

Sunflower Oracle

WELLNESS NETWORK

The Lakes / Hawke's Bay

Winter, June 2022

Edition 2


Gisborne

Hastings

Napier

Rotorua

Taupo



Holistic Healers & Practitioners
Mental, Emotional & Physical
Self Care • Crystal Reiki
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Sunflower Oracle Wellness Network

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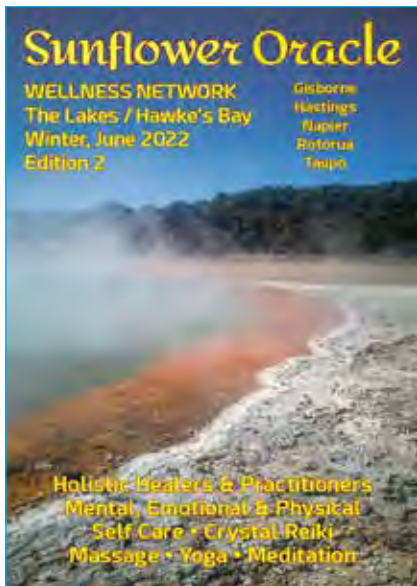
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You should consult your physician, other health care professional and the healer to determine if the modality is suitable for your unique needs.

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

THE LAKES / HAWKES BAY

Edition 2, Winter June 2022

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& Ronja Skandera

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What Gail offers at Trulybe

Gail holds a peaceful space to create change for mind and body to feel nurtured, inspired and alive again.

This healing therapy has been known to help with stress, anxiety, depression, mental clarity and self worth, and to sleep better.

Our mind gets overloaded sometimes and this helps empty the junk files, like de-fragging the computer hard drive.

Experience the ultimate in gentle stress-release and relaxation and let go of your troubles.

As a therapist my clients have also been asking for tools to help strengthening their immune system. These processes can help with that, and I also have products that can support.

This modality is suitable for all ages.

My services include:

- Access Bars Healing
- Energetic Face and Body processes
- Reiki and Chakra Balance

I also offer classes!

Would you like to experience and learn a simple, safe and gentle way of relaxation and well-being for you and loved ones?



The class is a combination of lecture, discussion, experience, and practice time.

Anyone can learn this.

Appointments by request

GAIL WORTHINGTON

0211229359

<https://www.Facebook.com/Trulybe/>



“Gain access to what’s
true to you”

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!



Owen Nickel

Clinical Hypnotherapist



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

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

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

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

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

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

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

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

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



mind and body to communicate effectively.

Online sessions available.

OWEN NICKEL HN2DACH (DIPLOMA IN ADVANCED CLINICAL HYPNOTHERAPY)

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Healthy Eating

Winter Solstice Recipes

It is nearly that time of year again when we celebrate the shortest day and welcome back the sun. Last Winter we featured a solstice bread (fruity, sweet and great with some butter or vegan margarine).

This Winter Solstice why not try out these two recipes below.

WINTER SOLSTICE SHORTBREAD

INGREDIENTS

- 16 tablespoons (227g) unsalted butter, softened
- 1 teaspoon salt
- 3/4 cup (149g) granulated sugar
- 1 teaspoon vanilla extract, optional
- 2 1/3 cups (280g) all purpose flour
- 2/3 cup (106g) crystallised ginger

INSTRUCTIONS

Preheat the oven to 160 degrees. Lightly grease two 9" round cake pans.

Combine the butter, salt, sugar, and vanilla in a mixing bowl, and beat until smooth.

Place 1 cup of the flour in a food processor with the crystallised ginger. Process until the ginger is finely minced.

Add this mixture, with the remaining 1 1/3 cups flour, to the butter-sugar mixture. Beat until well combined.

Divide the dough in half, and press half into each pan, smoothing the surface with your fingers or a pastry roller.

Prick the dough all over with a fork. This will prevent it from ballooning up or developing air bubbles as it bakes.

Bake the shortbread till it's golden brown all over, and a bit browner around the edges, about 35 minutes. Remove it from the oven.

Loosen the edges of the shortbread from the pan, using a table knife. Wait just a minute or two, then turn the shortbread out of the pan onto a piece of baking paper.

Use a bench knife, a knife, or (easiest) a rolling pizza cutter to cut each round into 12 wedges. Do this immediately, while the shortbread is still

warm. If you wait, it'll be difficult to cut.

Transfer the wedges to a rack to cool.

Store shortbread, well wrapped, for up to a week; freeze for longer storage. The flavour improves as the shortbread ages.



HOT WASSAIL DRINK

Hot wassail is a hot cider drink infused with spices and fruit juices. It has the flavours of the seasons and is used to welcome in the shortest and darkest day. A warm celebration of Winter that will make your whole house smell cosy.

If you are lucky enough you'll have a fire to curl up next to with this drink in hand, or it is perfect before or after a winter solstice dinner.

INGREDIENTS

- 2 cups cranberry juice
- 2/3 cup white sugar
- 7 cups water
- 3 cinnamon sticks
- 1 tbsp. whole allspice
- 1 tbsp. whole cloves
- 1 cup orange juice concentrate
- 2 cups pineapple juice
- 6 cups concentrated fruit punch

INSTRUCTIONS

In a large pot over medium heat, combine the cranberry juice, sugar and water. Bring to a boil and stir until sugar is dissolved. Place the cinnamon, allspice, and clove into a cheesecloth bag and tie shut. Add to the liquid and simmer 20 minutes. Remove spice bag and add fruit juices. Serve hot.

Liz Wilson

The Thrive Programme

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

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

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

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

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

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



I offer video call sessions within NZ and overseas.

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

Or contact me for a free consultation:

LIZ WILSON

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027 335 4444

**THE THRIVE
PROGRAMME®**

The Oracle's Experience with Hey Mama Natural Remedies

“Don’t sweat the small stuff.”

Jess Stewart makes a wide range of natural remedies to support Mums through the different stages of pregnancy and beyond. Here is a review of some of her products for babies and Mums

Baby Tum – This prediluted essential oil blend is designed to naturally support your baby’s digestive system. Maybe helpful if your baby is experiencing trapped wind, gas, bloating, tummy pains, constipation or colic-like symptoms.

This was a beautiful oil to roll on baby’s tummy and gently massage to soothe her uncomfortable digestion.

Well Baby – Perfect to use when your baby is attending playgroups or preschool to help keep the bugs at bay. Can be used before and after vaccinations to support their immune system, or any time when baby is snuffly, congested, rundown or experiencing cough and cold like symptoms. Nice way to tickle baby’s feet while putting in some goodness.

Calm Baby – May be helpful if your baby is experiencing teething pain, fussiness, is restless, overtired, nervous, anxious, hard to settle to sleep or has difficulty staying asleep. We used it to help our little one fall off to sleep, and stay sleeping! Beautiful blend of relaxing oils, easy to



roll onto feet before booties and bed.

Milk Drops – A prediluted essential oil blend that naturally supports breast milk production. Helpful if you are still waiting for your milk supply to come in or are struggling to produce enough milk for your hungry wee baby. Pleasant tasting and easy to take. Seemed to help me boost milk supply over a couple of days.



Milk Flow – Helpful if you are still waiting for your milk supply to come in or are struggling to produce enough milk for your hungry wee baby. A nice product to apply and have some feet up time while it soaked in!



Boob-Ease Nipple Balm – Breastfeeding can wreak havoc on your nipples, so Boob-Ease will be your new best friend! Made from nourishing butters and oils, it helps soothe and heal dry, sore, and cracked nipples. A delicious cocoa smelling product which was nice to apply and kept my nipples supple and protected!



– Review by Samantha

Q&A with Jess Stewart

What products do you offer?

I am a qualified medical herbalist and I make natural products and herbal remedies to support Mum’s wellness through the different stages of pregnancy, the birth and into the postpartum period. I also make products to support the wellness

of babies and toddlers.

Why is this work so important to you?

I understand the physical, mental, and emotional challenges of being a new Mum. I've been there, I know how hard it can be. I also know from personal experience that natural remedies can help.

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

One of my earliest memories as a kid is of making up potions in the backyard using flower petals, weeds, grass, and dirt! I remember our Nana would read our tea leaves when we went to stay with her, and as a teenager I loved collecting crystals, and was fascinated by astrology. So, I guess I was always drawn towards holistic practices.

But it wasn't until I experienced a bad bout of glandular fever in my early 20's that I really started on my holistic journey. It left me struggling with extreme tiredness and fatigue and my liver was badly inflamed and not functioning properly. After many doctor visits and weeks and weeks off work, I finally visited an Ayurvedic practitioner that was recommended to me.

It changed my life! After just one month of working on dietary and lifestyle changes and taking the suggested herbs, I was feeling so much better (though I still had a lot of recovery ahead of me). It was a lightbulb moment – I realised that this was what I wanted to do and how I wanted to help people. So, I left my job and I signed up for 3 years of study to gain my Diploma in Herbal Medicine.

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

The biggest challenge of my life was becoming a mum. The birth of my son was the most beautiful and empowering experience of my life. What I wasn't fully prepared for were the realities of the postpartum period. Though I had read about it extensively, the real thing was one heck of a rollercoaster ride. I experienced some major lows during this time. I felt a huge sense of lost identity – where was the person I had been before



becoming a mum, and would she ever come back? I often felt isolated and lonely. I felt anger and resentment that my husband got to leave every day, his life seemingly unchanged, while mine had been turned completely upside down. I was sleep deprived and exhausted. At times I felt completely overwhelmed and would just sit by my son's cot and cry.

I got myself through this challenging time by support-

ing my body with herbs and foods that nourished my exhausted nervous system and replenished my energy and vitality.

I used affirmations, goals, and daily gratitude practice to focus my energy on what was good in my life and the things I enjoyed. I also did a lot of learning about self-love and self-care. I learnt that it wasn't selfish to look after myself, it was actually my responsibility to do so. And that was really empowering and the major turning point for me.

It is what inspired me to create Hey Mama. I wanted to use my herbal knowledge and experiences to support other Mums to feel calmer, more balanced, and confident in themselves and empower them in their motherhood journey.

Who should seek your products for holistic wellness?

Any Mum or Mum-to-be who is interested in trying natural remedies and would like some support with their health and wellbeing.

Could you share a wellbeing tip with the community?

People are probably sick of hearing it, because it sounds too simple, but drinking 2L of water each day is one of the best things you can do to support your body!

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

Don't sweat the small stuff.

To see all the Oracle Experiences with our healers and practitioners, go to <https://sunfloweroracle.nz/experiences/>

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Raglan
FOOD CO

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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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

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Winter Foraging

in the Garden and in the Wild

While winter landscapes are not as colourful, there are still plenty of restorative and beneficial plants to harvest.

Keep an eye out for these 5 when you are outside getting some air!

ROSE HIPS The fruit of the rose flower, these can be found in the wild or in your garden. Pick and use fresh or dried. Rose hips are high in Vitamin C and are very useful to reduce pain and stiffness. Steep 2-3 rose hips in hot water for a relaxing tea.

PINE NEEDLES If you take a walk around your neighbourhood you're bound to come across an old pine tree somewhere. Make a "bath tea" by putting a couple of handfuls of fresh pine

needles into a muslin sack or some old pantyhose (rinse the dirt from the pine needles first!), plus a cup of epsom salts (optional), then drop the bag into a hot bath for 5-10 mins before getting in. Pine needles are a wonderfully natural way to relieve pain, reduce stress, relieve skin irritations, and purify the mind. Alternatively if you do not have a muslin bag or pantyhose pick a larger stem or two of pine and lay these branches in the bath (can be a little messy to clean up!)

MINT Once you have established mint in your garden you'll be hard pressed to get rid of it. Luckily, you won't want to as it has many culinary and medicinal uses. Mint is high in vitamins, calcium and antioxidants, making it great for treating a cold, headaches, relieving stress, and it also aids digestion. Put a few fresh or dried leaves into a cup, top with hot water and enjoy it as a tea, especially after a meal.

THYME Thyme can be grown well throughout the winter. It grows wild too but is harder to find in this area. Thyme has strong antibacterial and antimicrobial properties, making it awesome against sore throats. Add the fresh leaves to salads, steep fresh or dried leaves in hot water to make a soothing tea.

DANDELION Growing everywhere all year round, the entire plant is edible so you can't go wrong. Good source of Potassium, Vitamin K, Vitamin A, and calcium. Add the younger leaves to a salad or make an attractive tea using fresh leaves and flowers.

— Ronja Skandera



Denise Prendergast

Harmonic Voice Alchemist

Sound Physician – Soul Activator

I offer multi-dimensional energy healing and DNA activations as I channel Codes of Light from Source, known as languages of the Light. As a Sound Healer I offer multi-dimensional energy healing and DNA activations as I transmit Codes of Light from Source, known as Languages of the Light.

Sound healing is believed to be the wave of the future for the New Earth, and is especially potent when combined with the languages of Light.

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

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

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

In a Light Language transmission, a person uses Light Languages as a tool for reprogramming your energetic field for a specific purpose.



It can be a flow of love, abundance, vitality, healing, creativity — you name it.

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

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

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

DENISE PRENDERGAST

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FB: @soundalchemy

The Oracle's Experience with Nia Dance and Belinda

“Smile at strangers, Kindness is the new cool!”

Late on a Tuesday afternoon after a hectic day at work I headed to my first Nia dance class kitted out in my activewear. Tired after a long day, I was open to a new experience especially one that involved dance!

What I noticed first was the environment that Belinda created. It was lovely, inclusive and welcoming, and Belinda really made everyone feel like they were able to succeed in the exercises no matter what their level of fitness or experience.

Each session has a different focus, and Belinda offered this at the start. We began with slower and softer movements, which then became faster as the session progressed, and slowed down again at the end. The movements were easy to follow and Belinda layered sequences into

three different levels depending on your ability. Incorporating breath work, choreographed dance moves, free movement, yoga, and stretches, Belinda took us through a series of songs working different parts of the body.

Belinda was encouraging to the class and brought a vibrant, free energy to her teaching, even using vocal sounds combined with the movements to create more variety and fun. For a person who loves to dance, it was amazing to take a class that incorporated and encouraged free movement alongside choreographed steps.

Belinda live streams and records her sessions for clients who are unable to make it and makes these available on her website for 24 hours. In our class there were people who were taking part online which is really awesome in our post-lockdown society.

I would seriously encourage anyone who likes



to take group fitness classes to give this a go. It was an invigorating and revitalising workout suitable for all ages and abilities – fun and beneficial for mind, body and soul!

Q and A with Belinda

What services do you offer?

I offer choreographed, easy to follow dance classes to adults, that are so much more than exercise!

I consider the greatest value I offer is a place where people get together and enjoy beautiful music while creating happiness and friendships.

Why is this work so important to you?

I feel passionate about fitness and self-care.

In these times of uncertainty and imminent change I am able to offer classes online and in-person. I believe keeping up social activities on a regular basis can make all the difference to people's well being.

Could you tell us how your interest in Nia Dance began?

I saw a poster advertising DANCE classes and decided I would give it a go. With my background in professional surfing and developing orchards, my relationship with my body was not always kind. From my very first Nia Dance class, I felt so relieved! Finally, I had found a place where I was encouraged to move in "My Body's Way," guided by the pleasure of what felt good.

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

When creating a class for the public I realised there was a level of professionalism required to give the best value for me and my students. The Nia Technique offers Intensive life skills and personal development training. Each year for the last 4 years I have gained a new belt level. First was a White belt, then Green, then Blue, and now I am about to step into my graduation ceremony of being a BROWN BELT!

During Covid I upskilled my IT skills, knowing that some of my senior dancers and especially my dancers living with Parkinson's would benefit from being able to stay home and still attend my classes.

Who should seek Nia Dance as a holistic wellness technique?

Everybody, lol! Particularly those who would like regular time out from their busy lives and come and have some fun.

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

Smile at strangers, Kindness is the new cool!

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

Nobody cares if you make a mistake, it gives a moment where people can relate to being human.

— Vicki Shannon



Self Care Rituals for Winter

An EPSOM SALT BATH is nice way to relax and cleanse your aura. Fill your bathtub with warm water.

As the bath is filling, stand over it and visualize the natural cleansing properties of water. Add a cup of Epsom salts and some essential oils to the bath (sandalwood is calming and grounding; ylang ylang connects to your heart and is a positive feminine power; myrrh promotes inner strength, grounds and centres the mind).

Once the bath is full, light a candle and put on some relaxing music. Get undressed and stand with your hands over the bath. Ask the natural cleansing properties of water to cleanse and replenish you. Immerse yourself in the bath for a minimum of 20 minutes.

As the water leaves the bath imagine all of your negative energy going with it. Thank the water and be revived.

GROUNDING RITUAL – In the winter you may find you are not outside as much and as connected to the earth and nature as you are in Spring and Summer. Here is a short grounding ritual that I would recommend during this time of year and when you feel you may be carrying around negative energy.

Stand with your bare feet connected to Mother Earth. Open your palms, visualize any negative feelings or energy leaving your body and falling through your feet into the earth.

Stand like this for 5 minutes or whatever feels right for you. Thank Mother Earth and carry on with your day. If you have a Red Jasper or Smoky

Quartz you can hold these in your hands.

TURMERIC offers us a myriad of potential health benefits.

Its medicinal uses date back almost 4000 years to the ancient Indian and East Asian medical systems. Among a great deal more, turmeric is an antioxidant, anti-inflammatory, improves symptoms of depression and arthritis, as well as being scientifically proven to reduce risk of heart disease, cancer and Alzheimer's.

Tip – Don't skip the black pepper!
Drinking black pepper may not hold great appeal, but it helps our bodies to absorb the curcumin (a major component in turmeric)

You can drink this at any time of the day, but particularly pleasant is just before bed.

Mix the following quantities and keep in a sealed jar:

- 5 tablespoons of ground turmeric
- 3 tablespoons of ground ginger
- 2 teaspoons of ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground black pepper
- 1 teaspoon ground cardamom

Use 1/2-1 teaspoon of this mixture per cup of milk. We prefer plant-based milk, with organic soy or oatmeal being our favourite.

Put the spices in a pot with a dash of milk to mix into a paste.

Then add remaining milk and heat. Alternatively you can put the spices straight into your cup and then add hot milk.

Sweeten with honey if desired.

– Ronja Skandera



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.

Allysum

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.

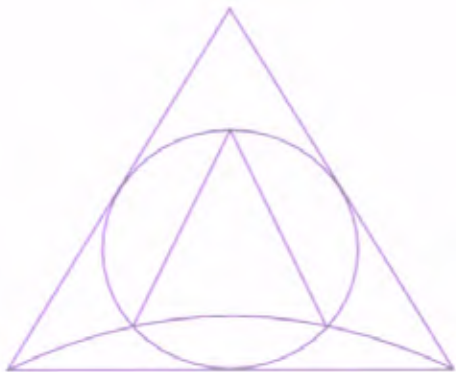
Nasturtium

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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Beacon

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

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

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

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

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

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

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

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

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

1156 Pukuatua Street, Rotorua

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