

Sunflower Oracle

WELLNESS NETWORK
The Lakes / Hawke's Bay
Summer / Autumn 2022
Edition 1

Gisborne
Hastings
Napier
Rotorua
Taupo

Holistic Wellness • Sound Therapy
Yoga • Meditation • Hypnotherapy
Mental and Emotional Healing

Sunflower Oracle Wellness Network

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Sunflower Oracle
THE LAKES / HAWKE'S BAY
is a sister publication to



**HAMILTON
KIRIKIROA**



**RAGLAN
WHAINGAROA**



**EAST COAST
/ TAURANGA**



**COROMANDEL
Coming Soon**



Cover art by Aaron Burden

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Welcoming the Sun

Vicki Shannon



Welcome to the first edition of the Sunflower Oracle Lakes/Hawke's Bay!

Over the past year there has been a shift in the awakened holistic wellness community. The number of sound healing journeys, mini retreats, energy healers, shamans, homeopaths, meditation teachers, gatherings, yoga classes, full moon celebrations and holistic wellbeing practitioners has increased.

As the world has a greater need to awaken and raise their consciousness, the Sunflower Oracle has begun to create a community of connected energy healers, holistic health, and wellness practitioners. We welcome people to browse through the Oracle to connect more deeply to themselves and to the principles of Mother Nature, Universal Love and Spirituality.

Seeking out the light and holding its head up high, the sunflower is the only flower that turns its head to follow the sun. The symbol of the sunflower graces the covers of the Oracle because of all the beautiful meanings and representations behind it. The symbol of the sunflower also honours the Oracle's roots, starting out as a small seed in the Raglan community and continuing to grow throughout New



Zealand. As a symbol of happiness, its colour lights up even the darkest days. When you look at a Sunflower you cannot help but smile. The roots of the Sunflower Oracle now branch out across the North Island and we plan to plant more Sunflowers in other areas this year.

As we publish this edition of the Sunflower Oracle, it is with great pleasure that we welcome the Lakes, Hawke's Bay and the surrounding area to the Oracle network. We look forward to welcoming more areas in the future. We wish all sunflower lovers eternal optimism, happiness and peace.



Vicki, on behalf of Brian and Ronja

Sunflower Oracle

THE LAKES / HAWKES BAY

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Sunflower Oracle
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Healers, Modalities &
Online Services options
sunfloweroracle.nz/directories

Renew Energy, Mind & Body

Nicola Mary Burton

Self-Care is important around this time of year!

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

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

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

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

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

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

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



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

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

Love & Bliss.

– Nicola Mary Burton
Relationships Therapist and
Transformation Healing Practitioner

Denise Prendergast

Harmonic Voice Alchemist

Sound Physician – Soul Activator

I offer multi-dimensional energy healing and DNA activations as I channel Codes of Light from Source, known as languages of the Light.

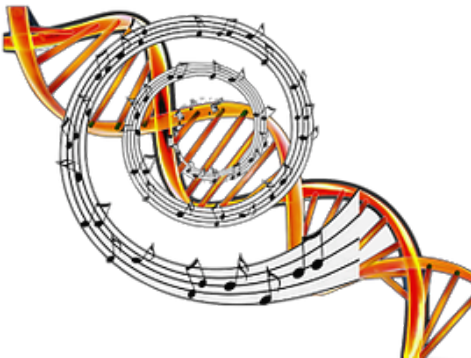
The Languages of Light are the wave of the future for the New Earth.

Everything in the universe is in a state of vibration. And this means every part of you — including your organs, bones, tissues, even the fluid in your cells — has an optimal vibration known as “resonant frequency.”

Using sound with intention sends healing messages to our brain and body — enabling us to avoid overthinking and make profound changes on a cellular level.

When you combine the power of intention with the frequencies of Light Language, true magic happens.

In a Light Language transmission, a person uses Light Languages as a tool for reprogramming your energetic field for a specific purpose. It can be a flow of love, abundance, vitality, healing, creativity — you name it.



During transmission Light Language is used as a coding device for energy to work deep beyond the levels of conscious, or even subconscious mind, and to repair or rewire energetic patterns that may be negatively affecting your day to day life.

You will feel re-balanced, re-connected and re-energised.

I also offer a clearing protocol that has proven very effective, for anyone affected by energetic and physical symptoms after either receiving the C19 vaccine or from energetic shedding. More information is available on my website and all sessions can be held online over zoom.

DENISE PRENDERGAST

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Sacred Self Care

Magic Mornings by Vicki Shannon

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

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

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

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

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

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

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

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

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

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

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

Liz Wilson

The Thrive Programme

If someone had told me I could overcome 40 years of mental health issues in just a few months, I would have said they were crazy – but that’s exactly what I did 7 years ago.

I found this knowledge and insight within The Thrive Programme®.

The insights within The Thrive Programme® are life skills that not only help people overcome mental health issues, but go way beyond that – giving them tools and resources that will help them become the best version of themselves, enabling them to thrive and flourish.

You can find answers to how your mental health really works and what are the real causes behind the symptoms many of us may suffer at some point in our lives. You can learn how we create issues/symptoms and how to resolve them.

Developing good mental health (or thriving) is more predictable and achievable than you might think

I work with children, teens and adults with a wide range of symptoms and issues like anxiety, OCD, social anxiety, eating disorders and phobias. I am also very experienced in working with people suffering from Emetophobia.



I offer video call sessions within NZ and overseas.

Visit our main website where you can find more info about the programme www.thriveprogramme.org

Or contact me for a free consultation:

LIZ WILSON

liz.wilson@thriveprogramme.org
027 335 4444

**THE THRIVE
PROGRAMME®**

Sarah Strong Photography



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

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

Contact me for naturalistic and abstract photography creations:

facebook.com/SarahStrongPhotography

Image at left inspired by:

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

You are never alone.

And you already belong.

You belong to humanity.

You belong to life.

You belong to this moment, this breath."

– Jon Kabat-Zinn

Sun Salutation series A

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

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

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



Owen Nickel

Clinical Hypnotherapist



I began my training to be a clinical hypnotherapist at the New Zealand School of Professional Hypnotherapy in Feb 2016.

I entered hypnotherapy because of a desire to help myself and others live extraordinary healthy lives. And to have an enjoyable and stimulating occupation that I can continue in later years.

Hypnosis is a safe and effective way to make positive changes in your life. Including support and management for Health & Wellness, Medical Hypnosis, Anxiety, Smoking cessation, Weight Management, Phobias, P.T.S.D.

I have completed extensive advanced training at five different hypnosis schools, and completing numerous diploma-accredited psychotherapy courses, including:

- Consciousness Coach
- Alternative Health Practitioner
- Weight Management Certifications
- Anxiety Freedom Certified
- Precision Nutrition Certified
- Smoking Cessation (without weight gain)

Hypnotherapy is the application of psychotherapy whilst using hypnotic trance. Hypnosis by-passes your conscious mind and goes straight to your subconscious.

The hypnotherapist is a facilitator. We are able to reveal to you the

wonderful capacity of your mind and exactly how you can tap into its ingenious power in order to totally change your life.

So, just as your mind can cause symptoms of illness, we now know that it can also make you well. There is a wealth of scientific evidence which demonstrates that the health of your mind and body are closely linked. Hypnosis is now widely accepted by the worldwide medical community as a method of enabling your



mind and body to communicate effectively. Online sessions available.

OWEN NICKEL HNZDACH (DIPLOMA IN ADVANCED CLINICAL HYPNOTHERAPY)

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Air-Purification Plants

Ronja Skandera

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

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

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

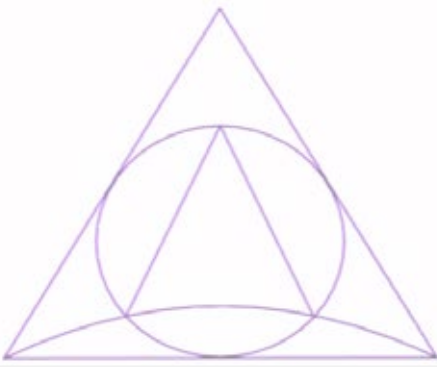
Fortunately, there are some instant improvements we can make. Opening the windows, avoiding harsh cleaning products, fixing any leaks, vacuuming regularly, replacing old carpets, cleaning areas of mold, washing and airing bedding frequently...

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

Here are a few suggestions:

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





Beacon

A sanctuary of calm and peace in the midst of a busy city centre.

Beacon offers retail in crystals (polished and raw), incense, salt lamps, essential oils, and more.

Our services include tarot/clairvoyant readings, massage, mirimiri, energy healings of various kinds, counselling and spiritual guidance.

Our regular readers, Simone (at Beacon Tuesday and Thursday), Sacred Spirit (at Beacon on Friday), and Lance (daily) are here to guide, enlighten and inform.

Our mirimiri practitioner, Sandy, works by appointment only, as does our massage and aromatherapy practitioner, Natashaia.

Our Healers Lance and Natashaia offer a variety of healing modalities that include sound, energy, crystal, aromatherapy, chakra, reflexology and more.

We hold weekly guided meditation evenings Tuesday from 7pm where everyone is welcome.

We have guest speakers and practitioners visit from time to time.

We have a small food outlet selling specialty teas, coffee, and a small range of cabinet food.

1156 Pukatua Street, Rotorua
facebook.com/beacon.newzealand



The Oracle's Experience with Sue Court at Earthhorse

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

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

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

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

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

Vicki explains: “Working with Gypsy

was amazing. She mirrored my feelings and emotions, and what I was processing in my head played out before me in my relationship with her.”

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

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

Q and A with Sue Court

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

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

What makes counselling with horses unique?

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

reactions to people that they become a perfect mirror of our state of being.

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

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

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

Who should visit Earthhorse?

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

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

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

When a client comes for a session we either decide ahead of

time that one horse looks keen for the work that day, or we invite a client to choose a horse.

Could you share a mental wellbeing tip with the community?

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

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

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

– Vicki Shannon



Book Review

Awakening the Buddha Within

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

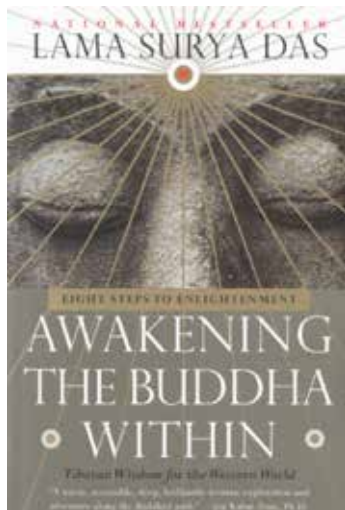
It introduced the fundamentals of Buddhism while following Lama Surya Das' story and examples from his life.

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

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

Some of my favourite quotes are:

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



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

– page 77

From the sutra of Holy Buddha:

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

I would recommend this book to anyone who

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

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

– Vicki Shannon

Join the Sunflower Oracle Wellness Network

Option A. Listing in four Quarterly magazines (\$100 value)
+ inclusion in website Directory for 12 months (\$70 value) \$170

Option B. Listing in two Quarterly magazines (\$80 value)
+ inclusion on our website Directory for 6 months (\$40 value) \$120

As a new healer in our magazine, you will receive a **full page feature Profile** (including one or two photos) in the front pages.

You will need to write a maximum of **220 words** about yourself and what you offer. Subsequent editions provide half-page slots.

On our **website** your Profile will be featured with our other healers and your details will be included in the appropriate Directory.

To join, go to sunfloweroracle.nz/sign-up/ and fill in the online form with your choices.



Sacred Self Care

Water Meditation by Vicki Shannon

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

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

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

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

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

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

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

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

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

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

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

Give thanks to the water.

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

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



Sunflower Oracle

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media@sunfloweroracle.nz