

Sunflower Oracle

WELLNESS NETWORK

Raglan Whaingaroa

Autumn, April 2022

Edition 6

Raglan

Ruapuke

Waitetuna

Whaingaroa

Waingaro

Te Mata

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

Sunflower Oracle Wellness Network

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facebook.com/SarahStrongPhotography

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TAURANGA EAST COAST



HAMILTON KIRIKIRIROA



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 Depreé

"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 RAGLAN WHAINGAROA

Edition 6, Autumn 2022

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& Ronja Skandera

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Sunflower Oracle
Online Directories
Healers, Modalities &
Online Services options
Hamilton • Raglan
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sunfloweroracle.nz/directories

The Healing Hub – Massage with Trudi

The Healing Hub is a tranquil, peaceful nurturing environment where you can come and experience a deeply healing Swedish remedial massage and energy bodywork including chakra balancing, acupressure and lymphatic drainage.

My healing gift is intuitive, I am guided by my indigenous Native American spirit guide who channels through me so I can work on the areas in most need, she also passes on important information for my clients to assist them on their healing journey.

Whether you have a physical ailment or emotional hurt or maybe both, intuitive bodywork will help shift and unblock stagnant energy and trapped emotions that are holding you back in your life. You will step out of your session energised and rejuvenated with a sense of clarity that will allow you to listen to your “inner voice” more clearly. Chronic pain is often diminished or can disappear completely.

If you feel the calling I would be honoured

and privileged to share my Mahi with you. I look forward to seeing you at my Raglan studio.

Testimonial

I can't recommend Trudi enough. This woman is amazing. After spending 7+ years on Parkinson's medication for restless leg syndrome and consulting countless Drs and health professionals Trudi managed to sort the problem out in a one-hour session! It's been 4 weeks and I'm still off the pills.

I have a weekly massage with Trudi to unblock my lymph nodes. Thank you so much Trudi.

– Daina Agnew, Raglan

TRUDI – THE HEALING HUB

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Meredith – Access Bars

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

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

Bars can really help when:

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

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

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

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

Sessions take around an hour and cost \$60.

MEREDITH YOUNGSON

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Good Bugs – Creating Change

Billions of Little Helpers

Hi, I'm Marea Verry the main face of GoodBugs, and a self-styled health advocate. I have been interested in fermentation and nutrient dense food for the last 20 years.

My partner Daniel and I are raising four amazing kids, aged 6-13. We maintain a 50 m2 organic permaculture urban garden,



modelled on the Koanga Institute methods and we currently have six hens.

After teaching a class about making pesto from all the wild and wonderful herbs and greens found in the garden, I experimented with fermenting pesto and it became a firm favourite because of its superior taste, shelf life and nutritional properties.

From there, GoodBugs was born. Sauerkraut and kimchi, were added to the product range and now all our hand made

ferments are made in our purpose built backyard kitchen, right here in the Waikato.

The team at GoodBugs has always believed that the health of both families and individuals can be changed for the better, through education and understanding.

That's why we went about creating a company that gives people the chance to change the conversation around health and the things they eat – all through raising awareness about how healthful, and delicious, artisanal fermented food can be.

Our GoodBugs not only taste delicious – they are rich in good bacteria that can help to restore the balance of bacteria in your gut, supporting digestive health and immunity.

At GoodBugs, we're working every day to build a new kind of food culture in New Zealand:

one that has room for mouthwatering, health-supporting fermented foods in every meal, every day.

You'll find our GoodBugs online, and at the local markets – come along and say hi to our team, and try a taster – you'll be hooked!

GOOD BUGS

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www.instagram.com/GoodBugsNZ



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 wellbeing 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



Yogavana Yoga with Penni

For me, yoga is a means of inquiry into ourselves – body and mind – and ultimately our essential nature.

Whether you're a beginner or an experienced yogini, yoga can meet you where you are.

My teaching aims at seeking balance: stability and mobility, strength and flexibility, effort and ease, discernment and acceptance. Balancing these opposites and honing our awareness is where it's at for me.

I dipped in and out of classes and home practice for many years, then became serious about practicing after a horse-riding accident. Retreats, workshops, a trip to India and then seeing the difference yoga made to injury recovery all led to yoga teacher training.

From my own experiences I know how helpful yoga can be with regaining movement and strength, along with improving mental balance and emotional resilience, and I love to share this knowledge.

As well as yoga teaching, I'm a musician, performer and director and have taught performing arts and theatre at universities and polytech.

I take an interest in contemporary research in yoga and movement, was an Iyengar Yoga student for several years, and my yoga teacher training is in Classical Hatha.

YTT 200 – Ashram Yoga

Yoga Nidra Level 2 - Ashram Yoga

YTT 150 Tantrik Hatha Yoga

I run classes, group and private tuition in Hamilton and Raglan.

PENNI BOUSFIELD

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Sunnyhill Meadows Crystal Reiki/Meditation

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

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

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

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

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

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

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

SUNNYHILL MEADOWS

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sunnyhillmeadows.co.nz

027 314 0109 or 07 825 0006

Find us on Facebook!



Edible Flowers and Weeds

Increasingly we see a trend to use colourful flowers to brighten and make food very attractive. While not a new idea, flowers have been eaten since antiquity.

Even a simple dish inspires creativity, turning a cook into an artist and transforming any meal into a celebration. Not only uplifting and pretty, many edible flowers are high in nutrients, antioxidants and anti-inflammatory properties.

Growing your own edible flowers is a wonderful way to get children interested in gardening and excited about food, and it only takes a few bright edible petals to turn any food into an imaginary fairy feast.

Picking tips:

- Correctly identify the flower before eating.
- Pick in clean locations.
- Pick flowers early or late in the day when their moisture content is highest and the flavour is best. Pick newly opened flowers, not old mature or blemished flowers.
- Best eaten fresh on the day but they will keep in the fridge in a sealed container for 2-3 days.

Alyssum

Common in gardens as a ground cover, border plant, between paving stones or in pots. It attracts beneficial insects, hoverflies, bees and butterflies. The white, purple or pink flowers are mildly hot and savoury tasting and stunning as a garnish.



Borage

Borage flowers are bright blue and star shaped. The flowers with a sweet honey-like flavour are used mostly as a garnish on desserts, or frozen like jewels in ice cubes for garnishing drinks.



Calendula

Yellow or orange flowers have a mild, tangy taste, slightly peppery and the



centre is stronger. They add colour and taste to a salad, and dried or fresh enrich the colour of rice or butter.

Wild Fennel

Fennel flowers brighten salads, baked dishes and the yellow pollen can be harvested and used in baking.

Cornflower

Beautiful bright blue frilly flowers look great in a salad with a clove-like flavour.

Dandelion

Dandelion petals look pretty sprinkled through a salad adding a sweet flavour.

Geraniums

All scented geraniums have edible leaves and flowers. There are many varieties e.g. lemon, nutmeg, orange, rose, peppermint and chocolate.

Honesty flowers

The flowers are white or pink and have a hot aromatic flavour.

Nasturtium

A range of colours from orange, yellow and red add a magical touch to salads and a peppery flavour to the palate.



JULIA SICH

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Massage & Aromatherapy with Diane Davies



Diane has been practicing the healing arts of aromatherapy and massage for 11 years, practicing yoga for 20 years and teaching for 5.

With a background in counselling, all these aspects inform her treatments so that the needs of the body, mind and spirit are catered to.

Using a tailor-made mix of essential oils for every massage enhances the holistic nature of the treatment.

Diane considers essential oils to be an aspect of plant medicine, to be used correctly and with reverence and no one treatment will be the same as another.

DIANE DAVIES

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Earthhorse Aotearoa Equine Assisted Therapy & Guidance

In our beautiful rural environment at Waitetuna Valley, we offer healthy connection with clients' deeper selves in one-on-one sessions and in small groups.

The Equine Assisted Therapy modality, which is both new and been around for as long as humans and horses have shared space, is a counselling process enhanced by wise and gentle souls who generously offer their presence and healing.

Our horses model healthy ways of being, sharing their natural and ancient wisdom while they take clients on a journey of self-discovery and deep connection.

Because horses process everything they experience within the present moment they teach a healthier way of being as they become our spiritual teachers.

Experiencing horse wisdom is truly transformative as they mirror our true emotional and somatic states of being and provide a dynamic external focus to the therapeutic process.

Through the Equine Assisted processes, horses lead people to a level of emotional stability and spiritual knowing that is otherwise rarely accessible.

SUE AND SARAH

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Mike Jewell - Holistic Personal Training

Sarah Strong Photography

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

With over a decade's experience, Mike's unique approach combines natural movement, dynamic mobility, and mind-body work to help you build life-long habits that enable you to get more out of every area of your life.

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

As a trainer Mike works with you as a whole person, combining all the elements needed to get you to your best. He will start where you are and work toward your goals in a sustainable way that is fun and super effective.



The training focuses on natural movement patterns helping you improve strength, fitness, mobility and flexibility all in one. Mike infuses breath and mind-body work to leave you feeling energised, vital and balanced.

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

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

MIKE JEWELL

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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/SarahStrongPhotography

"It's not what you look at that matters, it's what you see." HD Thoreau



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!



Art of Change Therapy with Etai

Are you ready to take the journey towards discovering the true masterpiece that you are? Does your life feel colourless and dull? Are dark thoughts covering the canvas of your mind? Is it time to release the shadows of your past?

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

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

– Michelangelo

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



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

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

ETAI GILAD

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

Secure video call, audio recording and documents give you comprehensive counselling support. You'll have tools to use at later times of need. All from the safe comfort and convenience of your home.
<https://artofchangetherapy.com/online-therapy>

Maeve Kelly – Soul Alignment

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

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

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



meditation.

The sacred space within which you will journey is held by the Archangels & Ascended Masters and by your own ancestral lineage, and therefore the room is bathed in love and compassion for the purpose of deep transformation. It is the perfect place to step into when you find yourself at a crossroads in life.

It is supported by my own experiences over 12 years, of profound self-witnessing and awakening, of energy studies (Reiki & Seichim Master training & Kwon Yin Magnified Healing), Celtic Shamanic training, Shamanic Breathwork, Romi Romi Massage, Ancient Lomi Lomi Temple Healing Massage, Angelic Healing & Channeling, Reflexology and Shamanic Plant Journeying.

MAEVE KELLY

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

'Out beyond the ideas of wrongdoing and right-doing, there is a field, I will meet you there'.

– Rumi

Creating Change In The Body

Over the last 20 years Jo has studied a variety of techniques that have evolved to create a personal body treatment system for her clients that allows them to feel the change within themselves.

The treatments are designed to address the whole body not just the parts. You may be experiencing something that is creating tension or causing discomfort, when we allow space for that residual tension to be released and softened out of the body the body functions better.

Treatments depend on the individual and their comfort levels. It's not about fixing something, it's about making time and space for the body to adjust to its natural self, unhindered by held or recurring patterns of tension.

Creating space in the body through dif-



ferent techniques of body therapy such as Mohala Floor Bodywork, Kahuna Massage, Iwi heated stone massage, Constructive Rest and Hatha Yoga are all modalities that keep the body open and flexible which helps to keep our vital energy flowing.

Jo Sharp of Fusion Body Therapies has a clinic at 12 Wallis St. She also offers mobile massage and Mohala bodywork treatments around the Raglan region. Keep an eye out for other offerings, Karuna Fusion Dance & Constructive

Rest workshops.

JO SHARP

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The Healing Power of Sound

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

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

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

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

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



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

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

Transformation may be experienced on many levels.

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

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

ANNIE JAMESON

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Ylia Sawitzki Yoni Mapping

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

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



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

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

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

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

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

They enjoy a deeper connection with their yoni and a newfound sense of feeling honoured and at home in their body as a woman.

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

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

For bookings and information:
www.yonimappingtherapy.com/ylia/

YLIA SAWITZKI

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

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

Glenn Mortimer Holistic Guide

Offering Shamanic Healing, Energy Healing, Reiki, Kambo, Meditations, Spirit Walks, Drum Journeys, Workshops and more at a rural retreat 20min from Raglan.

A private and relaxing retreat with a dedicated healing space and a guest cabin is available. We often serve one-one tailored sessions to suit each individual’s needs, also couples, family, friends and small groups.

Healing is approached holistically whereby the whole self and being is worked with - physical, mental, emotional and spiritual.

A combination of techniques and traditions are used as needed.

Glenn apprenticed shamanic healing with The Four Gates Foundation and the late Ross Heaven.

GLENN MORTIMER

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<http://www.fourhawks.org>

FB: Four Hawks Retreat

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Nia Dance

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

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

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

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

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

STEP INTO A CLASS NEAR YOU

Contact Belinda at www.dancenz.co.nz

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

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

STEP in and experience the MAGIC

BELINDA – NIA

Bernadette Marama Gavin Author, Healer, Animal Whisperer

Bernadette works both in person and remotely.

"Gentle, Powerful, Profound."

Sacred Journey Guidance

Overcome blocks, illuminate hidden pathways, seed the potential for positive change and unleash your empowered self.

If you feel stressed, stuck or confused, experience physical discomfort, have low energy, feel joyless, or just somehow, for some reason, feel less than amazing; this powerful session combining Chakra Balancing, Craniosacral Therapy, and Energy Clearing could benefit you.

Animal Whispering

Utilising healing skills combined with inter-species communication, Bernadette will support your animals with:

- self expression
- increased quality of life
- general health and wellbeing
- specific injuries and ailments
- behaviour resolution

- rehabilitation after injury
- connection with deceased pets

"I'm devoted to being the clearest channel for the sacred sharing between you and your pets"

BERNADETTE GAVIN

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022 383 2159



How To Gain An Unfair Advantage — At Work, And In Life!

Any role involving people often comes with its own set of frustrations and head-banging — because everyone has their own unique ways of thinking and behaving!

Yet, if you work in any people-driven capacity, a part of your role will involve coaching people to develop, and to achieve more satisfying results — despite their uniqueness.

Get the best from everyone

Develop innovative, fluid ways to discern and handle the real, often deeper issues that affect people using NLP (Neuro Linguistic Programming). Develop your EQ and put your people skills on speed! Gain an authentic, confidence-enhancing, professional and personal skillset and a qualification recognised here and internationally.

Your trainer

Stephanie Philp is the 'Head' Consultant at Inside Your Mind Limited and an internationally recognised provider of NLP Training.



International NLP Practitioner Certification Training

18-day course begins 25 April, 2022 right here in Raglan with **The Power of Personal Change**, the first 6-day module.

Places are strictly limited, so **register now** and save your seat!

Download a free NLP Practitioner Guide from the website that will answer all your questions!

Coach Training Masterclass

Course starts 15 August 2022 (NLP Practitioner Training is a prerequisite.)

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Nicky Mann – re:align / Yogalates

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

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

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

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

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



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

Our programmes will:

- empower you to lift into your highest form of resilience
- calm and balance your mental wellbeing to help you lift into clarity
- nourish, rebuild and strengthen your body to be the healthiest version of you right now.

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

NICKY MANN

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

The Oracle's Experience

Etai - Art of Change

“I do not give you the answers. I work with you to find them”

Meeting and working with Etai is like sitting down and getting to know a new friend. He was welcoming and I felt instantly relaxed and at ease in this Art of Change session.

Prior to our in person session, Etai and I had talked over the phone to establish an area in my life that I would like to work on/improve.

I identified that I would like to improve the quality of my sleep as this would also help improve many other areas such as my energy, eating habits and moods. Etai began by explaining the science behind sleep and why, even when I was getting eight hours, I still woke up feeling exhausted, groggy and flat. This was really helpful for me and allowed me to begin unpacking the reasons I was not getting quality sleep and what I could do about it.

This is Etai's secret! He does not tell you what to do, he works with you asking a series of therapeutic questions in his relaxed conversational style, until you come up with the answer yourself. For me this was an instant weight lifted off my shoulders. It helped me identify what I could not change and provided clarity about what to do next.

One of the techniques Etai used to help me discover this was EFT, or acupuncture without needles. Etai had me repeat a series of “I” statements while tapping on a series of pressure points on the face and upper body. Some of the statements I repeated word for word and others he left for me to fill in the blanks.

Another technique that Etai used was a mild hypnosis where Etai had me visualise a time in my life when I was truly happy and a time in my life when I felt powerful. He then asked me to picture the action I am going to take and to enter into that moment with these feelings at the forefront. We then moved into the future after the event and how I felt afterwards. Once the hypnosis was over I felt confident to move forward and relaxed and energised.

In the one session I had with Etai I could already see the problem more clearly and the feelings of frustration were less. I was instantly relaxed and at ease with him. I can see the benefits of working with the Art of Change regularly over multiple sessions. When I was



looking for a therapist four years ago at a really difficult time of my life I would have jumped at the chance to work with Etai.

Q&A with Etai

What services do you offer?

Brief-therapy Solution-focused Hypnotherapy.

I'm passionate about helping people to lift clinical depression, reduce anxiety, overcome trauma (PTSD) or address any other issue that will positively impact the client's life. Each session is different and tailored to meet the client's own needs. I've been helping people to make changes in their life since 2009.

Brief therapy is a relatively modern development in psychotherapy. Brief therapy techniques include goal setting, finding exceptions to the problem, therapeutic tasking, using humour and paradox, viewing the situation from fresh, new perspectives and much more.

Hypnosis is a state of narrowed focus of attention that naturally occurs during the day (like daydreaming or being absorbed in a movie or a book). We are moving information (learning) on an instinctive (unconscious) level in this state.

Solution-focused hypnotherapy is all about evoking your natural strengths and resources as a human being and then connecting these resources to the times in your life when you need them.

Some of the other therapy approaches I use for good measure:

EFT (emotional freedom technique), NLP, Systemic therapy, CBT (cognitive behavioural therapy), positive psychology and the Human Givens approach

Why is this work so important to you?

I believe we all have resources and abilities within ourselves and our environment to help us overcome any issue that bothers us. My primary intention as a therapist is to create a lasting positive change in a person's life and empower them to continue on their path to a happy, free and healthy life.

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

I was introduced to different forms of therapy and self-development as early as my teens. It was the 80s, and the new age movement was coming forward. My older brother was a workshop facilitator, so I joined many of his workshops.

I saw people coming to the workshop after workshop, "working on it" and "trying to embody it". But if it was working, why did they have to come back for more and more?

In mainstream psychology, I knew people with a longer relationship with their shrinks than with a partner. In addition to this, people in times of need often received a cocktail of drugs that help very little and entail horrible side effects.

But not all. Some people created a significant transformation in their life.

I became curious about the process of change. What are those people who make positive changes in their lives doing differently? And how I can empower people to do the same? This put me on an

ongoing journey.

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

Because of the way books, movies and stage shows portrayed hypnosis, some of the public are afraid or have a wrong expectation around it, and the establishment (in some countries like NZ) dismissed it as a form of therapy.

I realised that I don't have to convince anyone and I trust that the right people will find me. I don't take every person that contacts me for therapy. We have a clarity phone call to make sure that we are a good fit to work together.

Who should seek your service as a holistic wellness technique?

I would like to work with people that are ready to "dive in" and go on a healing journey.

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

Check if you are meeting your basic needs and take small measurable steps towards meeting them in a healthy way. You can watch a video and download a helpful worksheet at <https://artofchangetherapy.com/basic-human-needs/>

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

I love you, you are Awesome.

– Experience and Q&A by Vicki Shannon



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without
packaging



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

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

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



9 Bow Street Raglan 0279677467 www.swop.nz