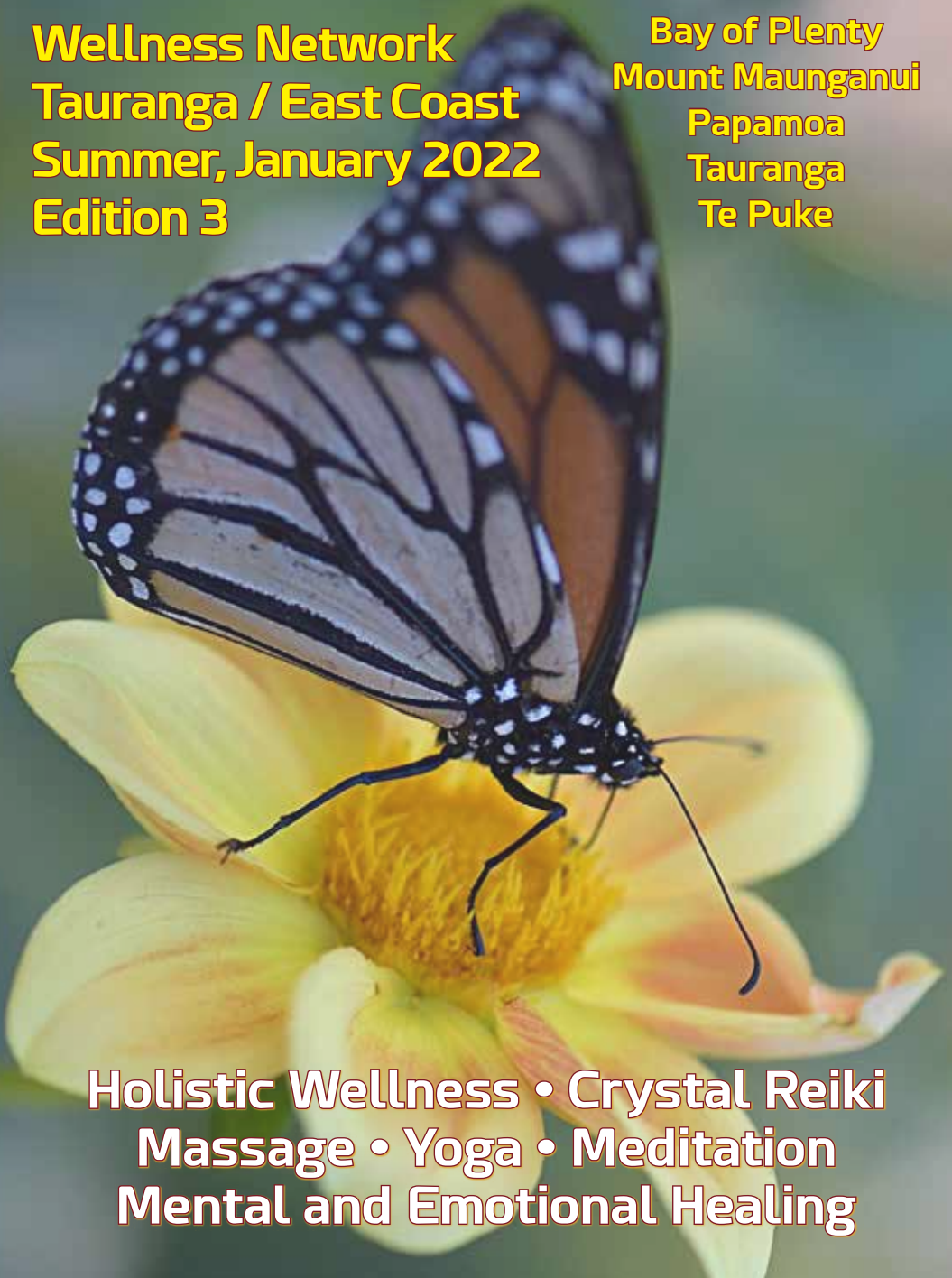


# Sunflower Oracle

Wellness Network  
Tauranga / East Coast  
Summer, January 2022  
Edition 3

Bay of Plenty  
Mount Maunganui  
Papamoa  
Tauranga  
Te Puke



Holistic Wellness • Crystal Reiki  
Massage • Yoga • Meditation  
Mental and Emotional Healing

# Sunflower Oracle Wellness Network

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## Sunflower Oracle TAURANGA / EAST COAST is a sister publication to



### HAMILTON KIRIKIRIROA



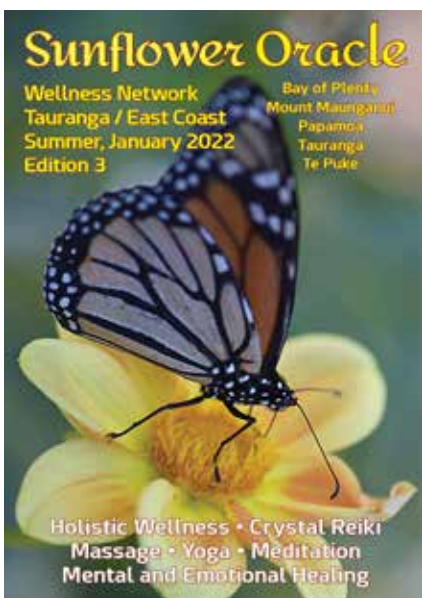
### RAGLAN WHAINGARUA



### THE LAKES / HAWKE'S BAY



### COROMANDEL Coming Soon



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# The Grace of Nature

## Vicki Shannon



**Welcome to the second Summer edition of the Sunflower Oracle! Mother Nature has graced us this Summer with amazing weather and hot temperatures. The natural world is there for us to enjoy, dig our toes into the mud or stand barefoot on the beach.**

Diana, Queen of the Wilderness, is one such Goddess that embodies the natural world. Daughter of Jupiter and Latona and sister to the God Apollo, Diana reminds us of the tremendous power of walking barefoot on the earth. Often enjoying solitude, Diana reminds us that simplicity comes in taking the time for ourselves and great healing can be drawn from the earth.

This is true even if we are far away from nature. Perhaps in a big city or unable to touch the ocean waves, each of us is still able to access the power of the natural world that is always inside every one of us. You could visit a local market and purchase some flowers for your altar, or to fill a space in your bedroom where you see them every morning. You could pick up a leaf from a tree, dry it and keep it somewhere to look at everyday, to remind you of nature. You could play water sounds or a nature playlist on your phone while



you drive to work. The power of nature can be connected to in so many ways.

*"Look deep into nature and then you will understand everything better." – Albert Einstein*

Inside this Summer extra edition you will find some ways to reconnect yourself with the earth. Why not try out the Sun Salutations as a new morning ritual.

In the same way as the roots of the sunflower grow, so do the roots of the Sunflower Oracle. We welcome Gail back to the Sunflower Oracle team as our new Coromandel representative, and we welcome Kathy as our Hamilton representative and Carina as our East Coast representative.

*May the earth keep you grounded beneath your feet!*

*May the water cleanse your heart and soul!*

*May the fire give you strength!*

*May the air calm your turbulent mind!*

*May Spirit always guide you.*

Warmest blessings,

***Vicki, on behalf of the Brian and Ronja***

### Sunflower Oracle

**TAURANGA / EAST COAST**

Edition 3, January 2022

Compiled and Edited by Vicki Shannon  
& Ronja Skandera

Design and Websites by Brian Thurogood  
at [authorbrian.com](http://authorbrian.com)

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# Colleen Smith

## Holistic Massage

### Advanced Massage & Energy Healing



The environment I work in is also very important to me and the session is, quite simply, all about you.

It has long been acknowledged that Massage combined with a healer's touch, can move through far more than just the physical layers.

**Elohim Healing** – balances the Chakras, clears your major energy lines and balances your body's blueprint, while grounding and balancing you. Importantly it is also one of the few healings to release any negative energy.

Physical and emotional release techniques are also included, creating a powerful and complete healing.

Elohim serves as a major clear out of the old and aligns us with the new energies which we and the earth have now moved into. A total re-set.

**Kia ora Koutou – My name is Colleen: I am a Healer and Advanced Massage Specialist and have been working in the Healing field for over 25 years.**

I am also an open channel for spirit and am blessed to work with some very high energies.

I currently offer Healing, Massage, Lymphatic Drainage and Reflexology.

**Holistic Massage** – can incorporate anything from Energy Healing and Relaxation, through to deep tissue massage, and work on injuries. Each session is tailored specifically to the needs of the person I am treating.

Personally there is no greater reward than helping someone shed that which does not serve – freeing them up to be much more of their true self.

#### **COLLEEN SMITH**

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[www.holisticmassagetherapy.co.nz](http://www.holisticmassagetherapy.co.nz)

027 465 7303





# Jess Stewart

## Natural Wellness for Mum & Baby

**Hi! My name is Jess Stewart, I'm a local mum, a Qualified Medical Herbalist and creator of Hey Mama Natural Remedies. My passion and purpose behind Hey Mama is all about supporting Mums in their Motherhood journey using a gentle, natural and holistic approach.**

For me, becoming a Mum was one of the steepest learning curves of my life. It was simultaneously one of the most empowering and joyous experiences, while also being the hardest and most challenging I have ever faced.

I wanted to use my personal experiences of motherhood and my knowledge as a Herbalist to help other Mums look after themselves – naturally and holistically. To help them regain their balance, energy, vitality and to feel empowered and connected in their Motherhood journey.

I have developed a range of natural products designed specifically for Mums to use during pregnancy, birth and into the postpartum period to help support their physical, mental and emotional wellbeing. I also created a range of natural products to help support the health and wellbeing of



your beautiful babies and growing family too!

I understand the ups and downs of Motherhood – the physical, mental and emotional challenges you go through. If you would like to know more about how natural remedies can support you through this time, please get in touch. I would love to support you!

Wishing you abundant health & happiness,

**JESS STEWART**

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# Sacred Self Care

## Magic Mornings by Vicki Shannon

**Creating a morning ritual is one of the best things you can do to enhance your day! We are not talking about getting up, brushing your teeth, making coffee in the same way. We are talking about a ritual that gives you time to breathe, relax and set up a positive start to your day so that, whatever happens, you are able to handle it with ease.**

Here are some morning rituals that take only ten minutes and can be done on even the most busy days.

**Journaling / Morning Pages** – when you first wake up in the morning, before you even get out of bed, grab your journal and write three pages of whatever is in your head. It may be the worries you have for the day, how beautiful the birds sound outside your bedroom window, or an idea you have for your business but are not ready to tell anyone yet.

Take the time to write three full pages. Once the pages are finished (write no more, no less) put your journal back and start your day. Do not reread your pages. Just let it be!

Another way is to journal using five focused questions that you answer such as: how am I feeling today? What is one thing I am grateful for? What is one thing I am looking forward to today? You can even buy journals that already have journal prompts to help you, or look online for some journal questions that you like.

**Ten yoga stretches in ten minutes** – this can be done using a YouTube clip (there are many yoga instructors who have ten minute morning yoga routines) or finding ten stretches that work for you (downward

dog, child's pose, spinal twist, happy baby, forward fold, thread the needle, etc ). Do this first thing in the morning as soon as you get out of bed! Commit to your stretches and be present in the movements. Notice how the movements feel in your body! For those of us who have jobs where we are sitting all day you can also take some of your stretches to work to do.

**A solitary mindful cup of tea** – a simple yet effective morning ritual is a solitary mindful cup of tea. When you first wake up in the morning, boil the jug and mindfully make your cup of tea. Notice how the water changes colour from the tea.

Find a quiet space in or outside your house and sit for ten minutes, drinking your cup of tea, trying to clear your mind and focus only on the taste, smell and other things that are around you. This moment of solitude may be the only one you get in your day!

**Morning Meditation** – one of my favourites is a ten minute morning meditation. I even manage to do this when the kids are home. After you have showered and dressed take yourself away and commit to a ten minute morning meditation.

Begin by focusing on the breath and then take yourself through a simple body scan. After this call on the five elements and try to clear your mind. If you struggle to come up with your own meditations to use check out our website for my water meditation and elemental calling – or you can find some on YouTube that focus on different topics such as affirmations, or clearing negative thoughts.

# Glenda Ruddenklau

## Certified CranioSacral Therapist

**My journey with CranioSacral Therapy and energy healing was motivated from looking for a solution to my own long-standing health problems which mainstream medicine was not addressing.**

Energy healing and CranioSacral Therapy were the turning point to massively improved health and energy levels.

As a result I trained, and for the last 25 years been very happy to use these two modalities to assist people of all ages – from newborn babies to 90 year olds. The treatment is very gentle, safe and effective.

It releases soft tissue, structurally re-aligns the body, frees up spinal and meningeal membranes, improves function of spinal and cranial nerves, and all the consequent body systems. It also lowers stress. In addition I work very specifically in the area of SomatoEmotional Release.

Further details of everything, including conditions that can be treated by CranioSacral Therapy and Reiki energy healing, are on my website.

I work in Papamoa Beach, Bay of Plenty, and Oamaru, North Otago.



I have also been teaching Reiki for 25 years for people wanting to learn energy healing for themselves. Reiki 1, II and III and Master/Teacher are available.

Teaching is



a love, having been a registered piano and singing teacher for 50 years, and a Polytech tutor.

### **GLEND A RUDDENKLAU**

LTCL AIRMTNZ CST

Certified CranioSacral Therapist

Reiki Master/Teacher

Registered Teacher of Singing, Piano & Theory

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[www.glendaruddenklau.co.nz](http://www.glendaruddenklau.co.nz)

021 386 823

# Dionne Norman

## Little Reiki Retreat

**It's great that you're here! I love working with people to help them to re-align to a happier sense of well-being, through the healing energy of Reiki.**

Based in the beauty of the Lower Kaimai in Tauranga, amongst the boulder river and native bush, I teach all course levels of Usui Shiki Ryoho Reiki:

- Reiki First Degree
- Reiki Second Degree
- Reiki Master
- Reiki Teacher

I offer Reiki treatments and I'm a registered member of Reiki NZ Incorporated. I adhere to their Code of Ethics and Rules of Practice. Reiki NZ Incorporated is a member of Natural Health Practitioners New Zealand, an umbrella organisation for all forms of natural health modalities in Aotearoa. I'm also a Healing Touch Practitioner and a member of Healing Touch New Zealand and Healing Beyond Borders (Colorado, USA).

I've dedicated my life to sharing the love of Reiki, by uplifting and inspiring others on their spiritual and healing path with Reiki. It's a journey that I believe will be filled with love, laughter and fun.



It'll be an honour to work with you as you venture on your own Reiki journey of alignment and discovery.

I look forward to meeting you soon.

### **DIONNE NORMAN**

Little Reiki Retreat  
dionne@littlereikiretreat.co.nz  
littlereikiretreat.co.nz  
027 663 6763





# Te Pae O Rehua

## The Beam of Beauty

### Repairing and Restoring the Mauri – one Uri at a time

I've always had a strong knowing that trauma was about so much more than others were open to or have been limited by through their own experiences.

So, imagine my relief when my Compassionate Inquiry teacher Dr Gabor Matè, confirmed what I've always known with just one simple truth;

*"Trauma isn't what happened to you, trauma is what happened inside of you in response to what happened to you."*

Gabor's work is very similar and very much aligns to how I've always naturally worked, and my knowing of what is needed for humanity as a collective.

This method supports and guides people to the truth and inherent wisdom within that has been lost or become disconnected during one's life and their experiences.

The relational container of safety and co-regulation developed in this space reveals and gently guides to the surface truth that has been too painful to see and feel, while being acknowledged, witnessed and held for the first time.

When we feel safe enough to move through the world in an organised way we can connect through four pathways; Self, Others, the World and Spirit.

Every human has a true authentic self.



Trauma is the disconnection from it and healing is the reconnection to it.

### MISSY

[www.facebook.com/TePaeORehua](https://www.facebook.com/TePaeORehua)  
Alternative and Holistic Health Service



**Sunflower Oracle Online**  
Like the magazine – but more!  
[sunfloweroracle.nz](http://sunfloweroracle.nz)

# The Ideal Yoga Student

## Yogavana - Yoga with Penni

Recently talking with other yoga teachers our 'ideal yoga student' was mentioned. It's who we love to teach and design our classes for.

So who is the 'ideal student'? Maybe you immediately thought of Instagrammable impossibly bendy poses – guess again. It's internal – being interested in their relationship with yoga, and listening to their body and awareness.

This can be a process of understanding which version of a pose works for you. Not every body can do every pose. Anatomy, skeletal structure (and injury history) all play a part. But



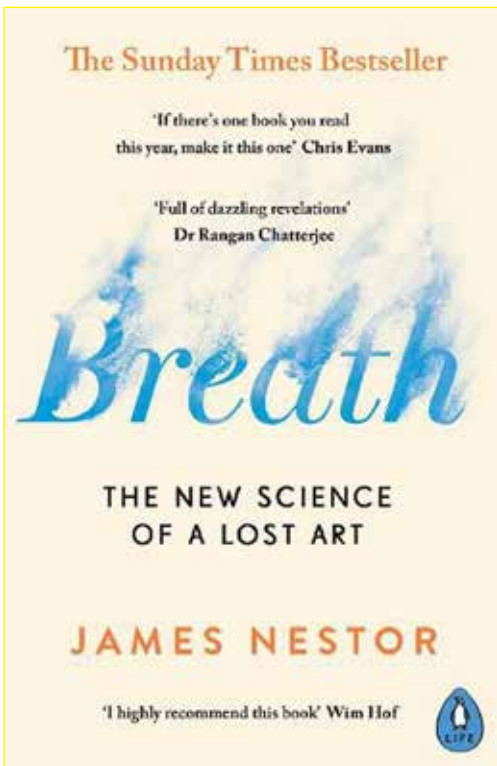
every pose can be modified.

It's about balancing flexibility with strength. Some very flexible people need to not stretch so much as strengthen and stabilise in poses. Other people who say they're 'not flexible enough' to do yoga have good stability but could benefit from maintaining/increasing their RoM (range of motion).

It's not about becoming a contortionist, but keeping our bodies supple, stable and responsive to our daily needs throughout our lives.

Then there's balancing our mental and emotional states. An important part of Hatha Yoga practice is breath awareness. The techniques known as pranayama affect physical healing, stress levels and our whole parasympathetic nervous system (for more on this *Breath* by James Nestor is an interesting read).

When I see people in my classes take cues onboard, use pose variations as needed, listen to their bodies and stay conscious of their breath – they may not be the yoga stereotype, but I'm thinking, 'These are good yoga students'.



# Tasmin Fourie

## ROAM Holistic Wellness

### Heya, I'm Tasmin.

I am a wife, Mumma of two beautiful little girls, a qualified Homeopath and Birth Doula. I moved to New Zealand from South Africa in 2019 with my husband and daughter. I have a small home-based practice in Pyes Pa, Tauranga.

### As a Homeopath

I studied in South Africa at the University of Johannesburg and completed my Mtech in Homeopathy in 2017.

I absolutely love how individualized Homeopathy is and seeing the positive impact it has on people's lives. I have a special interest in women's/maternal health as well as children's health, including learning barriers.

### As a Birth Doula

It was through my own journey of pregnancy and birth that sparked a desire to support women in pregnancy and birth. I knew that I wanted a different birth experience from my first! I had an 'emergency' C-section with my first and so badly wanted to have a VBAC (Vaginal Birth After Caesarean) second time round.

I had heard that having a Birth Doula



reduced the section rates and helped women have a more positive birth experience, no matter how she birthed. I wanted to feel heard, loved, supported, and educated in my choices.

I trained as a Birth Doula through DONA International and am excited to support women and their families through one of the most magical times in their lives.

### TASMIN FOURIE

021 0266 0445

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Insta: [roam\\_holistic\\_wellness](https://www.instagram.com/roam_holistic_wellness)





# Diane Rosenberg

## Replenish Kinesiology

**You can have the life you desire....**

**Kinesiology is a way to tap into your specific emotional, energetic and spiritual states of being. Unconscious energetic patterns may be holding you back from an amazing life, career or relationship. I have been assisting clients for years to release, reconnect and clear a path towards a new reality or goal.**

We are all individuals and our health issues can vary from person to person. Through the process of muscle testing, your body will alert me to the type of balancing procedures that can benefit you best. This is your body's natural innate wisdom and awareness working. Kinesiology balances address your unique physical, emotional, spiritual and nutritional needs, facilitating a balanced state of being. This is when we can destress, heal, feel more connected and repair best.

I regularly hold workshops in Tauranga and around the country, teaching all these amazing modalities

A Kinesiology session may:

- Relieve long standing pain, improve posture and flexibility.
- Clear emotional and physical stress to

increase your vitality.

- Encourage better digestion, sleep and allow for increased clarity with a more positive outlook on life.
- Connect and align to your vibrational potential.

*"Diane is an awesome practitioner. I've had the blessing of receiving a treatment while on a flash visit to NZ and I highly recommend her. Some of the qualities I look for when I'm seeking help are compassion, emotional safety, reassurance, respect and Integrity. Diane offers these qualities to the highest degree. She assists you to choose your plan to fulfill your dreams, goals and values. To anyone who hasn't tried kinesiology yet you don't know what you are missing."*

— Helen F, Brisbane

**90 minute Consultations in clinic or via zoom.**

### **DIANE ROSENBERG**

Registered Natural Health Practitioner  
Certified Kinesiologist/Colour Therapist  
021 1724624

[www.replenish.co.nz](http://www.replenish.co.nz)

[diane@replenish.co.nz](mailto:diane@replenish.co.nz)

Find me on facebook





# Kati Ludwig

## Coaching – Counselling – Therapy

**I am a hybrid-healer who weaves spirit and energy medicine through a scientific background of clinical psychology.**

I transform my client's lives to be hopeful, stable and empowered.

You are your own guru. Be inspired by your own story.

Your answers lie within you, you only need the tools to access them.

My mission is to help people to hold space for themselves and to achieve steadfast inner peace. I approach the biology and the hardened industry of clinical dis-ease with a maternal, soulful presence.

I have mastered traditional cognitive therapy, but my piercing eyes and understanding reach into one's body, far surpassing the limits of the mind, in order to meet the soul exactly where it is and

coax it back into its full vitality.

**KATI LUDWIG**

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021 2544 294



*kati*  
**LUDWIG**

# Sarah Strong Photography



Photography is my passion, especially when I can capture creative and graphic impressions of all the beauty of life and nature that surrounds us.

I've been fortunate to have travelled widely, and much of my photography reflects essences of each place I've visited. I'm also a massage therapist, so a holistic worldview is very important to me.

Contact me for naturalistic and abstract photography creations:

[facebook.com/SarahStrongPhotography](https://facebook.com/SarahStrongPhotography)

**Image at left inspired by:**

*"You are whole and also part of larger and larger circles of wholeness you may not even know about.*

*You are never alone.*

*And you already belong.*

*You belong to humanity.*

*You belong to life.*

*You belong to this moment, this breath."*

— Jon Kabat-Zinn

---

## Sun Salutation series A

**Surya Namaskar, or Sun Salutations, is a sequence of poses that help to strengthen, align and warm the entire body. This sequence honors the sun, and the following sequence is a classic example, but there are many minor variations.**

By moving through the salutations slowly and rhythmically, they can become a sort of meditation exercise. You could try to focus on one place in the body, such

as the heart centre, or the root chakra, and work on maintaining this focus throughout the sequence. To challenge yourself and to work on increasing your fitness, you could move through the sequence by changing pose at each inhalation or exhalation. You could begin with 5 repetitions and increase as you get stronger.



# Cancer Healing Roadmap

## Justine Laidlaw



### **No one should feel like they are alone on their healing journey.**

Learn to experience inner wellness and freedom in your cancer journey from the comfort of your home by working with Justine online or in-person.

Justine primarily works with clients recently diagnosed or living with cancer or chronic illness. Cancer does not just affect you physically – it causes anxiety, stress, depression, damages confidence, challenges relationships, and affects your working life.

Justine is renowned in NZ for her integrative approach to cancer as a certified holistic cancer coach & functional medicine practitioner and runs online cancer healing workshops nationwide. As a cancer survivor herself she will help you navigate integrative healing therapies like Ozone, IV vitamin C, cancer healing foods, stress reduction techniques, exploring your support needs, releasing suppressed emotions, relationship challenges and

opening you up to the spiritual component of healing fully.

### **Testimonial**

*"You have been such an inspiration to me. I can not ever express how that one phone call I made to you upon my husband's diagnosis calmed me. I have gone on to attend 2 incredible events organised and run by Justine. Thank you for the light you continue to shine you are one of the true gems in this world".*

– Much love and gratitude Hayley xx

### **JUSTINE LAIDLAW**

Holistic Cancer Support  
justine@thenaturalbird.co.nz  
www.thenaturalbird.co.nz  
021 112 4359



**THE NATURAL BIRD**  
JUSTINE LAIDLAW

# Noeline Levinson

## Family Focus



pregnancy and birth using homeopathy. I give free talks to midwives, antenatal groups, play centres, mum's groups. And of course I also offer one on one consultations.

Secondly, I offer Sound therapy, based on the Tomatis method, for pregnant mums.

The baby's ear is the first sense to be fully developed in Utero. Sound is responsible for the development of the brain pathways, and also assists with the growth of every organ, via the vagus nerve.

The baby hears mother's voice, through the spinal column, using bone conduction. The sound therapy is the most beneficial activity a mum can do, to enhance the bond between her and baby and to prepare the baby's brain for learning.

Recently I have started treating people who have side effects from or an adverse reaction to the Pfizer vaccine.

### NOELINE LEVINSON

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0210528980

**I am an acute prescribing homeopath, and what that means is that I only treat acute conditions. Such as colds, fevers, flu, post birth and surgical recovery, etc.**

I am teaching a First Aid Homeopathy Course for Mothers, Babies and Children (up to 11 years old), empowering mums who wish to take a more natural route with their babies. Doing this course will educate mum's how to cope with teething, colic, fevers, rashes and all sorts, that are perfectly normal for babies to experience.

I also assist mums during their





# Michelle Blakely

## Wholehearted Holistic Health

**As a Natural Health Practitioner with over 20 years' experience specialising in Holistic Health & Wellbeing, I love helping and empowering people to have a full and rewarding quality life.**

It's a privilege to help others reach their full potential.

"Taking time for yourself, being mindful and having tips for optimal daily wellness can bring about positive solutions for physical, mental, and emotional well-being."

If you're feeling exhausted, overwhelmed, low in energy, anxious, worried or anything else that feels a bit stressy ...talk to me.

There is no need to suffer.

Treatments can provide unique support for your body, with a proactive health approach for all ages, in numerous areas including anxiety, mood and mental health and many stress related issues, sleep, pain, sinus and respiratory issues, gut health, metabolism, circulation, allergies, hormones and more.

I offer in-clinic body treatments and coaching work, as well as online consultations and courses. Covering all aspects of wellness for all ages, and specialising in Women's and Children's wellbeing, I help facilitate to bring positive change with the body's own innate healing processes to effectively shift the body into harmony both physically and emotionally.

- Massage
- Reflexology – all body systems incl Stress Relief, Maternity, Fertility, Endocrine, Lymphatic, Mental Health



- Energy & Frequency healing
- Light Therapy
- Aromatherapy
- Chakra balancing
- Ear candling ~ surfers & congestion
- Specialty Facials

Our bodies are equipped with an innate way to heal given the right environment and support. I love seeing positive results through treating the body as a whole.

Contact me for a 15-minute Complimentary Health Consultation with 10% off your First Treatment!

### **MICHELLE BLAKELY**

Holistic Health Practitioner  
& Wellbeing Coach  
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# Sunflower Oracle

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Contact us for discussions and quotes  
[media@sunfloweroracle.nz](mailto:media@sunfloweroracle.nz)

# The Journey ThetaHealing™

**I began my healing journey by having to heal myself, after some health challenges, finding The Journey and graduating as a practitioner in 2005.**

I set up my practice, Lovelight Holistic Health, then qualified as a ThetaHealing™ practitioner shortly after. Since then, I have used these modalities together to enable people suffering from a variety of frequently inexplicable issues, often associated with traumatic events experienced earlier in their childhood, present or past lives, to release these traumas and move on with their lives to become all they wished to be.

Any other issues that arise will be dealt with appropriately, and telephone or email support is available after a session.

A session usually lasts between two and five hours and includes ThetaHealing™ belief changes and a full Journey process. Sessions are always conducted in person and, as I schedule only one session per day, can extend to allow whatever challenges you have to be fully explored and cleared.

I have spent much of my working life as a teacher at all levels, am happily married (for 45 years) to my wife, with whom I



have three grown children and several grandchildren.

If you have any further questions about the healing work I do or about me, please visit my website.

I now do Zoom healing sessions.

**ALAN WILLOUGHBY**

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