

Sunflower Oracle

WELLNESS NETWORK

Hamilton Kirikiriroa

Winter, June 2022

Edition 6

Cambridge

Hamilton

Huntly

Matamata

Ngaruawahia

Te Kuiti

Holistic Healers & Practitioners
Mental, Emotional & Physical
Self Care • Crystal Reiki
Massage • Yoga • Meditation

Sunflower Oracle Wellness Network

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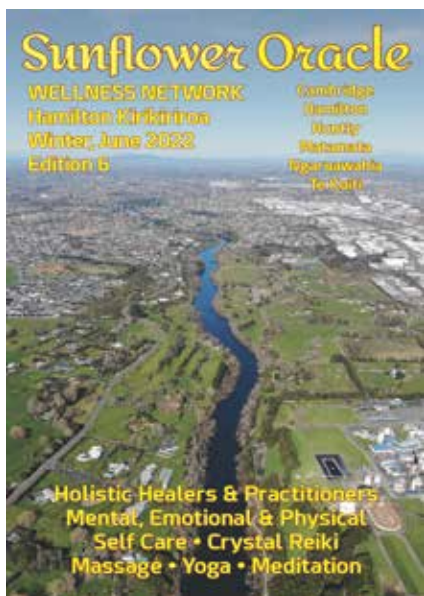
Sunflower Oracle
HAMILTON KIRIKIRIROA
is a sister publication to



**TAURANGA
EAST COAST**



**RAGLAN
WHAINGAROA**



**THE LAKES /
HAWKE'S BAY**



**COROMANDEL
Coming Soon**

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Candle Spiral Walk

Vicki Shannon



Winter is here again and while we lament the loss of light and the many rainy cold days, the earth hibernates to be born again in Spring.

Everything in life has to come full circle and the shortest day and darkest, longest night is represented by a Spiral. The spiral honours the natural rhythm of the seasons, nature and Mother Earth.

One tradition that can be carried out around this time of year is the spiral walk. The spiral symbolises spiritual development, universal growth, development and a journey in many cultures and religions all over the world.

The Spiral walk is a quiet, contemplative practice which carries the light into the darkness, encouraging the sharing of light with others and the light within.

Place a candle in the centre of a large spiral (big enough to walk around) that you have formed from pine needles or other greenery from your garden. You could do this in the centre of a room or outside (depending how cold it is). Light the candle in the middle of the spiral .

Turn off all lights and create a quiet and peaceful mood. One at a time each person



walks into the spiral with an unlit candle. Each person makes their way to the spiral's centre, and there they find the large lighted candle, and from it light their own. They then make their way back to their seat through the spiral, placing their lit candle with care somewhere along the spiral's path. The lights brighten the path for those who come after. Each person walks alone, at their own pace, in their own way.

It is often included as a part of winter festivals on, or near, the winter solstice so why not take some time to try out this practise during the coldest and darkest time of the year. Light your way and spread the light with you.

Warmest blessings

Vicki on behalf of Ronja & Brian



Sunflower Oracle
HAMILTON KIRIKIROA

Edition 6, June 2022

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and Ronja Skandera

Design and Website by Brian Thurogood
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Sunflower Oracle
Online Directories
Healers, Modalities &
Online Services options
sunfloweroracle.nz/directories

Multi dimensional healer, Spiritual Mentor & past life/inner child regressionist

Hi beautiful soul, I'm Crystal... and it is so lovely to connect with you. I feel so blessed to do this work whether it be online or in person.

I offer 1:1 sessions, coaching/healing programs to Reiki training and courses

As an official Reiki Master/teacher, Past life and inner child regressionist, Crystal healer and NLP coach, plus a lifetime of vast personal experiences, I use my "tool box" alongside my intuitive connection with your spiritual team, the universe and many divine beings of light to assist you for your highest good, where I focus on healing your energetic body, subconscious mind and nervous system regulation.

Supporting both adults & children, I work with Empaths, Intuitive's and Highly sensitive souls that feel, see and sense deeply to own this gift that is your superpower!

I am the healer that guides you to step into being your own best healer.

Like Alchemists together we look for where we can shift the vibration to a higher state, looking for the light in all situations and experiences and as we do seeing the higher perspective and learning from all.

You see we are never given anything we cannot handle and together with my love and sup-



port we journey back to find and release the root causes that have been holding you back from living your best life.

No matter how big or small the more we heal our wounds, those limiting stories and beliefs, we release the heaviness weighing us down, and taking up space, and in doing so the lighter we become. And with that extra space more love can flow in, the happier we are and ultimately becoming the best version we can be for ourselves, our family and the world.

I guide you as your consciousness rises, connecting you with your intuition, so you can hear your own answers, trusting yourself and back to the place of remembrance of who you truly are within.

CRYSTAL LEE - HOLISTIC HEALER

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Cushla Richardson

HypnoBirthing with earth + soul mama

Embracing birthing wisdom. Empowering birth experiences.

Cushla Richardson is a certified HypnoBirthing Educator with HypnoBirthing International® – The Mongan Method.

Due to some special circumstances in my second pregnancy, I realised I would need support and guidance to ease my mind from the worries of being induced early, and birthing in a hospital environment when I had envisioned a homebirth.

Doing HypnoBirthing gave me confidence and the tools to surrender to this process and I delivered my beautiful daughter with ease in the hospital.

From that moment on I realised how powerful HypnoBirthing is and believe all women deserve to know this knowledge and understand our innate birthing wisdom.

HypnoBirthing® is a beautiful birthing philosophy that offers many tools to guide women to feel physically, mentally and spiritually prepared for childbirth, including affirmations, self-hypnosis, relaxation, breathwork and positive education.

Over the course of 5 weeks you are guided to connect with your innate birthing wisdom and



are supported in envisioning a positive birth experience, leaving you feeling empowered and excited for your birthing day.

It is based on the philosophy that birth is a beautiful event that women achieve instinctively and intuitively and that all babies deserve to enter this world in

a gentle atmosphere, and in calm and joy.

CUSHLA RICHARDSON

Cushla@earthandsoulmama.co.nz
www.earthandsoulmama.co.nz



Ātaahua Beauty Victoria Bramley

This is the face that greets you at Ātaahua and a little information about me and where I'm from.

Tēnā koutou katoa – Greetings to all.

Ko Tainui te waka – Tainui is the canoe.

Ko Waipa te awa – Waipa is the river.

Ko Pirongia me Karioi ōku maunga – Pirongia & Karioi are the mountains.

Ko Te Papa o Rotu te marae – Te Papa o Rotu is the meeting house.

Ko Ngaati Maahanga te haapu – Ngaati Maahanga is my people.

Ko Waikato te iwi – Waikato is my tribe.

Ko Victoria tōku ingoa – Victoria is my name.

Mauri ora ki a koutou katoa. Good health and well-being to you all.

Te whakanikoniko i tō mauri rerehua me to tiorea.

Welcome to Ātaahua. Our mission is to provide Holistic Māori healing for all cultures. We provide beauty treatments from head to toe as well as cosmetic tattooing for eyebrows, holistic wellbeing, Traditional Māori Healing and Māori Rongoā.

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

Victoria specialises in practising:

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

We strictly follow Kaupapa, tikanga and ancient Māori traditions.

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

VICTORIA BRAMLEY

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

Spiritual Counsellor Gayle Orr

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

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

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

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

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

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



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

GAYLE ORR

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027 291 7150

Janet Louise

Clairvoyant, Tarot, Usui Reiki, Crystal

Merry meet. I'm Janet Louise of Happyspirit.

It's fabulous you stopped by...

As a genuine people person, I have always been of Spiritual nature and since sharing my holistic healing work over the last 23 years, professionally travelling Australasia and writing for the NZ Womens Weekly, it has been my pleasure watching people take control of their life and blossom into who they desire to be.

As an International Clairvoyant / Medium and experienced Usui Reiki Healing Master / Teacher, I am now based in Hamilton, travelling to Auckland and Gisborne doing face to face, phone or messenger consultations.

I offer

- Clairvoyant – National / International readings
- Tarot readings
- Usui Reiki Healing – in person or absent
- Chakra unblocking / balancing
- Past lives recall
- Life / Business empowerment coaching
- Home and Business clearing / success
- Crystal therapy
- Marriage Celebrant

We are forever seeking clarity and understanding and clairvoyant readings and healing are ways of receiving guidance and direction to enable us to see more clearly the options that are presented to us.



In addition to this guidance and realigning your mind, body, soul and Spirit, you will then be able to cope with situations and be able to work through your fears and life's challenges in a positive way.

I look forward to guiding you on your journey.

In love, light, peace and happiness.

JANET LOUISE

0274-854443

Empowering People to LIVE life.

Have a super, happy, sparkly day.

Sunflower Oracle Experiences

A feature 2-page article, including the experience with the healer, plus an informative Q&A

Pages 14 and 22 – or go to sunfloweroracle.nz/experiences

Infinity Spiritual Centre



The focus for Infinity for 2022 is to help bring everyone together, uniting in learning, connection and awareness.

With the continuous expansion of crystals and gifts on offer there are also courses and workshops available, led by their gifted team of Healers and Readers.

Barry continues his passion of drumming with his **Shamanic Drum Making workshops**. An opportunity to lash your own drum and beater to add to your sound healing toolkit.

Also available are workshops in **Aura Awareness, Chakra Basics and 5D Chakra Ascension**.

Evening sessions bring:

SpiritQuest, a short film and guest speaker. Come and discover, and discuss different modalities and experiences.

Living Light offers a chance to explore your spirituality with support and guidance, subjects evolve with the group.

During the day we have **Wairua Wellness Hour**, connect with meditation, discussion and wellbeing.

Spirit Seekers Share brings shared support through your individual journey of light and connection.

Themed **Full Moon Meditations** occur on the Full Moon each month.

New Moon Tarot Circle brings guidance for the month on each New Moon.

Beginners Tarot courses are now up and running in 4 week blocks.

NEW Men's group and more coming soon!

Don't forget our monthly **Spiritfest** where you can experience a discounted healing or reading.

Come and join us, enjoy a coffee in the café, a healing/reading session or a browse or chat. All are welcome here at Infinity. All details for the courses can be found on our website.

Blessings

Barry, Amanda and Nina

INFINITY SPIRITUAL CENTRE

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www.crystalshopinfinity.com

07 838 1 838

Lois Rowell

Reflexology, Indian Head Massage, Emotional Freedom Technique

Hello, my name is Lois Rowell. I'm delighted to offer Reflexology, Indian Head Massage (IHM) and Emotional Freedom Techniques (EFT).

Reflexology is based upon the concept that the entire body is reflected as a system of reflexes on the feet, hands and ears. By pressing on these reflexes with thumb or fingers, I am able to bring about relaxation and balance in the body, along with detoxification and stress reductions.

The many benefits include improved circulation, stress reduction, pain relief, improved sleep, migraine relief. Safe for everyone including babies and the elderly.

Indian Head Massage focuses on the parts of the body that are most prone to tension and stress. That is, upper back, neck, shoulders, upper arms, face, and scalp. Treatment includes kneading and probing of the upper back, neck and shoulder areas. The scalp is then massaged, using squeezing, tapping, rubbing or prodding motions. Manipulation of facial pressure points to relieve sinus pressure and increase alertness and stimulate circulation.

Emotional Freedom Technique works on clearing a vast range of emotional issues.



Using acupuncture points, EFT moves energy through the body's meridian system to clear blockages. This is done by tapping on acupuncture points while you focus on situations that represent personal fear or trauma. Unwanted stuck emotions and physical symptoms are released. A calming signal is sent to the brain, letting your brain know it's safe to relax.

LOIS ROWELL

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027 2881148

Also at Infinity Spiritual Centre Hamilton

Sunflower Oracle Media Services

Booklets – A5 like this. Or full size A4 booklets.

Design services. Website Design. Website Hosting.

Send your requirement to media@sunfloweroracle.nz

Empowered Insight

Deb Casey

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

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

I call on a powerful combination of my intuitive abilities, wellness skills and educational experi-

ence during your reading as required, such as:

Numerology, personality profiling, psychology, writing analysis, clairvoyance, psychic ability or mediumship, spiritual teaching, oracle cards, shadow work integration as a

technique, the emotional/physical health connection, the law of vibration, mindfulness, manifestation, holistic health therapies and stress management strategies.

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

It's proactive advice that tells you where to start and how to move forward positively. Guidance plus ideas, tools and techniques that can help you find more harmony with your questions, or to know how to seek healing and other services that may also help.

The greatest act of love, is in fact, your own self care. If you're ready to finally feel relief and peace...let's connect!

DEB CASEY

www.empoweredinsight.co.nz

FB: Empowered Insight with Deb Casey



Gemini Infinite Light

Shirley Weller

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

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

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

Not only for humanity, but all life on our beautiful planet! Including the many, many beautiful souls still bound to Mother Earth from multiple lifetimes, not only our own but our Ancestors too!

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

I love hosting share/support groups for like minded souls to connect with, in a loving, protective environment. A network of support.

Sharing, learning and creating magic together. Helping beautiful souls connect to, and be able to work with their own unique gifts safely.

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

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

Sending Love, light and Hugs to you all!

SHIRLEY WELLER

geminiiinfinitelight2@gmail.com

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0276838877



Stacy Sadler

Intuitive Tarot & Oracle Reader

Hello! My name is Stacy Sadler and I am an Intuitive Tarot & Oracle Reader.

I have been doing this work for the past 7 years, although I have always been very connected to spirituality and my intuitive abilities throughout my life. Tarot & Oracle readings can help you to gain clarity, receive Divine messages from Universe/Spirit/our guides, help to understand yourself more, and step more into your power. Some of the readings I offer are:

- Detailed readings - Covers career, love, relationships, home, money, health etc.
- 3, 6 or 12 month forecast readings – This will give you an overview of the biggest themes you will be working with in upcoming months.
- Chakra readings – which will give you an insight into any blockages in your energy centres, and working through these.
- New & Full Moon readings – this covers the same as the detailed reading but is generally more focused onto one or two areas, and covers the lunar month ahead.

Please contact me to discuss a reading to suit your needs.

I am available for in person readings



at Infinity Spiritual Centre, and I am also available for online readings which are written and sent via email.

More services I offer are:

- Tarot beginners course – for those of you wanting to develop your abilities more using Tarot
- New Moon Tarot Circle – a monthly meet up which includes a Tarot read, intention setting & New Moon Meditation
- I also offer a free Pick-a-card on my Instagram and Facebook pages every New and Full Moon!

I look forward to connecting with you!

STACY SADLER

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Instagram: stacystarot

Facebook: stacysadlertarot

www.stacysadler.com

Also at Infinity Spiritual Centre



Mandala Art Fun

Colouring Mandalas is a nourishing way to spend time and can help you to connect with your intuition.

It is a fun way to be creative and they can be as simple as you want them to be, and really fulfilling. I love colouring them and find it really interesting how each one turns out.

Mandalas are circular symmetrical designs and sometimes while colouring them, thoughts may appear from the right side of your brain – your creative intuitive mind – that you can jot down. This often happens with creative activities, and when we are feeling joy.

You can create your own Mandala drawings if you like. Or there are many free ones online that you can choose from and print, if you search ‘free Mandala colouring pages’. You can add the word ‘simple’ or ‘flower’ to the search and see different results appear.

Alternatively, you can stick a piece of thin paper on top of a printed Mandala and simply colour in the bits you feel like colouring. This way, you could colour the same Mandala in 100 different ways!

Use the colours that you feel drawn to. Coloured pencils are great, and it can be helpful to create colour scales, to see the shades of the pencils when you press firmly and lightly, to use the exact shades you feel drawn to most.

Watercolour pencils are fun too and a paint brush, or paint brush pen that you can fill with water.

Nature Mandalas are also really magical. You can wander around and collect leaves and flowers, and have a sacred time arranging them on the grass, or on a board.

They also can be captivating as a table or ground centrepiece for gatherings (with crystals and candles). They

enhance occasions beautifully.

If you would like to come to a Mandala Art Fun gathering sometime, and connect with friendly souls, we can have fun colouring some, and create some nature ones too. Contact Carina at: thesunshinehub@protonmail.com



Kerry Brown

Crystal & Reiki Healer, Yoga Instructor

Helping people be their best selves, mentally, emotionally, physically and spiritually, is my passion.

It began as a Clinical Dietitian helping people manage illness and medical conditions with diet. I then found yoga and the healing power of the breath to manage stress and improve mental and physical wellbeing. This led me to become a yoga instructor.

After the loss of my father my spiritual journey hit fast forward and I was drawn to Reiki and Crystal Healing. From my personal experience of energy healing and how it helped me through my grief, I knew I wanted to be able to help others.

Crystal Healing works on an energetic level, using divine energy and the power of crystals, to balance chakras, heal and align the seven auric layers, and connect with your divine energy source. This translates to feeling better physically, mentally, emotionally, and spiritually. It can help with our ability to deal with stress and clear energy before it can manifest as physical dis-ease.

I heal with the intention that it is for the highest good of my client so you can be assured you will receive the healing you need at that time.



If you would like to find more peace and tranquility in your life and would like to try yoga or Crystal Healing please reach out for more information or to book a time. Crystal Healing can be done by distance also.

KERRY BROWN

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Join the Sunflower Oracle Wellness Network

Option A. Listing in four Quarterly magazines + website Directory for 12 months = \$170

Option B. Listing in two Quarterly magazines + website Directory for 6 months = \$120

New healers receive a **feature Profile** (including one or two photos) in the front pages.

On our **website** your Profile will be featured in the appropriate Directory.

Magazine Profiles are limited to 220 words. Online Profiles are unlimited words.

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

The Oracle's Experience

Sue Xu, Traditional Chinese Medicine

“It is all about working with the whole body.”

Today I met with Sue who uses Traditional Chinese medicine in her therapy. Sue was very welcoming and we began the session learning about where her knowledge and experience of traditional Chinese medicine had come from.

From a story of helping her ex-husband to cure cancer I learnt that negative emotions can have a toxic effect on the body and that the traditional Chinese therapies that Sue was going to use were based on the energy in the body and the meridian lines.

Meridian Lines are the pathways which Qi (energy) flows through the body which can be blocked and Sue used three techniques during our session; I Ching, moxibustion and Gua Sha.

First we began with I-Ching or the “Book of Changes” which is an ancient Chinese manual and a book of wisdom where Sue interpreted symbols made up of six stacked horizontal lines formed by throwing coins. It helped to provide clarification and deep insight into where I was and what I have been working on in my life at that moment.

Secondly Sue used Gua Sha on me. Gua Sha is the practice of using a tool to apply pressure and scrape the skin to relieve pain and tension. This action causes light bruising, which often appears as purple or red spots known as petechiae or sha. While scraping different areas of my body Sue was able to identify from her knowledge other areas that it linked to such as the redness in my right lower back linked to



pain in my neck.

Thirdly, moxibustion was used. Moxibustion is a form of heat therapy in which dried plant materials called “moxa” are burned on or very near the surface of the skin. You can feel a warm sensation on your skin. It invigorates the flow of Qi (or universal energy) in and around the body and dispels any harmful influences. This was relaxing and comforting. Sue used this to alleviate pain in the lower back and on the scar from a surgery on my hand.

Q&A with Sue Xu

What services do you offer?

Traditional Chinese medicine – I Ching, Gua Sha, moxibustion.

I work with the meridian lines in the body and the natural flow of Qi through the meridians. I also offer remedies (such as juices to increase hydration and lavender foot baths to help with dry skin) to my clients.

I also teach people how to heal, such as recipes for eating for health and to increase energy. I have just started working with another healer combining Reiki and traditional Chinese therapies.

Why is this work so important to you?

This work is important to me as I have a genuine passion to help people to heal. I believe that Traditional Chinese Medicine will balance the body and teaching people how to care for themselves and their own wellbeing is very important to me.

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

My journey with Traditional Chinese Medicine began with my Grandmother and the traditions she passed down to me around using seasonal food, herbal teas and natural remedies in everyday life.

I started using Traditional Chinese Medicine and the knowledge of seasonal plants, vegies and food in 2004 when my ex-husband was first diagnosed with skin cancer. We combined the western medicine he recieved with my knowledge and therapy for one month and then my husband decided to no longer use the western medicine and focus only using Traditonal Chinese Medicine. Every day for three months I used my family skills (traditional cooking and talking about emotions) and knowledge, moxibustion, Gua Sha on the head and medridians.

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

I have a strong belief in myself and my practice. I believe the universe gives me the skills to help people so therefore I did not come across many obstacles.

My ex-husband did question the Chinese



medicine about one and a half months into the treatment but I worked with him to overcome his obstacle – which was lack of belief in himself – and work through his emotions.

Who should seek traditional Chinese medicine as a holistic wellness technique?

Anyone who wants to detoxify and improve their energy and anyone who believes in what I do. My job is special. I not only treat my clients but I also work with them like yin and yang. I do something and they do something to help themselves. It is all about balance!

Could you share a wellbeing tip with the community?

One of my main philosophies is the power in controlling your emotions. Negative emotions cause pain, disease and an unwelcome flow of energy in the body so it is important to work through the emotions so they are balanced. I use I Ching to do this.

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

If I could tell myself one thing it would be learn more and have a more open mind to the traditional wellbeing practices. I would tell myself to understand nature and the natural balance of the world. Life is precious and we need to look after ourselves. Don't worry about your success or lack of success as you need to be positive about your life regardless of what happens.

– Experience and Q & A by Vicki Shannon

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Raglan
FOOD CO

Brain Bloom Room

Michelle Lowe



Neuro Development Partner, Michelle, is the founder of the Brain Bloom Room and their 'Replenish' programmes. As an educator for over 30 years Michelle has worked with many children, young people and adults who face different hurdles in their learning and lives.

Michelle walks alongside individuals and families facing learning and behavioral challenges such as Dyslexia, Dyscalculia, Dysgraphia, ADHD, ADD and Sensory Processing issues. It is Michelle's hope that the holistic approach of the Replenish Programmes will benefit everyone looking to unravel and get to the 'root' cause of learning and behavioral challenges.

How does Michelle help your child?

The specialised neuro-developmental movement-based programmes at the Brain Bloom Room support clients to re-wire and shape their brains so that they can learn more effectively, adapt their behaviour to their surroundings more efficiently and enjoy life more fully.

Research now strongly links brain-based learning disorders such as Asperger's, Hemispheric imbalances, Hyperactive and Speech Disorders, Dyslexia, Dysgraphia, Dyscalculia, ADD, ADHD, ASD, SPD and immune problems to the retention of primitive reflexes, sequential 'in-built' foundational baby movements.

This means the child's brain organisation and nervous system does not progress and develop as it should and is not wired up as it is programmed to be. As a result, core foundational skills necessary to learn and behave in the classroom are not very well established.

The good news is that the brain is plastic, and it learns through experience and interactions with the environment. With the correct stimulation and repeated sensory experience, the brain can change and adapt.

Our 'Replenish' programmes do exactly this, starting with primitive reflex integration, sequentially re-laying the foundations for brain development. This is the first step to encourage the

growth of new brain networks, re-organising and rewiring the brain for learning. Next, we move on to integrate the hemispheres through sensory and sensory-motor experience.

At the Brain Bloom Room, we know that every child has a different 'blueprint' and list of challenges. Our individual assessments find the point when the in-built programme wasn't followed, where there was a deviation from the norm and we put individualised programmes in place to address issues, beginning from the very foundations of brain development. The child can then develop new lifelong neural networks to link to all areas of the brain and resolve attention and learning difficulties.

Physical environment

The Brain Bloom Room is based in the Waikato and Michelle offers clinic sessions either in person or on Zoom.

What to expect

Michelle loves getting to know her clients of all ages and backgrounds, tailoring what she offers to suit their unique needs. Her mission is to reach as many families as possible and she understands that so many desperately need help. Michelle



is passionate about her programmes working in partnership with her clients and their families to 'empower' them to move forwards with confidence and purpose.

Whāngaia, ka tupu, ka puawai, that which is nurtured blossom then grow.

MICHELLE LOWE

brainbloomroom@gmail.com

<https://www.brainbloomroom.co.nz>

facebook.com/brainbloomroom

027 555 4552

Wairua Light

Renee Barrett-Jones



and well upon these lands, effortlessly providing nutrients and sustainable survival to all life's existence...

Thank you – forever so grateful!

We each hold sacred magic within oneself. Individually, equally, personally spun perfectly to compliment this journey, we came to unfold as we evolve and transition through experience and emotion here in this earth realm.

My journey along side wairua/spirit, has been known to me since I can remember. Actively raised amongst my elders, within the marae, surrounded by death and a whole lot of love, observations of my father walk as a healer... these have all played precious tones to the music of my haerenga.

This essence within, directed by light from beyond, gifted from one heart to another.

RENEE BARRETT-JONES

Mahi

Energy / Sound reading and healing
Mirimiri

Spiritual wellness advisor

House clearing

Meditation, space holder

Workshops and circles.

wairualight@gmail.com

Also at Infinity Spiritual Centre Hamilton

Tihei Mauri ora!

I begin my korero with immense acknowledgement of gratitude to Nga Atua, the Gods of above, below, beyond and within. The many universal energies that awhi and guide the flow of this essence I soulfully hold.

From the mountain peaks of Tongariro and Tuhua, to the waters that stream

Sunflower Oracle Articles

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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





MINDFULNESS4DOGS

Private and group training from puppies through to adult dogs

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

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

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

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

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

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

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

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



MINDFULNESS4DOGS

train@mindfulness4dogs.com
www.mindfulness4dogs.com
0274 585872

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LOCATION

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PLUS! Coming soon to Sunflower Oracle ...
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Seasons and Circles

Lynley Erin

Hi, I'm Lynley Erin. I've always been intrigued by the ancient ways, the paths to bear witness to the magic, mystery and awe in this life. I hope you enjoy my offerings below:

Seasons and Circles is a place of Sisterhood, we gather aligning with the Moon and Seasons, share our journeys, our insights; we reclaim and play. In Circle we experience Catalyst Conversations, Story, Music, Connection, Pathworking and Ceremony.

Mama Blessings are an honouring of the mother-to-be. When a baby is born, the mother is born also. This is a sacred ceremony of love, being held and supported, remembrance and reclamation of our innate capacity as birthing women.

Handfasting is an ancient Celtic ceremony, a pledge of love and unity between two souls.

I connect with you to create a sacred and heartwarming ceremony perfect for you as a couple. It can be used in place of or alongside a legally binding union. It can also be tailored as an engagement or intention ceremony, or a renewal of your vows.

Catalyst Connection 1:1 Conversations to guide you towards your own insight, imagination, intuition, remembering and reclamation.

Music ~ my duo can play at your event – from acoustic small scale fireside sing-alongs to setting up the full PA.

LYNLEY ERIN

For more information and to connect, see my website:

<https://www.lynleyerin.com>



The Oracle's Experience

Past Life Regression with Crystal Lee

“Find the truth to your own answers that lay deep within your heart.”

My past life regressions were phenomenal! I have never experienced anything like this in my life.

Even though it was over Zoom it felt like Crystal was in the room with me the whole time.

The session began with a quick chat to see if I had any questions. I had already received an informative youtube video from Crystal a few days

before. This video told me what to expect and how best to prepare for the regression so I felt ready to go.

Cosy on the floor wrapped in blankets, I was nervous and excited to experience whatever past lives would reveal themselves to me. The session began with a deep relaxation meditation exercise. I had earphones in and my eyes closed as Crystal guided me into a deeply relaxed state.

She then started the process of preparing for the past life regression by talking me through a visualisation of a beautiful garden, a path, a sacred room and an old tree. These were all cues to begin my journey into the different ‘doors’ to my past lives.

Once the first life was revealed to me, after communing with my higher self, all nervousness of this experience was gone. I felt completely at ease during the process and being online did not diminish the experience at all. I was easily able to communicate what I was seeing and feeling.

I was lucky enough to experience two profound past life regressions during the session. Each with a different experience guided by Crystal. During the second regression Crystal supported me and helped me to release the cords that bound me to that life and to see that person through the transition into the “light”.

This was done through the cutting of cords, through clearing parts of my body that had pain and untying the knots of my past life within my body. Crystal called on her arch angels and guides, my spirit guides and



combined her healing energy with my own.

After the session I had the best night's sleep I have had all week and felt like weight has been lifted. No longer carrying around the burdens from other lives, I feel like I have permission to be myself. This was truly an incredible experience which I would highly recommend to all.

Q&A with Crystal Lee

Describe what services you offer?

As an intuitive multi dimensional healer and spiritual empowerment Coach, I definitely find myself wearing many hats however to start with I am based in Hamilton where I have a beautiful healing studio and work either online or in person with both children and adults on all levels.

I am really focussed on healing the root cause of our blocks & wounds that have been holding you back from living your most soul-aligned life, and in doing so supporting you to create space within yourself to allow more love to flow through – and to empower you with tools and awareness so that you can then step into being your own best healer.

As we journey together what may arise from these blocks could be from this life time through childhood, past life or even ancestral, generational or karmic imprints.

This journey helps you with physical, emotional, mental or spiritual aspects in your life.

I do this through the following sessions:

- Holistic Healing sessions (these sessions generally combine Reiki and light coded healings, relaxation and nervous system support, and working with the subconscious and energetic body)
- Children's sessions – Interactive, empowering and healing and great insight for parents
- Past life and Inner child regression healings – Deep healing and transformational
- Coaching and in-depth 1:1 healing programs – This is where we can really work on many things and make more progress
- Spiritual empowerment mentor and Reiki Master/ Teacher – I am often running Reiki



courses, spiritual workshops and online training

Why is this work so important to you?

Because it's my soul's purpose and I am here to help bring love into this world, raise the vibration, and support you to remember the truth of who you really are within. When we wake up to that truth, everything else around us starts to change, including healing this earth.

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

Since I was a child I was very spiritually connected and sensitive, I was also always trying to find ways to help others, animals, the world, you name it. So for me as an empath it was always about love, and how I could be of service.

If a younger me was told I would be doing what I am now I would have said "That is amazing! I wish but that sounds more like a dream". Throughout life however my soul lovingly illuminated my soul path before me, and even at my darkest times I kept looking for that light until I finally reached this beautiful destination.

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

I guess, like many, fear was a big one. I was so fearful of being “seen” both in the world and in a spiritual sense, along with a subconscious fear that something bad would happen to me. Doing the inner work, looking at the stuff that made me “uncomfortable” and facing those fears head on was the catalyst to change. As I delved into where the possible root cause may be, I went on many journeys through my inner child, past lives and ancestral lines so I could learn, release and heal and alchemize which was a major aspect in facing this.

All in all I have to say that continuing to make that choice to connect with my heart centre, love myself and open it to receive the love and support from my guardian angel, spiritual team, Archangels, Ascended masters and the divine universe is the number one thing that has changed it all.

I believe we are never given anything we cannot handle and are much stronger than we realise.

Who would you recommend come to see you for a session?

If you feel called to do so, or I resonate with you, then that is your answer right there. Regardless what you are coming to me for, we have been brought together for a reason, divinely guided. So whether you are coming for physical, mental, spiritual or emotional healing and growth, I lovingly hold space for all. There is nothing you have to know, do or believe – just have an open mind.

A time to quiet the outside world where you can “just be” as you fill your cup and feel cocooned in love.

If you are ready to make changes in your life, to do the inner work while being supported and guided with tools and higher perspectives, and most of all connecting with the truth of who you really are within, then I am here to help you to do just that. When you heal yourself you heal the generations before and the generations after, it clears the way for you to live your most aligned soul-led life and in turn helps to heal this world.

Could you share a wellbeing tip with the community?

Listen to your body, notice how it feels and ask what it wants you to know... Your body is your vessel that is always communicating with you and it is very intuitive, telling you what you need to know. Behind sickness, pain and disease there is generally an emotional or psychological root cause to be healed or taken action on. Notice how your body responds when it is around different people or environments, does it expand or contract? Pause, feel into your body, relaxing one part at a time, what do you notice? And what is that telling you?

When we look for the answers within ourselves we will always find them there.

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

Observe, listen and question, act with discernment and then find the truth to your own answers that lay deep within your heart.

– Experience and Q & A by Vicki Shannon

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Steven Lydford

First Light Flower Essences of New Zealand®

I have been working with First Light Flower Essences of New Zealand® since 2007 and am a First Light Flower Essences of New Zealand® Registered Practitioner and Tutor.

Once I started working with these essences the shifts that I was having were incredible, which I also witnessed in friends, family and clients. They are an integral part of my life and it is a privilege to be able to pass on the incredible information within the sacred plant medicine of New Zealand.

I have been teaching First Light® workshops since 2017. There are 10 study units which are covered over 5 weekends throughout a calendar year. They consist of First Light® Flowers, Ferns, Trees, Seeds and Plants workshops. They are taught in this order, but they do not have to be taken sequentially.

When a person ingests or places the drops of the flower essence, which contains the plant vibrations or plant energy under their tongue, the holistic healing vibration is transferred into their body by a process



called resonance transfer. This process works to rebalance the holistic person, their physical, emotional, mental and spiritual levels.

Flower essences can easily support an existing career such as a massage therapist, herbalist, nutritionist, naturopath or yoga teacher and other modalities.

STEVEN LYDFORD

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www.floweressencetutor.com

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Lady Rainbowheart – Pip Oxlade

I believe happiness and success start with you.

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

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

I can show you how to create positive change easily. Connecting with like-minded souls, I have seen that by awakening your senses through positive focus and action you can rediscover who you truly are.

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

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

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



PHILIPPA OXLADE

Success Mentor, Teacher, Practitioner, Author, Reiki and ThetaHealer Master Teacher. Psychic. Medical Intuitive. Card reader. Land harmoniser.

www.ladyrainbowheart.co.nz

021 031 7324

Cambridge, New Zealand / Online

Lifeforce Tonics – Kathy Just

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

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

What a Gas!

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

We have our portable H2 water generator that creates hydrogen rich water for our everyday drinking and health benefits, so we decided to add

Hydrogen gas as a therapy for even more benefit.

Some of the many benefits of H2 Therapeutic Hydrogen:

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

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

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

KATHY JUST

info@lifeforcetonics.co.nz

www.lifeforcetonics.co.nz

Social Media – FB – /MeWe/Gab/Telegram

Many Blessings

ReCode Clearing

Wendy Maggs

ReCode is a unique spiritual DNA clearing that awakens your higher self to God's Spirit to identify the lies and beliefs causing problems in the present.

Clearing blocks in our thinking creates space for Divine truth, which renews mindsets and helps transform how you can see, think and feel about yourself and life.

"You shall know the Truth, and the Truth shall set you free." John 8:32

Clients are amazed at how quickly they can get rid of heavy burdens and their inner critics.

Experience inner peace and harmony, feel lighter, more joy, empowered, hopeful, safe and free!

Are you ready to ReCode and transform your life by getting rid of

internal mind clutter?

Call Wendy today and book your ReCode.

Find out how **Young Living Essential Oils** may keep you ReCoded!

The **iTOVi** wellness scanner will suggest oils to help balance your inner world.

BOOK YOUR 60min RECODE session TODAY. Video call or in-person at Infinity Spiritual Centre Hamilton.

WENDY MAGGS

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YL Partner #2262255 for oil orders

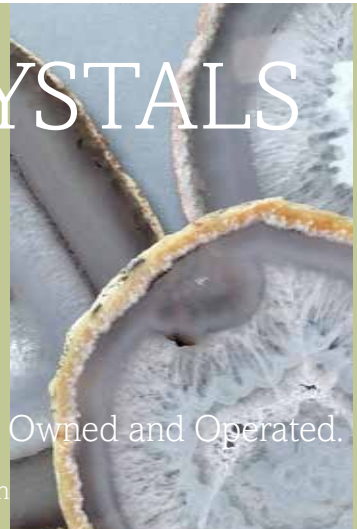


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Healing Power of Sound

Annie Jameson

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

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



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

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

Each sound healing session is a unique experience as Annie creates a sacred space, leading you on a journey within to heal mind, body and soul.

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

Transformation may be experienced on many levels.

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

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

ANNIE JAMESON

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Sue Xu Therapy

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

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

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

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

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

May we all cherish our one-way trip!

Testimonial

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

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

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

– Glenn Scott

SUE XU

suexuthery@gmail.com

022 681 0143

Also at Infinity Spiritual Centre Hamilton



Namaste Clinic

with Shirley Green

Healing Body, Mind and Soul

Offering Individualised therapies and a range of Courses

Feeling stressed, tired, lethargic, depressed, lacking purpose, direction and clarity?



SHIRLEY GREEN – NAMASTE CLINIC

Whether your pain is physical or emotional, experience deep relaxation and rejuvenate with a Namaste Remedial or Relaxation therapy, catering for your specific needs.

Shirley Green owner/Therapist has been involved in massage and Natural healing for about 30 years. She offers a wide range of therapies, which can include aspects from the following modalities: Acupressure, Polarity, Reflexology, Aromatherapy, Crystals and Reiki, Intuitive Aura Clearing, Chakra balancing and Alignment.

Online therapies are also available which can include aspects of Meditation, Reiki and Intuitive Energy and Aura Clearing.

All therapies are a unique combination of the modalities that are appropriate for you at the time of your visit and always cater for your needs in a consultation ensuring you gain the full benefit of your therapy. We cater for all ages, babies to all adults.



NAMASTE Clinic

The Namaste Clinic courses developed from Shirley's awareness of the need to share the knowledge she had gained, as clients became interested in how she worked with people and put together her therapies.

Anyone can do the courses; no prior knowledge or experience is required. The courses are fun, informative and provide an opportunity to meet likeminded people.

Learn how to treat yourself, family, friends (or clients if you have your own business). All courses have a manual or notes provided.

Discover Namaste Clinic – Discover pure Relaxation and Peace while you rejuvenate and restore wellness.

For more information on Therapies and Courses visit namasteclinic.co.nz
or Contact Shirley on 0272239532
or email joeandshirleygreen@xtra.co.nz

Rewrite Your Story

Nicola Mary Burton

Have you noticed how the chatter in your head is like an ongoing chorus?

I often find it difficult to quiet the loudness of thoughts! I use this simple technique to ground and anchor me back into my body.

I thought you might like a technique to help you with this.

A great way to start is by rewriting your story.

First, find an uninterrupted quiet place and time. Draw two big circles, light a candle and take a few deep breaths.

Now, close your eyes and send down a question into your body. It may be about relationships ... career ... health ... other.

Ask yourself this question like a mantra, until you intuitively sense and feel in your body that it's signalling your answer.

I want you to feel, where you feel it in your body. Chest? Gut?

Now, see how things really are at the moment? Then, re-imagine how you want to be, feel, sense, see, in a preferred situation?

Open your eyes.

Write your story how it is now, in circle one and in circle two.

How did you receive the response from your body's intuition? Moving with ease and freedom in your body? Feeling more spaciousness and with greater clarity? What answers came up for you ?

This is a simple technique to 'Touch the World in Simple Ways as you step into re-writing your story!

– Nicola Mary Burton – Soulful Muse



The Sparkles Project

Sarah : Coach + Intuitive

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



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

Experiencing freedom from within and having more clarity and confidence.

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

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

RAVE REVIEW

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

1:1 Coaching Client

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

ONLINE SERVICES

Freedom from Within (1:1 Coaching)

Sacred Circles

Guided Meditation Gatherings

Oracle Card Readings

SARAH

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instagram/thesparklesproject

facebook: thesparklesproject

Lesley Ormsby

Tarot and Oracle

Kia ora, I am Lesley Ormsby. My main services include the use of my psychic, medium and clairsensing abilities and skills through a reading or energy and body alignment therapy.

As we are all unique beings my healing style is intuitively guided utilising a variety of techniques and abilities, skills and knowledge from the past 25 years. I am a certified massage and aromatherapist, homeopath, art therapist and reflexologist. I also use chakra and aura balancing, sound, vibration, water and of course crystals for healing, shifting or balancing energy in the body or environment.

My Māori culture and rongoā is an important part of my practices and blends in well with each individual's requirements. My kaitiaki, guides and I have a wonderful connection. We work together in service to provide what is required for each person in the ENERGY of LOVE.



Whether you book in for a healing or a reading the services I have available will help you to gain insight into how you can improve, become, inspire, lead, manifest, accomplish and be satisfied in life.

I also facilitate courses where you learn how you can enhance your spiritual gifts and abilities. This ranges from beginners to advanced readers and healers building their confidence.

Please find more information on the Sunflower Oracle website.

Namaste & Aroha nui

LESLEY ORMSBY

lesley_ormsby@xtra.co.nz

www.lesleyormsby.com

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021554867

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