

Sunflower Oracle

WELLNESS NETWORK

Raglan Whaingaroa

Winter, June 2022

Edition 7

Raglan

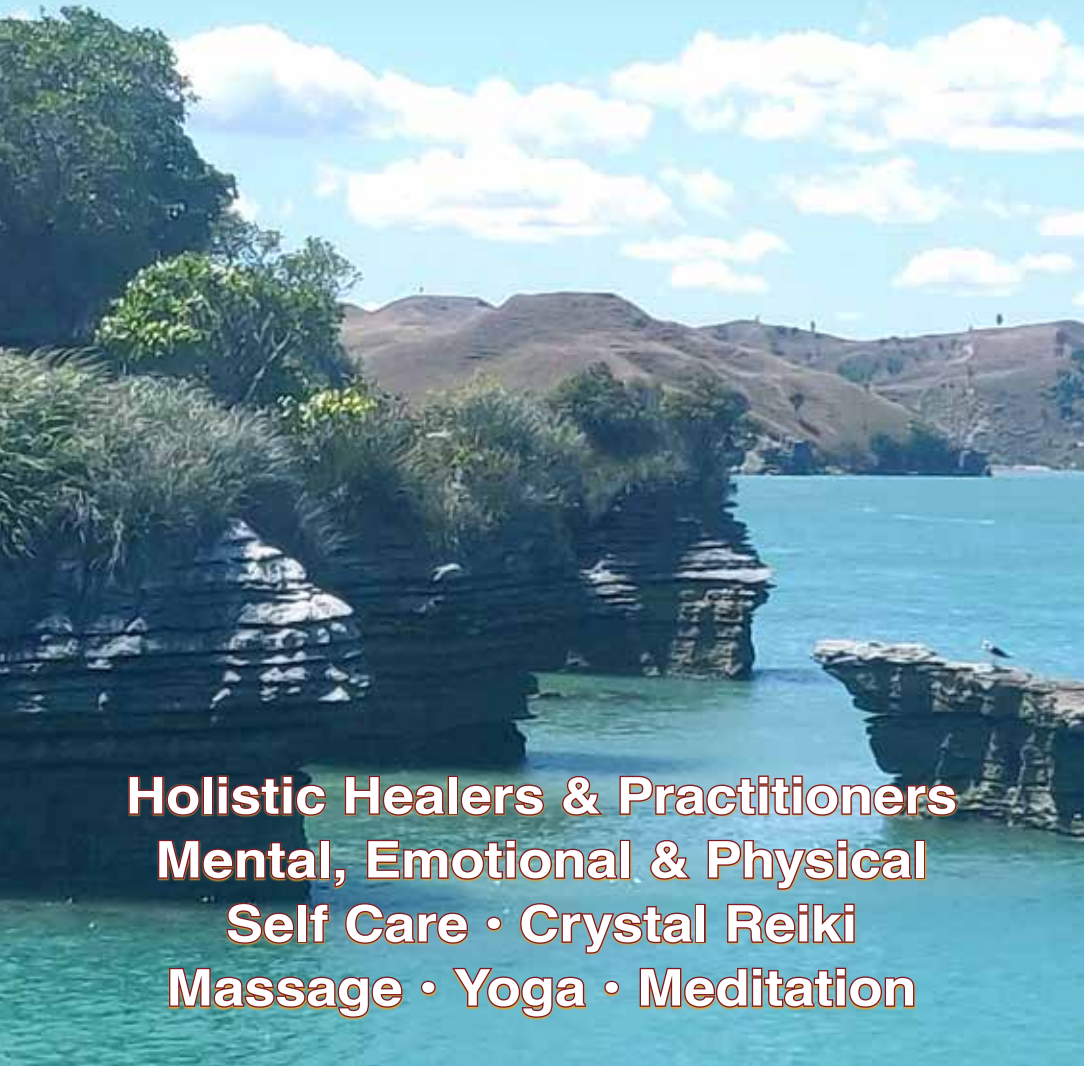
Ruapuke

Waitetuna

Whaingaroa

Waingaro

Te Mata



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

Sunflower Oracle Wellness Network

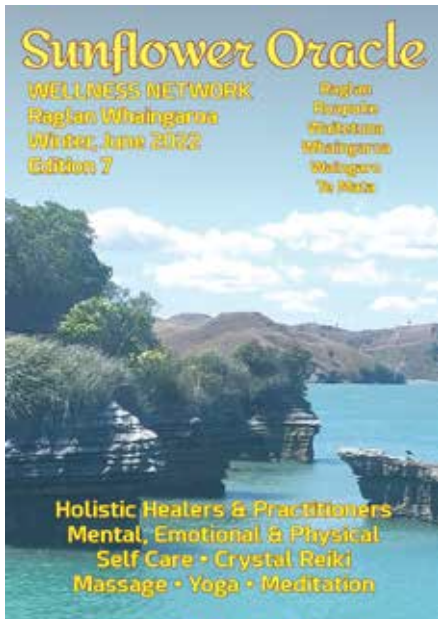
Healers / Practitioners

Jo Sharp	4	Etai Gilad	15
Annie Jameson	4	Penni Bousfield	17
Lisa Kerrisk	5	Sunnyhill Meadows	17
Katie Pickering	7	Mike Jewell	19
Belinda – Nia	8	Dyana Wells	19
Bernadette Gavin	8	Stephanie Philp	21
Ylia Sawitzki	9	Maeve Kelly	21
Nicky Mann	9	Trudi Healing Hub	23
Diane Davies	11	Meredith Youngson	23
Earthhorse	11		

Editorial Articles

Winter Solstice Recipes	6
Power Of Positive Affirmations	10
The Oracle's Experience	
– Maeve, Soul Alignment Therapy	12
Essential Winter Wellness	16
Mandala Art Fun	18
Rewrite Your Story	20
Benefits of Yoga Nidra	22

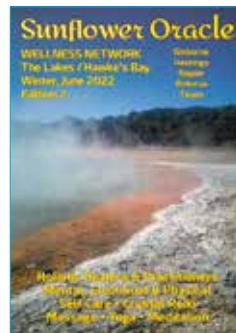
RAGLAN WHAINGAROA
is a sister publication to



**TAURANGA /
EAST COAST**



**HAMILTON
KIRIKIRIROA**



**THE LAKES /
HAWKE'S BAY**



**COROMANDEL
Coming Soon**

Raglan Outlets

Sunflower Oracle is a quarterly magazine and copies are distributed via cafes, shops and boutiques, including: Herbal Dispensary / iHub / La La Land / Raglan Roast – Raglan & Te Uku / Rivet / Rock It / The Shack / SWOP / Zinnia

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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
RAGLAN WHAINGAROA

Edition 7, Winter 2022

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& Ronja Skandera

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

Creating Change In The Body

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

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

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



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

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

Fusion Dance & Constructive Rest workshops.

JO SHARP

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The Healing Power of Sound

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

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

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

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

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



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

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

Transformation may be experienced on many levels.

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

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

ANNIE JAMESON

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www.anniejameson.com

instagram: crystalsingingbowlsNZ

027 713 8580

Lazuli by Lisa Kerrisk

Beauty Therapy, Crystals & Jewellery



Hello, I work from my home studio / workshop in Raglan, where I practice Beauty Therapy using natural NZ made products.

I can offer waxing, lash & brow tints, brow shapes & facials. With each treatment I invite you to give back to yourself, a moment to relax, then return to reality



with a sense of rejuvenation.

I have a beautiful selection of healing crystals for sale & make aromatherapy products, perfumes, facial mists etc.

In my Studio I also create bespoke Jewellery pieces using natural gemstones, silver/gold, & vintage tribal adornments that I have collected from all over the world.

I'm available Tuesdays, Thursdays & Fridays.



To book for a treatment or to visit the Studio, contact:

LISA KERRISK

ruma1@xtra.co.nz

0274406391

I invite you to discover some of my creations on my social media pages

facebook.com/lazuli.raglan

instagram.com/lazuli_raglan

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.

Katie Pickering

Earth and Ease Facials

Experience a botanical facial treatment, using only the most pure and organic products.

As a qualified beauty therapist and experienced facialist, I am empowered to not only guide your skin into balance but also offer a relaxing and rejuvenating holistic treatment.

I am of the belief that less is more when it comes to skincare. A balanced simple routine, using pure, organic and botanical products, not only leaves your skin feeling rejuvenated but also allows its innate wisdom to shine through. Our skin being our largest organ is very intelligent and we only need to work alongside that wisdom for holistic results.

My facials combine naturally derived ingredients and herbal extracts, used through deep cleansing, massage and exfoliation techniques. My goal is to leave you feeling relaxed, rejuvenated and glowing from the inside out!

Set in native bush at the base of Mt



Karioi, enjoy the peaceful ambience of birdsong and ocean waves during your pampering treatment.

KATIE PICKERING

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Instagram @earthandeasefacials



Nia Dance

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

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

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

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

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

STEP INTO A CLASS NEAR YOU

Contact Belinda at www.dancenz.co.nz

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

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

STEP in and experience the MAGIC

BELINDA – NIA

Bernadette Marama Gavin

Author, Healer, Animal Whisperer

Bernadette works both in person and remotely.

"Gentle, Powerful, Profound."

Sacred Journey Guidance

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

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

Animal Whispering

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

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

- rehabilitation after injury
- connection with deceased pets

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

BERNADETTE GAVIN

hello@bernadettegavin.com
bernadettegavin.com
022 383 2159



Ylia Sawitzki

Yoni Mapping

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

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



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

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

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

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

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

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

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

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

For bookings and information:

www.yonimappingtherapy.com/ylia/

YLIA SAWITZKI

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

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

Nicky Mann – re:align

/ Yogalates

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

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

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

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

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

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

Our programmes will:

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

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

NICKY MANN

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



Power Of Positive Affirmations

Article by Vicki Shannon

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

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



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

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

Positive affirmations are beneficial:

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

Positive affirmations you can use:

“I am at peace with life.”

“Be your own reason to smile.”

“I begin and end my day with gratitude.”

“I am one with creation”

“I am worth it!”

“I am enough!”

“Abundance is all around me.”

“The power of positivity surrounds me.”

Sunflower Oracle Online Access

See all the wellness services available from healers

HAMILTON
KIRIKIRIROA

THE LAKES /
HAWKE'S BAY

RAGLAN
WHAINGAROA

TAURANGA /
EAST COAST

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See all the wellness articles from our writers

sunfloweroracle.nz/articles/

Massage & Aromatherapy with Diane Davies



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

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

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

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

DIANE DAVIES

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www.ddma.co.nz
021 969 929

Earthhorse Aotearoa Equine Assisted Therapy & Guidance

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

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

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

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

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

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

SUE AND SARAH

earthhorseaotearoa@gmail.com
earthhorse.co.nz
022 1714 122



The Oracle's Experience

Maeve, Soul Alignment Therapy

“Follow your heart, always.”

Today Maeve accompanied me on an incredible soul journey that taught me to witness the trauma and explore the emotions that I didn't even know I was holding on to. To acknowledge them and let them be felt and be freed.

To many this probably sounds scary as we are often taught to bury our emotions and not let them overwhelm us.

The session began with the witnessing stage. Maeve created a welcoming and safe space. This is where I talked, Maeve listened. I was able to share whatever I had been holding on to. It felt like I was talking

to my best friend. Lots of emotions came up and through her reassuring questioning techniques and encouragement I was able to identify some deep felt emotions that were buried.

At times this was confronting and challenging but I always felt safe knowing that Maeve was on the journey with me. Yes I cried! Yes I vented! Yes there was some anger – but all this needed to be expressed and Maeve constantly acknowledged and encouraged me to feel it in my body and express it in whatever way I wanted to.

The second part of the session was the



soul healing where Maeve called in her guides and took me on a healing journey that released hurts, brought back pieces of my soul, and gave me clarity around all of the stuck emotions in my body.

From a physical level I was lying on a massage table in Maeve's beautiful healing space while she worked on clearing my aura and releasing pressure and tension along my spine, head and neck by laying her hands on these areas. Physical movements such as shaking and twitching occurred as different energy was released. Maeve also provided messages from important people that had passed from the earth and also provided clarity on the generational trauma that I was working through.

It was a challenging but truly incredible experience to work with Maeve. She gave me tools to take away with me. These included herbal tea blends to aid digestion, tips to deepen my own spiritual practise and continue to release emotions.

I am incredibly grateful for this experience and if you are ready to go deep and work through the next stage of your evolution, try something new, or experience something truly incredible then please book in to see Maeve.

Q&A with Maeve

How did you begin your work?

I began my work as a therapist in 2009 as a Reflexologist. From the very start, I found that my work was deeply intuitive and energy based, and more about feeling the movement of life through the channels of the body, perceiving emotional blockages and understanding the language of Soul as it manifests in the physical body as disease. As a result, I continued my journey of learning through Reiki, Seichim, Magnified Healing, Ancient Lomi Lomi healing & Celtic Shamanic Practices, and more recently Romi Romi, the traditional Maori healing massage.

How long have you been working at it?

I have been doing energy healing work for approx. 13 years now. When I began working with people, one on one, it felt very natural to me. However, when I discovered my spiritual guides/family and began my apprenticeship with them, this is when I really began to embody the truth, that everything I need to understand already exists within me. This is when I began in earnest, the process of revealing my own wisdom.

It has been a journey of profound remembering, and regathering the lost aspects of myself. This journey of Soul retrieval has been my life's work for the last 13 years, both personally and with others. The work involves a deep level of self-compassion which is embodied through awareness, allowance and trust. It also involves the complete wholeness of our individual experience, which includes all of our stories; particularly our hidden traumas.

Regathering is the next step onwards from understanding trauma, and it's often the missing piece of the puzzle. The combined energies of intention, compassion, acknowledgement and embodiment are awakened in order to bring a chapter of healing to fruition.

Why is it so important to you?

My own personal journey of healing is consistent and foundational to the safe space which I offer to others. The depth of my journeying and my willingness to experience my own vulnerability, is reflected in my capacity for empathy & understanding, and the depths to which we can journey together within that space.

Which spiritual practices steer your work?

My Soul family consists of Archangels, Ascended Masters and Ancestors who guide my work. I have faith in the energies which arrive with each person, which are

so particular to that moment of healing and to their unique path. There is always a great opportunity for expansion and for regathering, and it is a great blessing to work with others at these pivotal times in their lives.

I also work deeply with Mother Earth, Mount Karioi, with the energy medicine of plants, with beings of the land, waterways and with trees (keepers of our ancient wisdom).

Who is someone that inspires you?

I am consistently inspired by every person who sits with me in sacred space. Each individual has a story of endurance; of vulnerability and of hidden strength; of the masks and armour they have created to survive and of their brave and inspiring intentions to shed them, and to try to see the world and others through the eyes of their hearts, both despite and because of their own wounds. I feel continuously humbled and blessed to work in this way.

How would I advise someone starting out?

Follow your heart, always. Wherever it leads you there is learning, and no matter the territory you are always becoming. The more you open up to healing, the more interesting life becomes and you will find more and more opportunities to witness yourself and grow. The more space you can hold for yourself, the more you can turn up for others. It's not a race, and you find yourself racing, then notice that, with love. With loving awareness everything changes, but it has it's own rhythm. Our innate healing doesn't march to the beat of our cultural drum... it flows with the cadence of our heart and our blood. So, trust in your body's language, and take the time to learn it.

What would you tell your younger self?

Nothing. It was the perfect journey of learning for me, everything in its divine place.

What obstacles did you face to get here?

I have met with, and continue to meet with, my deepest pain & fears. I have taken leaps of faith, and have met with the challenges of life. I have come to know them all as beauty, and all the road blocks and hurdles as divine blessings. But the biggest challenge of all in terms of my work has been to take ownership of who I am, in a world where I have sometimes felt judged for being someone who walks between worlds. But this is also my guiding principle and keeps me diving deeper into my Soul territory to reveal and heal more, to keep testing my own boundaries and releasing my own armour, to stay true to my intentions and keep making room for more love and understanding.



Etai Gilad

Counselling & Hypnotherapy



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

– Michelangelo



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

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

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

ETAI GILAD

etai@artofchangetherapy.com
<https://artofchangetherapy.com>
027 508-0577

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

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



Sam Walker
Natural Epsom Salt
...and more

Food grade and chemically pure
Natural Epsom Salt

- Unscented vegan candles
- Natural soaps
- Essential oils
- Crystal Energy Generators
- Magnesium cream
- Inspirational cards
- Jewellery
- Books, Cds
- ...and more

www.epsomsalt.co.nz

Essential Winter Wellness

Article by Ronja Skandera

The use of essential oils can be a beneficial addition to any home, health and beauty routine. In the season of sore throats and runny noses, why not try the following blend of essential oils which may help you combat the winter ills and chills.

For a warm winter bath

Add to the bath water 2 drops thyme linalol, 2 drops tea tree, 1 drop eucalyptus radiata, 3 drops geranium, 3 drops cardamom

Steam bath inhalation

Add to a bowl of hot water 1 drop thyme linalol, 1 drop lavender, 1 drop geranium. Inhale the steam with a towel over your head, keeping the eyes closed.



Chest and sinus massage

Add to 2 teaspoons of carrier oil (e.g. hemp seed oil, jojoba oil, calendula oil - or add to 2 teaspoons of aloe vera) 1 drop lemon, 2 drops eucalyptus radiata, 2 drops rosemary. Rub on chest and on upper lip, taking care not to introduce oil into nostrils!



Yogavana Yoga with Penni

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

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

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

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

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

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

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

YTT 200 – Ashram Yoga

Yoga Nidra Level 2 - Ashram Yoga

YTT 150 Tantrik Hatha Yoga

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

PENNI BOUSFIELD

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Sunnyhill Meadows Crystal Reiki/Meditation

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

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

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

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

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

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

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

SUNNYHILL MEADOWS

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Find us on Facebook!



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



Mike Jewell – Holistic Personal Training

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

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

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

As a trainer Mike works with you as a whole person, combining all the elements needed to get you to your best. He will start where you



are and work toward your goals in a sustainable way that is fun and super effective.

The training focuses on natural movement patterns helping you improve strength, fitness, mobility and flexibility all in one.

Mike infuses breath and mind-body work to leave you feeling energised, vital and balanced.

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

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

MIKE JEWELL

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Dyana Wells Somatic Practice

Somatic practice developed out of my love of yoga, meditation, Kum Nye and self development. It is a practice based on moving slowly in unfamiliar ways, with awareness, less effort and more pleasure.

This kind of movement allows the body to release life-long patterns of tension and restriction. The somatic organism knows how to move in a pain-free, graceful way. By waking it up to



unhealthy movement patterns, which over the years have become fixed in the unconscious part of the brain, somatic practices will naturally unravel them.

There seems to be no end to the improvement possible. It has the ability to transform your practice of yoga, surfing, pilates, walking etc.

It has been said the every pattern of muscular tension has an ego profile, a psychological strategy by which the being disconnects and protects itself. In the journey back to wholeness, somatics cultivates an open, trusting, connected way of moving – which in turn facilitates a more open and connected way of living

Somatic practice is possible for anyone. It does not depend on a particular level of fitness or flexibility. This is part of its beauty.

I am available for one-on-one sessions. I am also running classes at 24 Lily Street on Thursday mornings from 9:30-10:45 starting July 21st. If you are interested please contact me.

DYANA WELLS

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Rewrite Your Story

Article by 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



How To Gain An Unfair Advantage – Steph Philp

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

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

Get the best from everyone

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



here and internationally.

Your trainer

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



International NLP Practitioner Certification Training

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

Coach Training Masterclass

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

STEPHANIE PHILP

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Maeve Kelly – Soul Alignment

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

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

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



meditation.

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

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

MAEVE KELLY

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

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

— Rumi

Benefits of Yoga Nidra

Article by Ronja Skandera

Yoga Nidra can also be referred to as yogic sleep. This is a relaxation or meditative technique that explores the state of consciousness that we experience halfway between being awake and being asleep.

This state is reached through guided meditation, with the practitioner lying down. It is a systematic form of meditation, that takes you through the 5 layers of self, thereby achieving a sense of being whole or complete.

The cool thing about this practice is that it is accessible to everyone. No challenging poses to hold, no strength or flexibility required. If you can lie down on your back, you can practice Yoga Nidra. In addition, you'll find it hard to think of an excuse not to do it.

When you are in bed and ready to go to sleep, this is the perfect time to spend 5 minutes practising Yoga Nidra. Just put your headphones on and listen to a Yoga Nidra meditation on Spotify or Youtube and then drift off to sleep.

Yoga Nidra does some pretty amazing things to your body and your brain. From the beta, or awakened state, your mind moves to the alpha, or relaxed, state – achieved through a series of breathing and body relaxation exercises that balance the sympathetic and parasympathetic nervous systems, and the left and right sides of the brain.

From here we enter the theta, or dream state. This is where our thoughts massively slow down, and we begin to experience a feeling of nothingness. At this point we reach the delta state – where we experience little to no thoughts, and restoration and regeneration at a physical level occurs.

Yoga Nidra improves your sleep, teaches you a sense of awareness about your day to day mental and emotional state (mindfulness!), increases mood and sense of well-being, reduces stress, enhances memory, and much more.



The Healing Hub – Massage with Trudi

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

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

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

If you feel the calling I would be honoured

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

Testimonial

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

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

– Daina Agnew, Raglan



TRUDI – THE HEALING HUB

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Meredith Youngson – Access Bars

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

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

Bars can really help when:

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

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

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

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

Sessions take around an hour and cost \$60.

MEREDITH YOUNGSON

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shop
without
packaging



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

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

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



9 Bow Street Raglan 0279677467 www.swop.nz