transformation. It moves around obstacles as if they were nothing.

For this self care ritual you will invoke the cleansing power of water through a short meditation exercise.

Gently close your eyes and bring your awareness to your breath. Feel the natural rhythm as you breathe. Breathing in through your nose and out through your mouth. Let all thoughts and feelings of your day wash away.

Visualise a gentle stream – the water is free flowing over the rocks. Grass graces the banks as this stream meanders its way down through a paddock, not blocked by any object or obstacle.

Focus on the gentle sound the water makes as it flows over the rocks with ease, while breathing in through your nose and out through your mouth.

Water is cleansing and transformative. It purifies us and releases all tension and

negativity from our day. Focusing on the release in your mind, call on the water to cleanse you and release you from whatever you are holding on to.

“Water I ask that you cleanse me of and allow me to flow through and past this.”

Imagine you put your hands into the stream at your feet and feel the water washing over your hands, moving around your hands as if you were not even there. Water knows no obstacle.

Imagine the water flowing over your hands, taking with it whatever you are holding on to.

Imagine this as the colour red. A red orb is now carried by the water into the stream. Picture this pain or hurt being diluted by the water and gently, with no judgment, being washed away.

Give thanks to the water.

“Thank you water for releasing me from this pain/negativity.”

Take a deep cleansing breath in through the nose and out through the mouth.



Sacred Journey – 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

Healer, Animal Whisperer
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022 383 2159



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.

We have many classes throughout the week, plus online sessions.

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

Raglan Whaingaroa Quick Access

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Earthhorse Aotearoa - Sue & Sarah

2021 | Raglan

in our beautiful rural environment at Whitemana Valley.



Art of Change Therapy - Etai

2021 | Raglan

If you suffer from anxiety, stress



Holistic Guide - Glenn Mortimer

2021 | Raglan

Offering Shamanic Healing, Energy Healing, Reiki, Karmic.

Book Review

Awakening the Buddha Within

Awakening the Buddha Within by Lama Surya Das was the first book I read that piqued my interest in Buddhism and the Buddhist practice.

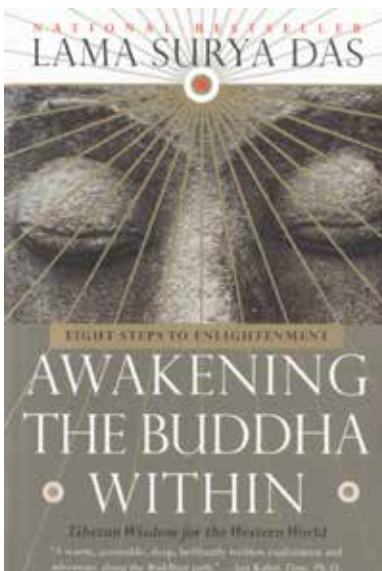
It introduced the fundamentals of Buddhism while following Lama Surya Das' story and examples from his life.

I was just beginning my path as a meditation teacher and this book helped to guide me, awaken me and support me on my journey.

Some of my favourite chapters are Part Two, Chapter 1, which introduces you to the Four Noble Truths. They are at the core of Buddha's teachings but are often the most misunderstood.

Some of my favourite quotes are:

Truth telling begins by becoming aware of what you tell yourself. – page 204



Daily meditation is the simplest means by which we stay on the essential path of awakening.
– page 77

From the sutra of Holy Buddha:

*Until you reach the path
You wander in the world
with the previous Buddha
Completely wrapped inside
As in a bundle of rags
.... You have this precious
Buddha! Unwrap it
quickly!!!*

I would recommend this book to anyone who is interested in Buddhism or Buddhist practises. It is easy to read with real life, modern day ways to interpret the Eight Fold Path and Four Noble Truths.

The book includes different meditation scripts and an interesting epilogue about a contemporary path to Buddhism.

– Vicki Shannon

Take part in our Prize Draws

ONE: Like our Facebook page and mention one of our healers to go in the draw to win a free crystal package from the Boho Store and a Crystal Reiki voucher.

TWO: Create an article for the Sunflower Oracle based on holistic wellness and receive a free 6 month profile if you are a new healer/practitioner or create a holistic wellness product.

THREE: Take a photo of you meditating using the **Self Care** column to win a crystal package and sage stick for smudging. Email to: news@sunfloweroracle.nz



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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!



9 Bow Street Raglan 0279677467 www.swop.nz