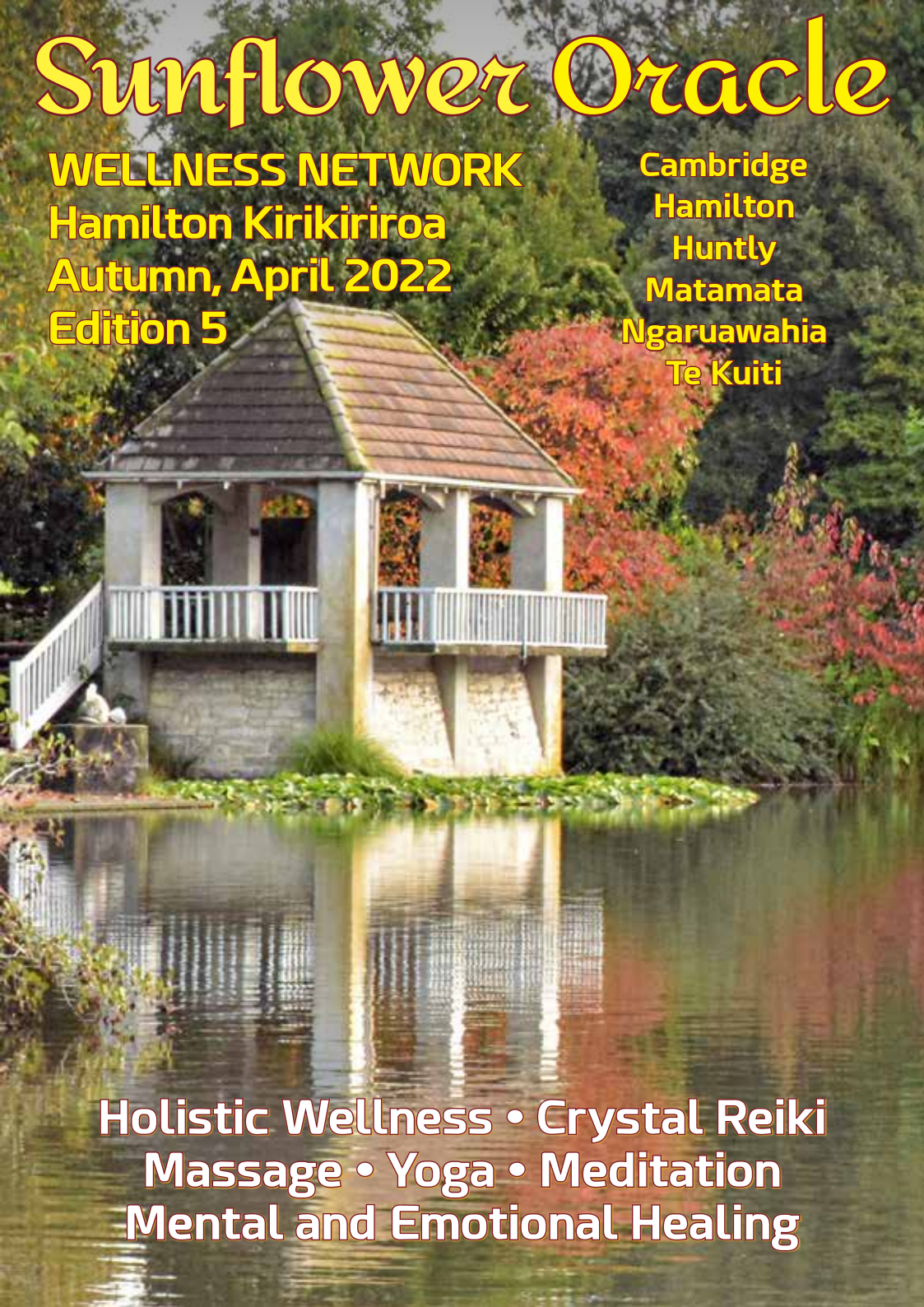
Sunflower Oracle

WELLNESS NETWORK
Hamilton Kirikiriroa
Autumn, April 2022
Edition 5

Cambridge
Hamilton
Huntly
Matamata
Ngaruawahia
Te Kuiti



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

Sunflower Oracle Wellness Network

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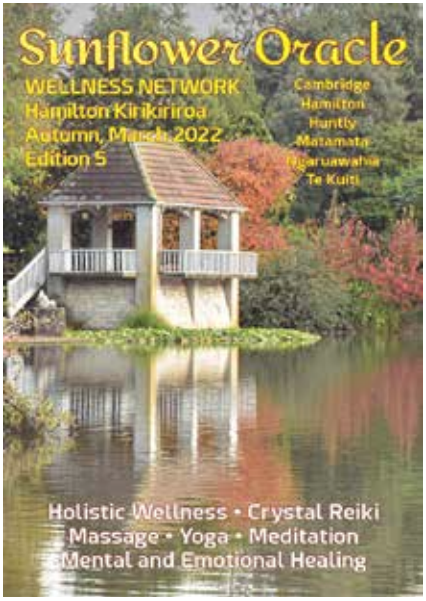

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Sunflower Oracle
HAMILTON KIRIKIRIROA
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TAURANGA EAST COAST

RAGLAN WHAINGAROA

THE LAKES / HAWKE'S BAY

COROMANDEL Coming Soon

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.

Our Ability to Flow

Vicki Shannon

As the colours of the leaves change and the temperature gets colder, we are reminded of change. Change is constant.

The secret of change is not to focus all of your energy on fighting the old but on building the new. Autumn reminds us of the impermanence of everything. Change is the only constant and we should embrace it.

One way we can do this is by putting out into the universe that which we want to receive – abundance, love, gratitude, relaxation, connection – whatever it is, you have the power to work with the universe to make it happen.

If we keep our thoughts and our emotions focused on love, joy and gratitude the universe will send what we want our way ... and our ability to flow with the change will be easier.

The power of positive affirmations in this season's magazine helps us to stay in a positive mindset and keep focused on the good and the joy in our lives. If you are interested in the law of attraction, check out *The Secret* by Rhonda Byrne.

With this in mind I would like to formally welcome the Lakes and Hawke's Bay area to the Oracle family and to

thank Nicola, Carina and Julia for their contributions to Sunflower Oracle.

"We cannot become what we want by remaining what we are." – Max Depree

"You have the ability to quickly change your patterns of thought, and eventually your life experience." – Abraham Hicks

Warmest blessings from Vicki on behalf of the Sunflower Oracle team (Brian and Ronja).

Sunflower Oracle
HAMILTON KIRIKIRIROA
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Sunflower Oracle
Online Directories
Healers, Modalities & Online Services options
Hamilton • Raglan
Tauranga / East Coast
sunfloweroracle.nz/directories

Morningstar Reiki with Sue Rhodes

Kia ora my name is Sue Rhodes and I am a Usui Reiki Master.

Reiki is a Japanese healing system that was founded by Mikao Usui. The word Reiki is a combination of two Japanese words, Rei translates as 'spirit or Universe' and Ki translates as 'life force

Energy'. Thus Reiki is energy healing that will bring about balance and harmony.

Reiki is complementary to other forms of healing, both natural and allopathic. Reiki is an experience so everyone will have their own, it is not something I can describe for you as it needs to be experienced by the individual.

Through my own personal experiences I find it helps me enter into a deep state of relaxation in which my body/mind naturally comes into balance.

Some of the benefits of Reiki are stress reduction, replenished energy levels, improvement of sleep, reduction of anxiety and an overall sense of well-being.

My journey with Reiki began when I completed my first level in 2008. Over the years I have learnt with various teachers and in 2019 I started from the beginning doing all my levels and within this process gained a great respect for Mikao Usui, the founder.

For me Reiki is about coming home to self, the remembering of your brilliant Light that is always there just sometimes covered over by your experiences and the journey of Life.

Sue Rhodes

suerhodes33@gmail.com

Also at Infinity Spiritual Centre Hamilton

Spiritual Life Coach Quartney Pretorius

"Who are you? I am. We are." Realignment with the self – what do you need?

Would you like more passion in your life? Would you like to gain access to the vibrational, emotional and eternal being that you are? One that enjoys relaxing into the flow of your creation?

Personalized sessions, healings, retreats and workshops are just some of my passions. Learn how to create, maintain and enjoy a steady, never-ending, constantly unfolding path of new ideas and adventures.

I am a spiritual life coach and healer who uses a diverse range of modalities, such as the Akashic records, card readings, channelling, energy and Quantum healing modalities, Quantum alchemy, color therapy, visualization, intentions, meditation and breathwork, and Access Bars.

With all of these tools I am equipped and continually expanding! I look forward to connecting with you!

Quartney Pretorius

Exchange for time: (remote & in person)
$80 per 30min or $120 per 60min.
quartney52@gmail.com
text 021 0888 9004 to book a free
15min consultation call!
Also at Infinity Spiritual Centre Hamilton

Empowered Insight

Deb Casey

A Clairvoyant Numerologist, Counsellor & Coach, I shine the light on opportunities! For over 12 years, it's been my passion and privilege to help people release uncertainty about their direction. To become empowered and motivated, therefore being able to navigate change and challenges easier.

I offer a package of audio Readings with Coaching, conveniently sent by email, so you can listen when it suits you and take it all in.

I call on a powerful combination of my intuitive abilities, wellness skills and educational experience during your reading as required, such as:

Numerology, personality profiling, psychology, writing analysis, clairvoyance, psychic ability or mediumship, spiritual teaching, oracle cards, shadow work integration as a technique, the emotional/physical health connection, the law of vibration, mindfulness, manifestation, holistic health therapies and stress management strategies.

I'm here to bring forward beautiful transformational guidance for you, whether it's about love and relationships, work, health or finding your meaningful purpose or direction.

It's proactive advice that tells you where to start and how to move forward positively. Guidance plus ideas, tools and techniques that can help you find more harmony with your questions, or to know how to seek healing and other services that may also help. The greatest act of love, is in fact, your own self care. If you're ready to finally feel relief and peace...let's connect!

Deb Casey

www.empoweredinsight.co.nz

FB: Empowered Insight with Deb Casey

Holistic healer, Coach and Past life regressionist

Hi beautiful Soul, I'm Crystal and I am a holistic healer and spiritual life coach based in Hamilton where I have a beautiful healing studio that is safe, nurturing, and filled with high vibe energy!

It is a space for you to just come and be, while you feel as though you are being wrapped in love itself.

I work with empaths and sensitive souls who feel, sense and know deeply to rediscover the love, light and wholeness that has been there all along.

I empower you with guidance, tools and practices, as I assist you with your own inner healing as you grow, expand and uncover the truth of who you really are.

My experience and wisdom not only comes from being a healer in many lifetimes before this one but also from this current time where I am trained and certified as a Reiki Master and teacher, past life and inner child regressionist, level 3 crystal healer, and an NLP practitioner.

I am all about empowering and guiding you in rediscovering that you are your own best healer and that you are here for greatness as your love & light within is the strongest of all.

I would love to assist you on your journey, either in person or online. I work intuitively, offering holistic healing sessions, 1:1 programs for adults and children, Past life and inner child regression, workshops & courses.

The light in me sees and honours the light in you and I cannot wait to see you soon.

Crystal Lee
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In the Zone Healing with Glenys Earle

Glenys is passionate about helping people achieve greater wellness and vitality through her work as an Energy Healer. She believes it is our birthright to experience full health, joy and vitality.

As an energy healer Glenys can work directly to correct imbalances in the various subtle energies, or chi, that flow through and around your body. These energies include the chakras, meridians and aura. She also tunes in intuitively to uncover and release blockages at emotional or soul levels that are the underlying cause of the issue you are experiencing.

Glenys began her training in 2000 with Reiki energy healing, and since then has added ThetaHealing, Eden Energy Medicine, Akashic Records soul reading, flower essence therapy and soul dream analysis to her "toolkit".

These all tools and techniques that she has learned and used successfully for her own healing journey first. With her original training in Physics, Glenys has a deep understanding of energy from the scientific quantum perspective.

An individual healing session with Glenys typically lasts one hour, and can be in person or online via Zoom. After a healing session clients almost always report feeling happier and lighter, as though a burden has been lifted.

Glenys also runs workshops to help overcome issues such as fatigue, insomnia, stress and anxiety, in which she teaches simple energy medicine techniques that are easily learned and applied.

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Gemini Infinite Light

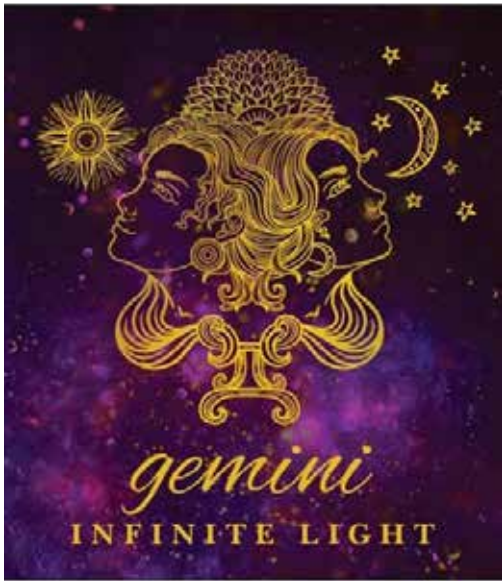
Shirley Weller

Hello beautiful souls. At Gemini Infinite Light "WE" are about Caring, Sharing, Love and Light for the Highest Love and Highest Good for all.

I say "WE" because I am guided by my wonderful Light Team and God/Goddess Energies. I AM about Spiritual Guidance for anyone in need. Energy Healing, Spiritual Protection, Grounding, Chakra Balancing and Aligning and helping to clear blockages.

Clearing away Non- Beneficial Energies that no longer serve your highest love and highest good. Channeling Love and Light from those who came before us.

Messages come in many forms and are expressed through songs, words, images, sounds, colours and numbers.



I love hosting share/support groups for like minded souls to connect with, in a loving, protective environment. A network of support. Sharing, learning and creating magic together. Helping beautiful souls connect to, and be able to work with their own unique gifts safely.

In March 2018 I started awakening to my soul's journey. I have learnt a great deal and grown a lot since then. I AM always truly grateful for this beautiful costume that I wear, for the Love, Light and Abundance in my life, for all the beautiful souls that have come into my life and those yet to come.

Healing the "NOW" to help prevent repeats in the future. Always for the highest love and highest good and with loving grace.

Sending Love, light and Hugs to you all!

Shirley Weller
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Holistic Psychology with Crystal Foster

I believe every person is a unique expression of creation, and that every part of us is sacred.

The way I work is to walk alongside people as we explore the driving factors behind any mental health difficulties being experienced and address these together.

Since completing Clinical Psychology training in 2012 I have worked with people from all walks of life.

I incorporate mind, body, and emotion focused approaches, and can assist in helping you develop a deeper connection with yourself and your own wisdom through learning how to allow and honour your feelings as they arise with acceptance and compassion. I have also completed studies in the rapidly growing field of Nutritional Psychology. The understandings being brought forth in this area are paradigm-shifting for mental health! Good nutritional intake and absorption can strengthen resilience to stress, increase the ability to focus and think clearly, bring more balance to emotional states, and help improve sleep.

Another way I can assist is to help you develop skills in practicing trauma sensitive yoga and/or mindfulness. Trauma-sensitive yoga allows for the cultivation of peaceful embodiment without necessarily having to talk things through (because not everyone wants to talk). This can be a gentle and powerful way to connect with yourself through your body.

If you would like more info about Holistic Psychology, trauma-sensitive yoga, or group education on Nutritional Psychology or Holistic Mental Wellbeing, please contact me.

Crystal Foster

holisticpsychologist@protonmail.com

Insta: @crystal_holistic_psychologist

The Native Oracle Te Oranga Turner

Kia Ora e te whanau

My name is Te Oranga Turner and I am from Ōtorohanga, Ko Maniapoto Te Iwi, Ko Tainui Te Waka. I am a reader, a healer and a seeker of truth and my journey started many lifetimes ago.

In this life my work is to give guidance on present issues causing confusion therefore hindering people from their chosen path of abundance.

Getting people connected with their intuitive mind is a part of my practice as well as connecting people with their loved ones in spirit through spiritual channelling.

This is a taonga (a gift) that I so passionately share.

Testimonial

I was extremely grateful for the way she approached the reading. It was thoughtful, sensitive and straight to the point and unapologetically kind and gentle. A lot of what was shared in the first set of cards were confirmation of where I understand I am in my healing pathway. The second set of cards were affirmations of where I am heading and decisions I am making. What I truly appreciated as well was the extra guidance extended by tupuna korero.

– Sienna Hamilton-Katene

Words cannot express the gratitude towards the clarity you provided me with today beautiful. Thank you, it was the most in depth reading I've ever had. So many answered questions I've had lingering for so long. Thank you sooo much for your time and energy and willingness to help. Beyond grateful. Highly recommend your mahi hun.

– Lyla Byford

Te Oranga Turner

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Also at Infinity Spiritual Centre Hamilton

Lifeforce Tonics

I love playing around with organic wholefoods, creating nutrient rich dishes. Incorporating in 'beyond organic' supplements are now an essential part of a TRUE HEALTH REGIME.

As all life is Resonance, Frequency and Vibration, I implement these Health tools (supplements and more) that carry a unique patented technology, Advanced Resonant Plasma (ARP) Technology. These three modalities are permanently charged into these health tools to amplify the conductivity, effectiveness and results, while at the same time uplift one's emotion state (as most dis-ease originates from the emotional body), while nourishing and harmonizing the physicality for rejuvenation.

What a Gas!

Therapeutic Hydrogen! As well as oxygen, carbon and nitrogen swirling in our universe. Hydrogen is now quickly being realized as a wonderful therapeutic gas for many reasons.

We have our portable H2 water generator that creates hydrogen rich water for our everyday drinking and health benefits, so we decided to add Hydrogen gas as a therapy for even more benefit.

Some of the many benefits of H2 Therapeutic Hydrogen:

- Very high safe profile.
- pH neutral.
- Top anti-oxidant for neutralizing oxidative stress.
- Blood circulation support.
- Selectively removes harmful dis-ease and age-causing free radicals.
- More energy.
- So, much more than this.

Eternally grateful to have these health modalities available, which we are NEVER WITHOUT. Bless our Beloved Creator, The Powers of Nature and Forces of the Elements.

Join our newsletter to keep up to date on all we do. Bottom of our website homepage.

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info@lifeforcetonics.co.nz
www.lifeforcetonics.co.nz
Social Media – FB -/MeWe/Gab/Telegram
Many Blessings

Lesley Ormsby – Tarot and Oracle

Kia ora, I specialise in helping people Connect and Discover, Heal, Refresh and Flourish through Mediumship, Psychic, Intuitive Tarot & Oracle card readings and rongoā Māori.

Healing sessions may include either energy or bodywork services I provide from chakra and aura, massage, mirimiri, rongoā, sound, psychic and or mediumship, oracle or tarot readings , or mantra/affirmation.

Depending on an individual's requirements to align and calibrate at their natural rhythm a blend may be used to help clear energy centres and fields in and around the body through clearing and decluttering any negative energies, entities, beings or thoughtforms from past lives, past in this lifetime, in the present and what may have been projected into the future.

I offer 3 Levels of Spiritual Development Workshops, Individual or Group mentorship, Meditation groups and soon Healing Retreats.

Mauri Ora

Lesley Ormsby
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021 554 867
Also at Infinity Spiritual Centre Hamilton

Journey Practitioner with Jo Gordon

I am a Journey Method Practitioner. I know what it's like to feel muted, oppressed and enclosed in grief. But I also know how it feels to burst out of that oppression, like taking a huge gasp of fresh air.

That's why I believe passionately in creating a safe space for people to explore the process of nurturing both body and soul, in a way that promotes wellness.

The more people I spoke to, the more it became clear that everyone has experienced some level of trauma which limits their ability to live life to the fullest.

I've also learned that, for one reason or another, most people just don't allow themselves the space to work through their emotions in a productive way.

I want everyone to be able to experience that "gasp of fresh air" feeling. So, I created Guided by Grace, supporting people to uncover their authentic selves through an empathetic, inclusive process.

A process which empowers people with the qualities they need to release their most authentic selves, gives them hope, and helps them understand that they can move forward in life.

The Journey Method can help you if:

- Fear, anxiety or stress is prevalent in your life
- You're feeling stuck or feel that there's just got to be more to life
- You're facing ill health or ongoing physical issues
- Unhealthy behaviors or circumstances leave you feeling depressed
- You're wanting more fulfilment in a relationship
- You're still searching for your infinite potential

The Journey Method utilises guided meditation style cellular healing. Sessions take 1-2 hours. Appointments are available via Zoom and in person in Hamilton.

Jo Gordon
jo_gordon@hotmail.com
021 774110
FB: Guided by Grace: holistic healing

Jenni Frampton & Lyn-Marie Moss

Welcome to Spiritplace! Life can be a wonderful journey of twists and turns.

Experiences are put in our way for a reason, be it to just enjoy or to learn. Spiritual mediumship and tarot card readings are uplifting and provide us with direction and healing. They can

help us to unpack and work through the experiences we have in life. Readings can be done in person via Zoom or Facebook messenger if you live overseas or outside the area.

Another event that we run is a psychic supper. These are run once a month and are a great opportunity to connect and receive messages. At a psychic supper, everyone will receive a message either from your guides or loved ones in Spirit. Come along by yourself or bring a friend. Places are limited, bookings are essential.

You can also contact us to enhance your spiritual growth. Jump into a class or a workshop to enhance your skills to become a better psychic medium or healer. Develop your intuition and expand your confidence in your daily life. Workshops and classes are for all levels, absolute beginners to the advanced. Expect to be surrounded by like- minded people as we learn about guides, mediumship, healing and use various tools to expand your awareness.

We look forward to meeting and working with you – contact us today to make a booking or for more information.

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Lyn-Marie Moss
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Also at Infinity Spiritual Centre Hamilton

Aura Photography with Steve Mullan

The Aura camera is the IES Aura Cloud system, which interprets aura-chakra energy by taking electronic readings of your hand.

Aura imaging software processes the data from the hand reading and translates it into visually-engaging graphs and charts.

With this technology, plus my 16 years of interpreting Aura Photos, the session will highlight what is most important in your life at this moment.

Sessions potentially cover topics such as your personality type, what your colours mean for you, areas of learning that would assist your growth, and your chakra energy levels.

You will receive a single photo provided at the time of session, plus 14 pages of details via email. Choose between a 30 min or 60 min session.

Also Available: Animal Alignment / Business Coaching / Reiki Workshops.

Steve Mullan

steve@stevemullanbusinesscoaching.com
022 484 3585
Also at Infinity Spiritual Centre Hamilton

Renee Barrett-Jones Wairua Light

Tihei Mauri Ora!

I start by giving immense thanks to Nga Atua, the gods of above, below, beyond and within. The many universal energies that direct the flow of my Mauri. It is the essence of these energies that have created life force itself. Forever my heart will hold massive gratitude. From the mountain peaks of Tongariro and Tuhua, their waters that stream through the veins of Papatuanuku, hydrating and sustaining our lands, forever providing nutrients and resources for the survival of our physical being.

We each hold great magic deep within, not one being of greater or lesser quality. Equally, individually, personally spun perfectly for the purpose of one's journey.

My haerenga (journey) of wairua and energy has been known to me for as long I can remember. I have always been aware of my spiritual connection. The light I hold. The light I must share and the connection to the ones beyond and before me.

Being brought up in Te rohe potae, ki Taumarunui, being well connected to our whenua marae and elders has played a precious tone of music in my life. My father too has passed down his knowledge and the gifts of his experiences with wairua, healing and afterlife.

My soul purpose here on papatuanuku is to collectively rise spiritual vibration. To tautoko/support my brothers and sisters in their connection to healing and awakening their own inner spark. To shine this light upon all life force that reaches my Mauri.

Manaakitanga ki a koutou katoa.

Renee Barrett-Jones

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027 787 6756
FB: Wairua-light-with-Renee-Barrett-Jones-101399831235985
Also at Infinity Spiritual Centre Hamilton

The Oracle's Experience

Annie Jameson – Sound Healer

"Trust your intuition and all will flow."

This sound healing experience with Annie and her Alchemy singing bowls was a truly divine experience where I found myself not only surrounded by the sounds of the bowls, but also immersed with them.

Each of the Alchemy singing bowls has a unique sound. They are all made from quartz but rather than being tuned to a specific pitch or tone they are created organically. This means no two Alchemy bowls sound the same and the layering experience is deeper and more harmonious than I have ever experienced.

During the hour session I lay on the floor on a yoga mat with my eyes closed. It did not take me long to get into a deep, relaxed and meditative state which I was quite surprised about after a busy day and the hot temperature. Supported by the sounds of Annie's voice she began to settle me in.

With the layering of the different bowls I soon found myself becoming one with the vibration and resonance of the experience. Time went fast! I found it easy to stay still and felt myself and the sound become one. It was like our energy was weaving together.

At one stage the music became colours behind my eyes and I felt as if I could feel the sound as well as hear it. My awareness was the most open it has ever been with the healing power of the bowls creating a blissful state.

This type of healing is easy and comfortable and would suit anyone from those new to sound journeys who may struggle to sit still, a young person dealing with stress, to an experienced meditator or awakened individual. Annie also records her alchemy bowls and is available to listen to on Spotify and youtube.

Q&A with Annie Jameson

What services do you offer?

Sound Healing Session – This 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 singing bowls she intuitively weaves the exquisite tones bringing your energies into balance. Transformation may be experienced on

many levels.

Angel Intuitive Reading – This helps you to see your life from a higher perspective. It helps you to understand where your emotional energy may be blocked and gives you tools how to move forward right now in your life, so that you can live and fulfil your highest purpose.

Why is this work so important to you?

It is my passion to create and share my music of the crystal singing bowls. Their pure tones have an incredible resonance and can help people destress, release anxiety and relax deeply. Most people can benefit from listening to their pure vibrations whether through a one-on-one session or through listening to my music on headphones or speakers to gain their full effect.

Could you tell us about how your interest in holistic healing began?

I have always been interested in healing and for many years I practiced as an auric/magnetic healer. After a while I felt more drawn to sound healing and find this to be very profound for so many people. The more I work with sound the more passionate I become about it, it feeds my soul.

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

The only obstacle I had in creating my path of music and sound healing were my own limiting beliefs about myself. Once I overcame this I realised I could do anything I put my passion and heart into.

Now I have the courage to offer my music to anyone!

My music can now be heard on Air New Zealand in-flight entertainment within the meditation section on all International flights! It is also being played at Scott Base, Antarctica to help the crew during the long polar winters.

I feel excited that there are unlimited possibilities in the world to receive my music, when it is offered with love and the right intent.

Who should seek sound healing as a holistic wellness technique?

Anyone can receive sound healing as a holistic wellness tool. It is also wonderful for yoga and meditation. It is very soothing for all ages, babies, children, adults and animals.

Could you share a wellbeing tip with the community?

My wellbeing tip would be ... pay attention to your thoughts, words and emotions as this will be a guide to how your day will pan out. Listen to your quiet inner voice and take time to centre and balance doing practices like meditation, yoga, tai chi etc. Mental and emotional well-being is the key.

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

What I would say to my younger self now is 'Follow your dreams and passions and let go of everything that doesn't feel right in your inner being. Trust your intuition and all will flow.'

– Experience and Q&A by Vicki Shannon

MINDFULNESS4DOGS

Online training courses from puppies through to adult dogs

At Mindfulness4dogs, we know that the way an owner behaves is one of the major deciding factors in their dog's behaviour.

It's that key truth which inspired us to set up a business that's focused on helping owners and their dogs restore emotional balance, using one-on-one coaching, classes and online courses.

Over the years, we've learned of countless owners who've tried in vain to correct their dog's behaviour, and are still confused as to why their dog acts like they do.

We've seen far too many people struggle with the frustration and embarrassment that comes along with problematic pet behaviour.

We know it doesn't have to be like this.

That's why at Mindfulness4dogs, we connect with owners to empower them with the knowledge, understanding and support that they need to create good environments for physically and emotionally balanced dogs.

Mindfulness4dogs offers dog training in Hamilton, Cambridge and the wider Waikato districts, so no matter where you are we've got you covered. Our awesome training centre is situated midway between Hamilton and Cambridge.

We offer in home private 1-1 training, for puppies and adult dogs, covering general training through to aggression and trauma. Our team also run group classes and workshops around Hamilton and Cambridge.

MINDFULNESS4DOGS

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Pranic Applications with Faye Taylor

Faye is a natural health practitioner and a teacher of the Pranic Healing Application non-touch courses held on regular basis around the country. She is passionate about helping others and works from home in Glenview using a holistic approach which works on many levels.

Prana is a vital energy or life force that keeps the body healthy and alive, dealing with physical and psychological ailments and life issues.

The courses held encourage students to learn techniques to work on health concerns and life aspects for self and distant healings. Pranic Applications is so easy to learn and do for any ages.

What happens when you accidentally burn, cut, bruise, get stung by wasps or bees? Feel a cold coming on, have a toothache, backache, headache, migraine, coughs, colds and other symptoms? This is where pranic apps come to the fore to help in these situations with the many protocols set in place.

The courses cover working with the hands to feel energy, clearing blockages, removing stagnant energy that causes concern, using colour to enhance healings, plus using protocols for many dis-eases as well as finance, relationships, business, fuel economy, grief, farming, pets, animals, pests, tummy and hip tucks, phobias, fears, negative thoughts and emotions, planet healings and so much more.

Benefits are: To be self-confident, have inner peace, create good health, be inspired.

Please contact me for more information and future dates of Pranic Healing Application non-touch courses:

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Diana Innes Psychic Reader

Diana has over 40 years experience in providing readings to guide people in their lives. She is a deep seer and can reflect unseen parts of you back to you.

Diana is a truth seeker and has studied various forms of numerology, syncretism, and galactic life forms. If you are at a crossroads in life, feeling lost and confused about which direction to take, or need clarity on love, work, health or finances, then a reading with Diana will be highly valuable to you.

Diana's services include:

Psychic readings (30 or 60 minutes)

Using several divinatory tools including Tarot and Oracle cards, and the significance of your numbers and chemicals in this lifetime to decode why you are here. During a reading, messages come through from loved ones and Diana's spiritual team. If you are concerned about energy attachments, Diana can see these and advise.

Death transition

If you have questions about a loved one who is in the final stages of their life, then Diana can support you because she has first-hand experience of losing her son and supporting him with his transition to the light.

She also supports the Ascended Masters to transition in and out of Earthly life and this is one of her remarkable spiritual talents.

If you need guidance from a supportive and authentic reader with advanced spiritual gifts then book now.

Diana Innes
riana711@gmail.com
027 313 1747
Sessions via Zoom or Skype

Namaste Clinic with Shirley Green

Intuitive Healing For Body, Mind and Soul

Our daily lives are filled with pressure and stressful situations, juggling the many "roles" we fill, in any 24 Hour period, that we often forget to take time for ourselves, and so it becomes easy for us to lose touch with the essence of who we are and why we are – a spirit here having a human experience and here to express, through the things we love to do, the Infinite.

An Intuitive Healing session of aligning, balancing and grounding our energy system tends to connect us as a whole – mind, body and soul – to the Infinite. In this space we are able to access all that we need.

The sessions may include some of the following: Guided meditation, visualization, breath work, affirmations and body scanning.

These sessions are great for:

- Relaxing
- Releasing thoughts or patterns that no longer serve us
- Letting go of tension, stress anxiety and fear
- Building Vitality and Focus

Emerge feeling relaxed, focused, energised.

CONSULTATIONS

On Line	45 mins $50	60 mins $65
In Person	45 mins $60	60 mins $75

Remember our 15% discount for the first time experience of any Namaste Clinic therapy.

Shirley Green

joeandshirleygreen@xtra.co.nz
www.namasteclinic.co.nz
027 223 9532

Quinn Fogg – Refined Body Adjustment

I have been in practice as a natural therapist since 1998, treating a variety of complaints which include headaches, back pain, sciatic discomfort, knee and ankle aches, occupation overuse syndrome and foot problems.

It was in the process of this work that I developed a very soothing, non-invasive technique that is based on the principle that gentle persuasion is more effective than heavy muscle manipulation.

I have found that by being able to integrate my natural healing ability with my other modalities, disciplines and principles I am now able to offer a complementary and non-invasive holistic healing and accelerated recovery process.

Although my experience and practice was based firmly with people, I began to receive enquiries from small and large animal pet owners requesting assistance with various health issues which had arisen with their animals.

From there my animal practice grew to an extent where I now assist dogs, cats, horses and even the odd cow in my refined body adjustment therapy.

Quinn Fogg

onidahealth@gmail.com
FB: Onida Health Clinic
022 047 8466
Also at Infinity Spiritual Centre Hamilton

Therapeutic Angel Jan Maunder

Hello, my name is Jan Maunder. I'm a Registered Nurse of 20+ years and a light worker.

I offer face to face and distance treatments like massage, reflexology, Indian head massage, lymphatic drainage, reiki, combined energy healing and intuitive reading, hypnotherapy and psychic online readings and courses.

I use my nursing knowledge to enhance my distance and face to face energy and reiki healings. I scan from head to toes, visualising every organ and tune into the client's needs to direct healing energy where my intuition feels it's most needed. This helps relax, re-energise and dispel unwanted negative energy from the body, mind and soul.

I use my skills of hypnotherapy, neuro-linguistic programming and theta healing to help clients move forward to a life of manageable stress and anxiety levels, and freedom from phobias or negative conditioning from childhood or toxic relationships. To help maintain and reinforce positive results meditation recordings are made and given to clients.

As my holistic skills develop, so do my psychic skills of mediumship. I now get regular input from the spirit and angelic realms. Very often my client's current issues are communicated to me by my spirit team before the client voices them.

I am a firm believer in the less the client tells me, the better they will believe and trust in what I and my tarot cards reveal. Thus as their current life story unfolds with the turning of each tarot card, their predicted future pathway being revealed by the tarot will more likely be acknowledged as truth and followed.

Jan Maunder
jan@therapeuticangel.co.nz
www.therapeuticangel.co.nz
021 173 3829
Also at Infinity Spiritual Centre Hamilton

Karyn Janelle Davis Forward Focus Solutions

I facilitate NLP Trainings, Dynamic Body of Knowledge workshops, skillmills, and support gifted beings who are passionate, energy-aware and ready for their next level growth.

Maybe this is you? You recognise the synergy of potency and transformation nestled within you, yet you seem to be missing it (just a little).

You desire to go from blocked and mistrusting in yourself and your gifts to BEing in confidence with superior trust in yourself and your unique talents, gifts, and abilities to live on purpose with your calling.

In fact – you want more than that – you want to be the magic maker, the transformation agent to work with others.

Do you fit the following criteria:

- Fascinated by developing your multifaceted intelligence (emotional, spiritual, body, energy)?
- Desire to Reconnect with Your TRUE Magical Self?
- Release your Gifts to be aligned and purposeful in application?
- Love learning and desire to know how to apply generative – learning [how to learn, Un-learn at speed and organically)
- Desire GUIDANCE and TOOLS to support your own process of living life on purpose?
- Ready to shift OLD patterns and RE-code into a new expression of SELF?
- Want to learn how to shift your vibration at a CELLULAR level?
- Desire to be SEEN/ HEARD/ RECOGNISED for who you REALLY are?
- Ready to UPGRADE your impact and effectiveness in what you do?

I offer a complimentary 20 minute Magic Heart conversation. We can discover if there is an energy match for us to work together.

Karyn Janelle Davis
karynjanelledavis@gmail.com
www.forwardfocussolutions.co.nz
021 449 823

Annie Donald Spiritual Intuitive

The Universe is one step ahead of you. You are at the right place, right now, to seek self-discovery and step up to own your spiritual journey.

It is not a coincidence that you are reading this, at this very moment. It is a wink from the Universe asking you "to open your arms and embrace the mystery."

I have been connecting with Spirit and divine intelligence for over 25yrs. Spiritual intuitive healing is for the mind, body and spirit.

The guidance and wisdom comes in different forms including, but not limited to, visions, auditory messages, energetic and physical sensations. A conversation between Spirit, you, and I – soul to soul.

During a session I deliver messages to support where you are on your life's path, and to ignite the wisdom and magic of your divine essence.

Intuitive blend sessions:

- 90 minutes Holistic healing package: Energy or Pranic healing plus the benefit of Intuitive Rune reading in one visit.
- 90 minutes Holistic healing package: Energy or Pranic healing plus the benefit of Spiritual Intuitive reading in one visit.

Other services I offer:

- Spiritual Development classes
- Mindfulness course
- Holistic Healing
- Pranic Healing
- House & Land clearing
- Rune's reading: means "secret, something hidden" or sometimes "miracle" – present in Old Irish Gaelic, Welsh, and Old English.
- Knowledge of the runes was originally considered esoteric or restricted to an elite. Rune reading is one of the oldest forms of divination, from Nordic and Germanic tribes of Scandinavia and Britain. They are used to help gain insight into situations or questions.

Annie Donald
tarawera111@gmail.com
027 250 1222
instagram.com/quintessence.111/
Also at Infinity Spiritual Centre Hamilton

The Path of Kriya Yoga with Kavita Parshotam

Kriya Yoga is an ancient meditation technique. It works with energy in the deep astral spine where the chakras are located.

The Kriya technique was hidden in secrecy for many centuries. The great Yoga Master Paramhansa Yogananda popularised it through his book *Autobiography of a Yogi*.

According to Yogananda, Kriya Yoga is the most effective technique available to mankind today for reaching the goal of Yoga: union with the Divine.

Yogananda says that Kriya Yoga quickens spiritual evolution. One Kriya breath, which takes about 30 seconds, gives you one year's worth of spiritual growth.

The daily practice of Kriya changes you from the inside out. Those things that held you back, soon start to fall away. You reach a point where you are no longer driven by old habit patterns, but are freer to live in harmony with the universe and with your true soul nature.

The path of Kriya Yoga is very practical in that it helps you become a better person in every way. It brings harmony in your relationships. It enhances your ability to concentrate. It improves your general wellbeing.

You can begin on the path of Kriya Yoga with the *Learn to Meditate* course.

Here you will learn a simple yet effective technique of meditation that was taught by Yogananda. You'll also learn how to establish and maintain a sustainable meditation practice, and how to have deeper, calmer meditations.

Kavita is a lifelong disciple of Paramhansa Yogananda. Using apt metaphors, life experiences and storytelling, Kavita effortlessly weaves the spiritual teaching into daily living.

Kavita Parshotam
kavitaparshotam@gmail.com
www.thenarrowsretreat.co.nz
07 856 5052 / 021 213 8215

ReCode Clearing with Wendy Maggs

Our thoughts, words and feelings are energy, frequency, and vibrations that shape our reality. Life events can cause negative glitches in our thinking and speaking and can crash our dreams as quickly as a pesky virus can mess up our computer.

Recode is a spiritual timeline detox that engages God to scan emotional, spiritual and physical bodies for trapped emotions, hidden glitches and distortions that influence how we see, feel and think about ourselves, others and the world around us.

Love washes away distortions. God's Truth recodes to your original divine self. Parts of you that became stuck emotionally or separated from your core self are integrated, making you feel one. These parts may be influencing your decisions as an adult today.

ReCode is unique and different for everyone. Amazing healing experiences combining Spirit, anointing prayer with Young Living Essential Oils, helping you return to peace and harmony and living life joyfully.

Truth sets you free to be the authentic LIGHT being you were created to be!!

ReCode Your Inner World and Quantum Leap Your Life! 60-90 minute session, $120.00

- See and feel differently about yourself and others
- Remove mental blocks and stuck!
- Freedom from mind chatter
- Receive your Divine God Truth
- Integration of stuck personality parts
- Clarity and hope for the future
- Feel more joyful, confident, secure
- Feel gathered, grounded and powerful
- Experience oneness with self, others
- Heal trauma triggers
- Stop repetitive negative cycles
- 'Imagineer' your life differently

Wendy Maggs
recodespiritsoulbody@gmail.com
www.wendymaggs.com
027 383 4203
Also at Infinity Spiritual Centre Hamilton

Chrissie Shirley Access Consciousness

Empowering people to know that they know.

Are you looking for a different way of changing what is not working in your life?

Access tools and processes have changed my life enormously. Before I discovered Access Bars (an energy process that releases stress) I was a broken lady.

Would you like to discover how easy it is? Do you have relationship problems? Anger? Anxiety? Depression? Headaches? Upsets? Body issues? Health issues? Job troubles? Scarcity issues? Stress? All of these and more can be changed easily using the processes of Access Consciousness.

Would you like a session over the phone or in person? Would you be interested in learning these energies? The beauty of energy work is you don't use your mind to figure it out, which means that you access your own awareness. Changing energy just requires that you choose to change.

My services include:

- MTVSS (an access consciousness process) for the immune system.
- MTVSS for the whole body (fibromyalgia, exhaustion etc), for more vitality.
- Access energetic facelift for beauty without botox.
- Body processes for relaxing the body and releasing pain.
- Access bars for releasing stress and changing your perspective on life.
- Advanced access classes for changing your whole life.

All of Life Comes to Me with Ease, Joy & Glory

Chrissie Shirley
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022 1877 313
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In Flux or Flow

Nicola Mary Burton

Finding the balance is not about 'intensity' or the mindless rushing around from one thing, then rushing on to something else!

Rhythm and harmony is finding the Flow in all areas of your life – mind, body, spirit and soul. We need to examine our inner world and outer world. This sustains the 'Equilibrium' in Flow – there's a balance that harmonises all aspects of juggling life. Right now, we all need this.

We are already experiencing Flux, the chaos and energetic shifts in the world. Within You is a power house, that you can choose to bring your inner soul back into flow.

Do you have a spiritual self-care practice? Looking inward provides a sanctuary to calm the nervous system and to feel at ease in one's whole self. It can be a prayer, affirmations, meditations, or simply sitting quietly for a few moments as you earth yourself in the 'now'. Losing yourself in the silence ... nature is hypnotic and invites the calming of the spirit to be still. Miracles are in the being here, and how much we have to be thankful for.

Cultivating daily self-care rituals is an ongoing practice, that will help the other irritants in flux simply fade away into the background.

Choose to find a reset day. This is anything from planning your weekly meals, to organising the home, and budgeting. Creating a system of flow on your life, makes you feel that there's an order in the rhythm of life. It simplifies and slows down the outer busy noise!

Focus on just one thing – ask yourself "what is it I truly want to accomplish in the next hour? Or day"?

This is a powerful way to take it off your mind.

Checking in with your physical care, helps to support your mental and emotional wellbeing.

Are you getting enough sleep? Eating balanced meals? Living an active lifestyle? And have a healthy hygiene routine?

If like me, an Empath, life can become very overwhelming. It's important that you find out what your own limitations are first? The more that you can practice self-care, this helps to awaken self-awareness. Sometimes we may need assistance and speak to someone, a professional to help us reach into areas that we're unable to navigate on our own. I'm sure that you can relate – it's an important investment to have a little help to break those in-flux 'thought' loops. Leaning into our emotional intelligence is an honouring way to acknowledge where our emotions are in flux.

Having connections around you, relationships that fosters feelings of love, acceptance and empathy – these ingredients are essential for cultivating and sustaining our overall wellbeing, especially with the past couple of years how in flux the world has become.

Mother Earth is calling us now to press into her natural rhythms of life, and to live with the now in Flow!

Melissa Taylor
Leadership Mentor

Melissa Taylor is the Leadership Mentor at Future Transcendence, who empowers business leaders to be their best.

If you're tired of working so hard only to achieve mediocre results, feeling continuously exhausted and that your life is passing you by.

Discover the fastest and easiest way to stress less, feel self confident and empowered to live your life purpose ... Guaranteed.

Melissa has worked in corporate for over 17 years and has powerful transformational tools to enable you to achieve your goals. Services include:

- Life Purpose Briefing and Activation
- Life Purpose Relationship Compatibility
- Future You Healing Program with Grace Healing, the removal of negative and abusive programming for all issues
- Coaching to bust stress and achieve mastery over your emotions and life.

I found Melissa's Life Purpose Briefing very insightful and uplifting. Prior to the briefing I felt lost and was on the fence on making current decisions that were presented to me. Things that occurred in my life I now have a better understanding. It has helped me to move forward with certainty in my decision making and also identifying my strengths. I highly recommend Melissa, she is highly intuitive, warm and has a genuine interest in your profile. – Isabella M, Australia

Melissa cleared me of my fear of public speaking within 20 minutes and I've had this for more than 20 years. – Beth T, New Zealand.

Melissa Taylor

Book Now! Sessions via Zoom.
www.futuretranscendence.com
info@futuretranscendence.com
027 711 2424
FB: @FutureTranscendence
Instagram: @futuretranscendence
Twitter: @futuretranscend

Angela Kerkhof
Yoga, Massage, Meditation

An upbeat kinda girl, journeying through life on a spiritual tide. It makes me feel alive to help others be more aware of their limitless possibilities.

I can support you on your journey with:

- Yoga – for all levels and to your body's capabilities
- Guided Meditations – Lunch times and Full Moon meditations
- Therapeutic and Sports massage

Therapeutic and Sports massage has physical, mental and emotional benefits. It will help reduce the effects of long term illnesses, relieve muscle tension, improve clarity, lower anxiety, helps to reduce injury, energizing, and is great for mental health

Massage not only supports muscle repair and decreases risk of injury, but also improves circulation and wards off stress. A good massage can restore mobility to injured muscle tissue and reduce fatigue. This allows you to work harder with more efficiency.

I am looking forward to working with you on your health and wellbeing journey. Please feel free to contact me.

Angela Kerkhof

angeblaikie@yahoo.co.nz
022 173 9986
Also at Infinity Spiritual Centre Hamilton

Vicki Winn
Energy Healer

Vicki works intuitively with different vibrational energy healing methods to support you, to clear blockages and dense energy held in your body, mind and emotions. This enables you to come into harmony, balance and healing, and feel more empowered and energised.

I have worked with the First Light flower essences since 2006. I have seen shifts and changes within both myself and clients as the vibrational healing chord within each native NZ plant creates healing and harmony within our energy fields in a gentle yet dynamic way."

Each plant came forward with its own healing vibration to harmonise negative personality, attitudes, feelings, traumas and belief patterns that are held in the subconscious mind.

I intuitively choose a selection of essences for each person and then pass on any messages that come through. Each bottle lasts for a month with drops taken each day. These essences also work really well for children and pets.

I also offer Usui Reiki treatments which include sound healing with Tibetan bowls, light language and toning.

Reiki is able to relieve stress, anxiety, muscle tension, remove energy blocks, promote deep relaxation, strengthen the immune system and foster natural self-healing.

Channeled light language clears blocks and distortions in your energy, bypassing the logical mind to speak directly to your physical and spiritual bodies. I am guided by my guides, archangels and ascended masters and also the crystals that I work with regularly.

I work from Infinity crystal shop on Wednesday and Thursday and from home in Hamilton East by appointment.

Vicki Winn
vicki@terrywinn.co.nz
021 163 8850
Also at Infinity Spiritual Centre Hamilton

Carolyn Fox
Tranquil Light Medium

I am medium and a healer. Coming from a long line of mediums going back generations, it has been so nice to have the support growing and learning my gifts.

Often people require a healing to enable them to move forward or to receive clear guidance. I work with cards in my readings and healings, often combining both depending on what a person needs.

My readings are done intuitively using messages from spirit, helped along with what I can see in the cards. I check for energy flow through the body and find areas that need focusing on.

Cards and crystals guide and assist in healing. My goal for everyone is to leave feeling refreshed and comforted with a sense of peace and understanding.

In between this breath and another is where our Hearts find the stillness within the song of the Universe.
This is where I will greet you with love's embrace. Whispering our truth, I am not over there, I am here, right where you sit, be present with me and receive my gift.
I am as close as your next breath.
Feel with me, remember your Light, Listen without judgement.
Seeing from within, our hidden faces, hearing our silent message, surrender to her voice.
Bringing you home to Spirit. So you will know there is only this.

– Written for me by Sue Rhodes

Carolyn Fox
021 453 304
FB: Tranquil Light – Carolyn Fox
Insta: tranquil_light_carolyn_fox
Also at Infinity Spiritual Centre Hamilton

The Sparkles Project
Sarah : Coach + Intuitive

You know how people feel unsure of the direction they're heading in and who they are? Like they're overwhelmed, just coping and going through a spiritual awakening.

I'm here to empower them to see the truth of who they are, their value and connecting to that spark within. Surrounded by meaningful relationships, feeling loved and appreciated.

Experiencing freedom from within and having more clarity and confidence.

I'm Sarah, through The Sparkles Project I offer 1:1 Coaching for those ready for deep support.

A Certified Angel Card Reader and certified in Reiki I and Reiki II, I intuitively create guided meditations, host sacred sisterhood circles to cultivate community and depth in connection.

RAVE REVIEW

"It is 100% worth the investment... even though Sarah is there to guide you, ultimately the experience is what you make it. You need to commit to take action." – Courtney,

1:1 Coaching Client

The Sparkles Project is for those who want to prioritise their wellness and personal growth, shifting from feeling stuck and lonely to feeling inspired and connected, creating community and a sense of belonging.

ONLINE SERVICES

Freedom from Within (1:1 Coaching)
Sacred Circles
Guided Meditation Gatherings
Oracle Card Readings

Sarah

sarah@thesparklesproject.com
instagram/thesparklesproject
facebook: thesparklesproject

Spiritual Counsellor
Gayle Orr

Working under the name of New Directions, I offer psychic mediumship, Reiki, workshops, Akashic Record readings and healing, meditation, mentoring, and Spiritual Guidance.

I have been blessed with my gift for over 28 years and over this time I have developed and grown from strength to strength to do the work the Universe has chosen me to do.

I started by learning tarot, meditation, Aura, and basic spiritual connection and how to trust and believe in my gift at the Francie Williams Foundation in Auckland. I studied numerology in depth and I use that modality daily.

Since I retired from full time work 10 years ago, I have continued to learn and grow, and now I work at a whole different level. My guide Dark Eagle has guided me so patiently so that I can now contact with love ones who have passed over. He led me to my Reiki teacher who worked with me to achieve my Reiki Master and still works with me to further my intuition and connection to create an amazing healing experience.

During lockdown in 2020, I completed 2 workshops, level 1 and level 2 on Accessing and healing through the Akashic Records.

By accessing the Akashic I can go further into past lives and help people to heal and release past life issues, behaviours, fears and connections. This allows them to gain a better understanding of their soul purpose and their journey in this life time.

I really love to see people leave me after a healing session or a reading, feeling lighter, happy that they have connected with a loved one, or received guidance and messages. This makes my work worthwhile, and I feel so blessed to have this gift so I can share it with so many people. Knowing they can get closure, relief and answers to the questions and allow them the happiness they are seeking.

Gayle Orr

gorr@xtra.co.nz
facebook: fbnewdirections2016
027 291 7150

Infinity Spiritual Centre

Infinity was born in 2006 when Barry took ownership of a books and crystal shop. It was his intention to have a haven for like minded people, somewhere that truth seekers could go, find answers to their questions and be met with understanding and support.

In 2008, Infinity moved to a bigger shop with space to hold classes, films, seminars, concerts and courses. The dream is ever evolving, in 2019 Infinity moved again. There is now even more space for products, healers and classes. As well as a monthly Spiritfest.

2021 bought more changes. Infinity is embracing the age of Aquarius with the addition of Female Energy at the helm.

Barry has been joined by his daughters Amanda and Nina which has brought a new direction and pace. We also have a wonderful team of very gifted healers and readers in store.

There has always been a family dream to provide a space where people can have a relaxed experience, to be able to shop, have a healing and a coffee or bite to eat.

This dream came into reality and ARK Infinity cafe was born. ARK stands for 'Acts of Random Kindness' something we embrace wholeheartedly at Infinity.

So come on in, grab yourself a coffee, healing or gift, or pay it forward with an 'ARK' in the cafe. There is always something new in store, so you never know what treasure or experience you will discover....

Namaste, Barry, Amanda and Nina

Infinity Spiritual Centre

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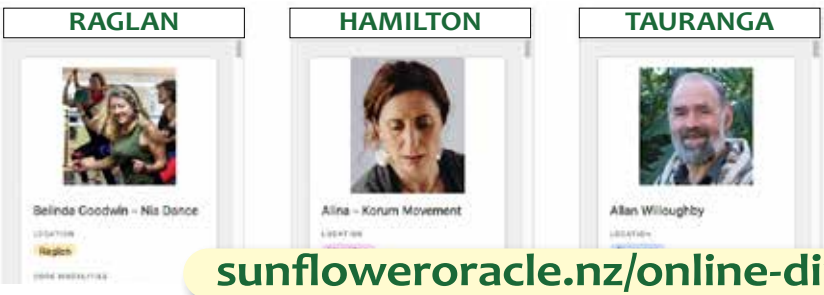
07 838 1 838

Sunflower Oracle Online Directory

See all the online services available in Lockdown



PLUS! Coming soon to Sunflower Oracle ...

ROTORUA
COROMANDEL

sunfloweroracle.nz/online-directory/

Lady Rainbowheart Pip Oxlade

I believe happiness and success start with you.

Working as an international presenter and author, ThetaHealing and Reiki instructor, practitioner and mentor, my passion in healing enables discerning seekers of light to feel empowered in health, wealth, happiness and love.

Through impactful release I show you how easy you can manifest the necessary changes to achieve your goals by identifying emotional, mental and soulful limitations and building upon core strengths to be the best that you can be now.

I can show you how to create positive change easily.

Connecting with like-minded souls, I have seen that by awakening your senses through positive focus and action you can re-discover who you truly are.

Joy and health are so important and this being my focus and passion; I love teaching the committed, dedicated seekers of light and if you wish to have a small class to up-skill in then I could be the mentor for you. I see a learning environment as personal and dedicated to the delivery of quality.

With a wealth of experience in not only ThetaHealing as a teacher I have worked in challenging environments such as Nursing and Midwifery; so know how to look after your specific needs with care.

I just love love love inspiring people in colourful ways to find their best, intuitive, life solution

Philippa Oxlade

Success Mentor, Psychic, Teacher, Practitioner, Author

www.ladyrainbowheart.co.nz

021 031 7324

Cambridge, New Zealand / Online

Intuitive Energy Healing with People & Animals

The body, with its innate wisdom and intelligence, has the tools required for healing and creating positive change – its natural response is to flow, and thrive.

Marguerite supports and inspires. She works with people and animals to assist them to flourish in their lives, overcome challenge, and reconnect with their own knowing. Healing the disconnect within the Self brings about a positive shift of awareness and consciousness.

Marguerite connects with your innate wisdom. She listens and is guided, as the body indicates the nature of the treatment that is most beneficial at that time. This gentle hands-on, and off, approach is unlimited and Light in its nature.

The benefits of this gentle and intuitive healing are many, and facilitate release and change where required.

As a Canine Therapeutic Bodyworker her healing work with animals, predominantly dogs, follows the same intuitive and empathic approach. Gentle releases with hands-on neurofascial bodywork, mobilisation of core body structures, craniosacral and subtle energy balancing. This work assists our canine friends mentally, emotionally and physically, and addresses a myriad of issues, including chronic silent pain – an unseen cause of stress and imbalance in our dogs. Also offering:

- Connective Distant Healing by appt
- zoom/skype Dog Behaviour Consultations
- Gift Vouchers for all Services

Marguerite Marinkovic

Intuitive Energy Healing

021 1688287

maungamagik@gmail.com

Dog Behaviour & Canine Therapeutic Bodyworker

021 1688287

dogwisecaninebalance@gmail.com

www.dogwise.co.nz

Healing Power of Sound
Annie Jameson

Annie 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

annie@crystalsingingbowls.co.nz
www.anniejameson.com
www.instagram.com/crystalsingingbowlsnz/
027 713 8580

Ātaahua Beauty
Victoria Bramley

Ātaahua – Enhancing Your Natural Beauty & Wellbeing.

Welcome to Ātaahua, a Hamilton clinic focusing on providing quality treatments and traditional Māori Healing.

We provide beauty treatments from head to toe as well as cosmetic tattooing for eyebrows.

We provide holistic wellbeing, Traditional Māori Healing and Māori Rongoā.

At Ātaahua we believe in looking after your 'Mind, Body and Soul' to look your best at all times. To be Ātaahua is about more than just the way a person looks. It means being beautiful in every sense of the word. That's why Victoria encompasses all three aspects here at Ātaahua.

Victoria is passionate about taking a Holistic approach to your wellbeing and in 2007 trained with a Māori Tohungā (specialist) and graduated with a roopu (group), 'Nga Tohungā o Hau e Wha'.

She specialises in practising:

- traditional Māori healing (spiritual healing)
- mirimiri/romiromi (massage)
- Māori Rongoā (Māori medicine), how the kikokiko (physical), hinengaro (emotional) and wairua (spirit) world connects to a person's health and wellbeing.

We strictly follow Kaupapa, tikanga and ancient Māori traditions, done professionally, guided to how 'Io' (God) directs me.

Our mission is to provide Holistic Māori healing for all cultures.

Put your wellbeing first and get in touch with Victoria today.

Victoria Bramley

info@ataahuastudio.co.nz
www.ataahuastudio.co.nz
0220645877

Sue Xu Therapy

I am grateful to my ancestors for teaching me the philosophy of being a human being and how to take good care of my health.

In 1992, I came to New Zealand. In 2006, I used my ancestors' medical knowledge to help my ex-husband recuperate from skin cancer.

My specialty is to use the whole traditional face-to-face diagnosis, scraping (Gua Sha), cupping and moxibustion therapy for conditioning and balance.

I also teach my unique skills to help people who need to learn. I use the Book of Changes (I Ching) to help clients deal with emotional problems too.

There are only three things of value in this world: Heaven, man and Earth.

May we all cherish our one-way trip!

Testimonial

Six years ago I had to have an operation on my forehead to get a cancerous growth removed at Waikato Hospital. It was done under local anaesthetic and was very painful. At the time, I was told to come back in ten weeks to have the same operation on the right side of my forehead and was given six different tablets "to be taken daily" from the chemist which I did for approximately two weeks, until I met Sue.

Sue told me to stop the tablets and she gave me treatment, Gua Sha, and an oil to rub on the right side of my forehead which was made from natural herbs. In a very short time, the signs of the cancer had disappeared, to the point where, when I went back to hospital, they could find no traces of cancer left, so did not operate.

That was over five years ago and I have not taken any pills or had any operation since.

– Glenn Scott

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022 681 0143
Also at Infinity Spiritual Centre Hamilton

Certified Feldenkrais® Practitioner

The Feldenkrais Method® (pronounced FELL-den-krice, rhymes with "rice") belongs to the field of somatic education.

It uses gentle movement and directed attention to help people learn new and more effective ways of doing what they like. In plain terms, it's an easy way to reduce pain and be more in control; the movements involved are often slow, gentle and safe.

The health benefits are muscular ease, increased vitality, fewer pain meds, but also mental wellbeing and better self-care.

It is taught through group classes (Awareness Through Movement®) or individual hands-on sessions (Functional Integration®).

My journey towards becoming a Feldenkrais® practitioner started from the desire to help my child who had had a stroke at just 40 days old. While originally I've been looking for ways to support children with special needs and their families, I now love taking care of mums at any stage of their mothering journey. I am also fascinated by all things brain, and in my work with people living with persistent pain, I combine gentle movement, skilled touch and pain science education.

I teach group classes in Hamilton, including Pregnant Pauses® and Pelvic Floor workshops, and offer private sessions in Gordonton and Hamilton.

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