

# Sunflower Oracle

**WELLNESS NETWORK**

**Tauranga / East Coast**

**Autumn, April 2022**

**Edition 4**

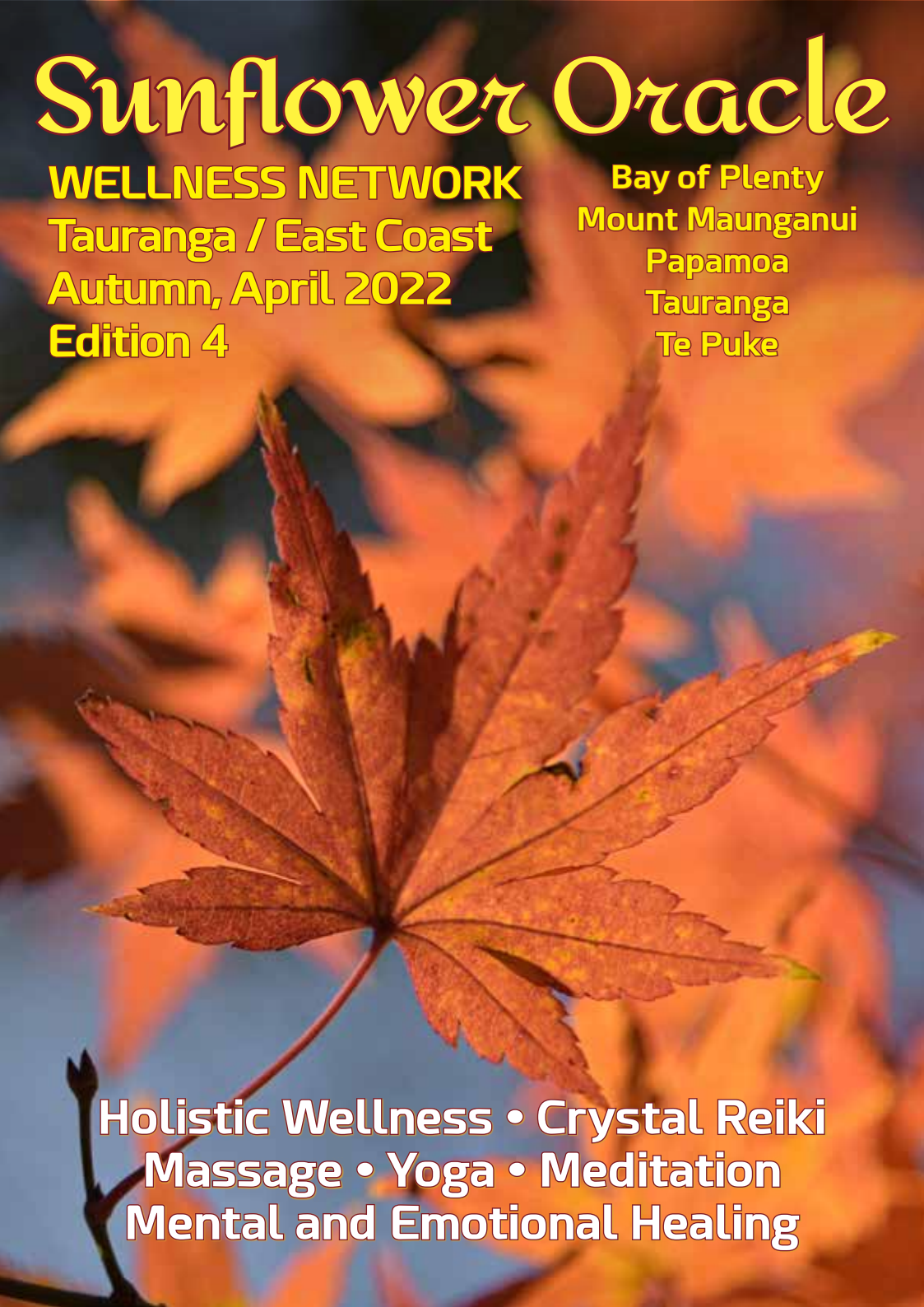
**Bay of Plenty**

**Mount Maunganui**

**Papamoa**

**Tauranga**

**Te Puke**



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

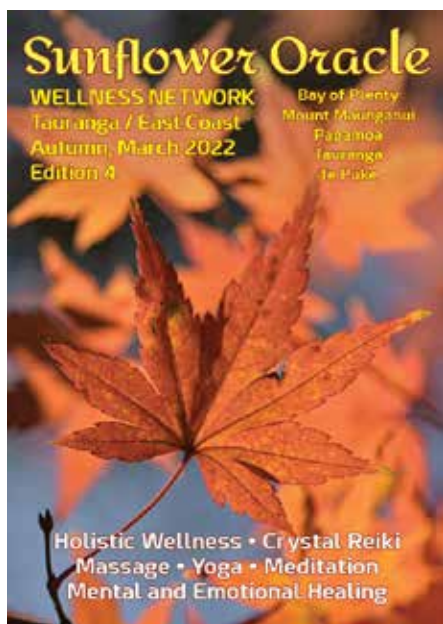
# Sunflower Oracle Wellness Network

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## Sunflower Oracle TAURANGA / EAST COAST

is a sister publication to



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### RAGLAN WHAINGAROA



### THE LAKES / HAWKE'S BAY



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# 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

#### TAURANGA / EAST COAST

Edition 4, Autumn 2022

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& Ronja Skandera

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# Colleen Smith Holistic Massage

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

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

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

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



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

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

## **Elohim Healing –**

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

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

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

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

## **COLLEEN SMITH**

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# Jess Stewart Wellness for Mum & Baby

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

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

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

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

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

Wishing you abundant health & happiness,

## **JESS STEWART**

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# Ruth Holden

## Reiki Healer / Angels on Earth

**Hello lovely people! I'm Ruth and I've been practising Reiki healing since 2016. I'm qualified in Aromatouch technique and Reiki Second Degree.**

I am honoured to be able to practice these gifts and help others. I have a passion for the healing properties of crystals and essential oils.

Many timeless healing techniques and technologies are emerging at this time in our history, and I'm guided to work intuitively at this time with nature and frequency.

My life mission is to help others heal, and I'm supported on this path by many guides and angels. Daily self-practice of Reiki healing and ocean swims bring energy – and I love to get up the Mount for a sunrise as often as possible.

I live by the beach with my partner Damo, our daughter Saoirse and two wonderful dogs, Gypsy and Honey. We practice gratitude every day for the gifts we have.

My grandmother Emma used to say, "you are nothing without your health" and isn't that the truth! I'm manifesting this year for the healing of every human on the planet.

I believe we should all give ourselves permission to make wellness our top priority.



2022 is going to be a big year, reach out and say hello, I'd love to hear from you.

Blessings!

**RUTH HOLDEN**

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# The Oracle's Experience

## with Dionne Norman

**“In a world where change is constant and rapidly evolving, Reiki has the ability to bring balance, calm, healing, perspective and love, to ourselves and our world.”**

### **I experienced a distant Reiki Session from Dionne one morning not so long ago.**

The moment I saw her photo, before we arranged it, I felt it showed a lot of warmth and friendliness emanating from her.

Her reply message was very lovely and happy, and she told me that I could have a look and choose an available day and appointment time on her website, with its clever self-booking page.

Dionne does in-person Reiki at her Little Reiki Retreat, as well as offering the option of these distant sessions. Her ability to send Reiki healing

energy to people who are in a different location is a very interesting and handy option for those who may not be able to visit her, or who perhaps would prefer to be in the comfort of their own home while receiving Reiki.

She said that she would phone me at the start of the session to have a chat, and after that we'd begin the Reiki treatment. Dionne said I should make myself comfortable after the phone call, by resting/lying down during the treatment, which would take about 1 hour & 15 minutes.

I found her really nice to chat with and good at listening. I mainly wanted the Reiki for a general energy boost, and to balance my chakra energy centres.

She also asked me about what kinds of things I do to nourish myself, and said she'd phone me back again after we'd finished the session.

During the treatment, I lay down comfortably, closed my eyes for the whole time, and just relaxed.

I felt calm and at ease, and enjoyed just being restful.

Noticed my thoughts floating around on positive things, such as the things I find nourishing.

It was nice to just be, and the experience felt peaceful and replenishing.

Also noticed my tummy gurgling a fair amount during the experience, which was interesting.

Afterwards we spoke on the phone again, and she told me she'd been standing by the Reiki table in her retreat room during the treatment, and could sense my energetic body on the Reiki table, as she moved her hands around following a sequence.

She noticed the areas where I was receiving the most energy, as her hands would feel warmer and tingly, and could feel my chakras drawing a lot of energy through.

Dionne shared that tummy gurgling can sometimes happen during a treatment, as Reiki can help activate your parasympathetic nervous system. This is when our body is in rest and digest mode, and is doing what it knows best, how to



heal itself.

A welcome addition to a month of busyness, and I look forward to an in-person session with her sometime at her beautiful naturey Reiki Retreat Room.

It was a Gentle and Powerful experience.

## Q&A with Dionne Norman

### What services do you offer?

I offer Reiki treatments and I teach Usui Shiki Ryoho Reiki to those who are keen to learn the natural healing practice of Reiki.

### Why is this work so important to you?

In a world where change is constant and rapidly evolving, Reiki has the ability to bring balance, calm, healing, perspective and love, to ourselves and our world. Increasing our connection with ourselves, our loved ones and supports self-healing. I personally believe that life just feels better with Reiki.

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

I've always been interested in energy, healing, people, animals, plants and our natural world. I believe there's more to our world than what our physical senses are telling us. I've come to realise that it's about energy (frequency and vibration), momentum and perspective. Curiosity about how we can create a life that is happy and joyful led me on a spiritual path of discovery, which brought me to Reiki.

I was working in a great organisation with a wonderful team and yet I felt a persistent beckoning to learn about energy and healing. Reiki kept coming up for me, tapping me on the shoulder, like gentle little reminders.

A meeting with an old friend prompted me to re-train in Reiki. One day I received even greater clarity and I knew it was time to make the change. I felt intuitively guided to trust the path that was unfolding beneath my feet. I quit my job and dedicated myself to my Reiki pathway of further training, learning, experiencing, practicing, and teaching Reiki. It's been an incredible journey of self-awareness, discovery and development.

**Who should seek your service here as a**

### holistic wellness technique?

Anyone who is seeking a natural pathway to happiness, connection, alignment and self-healing.

Anyone who would like to experience Reiki and/or learn it so you can give Reiki to yourself each day and to your children, family, friends, pets etc.

Reiki is sometimes described as being like meditation using your hands. It integrates easily with main-stream health-care and supports our own healing and self-care.

### Could you share a wellbeing tip with the community?

Live more, laugh more, be more – be more spontaneous, have more fun, dance, sing, and feel for those things that make you happy. Look for anything in your day to appreciate. Nature is full of many wonderful blessings, all we have to do is look around, look up and look down. We can always find something to appreciate. Perhaps, receive or learn Reiki, if this interests you? It's an opportunity to bring wellbeing and happiness to your world.

*– Experience and Q&A by Carina*





# Glenda Ruddenklau

## CranioSacral Therapist

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

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

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

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

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

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

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

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

### GLENDARUDDENKLAU

LTCL AIRMTNZ CST

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Reiki Master/Teacher

Registered Teacher of Singing, Piano & Theory

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# Tasmin Fourie

## ROAM Holistic Wellness

**Heya, I'm Tasmin.**

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

### As a Homeopath

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

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

### As a Birth Doula

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

I had heard that having a Birth Doula reduced the section rates and helped women have a more positive birth experience, no matter how she birthed.

I wanted to feel heard, loved, supported, and educated in my choices.

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

### TASMIN FOURIE

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# Dionne Norman – Little Reiki Retreat

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

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

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

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

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

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

I look forward to meeting you soon.

## DIONNE NORMAN

Little Reiki Retreat  
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littlereikiretreat.co.nz  
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# Te Pae O Rehua – The Beam of Beauty

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

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

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

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

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

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



life and their experiences.

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

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

Every human has a true authentic self. Trauma is the disconnection from it and

healing is the reconnection to it.

## MISSY

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

# The Sunshine Hub

**The Sunshine Hub is a market stall promoting wellbeing, sustainability and connection, and can currently be found most Saturdays during April and May at the Welcome Market in Ohauiti, Tauranga.**

I began it in June 2020, with the desire to help people connect with each other and with things that they may be interested in, and to share about healing therapies.

Displays include poster boards to share details about topics such as Tree Planting, The Dog Share Collective – which is nationwide and awesome – and Healing Modalities & Healers. I like to promote things that I feel passionate about, and feel drawn to share.

Sometimes I have spray free flower seedlings and flowers on the table, and sometimes organic seeds. I love having conversations about Permaculture.

I can also help link people who are interested in Rongoa Maori Plant Medicine with people who enjoy teaching about it.

From having had my stall at many different markets around Tauranga and Mount Maunganui, and also at Waihi Beach, I have really enjoyed connecting with lots of lovely interesting people.

I love helping introduce them to each other as well, when it feels like puzzle pieces to link.

Am beginning to create Sunshine Gatherings

also, which will be about connection, and will include creative gatherings, and group walks, and sharing.

I used to run monthly produce swaps, mainly organic, for 4 years, where we'd gather in different gardens each time and explore and share afternoon tea. Lots of nice connections were made with each other.

That's how I discovered Permaculture – the wisdom from the ancient cultures about gardening in a way that is natural, full of abundance, and healthier for us. Caring for the Land and Caring for the People.

If anyone is interested in participating in gatherings or wants to get in touch, feel free to contact me, or come say hello if you see me at the markets sometime.

**CARINA**

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# Diane Rosenberg Replenish Kinesiology

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

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

I regularly hold workshops in Tauranga and around the country.

A Kinesiology session may:

- Relieve long standing pain, improve posture and flexibility.
- Clear emotional and physical stress to increase your vitality.
- Encourage better digestion, sleep and allow for increased clarity with a more positive outlook on life.
- Connect and align to your vibrational potential.

*"Diane is an awesome practitioner. I've had the blessing of receiving a treatment while on a flash visit to NZ and I highly recommend her. Some of the qualities I look for when I'm seeking help are compassion, emotional safety, reassurance, respect and Integrity. Diane offers these qualities to the highest degree."*

– Helen F, Brisbane

## DIANE ROSENBERG

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Certified Kinesiologist/Colour Therapist  
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90 minute Consultations in clinic or via zoom.

# Kati Ludwig Counselling – Therapy

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

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

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

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

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

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

## KATI LUDWIG

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# 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!



# Michelle Blakely – Wholehearted Health

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

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

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

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

There is no need to suffer.

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

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

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



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

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

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

## MICHELLE BLAKELY

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www.epsomsalt.co.nz

# The Power of Positive Affirmations

**Affirmations, mantras, quotes, prayers, words of wisdom have power. Power to change the way you think. Power to brighten up a cloudy day! Power to help you make a U-turn out of a dark hole you were headed into!**

They help to change the negative wiring in our heads and get out of the flight or fight mode we can often find ourselves unnecessarily in. The human brain is hardwired to focus on the negative – we have a natural tendency to give weight to and remember the negative experiences.

Our brains evolved from cave existence when focusing more on the negative experiences and situations (like avoiding getting eaten by a lion on a hunt) saved our lives. We react to things in modern times as if our lives were in danger and we are unable to see the big picture.

Positive affirmations or positive self talk can help shift the mind from the negative into the positive and help to remind us that the things we think about ourselves are not always true.

Positive affirmations are beneficial:

- They motivate you to act and when you action your goals you have more desire to continue.
- They help you to concentrate on your goals.
- They change your negative thought patterns into positive ones.
- Influence your subconscious mind to access new beliefs.
- Help you feel positive about yourself and boost your self confidence.

## **POSITIVE AFFIRMATIONS YOU CAN USE:**

- "I am at peace with life."
- "Be your own reason to smile."
- "I begin and end my day with gratitude."
- "I am one with creation."
- "I am worth it!"
- "I am enough!"
- "Abundance is all around me."
- "The power of positivity surrounds me."

– Vicki Shannon

# The Journey ThetaHealing™

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

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

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

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

I have spent much of my working life as a teacher at all levels, am happily married (for 45 years) to my wife, with whom I have three grown children and several grandchildren.

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

I now do Zoom healing sessions.

## **ALAN WILLOUGHBY**

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# Cancer Healing Roadmap – Justine Laidlaw

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

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

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

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

and opening you up to the spiritual component of healing fully.

## Testimonial

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

– Much love and gratitude Hayley xx

## JUSTINE LAIDLAW

Holistic Cancer Support  
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021 112 4359



# Noeline Levinson – Family Focus

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

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



colic, fevers, rashes and all sorts, that are perfectly normal for babies to experience.

I also assist mums during their pregnancy and birth using homeopathy.

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

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

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

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

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

## NOELINE LEVINSON

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# The Oracle's Experience with Alan Willoughby

**“Listen to the Universe and let it be your guide.”**

**What a phenomenal experience! A combined ThetaHealing & The Journey session which was facilitated by Alan from Lovelight Holistic Health over zoom late February.**

The first part was the ThetaHealing which enabled removal of not only limiting conscious beliefs, but also deep ones that I know don't budge very easily, yet Alan and I clearly witnessed shifts occurring after receiving improved well-honed beliefs made perfect for me. So exciting!

The next and longer part of the session was The Journey when Alan skilfully led me all the way within a well-structured and sensitive process. I experienced the release of deep emotions such as sadness, grief and anger, including some burdens I didn't realise I was still carrying. An intense love also swelled up to be expressed.

All the while Alan held space for me, never giving any inkling of 'gosh I wish she'd hurry up', as I was invited along an incredibly powerful, thorough yet gentle process. My emotions were raw and my voice welcomed expression in this safe space.

This experience was profound and I wonder with eager anticipation how these changes are going to manifest in my life!

## Q&A with Alan Willoughby

**What services do you offer?**

ThetaHealing and The Journey techniques to provide a wide range of mainly emotional and physical healing.

The most common would be overcoming grief, sadness, anger, remorse and emotional loss; and physical pain, damaged body parts and loss

of abilities; and overcoming limitations such as learning difficulties, low self esteem, feelings of inadequacy, etc.

Sessions start with testing and changing, where necessary, deeply held beliefs, which allows you to release stored emotions during the second part of the session, which is a full designer Journey process which goes wherever it needs to go.

**Why is this work so important to you?**

I believe that everything we experience is in order to provide us with opportunities to learn what it is that we choose to learn each time around. To learn to respond to adverse situations in a positive manner.

I feel it is important to convey this message to people who are suffering.

Also I enjoy teaching and hopefully provide an example in my own life of how people can live in a way that is wholesome, enjoyable and free.

**How did your interest in holistic healing begin?**

Through experiences that caused me to question the dominant philosophies of allopathic medicine, including a back injury from a falling rock, and later on, insecticide poisoning from a horticulture teaching job, from insecticides that had been used in the greenhouse the previous year. In both conditions the doctors couldn't help me with recovery.

There was an excellent bookshop which had a section for healing books. On several occasions just the perfect book would fall off the shelf in front of me – the Universe was doing the selection, although I probably wasn't aware of that then.

I also explored different modalities including homeopathy and herbalism, and then heard about and read 'The Journey' by Brandon Bays. It was amazing. I then attended a Journey course and was totally transformed.



I became a practitioner, and offered Journey therapy for about 2 years, and then I had a feeling that there was something more, so I asked the Universe 'What next?'

About 2 weeks later I received an email from a ThetaHealing Instructor, who invited me onto 3 courses. I booked on the first course. It was amazing, enabling healing to happen almost instantly.

At the end of the course, I booked on the other 2 courses and thanked the instructor for sending me the email.

'What email?' they replied, 'I had never heard of you until you contacted me.'

I told them about receiving the email, how my wife had read it and how I had saved it. They asked me to send them a copy, but when I checked the computer, it was not there. I have found that the Universe can easily influence electronics.

### **How do you overcome obstacles?**

I simply ask the Universe what I need to do or even just ask it to do it for me. Works very well, but sometimes it doesn't seem so at the time.

### **Who should seek your services?**

Everyone who feels drawn. When a person needs the healing that I can provide, I am certain that they will be guided to me.

### **Could you share a well-being tip?**

Trust the Universe. This means that if you're trying to do something and it seems that obstacles keep appearing, you're probably not meant to do it. So listen to the Universe and let it be your guide.

And if you want something, ask the Universe for it. However, you must be prepared to accept what the Universe provides, which may be very different from what you expect.

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

Only one thing?

If I had I followed the advice I would offer, I would not have followed the course I did and would possibly not have learnt what I learnt.

"Listen to your gut."

However, some of the major learnings I have received have occurred because I didn't.

So I guess I'd tell my younger self:

"Welcome to life; enjoy the ride"

– Experience by Di Scurr; Q&A by Carina

## Sacred Self Care

**WORRY WATER** – water is an element of emotion, release and flow. This is an energy transmutation ritual. It takes the negative energy away through water allowing you to return to a neutral energy state. Water will absorb and release negative feelings such as worry and fear.

Take a small bowl and fill it with water. As the bowl fills up with water, tell it your secrets, fears and worries. Don't hold back. Release it all into the water by saying out loud these worries and fear, e.g. "water, I am worried about my daughter as she is spending a lot of time on her phone," "I am worried about my weight." Close your eyes and imagine the water holding your fears. Pour the water out, preferably into the earth (not on your plants though, perhaps on undesired weeds).

**GRATITUDE BOWL** – sometimes in life we forget to be grateful for the things that we have in our lives. We get so busy with the day to day tasks that we forget to give thanks. Thanks for love, thanks for connection, thanks for the compassion of others. This small ritual can be done as a reminder of gratitude.

Find a bowl and a piece of rose quartz for the number of people who are participating or one piece for everything you are grateful for. Take a crystal and hold it in your right hand with the left over top. Say something you are grateful for and place it in the bowl. Once everyone has gone put the bowl on display somewhere prominent to remind you every day what you have to be grateful for. You can also do the same thing by painting words on rocks or writing your gratitudes on paper.





# 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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# Healthy Eating

## Organic and Plant-Based Options

Here are some easy tasty recipes I make at home and wanted to share.

### Lentil Mince

- 2 cans of lentils
- 1 onion, diced & fried (or 1 tsp of onion powder)
- 1 cube of 'beef style' plant based stock powder\*
- 1 T tamari (or soy sauce)
- 2 T tomato sauce

Heat all together with a bit of oil in a frypan or pot, and Enjoy!

Good for Nachos, Bolognese, Lasagna, on Toast or in Toasties with tomato sauce, or as Burger Patties – you can mash it and use some ground chia to help bind them.

### Optional extras

A can of chopped tomatoes, or some fresh tomatoes, bolognese sauce or pasta sauce, 1 tsp of balsamic vinegar or more to taste, 1 tsp of paprika, 1-2 cloves of chopped garlic fried, or garlic powder

\*plant based beef stock powder is found at most supermarkets



### Oaty Snack Bowl

- 1/2 c oats
- 1 banana mashed
- a sprinkle of dried cranberries or sultanas
- 1 tsp peanut butter
- a sprinkle of seeds
- 1-2 pieces dark choc (many dark chocolate bars 50% cacao & over, are dairy free)

Mix all together in a bowl, with the chopped chocolate and eat!

### Optional add-ins

Sprinkle of cinnamon and/or cacao powder, some squeezed orange or lemon juice.

### Oaty Pikelet Option

Mix 1 c of oats with 2 mashed bananas, cinnamon & dried cranberries or sultanas, with chopped dark chocolate.

Fry in oil in a frypan and enjoy! Super yum and easy.

I have a passion for organics and plant-based eating, and would recommend sourcing organic ingredients where possible.

– Carina from The Sunshine Hub





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