


# Sunflower Oracle

**WELLNESS NETWORK**  
**Tauranga / East Coast**  
**Winter, June 2022**  
**Edition 5**

**Bay of Plenty**  
**Mount Maunganui**  
**Papamoa**  
**Tauranga**  
**Te Puke**

An aerial photograph of the Bay of Plenty coastline. In the foreground, a large, green, grassy hill (Mount Maunganui) rises from the water. The hill has a rocky peak and a winding path. To the left of the hill is a sandy beach and some buildings. The water is a deep blue, and the coastline is visible in the background with more hills and towns.

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



Healers / Practitioners

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Sunflower Oracle  
TAURANGA / EAST COAST  
is a sister publication to



HAMILTON  
KIRIKIRIROA



RAGLAN  
WHAINGAROA



THE LAKES /  
HAWKE'S BAY



COROMANDEL  
Coming Soon

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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.

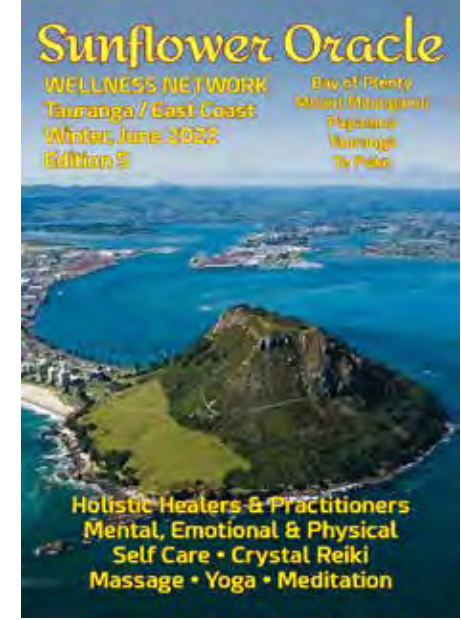
It is often included as a part of winter festivals on, or near, the winter solstice so why not take some time to try out this practise during the coldest and darkest time of the year. Light your way and spread the light with you.

Warmest blessings  
Vicki on behalf of Ronja & Brian



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## The Journey ThetaHealing™

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

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

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

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

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

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

I now do Zoom healing sessions.

### ALAN WILLOUGHBY

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## Diane Rosenberg Replenish Kinesiology

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

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

I regularly hold workshops in Tauranga and around the country.

A Kinesiology session may:

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

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

— Helen F, Brisbane

### DIANE ROSENBERG

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90 minute Consultations in clinic or via zoom.

## Dr Simon Street Mojo Dojo: Chiropractic and Vitality Studio

**"My passion is guiding people towards a state of wholeness. There is nothing more fulfilling for me than to witness a return to heart-based living – a reconnection with our authentic selves. I am constantly in awe of our humanness – our capacity to forgive, to integrate challenges, and to love."**

Dr Simon Street is a Chiropractor specialising in Network Spinal and Compassionate Inquiry. He has always been drawn to experientially investigate the relationship between mind and body. Simon facilitates healing in a unique way – expanding openness, safety, and connection in the mind-body – at a felt-experience level. He aims for clients not only to feel better, but also to become better at feeling.

**Network Spinal** is an evidence based Chiropractic approach to wellness and body awareness. Gentle and precise contacts to the spine cue the nervous system to create new wellness promoting strategies. Two unique healing waves develop that are associated with spontaneous release of spinal and life

tensions, and the use of existing tension as fuel for spinal re-organization and enhanced connection with life.

**Compassionate Inquiry** is an approach developed by Dr. Gabor Maté that reveals what lies beneath the appearance we present to the world. Through Compassionate Inquiry, the client can recognise the unconscious dynamics that run their lives, and how to liberate themselves from them.



### SIMON STREET MOJO DOJO

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Photos by Ines Silveyra ([facebook.com/Inessilveyra.photography/](https://facebook.com/Inessilveyra.photography/))

# 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](mailto:thesunshinehub@protonmail.com)



## Colleen Smith Holistic Massage

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

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

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

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



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

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

**Elohim Healing** –

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

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

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

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

**COLLEEN SMITH**

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## Kati Ludwig Counselling – Therapy

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

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

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

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

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

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

**KATI LUDWIG**

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# The Oracle's Experience with Kati Ludwig & Alice Sea

**“We are all going through a journey of being challenged, but also a journey of expansion into our next best version of ourselves.”**

**As I entered the space for the sound journey, I immediately was immersed by the warmth and healing energy.**

We experienced a series of meditative songs, each accompanied with Kati and Alice's melodic voices paired with various instruments, including singing bowls, hungdrum, didgeridoo and flutes just to name a few, all transporting us into an inner self discovering journey.

With every frequency and vibration we were led to a deeper and deeper relaxed state, as Kati weaved in imagery, healing reiki energy, and

gave us gentle reminders to remember who we truly are – we are love, light & peace.

One particular mindful visualisation I found powerful was when she guided us to visualise ourselves on the top of a mountain and watch our thoughts flow down a stream, reminding us to not be attached to our thoughts but to be an observer.

This was followed by a cleansing breathwork exercise, inducing a state of total relaxation and I felt completely restored and balanced.

Time seemed to fly by as I dove deep in my journey. It was a beautiful immersive experience, filled with sound healing, meditation, reiki, breathwork and much more!

## Q&A with Kati Ludwig

**What services do you offer?**

I offer a full range of psychological and coach-

ing services as well as energy healing (Reiki & Sound healing). I offer workshops and groups for women that focus on empowerment, self development, self care and self compassion as well as women's circles, whole weekend women's retreats, and courses on practical tools to find peace and calm our minds that include energy psychology and meditation just to name a few.

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

My work is important to me!

The intention and purpose is to remind all of us of our inner light, love and power, and to support everyone to step into their power and potential – more and more and more with each breath and step that they take – so that we may live our fullest lives and unfold, realise and recognise our fullest potential.

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

My interest began probably in my teens and early twenties. I am a person who loves travelling the world and have curiosity for different cultures, countries, ways of being, ways of living and getting to know new things.

I came across yoga and holistic ways of healing from Eastern cultures very early on and over the course of my travels I connected a lot with India and the Yogic healing tradition, traditional Chinese medicine and meditation, mindfulness and body focused approaches.

At the same time I was studying psychology in Germany. All of that came together and – flowing life like – the pieces of a puzzle I had collected over the course of my life fitting together. My manifestation of that is the Mind Your Karma Retreat & Self Development Centre.

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

One main obstacles that I faced – that a lot of people can probably relate to – was self doubt and doubting the path or even the inner competencies and skills. Do I have enough knowledge, do I have enough skills, do I have enough competence?

How we overcome that is the pathway of acknowledging – instead of looking away from these inner wounds is to actually engage with them in a loving and compassionate way.

**Who should seek Mind Your Karma as a holistic wellness technique?**

People who feel an inner resonance or who feel called to come to the Mind Your Karma Healing Centre and work with me, or anyone who is facilitating the beautiful healing services. They have probably already felt something that was right. It could be people that struggle with navigating life, or difficult decisions, or questions about their inner states of being, such as anxiety or anger or feeling lost or disconnected from themselves or others or life in general.

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

Now that we are transitioning into Winter my emphasis is having a self care routine in place that incorporates the journey of attending to our needs. This means delving deeper into what are our needs physically, emotionally, mentally, spiritually and so on.

Delving into that and allowing that to be part of our day to day life – that could be as simple as recognising and realising I need half an hour to ten minutes by myself to have a cup of tea, coffee, meditation or movement of a yoga sequence to start into my day.

Or it could be the realisation that I need a few breaks in my day to recalibrate and reflect internally to what lies still ahead. This is a simple tip to stay in the present moment – to keep it as simple as it can be by attending to the needs that unfold right in front of us. Every day is different so our needs are different.

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

I would say wait before you judge yourself and anyone else and remember that we are all going through a journey of being challenged, but also a journey of expansion into our next best version of ourselves.

Remember that we are all at different stages in that journey. Basically we are all the same – we all are on our way back to light, clarity, and peace – we just walk the path in different ways.

– Experience and Q&A by Carina

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





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## Cancer Healing Roadmap – Justine Laidlaw

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

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

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

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

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

### Testimonial

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

– Much love and gratitude Hayley xx

### JUSTINE LAIDLAW

Holistic Cancer Support  
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## Te Pae O Rehua – The Beam of Beauty

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

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

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

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

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

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



life and their experiences.

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

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

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

healing is the reconnection to it.

### MISSY

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



# 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



## Ruth Holden

### Reiki – Angels on Earth

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

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

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

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

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



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

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

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

Blessings!

**RUTH HOLDEN**

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## Jess Stewart

### Wellness for Mum & Baby

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

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

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

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

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

Wishing you abundant health & happiness,

**JESS STEWART**

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# 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/>



## 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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## Michelle Blakely – Wholehearted Health

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

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

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

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

There is no need to suffer.

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

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

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



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

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

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

### MICHELLE BLAKELY

Holistic Health Practitioner  
& Wellbeing Coach  
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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.

## Tasmin Fourie ROAM Holistic Wellness

### Heya, I'm Tasmin.

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

### As a Homeopath

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

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

### As a Birth Doula

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

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

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

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

### TASMIN FOURIE

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## Glenda Ruddenklau CranioSacral Therapist

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

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

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

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

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

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

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

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

### GLEND A RUDDENKLAU

LTCL AIRMTNZ CST  
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Reiki Master/Teacher  
Registered Teacher of Singing, Piano & Theory  
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