

# Sunflower Oracle

**WELLNESS NETWORK**

**Hamilton Kirikiriroa**

**Spring, September 2022**

**Edition 7**

**Cambridge**

**Hamilton**

**Huntly**

**Matamata**

**Ngaruawahia**

**Te Kuiti**

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

# Sunflower Oracle Wellness Network

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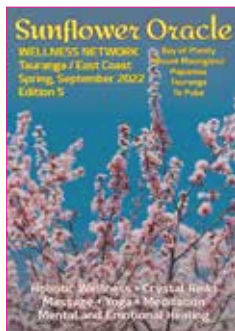
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**Sunflower Oracle**  
**HAMILTON KIRIKIROA**  
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## TAURANGA EAST COAST

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The content of Sunflower Oracle magazines and websites is for educational and informative purposes only and is not intended to serve as medical or professional advice. You should consult your physician, other health care professional and the healer to determine if the modality is suitable for your unique needs.



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[www.sunfloweroracle.nz](http://www.sunfloweroracle.nz)

# Spring Awakening

## Vicki Shannon



**As the flowers begin to bloom, the lambs begin to jump around the fields and the daylight hours increase, another Spring edition of the Sunflower Oracle is born.**

Our five areas – Hamilton, Raglan, Tauranga/East Coast, and The Lakes/Hawke's Bay – continue to welcome new practitioners and healers. The reach of our website and social media is growing like the daffodils in the fields.

Spring is a time for reawakening, new beginnings and transformation. Many animals are re-emerging out of the darkness and cold of Winter.

What could you do to transform from the dullness of Winter into the light of Spring? This could be a time to clear out the wardrobe, dust off some old shoes or get a new haircut.

Spring is also a great time to start something new. Perhaps there is a new skill you have always wanted to learn, like sewing, painting or wood craft. Spring is also a great time to stop, see your progress, project your future, make some changes,



try new things and make necessary plans for a more fulfilling life.

We at the Sunflower Oracle send you our warmest Spring blessings. Take time to embrace the light, smell the flowers – and water the seeds that grow in the garden of your heart.

Warmest blessings

Vicki, on behalf of Ronja & Brian



### Sunflower Oracle

#### HAMILTON KIRIKIRIROA

Edition 7, September 2022

Compiled and Edited by Vicki Shannon  
and Ronja Skandera

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at [authorbrian.com](http://authorbrian.com)

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**Healers, Modalities &**  
**Online Services options**  
[sunfloweroracle.nz/directories](http://sunfloweroracle.nz/directories)



# Healing Power of Sound

## Annie Jameson

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

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



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

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

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

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

Transformation may be experienced on many levels.

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

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

### ANNIE JAMESON

[annie@crystalsingingbowls.co.nz](mailto:annie@crystalsingingbowls.co.nz)

[www.anniejameson.com](http://www.anniejameson.com)

[www.instagram.com/crystalsingingbowlsnz/](https://www.instagram.com/crystalsingingbowlsnz/)

027 713 8580

# Sue Xu Therapy

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

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

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

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

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

May we all cherish our one-way trip!

### Testimonial

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

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

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

– Glenn Scott

### SUE XU

[suexuthery@gmail.com](mailto:suexuthery@gmail.com)

022 681 0143

Also at Infinity Spiritual Centre Hamilton



# Stacy Sadler

## Intuitive Tarot & Oracle Reader

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

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

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

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

I am available for in person readings



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

### **More services I offer are:**

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

I look forward to connecting with you!

### **STACY SADLER**

hello@stacysadler.com

Instagram: stacystarot

Facebook: stacysadlertarot

www.stacysadler.com

Also at Infinity Spiritual Centre



# Spiritual Counsellor – Gayle Orr

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

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

I started by learning tarot, meditation, Aura, and basic spiritual connection and how to trust and believe in my gift at the Francie

Williams Foundation in Auckland. I studied numerology in depth and I use that modality daily.

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

## Lois Rowell – Indian Head Massage

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

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

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



## Janet Louise – Clairvoyant, Tarot, Usui Reiki



**Merry meet. I'm Janet Louise of Happyspirit.**

It's fabulous you stopped by...

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

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



to create an amazing healing experience.

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

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

and their journey in this life time.

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

#### **GAYLE ORR**

gorr@xtra.co.nz

facebook: fbnewdirections2016

027 291 7150

and the elderly.

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

Emotional Freedom Technique works on

clearing a vast range of emotional issues.

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

#### **LOIS ROWELL**

loiserowell@gmail.com

027 2881148

Also at Infinity Spiritual Centre Hamilton

I offer:

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

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

the options that are presented to us.

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

I look forward to guiding you on your journey.

In love, light, peace and happiness.

#### **JANET LOUISE**

0274-854443

Empowering People to LIVE life.

Have a super, happy, sparkly day.

# Cushla Richardson – HypnoBirthing

## Embracing birthing wisdom. Empowering birth experiences.

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

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

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

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

HypnoBirthing® is a beautiful birthing philosophy



that offers many tools to guide women to feel physically, mentally and spiritually prepared for childbirth, including affirmations, self-hypnosis, relaxation, breathwork and positive education.

Over the course of 5 weeks you are guided to connect with your innate birthing wisdom and are supported in envisioning a positive birth experience, leaving you feeling empowered and excited for your birthing day.

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

### CUSHLA RICHARDSON

Cushla@earthandsoulmama.co.nz

www.earthandsoulmama.co.nz

## Ātaahua Beauty – Victoria Bramley

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

Tēnā koutou katoa – Greetings to all.

Ko Tainui te waka – Tainui is the canoe.

Ko Waipa te awa – Waipa is the river.

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

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

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

Ko Waikato te iwi – Waikato is my tribe.

Ko Victoria tōku ingoa – Victoria is my name.

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

Te whakanikoniko i tō mauri rerehua me to iora.

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

At Ātaahua we believe in looking after your

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

Victoria specialises in practising:

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

We strictly follow Kaupapa, tikanga and ancient Māori traditions.

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

### VICTORIA BRAMLEY

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www.ataahuastudio.co.nz

0220645877





# Seasons and Circles

## Lynley Erin

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

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

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

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

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

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

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

### LYNLEY ERIN

For more information and to connect, see my website:

<https://www.lynleyerin.com>



## Sunflower Oracle Articles

Healthy eating. Holistic self-care. Creative arts.

Meditation practices. Movement & Dance.

[See more at sunfloweroracle.nz/articles](https://sunfloweroracle.nz/articles)

# The Oracle's Experience

## Reading & Reiki with Sarah Sparkles

**“Keep going towards your dreams, they come to you for a reason, not everyone else will understand.”**



**Nestled beside the wairua of the Waikato River in River Terraces, Ngāruawāhia, Sarah welcomed me into her home. A tranquil, peaceful, calm sanctuary with an energy that had me wanting to stay all evening.**

A warm cup of Zen herbal tea and healthy snack were already prepared as we sat down in the living room next to a beautiful table with three oracle card decks that Sarah had intuitively selected for the oracle card reading. This was the first part of the session.

A relaxed conversation began where Sarah made me feel comfortable, at home and listened to, constantly holding space for me to relax. Then Sarah asked if there was a specific question I had to ask of the cards on this Spring evening. I wanted a general reading for my life at this time. Using her intuition, Sarah did a three-card spread with one card for strengths, one for heart and one for challenge, each selected from a different deck. The core messages that came through were believe in yourself and your grounded feminine power, trust the path the universe has for you – and make it simple. This really resonated with me and was a lovely lead into the Reiki session that followed.

Comfortable on the massage table and surrounded by unobtrusive, relaxing, calming music, Sarah channelled Reiki energy. The tension in my head and neck released and I found myself drawn to the element of water.

The messages from the Oracle cards came through as a personal mantra and song in my head and the image of a fairy on a flower surrounded me. It was lovely!

I would highly recommend the combination of reading and Reiki hosted by Sarah. I left the session feeling more clarity about my present path, a release of the physical pressure in my head and a comfort wrapped around me.

### Q&A with Sarah Sparkles

#### What services do you offer?

- Reading + Reiki sessions
- Sacred Women's Circles
- Intuitively Created Guided Meditations
- Retreats
- 1:1 Holistic Lifestyle Coaching

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

I feel like we can become lost in following things we're told to be or do, and push down who we really are to try fit in. My parents passed away in my early 20s which deepened my path into personal and spiritual development. I believe we need to support each other to remember to follow what's in our heart and connect with our spiritual side. I enjoy sharing the Te Whare Tapa Whā model by Mason Durie where wellness is looked at holistically to include our physical, mental/emotional, social/whānau, spiritual and whenua/land connections.



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

I remember growing up and my Mum learning Reiki. I felt stuck working a corporate job that didn't fulfil me and I reached out to a Spiritual Life Coach who supported me to create shifts and changes in my life. Returning home after living in London I studied Reiki and Oracle Cards. After experiencing a Women's Circle in Bali I knew I had to bring the magic back home with me. Since the

first retreat I experienced I've loved them and have wanted to host and guide others – I hosted my first one this year and I'm excited for more to come!

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

It can be an uncomfortable journey, growing and changing and trying new things. Having the support of coaches and friends has helped me to keep going. I've often felt alone which has drawn me to create experiences to connect others so that they don't feel as alone in their journey.

### Who should seek Reiki and oracle card readings as a holistic wellness technique?

If you're feeling a bit stuck, energetically full/heavy or looking for a bit of clarity, a Reiki + Oracle Card Session is a great reset!

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

Keep putting yourself out there to make new friends! We are social creatures and need this support for our wellbeing. As adults we often tell ourselves it's harder to make new friends. Go to the events that catch your eye or take a look at Facebook groups or Meetup.

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

Keep going towards your dreams, they come to you for a reason, not everyone else will understand. Lean into your creative spirit and open yourself to connect with like-hearted souls – they are out there! Some people may drop away from your life, nothing personal – they can be in our lives for a season, a reason or a lifetime!

– Experience and Q&A by Vicki Shannon

## Sunflower Oracle Online Directory

See all the online services available in your region

Raglan Whaingaroa



The Healing Power of Sound - Annie Jameson

Hamilton Kirikiriroa



Brain Bloom Room -

Tauranga East Coast



Little Reiki Retreat -

Lakes Hawke's Bay



Gail Worthington -

[sunfloweroracle.nz/online-directory/](https://sunfloweroracle.nz/online-directory/)



# Pippa Leslie

## QHHT hypnosis practitioner & Reiki Master

**Pippa's energy is loving, caring and warm. She touches the lives of everyone she meets with her wisdom and knowledge.**

She teaches as she learns. She shares whatever she channels and receives.

Pippa is a qualified Quantum healing hypnosis practitioner, Reiki Master and intuitive channel.

She helps you heal, explore past lives, move through trauma, subconsciously heal, find peace and connect to your divine self.

Online services:

- Past life regression workshop shops
- Distant online healing
- Online readings

As Pippa's passion is to help others heal

and recognise their divinity, her services align with exactly that. Reiki can be a powerful tool to open her client's minds to possibilities and to the potential they have within. Whereas hypnosis takes her clients on a deeper journey to explore their past and allow their subconscious to assist. In recent years Pippa has been aligning with her connection to God and using her channeling gifts to help guide others on their journey. She has an ability to connect to her guides and yours to deliver messages whilst healing.

### PIPPA LESLIE

[guidance@beautyisfoundwithin.com](mailto:guidance@beautyisfoundwithin.com)

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027 246-8989





# Infinity Spiritual Centre



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

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

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

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

Evening sessions bring:

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

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

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

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

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

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

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

**NEW** Men's group and more coming soon!

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

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

Blessings

Barry, Amanda and Nina

**INFINITY SPIRITUAL CENTRE**

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[www.crystalshopinfinity.com](http://www.crystalshopinfinity.com)

07 838 1 838

# First Light Flower Essences – Steven Lydford

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

Once I started working with these essences the shifts that I was having were incredible, which I also witnessed in friends, family and clients. They are an integral part of my life and it is a privilege to be



## Kerry Brown – Crystal & Reiki Healer

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

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

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

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

## Namaste Clinic – Shirley Green

**Healing Body, Mind and Soul**

**Offering Individualised therapies and a range of Courses**

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

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

Shirley Green owner/Therapist has been involved in massage and Natural healing

for about 30 years. She offers a wide range of therapies, which can include aspects from the following modalities: Acupressure, Polarity, Reflexology, Aromatherapy, Crystals and Reiki, Intuitive Aura Clearing, Chakra balancing and Alignment.

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

All therapies are a unique combination of the modalities that are appropriate for you at the time of your visit and always cater for your needs in a consultation ensuring you

able to pass on the incredible information within the sacred plant medicine of New Zealand.

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

When a person ingests or places the drops of the flower essence, which contains the plant vibrations or plant

energy under their tongue, the holistic healing vibration is transferred into their body by a process called resonance transfer. This process works to rebalance the holistic person, their physical, emotional, mental and spiritual levels.

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

#### STEVEN LYDFORD

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www.floweressencetutor.com  
021 121 9514

physical dis-ease.

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

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

#### KERRY BROWN

InHarmonyYogaNZ@gmail.com  
021 154 1474  
FB: InHarmonyYogaandWellness



gain the full benefit of your therapy. We cater for all ages, babies to all adults.

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

Anyone can do the courses; no prior knowledge or experience is required. The

courses are fun, informative and provide an opportunity to meet likeminded people.

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

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

#### SHIRLEY GREEN

For more information on Therapies and Courses visit [namasteclinic.co.nz](http://namasteclinic.co.nz)  
or Contact Shirley on 0272239532  
or email [joeandshirleygreen@xtra.co.nz](mailto:joeandshirleygreen@xtra.co.nz)

# Create Your Own Vision Dream Board



Vision boards or dream boards are a collection of images, words and phrases that speak to the future you want to create. They are used to manifest and create the future of your dreams and give you something to focus on.

If we live in the energy of being grateful for the things we want, they are more likely to happen as we are energetically creating them. Rhonda Byrne refers to this as “your top ten list.” In her book *The Magic* she suggests writing down your top ten list everyday as if you already have them.

For example a gratitude phrase like “Thank you, thank you, thank you for the overseas holiday.” Dr Jo Dispenza in his book *Breaking the Habit of Being Yourself* discusses quantum physics and how your quantum field (energy field)

changes if you are living as if your dreams have already come true. This is called manifestation!

So, create your own vision dream board:

**STEP ONE:** Write a list of your top ten desires eg: I want to reconnect with my lost Aunt, I want to own a house, redecorate my bedroom, etc

**STEP TWO:** Collect images, quotes, coloured paper, pens, glue, etc that can be used to create your vision board

**STEP THREE:** Cut, past and glue (or digitally create) your dream board. It is basically a giant poster of your top ten desires (see the picture for an example).

**STEP FOUR:** Put your dream board somewhere prominent where you will see it every day such as your altar or on your bedroom wall.

**STEP FIVE:** Manifest all your dreams!



# Crystal Lee - Multi Dimensional Healer

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

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

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

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

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

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

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



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

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

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

**CRYSTAL LEE - HOLISTIC HEALER**

[www.crystal-lee.co.nz](http://www.crystal-lee.co.nz)

[withlove@crystal-lee.co.nz](mailto:withlove@crystal-lee.co.nz)

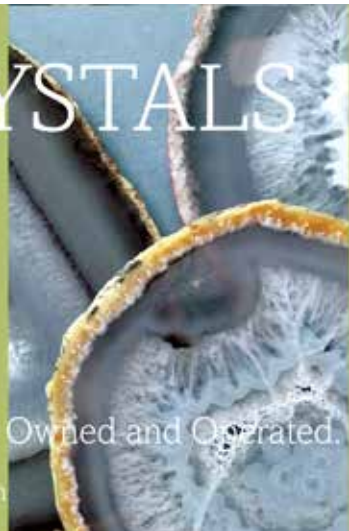
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## WAIKATO CRYSTALS

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# Good Bugs – Creating Change

**Hi, I'm Marea Verry the main face of GoodBugs, and a self-styled health advocate. I have been interested in fermentation and nutrient dense food for the last 20 years.**

My partner Daniel and I are raising four amazing kids, aged 6-13. We maintain a 50 m2 organic permaculture urban garden, modelled on the Koanga Institute



methods and we currently have six hens.

After teaching a class about making pesto from all the wild and wonderful herbs and greens found in the garden, I experimented with fermenting pesto and it became a firm favourite because of its superior taste, shelf life and nutritional properties.

From there, GoodBugs was born. Sauerkraut and kimchi, were added to the product range and now all our hand made ferments are made in our purpose built backyard kitchen, right here in the Waikato.

## Wairua Light – Renee Barrett-Jones

### Tihei Mauri ora!

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

From the mountain peaks of Tongariro and Tuhua, to the waters that stream and well upon these lands, effortlessly providing nutrients and sustainable survival to all life's existence...

Thank you – forever so grateful!

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

My journey along side wairua/spirit, has been known to me since I can remember. Actively raised amongst my elders, within the marae, surrounded by death and a whole lot of love, observations of my father

## Brain Bloom Room – Michelle Lowe

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

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

### How does Michelle help your child?

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

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

The team at GoodBugs has always believed that the health of both families and individuals can be changed for the better, through education and understanding.

That's why we went about creating a company that gives people the chance to change the conversation around health and the things they eat – all through raising awareness about how healthful, and delicious, artisanal fermented food can be.

Our GoodBugs not only taste delicious – they are rich in good bacteria that can help to restore the balance of bacteria in your gut, supporting digestive health and immunity.

At GoodBugs, we're working every day to build a new kind of food culture in New Zealand: one that has room for mouthwatering, health-supporting fermented foods in every meal, every day.

You'll find our GoodBugs online, and at the local markets – come along and say hi to our team, and try a taster – you'll be hooked!

#### **MAREA VERRY GOOD BUGS**

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

21 0294 3467

[www.facebook.com/GoodBugsNZ](https://www.facebook.com/GoodBugsNZ)

[www.instagram.com/GoodBugsNZ](https://www.instagram.com/GoodBugsNZ)



walk as a healer... these have all played precious tones to the music of my haerenga.

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

#### **RENEE BARRETT-JONES**

##### **Mahi**

Energy / Sound reading and healing

Mirimiri

Spiritual wellness advisor

House clearing

Meditation, space holder

Workshops and circles.

[wairualight@gmail.com](mailto:wairualight@gmail.com)

Also at Infinity Spiritual Centre Hamilton

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

Our 'Replenish' programmes do exactly this, starting with primitive reflex integration, sequentially re-laying the foundations for brain development. This is the first step to encourage the growth of new brain networks, re-organising and rewiring the brain for learning.

#### **What to expect**

Michelle loves getting to know her clients of



all ages and backgrounds, tailoring what she offers to suit their unique needs. Her mission is to reach as many families as possible and she understands that so many desperately need help. Michelle is passionate about her programmes working in partnership with her clients and their families to 'empower' them to move forwards with confidence and purpose.

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

#### **MICHELLE LOWE**

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

[facebook.com/brainbloomroom](https://facebook.com/brainbloomroom)

027 555 4552



# MINDFULNESS4DOGS

*Private and group training from puppies through to adult dogs*

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

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

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

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

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

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

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

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



## MINDFULNESS4DOGS

[train@mindfulness4dogs.com](mailto:train@mindfulness4dogs.com)

[www.mindfulness4dogs.com](http://www.mindfulness4dogs.com)

0274 585872

## Join the Sunflower Oracle Wellness Network

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

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

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On our **website** your Profile will be featured in the appropriate Directory. Magazine Profiles are limited to 220 words. Online Profiles are unlimited words.

**To join, go to [sunfloweroracle.nz/sign-up/](http://sunfloweroracle.nz/sign-up/) and fill in the online form with your choices.**





# The Sparkles Project

## Sarah : Holistic Lifestyle Mentor + Intuitive

**You know how people feel unsure of the direction they're heading in and who they are? Like they're overwhelmed, feeling stuck and just coping.**

I'm here to support wāhine see the truth of who they are, their value, connected to that spark within, living life feeling loved, appreciated and surrounded by meaningful relationships.

A Certified Angel Card Reader, Reiki I and Reiki II, I offer 1:1 mentorship, intuitively create guided meditations, host sacred sisterhood circles to cultivate community and depth in connection.



### CURRENT OFFERINGS:

Sacred Women's Circles  
Guided Meditations  
Reiki + Oracle Card Reading  
1:1 Mentorship

### RAVE REVIEW

"It is 100% worth the investment. Sarah is there to guide you, ultimately the experience is what you make it. You need to commit to take action." Courtney, 1:1 Client

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

### SARAH SPARKLES

sarah@thesparklesproject.com  
www.instagram.com/thesparklesproject  
www.facebook.com/thesparklesproject

Photographer: @stepha\_doyle

## Lady Rainbowheart - Pip Oxlade

### I believe happiness and success start with you.

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

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

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

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

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

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



### PHILIPPA OXLADE

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

www.ladyrainbowheart.co.nz  
021 031 7324

Cambridge, New Zealand / Online

## Lesley Ormsby – Tarot and Oracle

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

As we are all unique beings my healing style is intuitively guided utilising a variety of techniques and abilities, skills and knowledge from the past 25 years. I am a certified massage and aromatherapist, homeopath, art therapist and reflexologist. I also use chakra and aura balancing, sound,

vibration, water and of course crystals for healing, shifting or balancing energy in the body or environment.

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

Whether you book in for a healing or a reading the services I have available will help

## Lifeforce Tonics – Kathy Just

**I love playing around with organic whole-foods, creating nutrient rich dishes. Incorporating in 'beyond organic' supplements are now an essential part of a TRUE HEALTH REGIME.**

As all life is Resonance, Frequency and Vibration, I implement these Health tools (supplements and more) that carry a unique patented technology, Advanced Resonant Plasma (ARP) Technology. These three modalities are permanently charged into these health tools to amplify the

conductivity, effectiveness and results, while at the same time uplift one's emotion state (as most dis-ease originates from the emotional body), while nourishing and harmonizing the physicality for rejuvenation.

What a Gas!

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

We have our portable H2 water generator that creates hydrogen rich water for our

## Wendy Maggs – ReCode Clearing

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

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

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

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



you to gain insight into how you can improve, become, inspire, lead, manifest, accomplish and be satisfied in life.

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



Please find more information on the Sunflower Oracle website.

Namaste & Aroha nui

**LESLEY ORMSBY**

lesley\_ormsby@xtra.co.nz

www.lesleyormsby.com

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

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**KATHY JUST**

info@lifeforcetonics.co.nz

www.lifeforcetonics.co.nz

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Many Blessings

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

Are you ready to ReCode and transform your life by getting rid of internal mind clutter?

Call Wendy today and book your ReCode.

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

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

**WENDY MAGGS**

027 3834203

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https://wendymaggs.com

YL Partner #2262255 for oil orders



# The Oracle's Experience

## Lois Rowell, Reflexology, Indian Head Massage

**“Live your life based on love and what your subconscious mind brings to the surface.”**

**Having never experienced either of these practices before, I didn't know what to expect! I was welcomed by the lovely Lois – a very kind and warm-hearted woman.**

I felt instantly comfortable in her healing space, and we chatted easily. My session began with a 30 minute Indian Head Massage. Wow! What a peaceful experience!

Indian Head Massage includes massage of the middle back, shoulders, neck, scalp and face. The aim is to release tension, stimulate the nerves and blood vessels, and relieve things like headache, fatigue, sciatica and insomnia. It is said to be a rejuvenating experience, and I would agree! Lois checked in with me frequently about the pressure and any sore points.

After 30 minutes, I changed into a different chair and we began a 45 minute reflexology session of the feet and lower legs. Reflexology involves using massage and pressure on specific points, which link to organs and systems in the body. It is an extremely relaxing therapy that eases stress and improves circulation and nerve function.

I'm not sure if it was due to the two therapies combined, but the whole experience was so soothing that I nearly fell asleep! Lois invited me to set an intention, and I chose to share it with her – I identified that this was the first form of self-care I had offered myself in a while, and that – as we move into Spring – I need to make this my main priority.

I would recommend that you do the same – book a one hour session with Lois which will allow you to experience both therapies, and feel your life come back into balance.

### Q&A with Lois Rowell

**What services do you offer?**

Reflexology on the feet, hands, and ears.

Indian Head Massage and Emotional Freedom Technique (EFT)

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

I get huge enjoyment from offering my services as a reflexologist, Indian Head Masseur and EFT Practitioner. Helping people manage their health and wellbeing is about making the world a better happier place for everyone. There is a lot of anxiety and stress out in the community at present so I see a need to provide services that help people release tension and mental stress. My range of services help people maintain balance on all levels, physical, emotional, mental, and spiritual. Given the right conditions the body has the means to heal itself.



**Could you tell us about how your interest in holistic healing/reflexology/Indian Head Massage/EFT began?**

I think I absorbed the philosophy of holistic healing during my upbringing. My parents were very spiritual as well as health conscious. I remember as a 7-year-old I would sit with my siblings on the lounge floor and do yoga breathing exercises with my father. Back in the 1960s



my parents consulted naturopaths which was not a common practice back then. My father's health issues led to juicing vegetables. I still do this regularly. Eight years ago I was guided to reiki and became a master practitioner and so things progressed from there. Like reiki, reflexology, Indian Head Massage and EFT are forms of energy healing.

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

I enjoyed my training and working towards achieving qualifications. The biggest hurdle was believing in myself and convincing myself I possessed the skills and ability to offer my services to the public.

**Who should seek Reflexology, Indian Head Massage and EFT as a holistic wellness technique?**

Everyone from babies to the elderly (including pregnant women) can benefit from Reflexology and Indian Head Massage. Both modalities are extremely relaxing. The techniques stimulate the nerve endings sending messages to the brain and around the body. Reflexology can aid and give relief to specific health conditions and aid general wellbeing. Emotional Freedom Technique uses acupuncture points to unblock emotional trauma. By tapping on specific points messages are transmitted to the brain to calm the "fight/flight" mechanism.



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

Ear reflexology/ear massage is an easy but powerful way to de-stress by stimulating the body especially the head. The ears are accessible to everyone. In addition to the hundreds of nerve endings the ears have lots of acupressure points. I recommend starting with the earlobe and work up the ear gently pulling, massaging, and tugging. Don't forget the back of the ears either. These movements increase blood flow throughout the entire body making the body more alert.

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

Meditate every day and listen to your inner voice. Take notice and act on the information received.

*— Experience and Q & A by Ronja Skandera*



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# DIY Face Moisturizer

Ronja Skandera

**If you're keen to see how easy it is to make your own face or body moisturizer, give this recipe a go.**

Using natural oils on your skin means you avoid nasty chemicals and toxins that seep into your skin and get absorbed in the bloodstream. You are likely to be surprised how much better your skin feels after switching to a natural product.

There are so many different products you can use, and it pays to do a little research – plus some trial and error – to find a combination that feels good on your skin.

We have enjoyed using the following combination on dry and acne-prone skin.

In a double bath, allow the following products to fully melt:

- One tablespoon of shea butter
- A small handful of cocoa butter chips
- Two tablespoons of coconut oil

Once fully melted, add 10ml (or a heavy dash!) of either grapeseed, jojoba, argan or hempseed oil.

We add a sprinkling of matcha green powder, and then approximately 3 drops of an essential oil that agrees with your skin type.

Try tea tree for acne prone skin, lavender for dry skin, clary sage or rosemary for oily skin, frankincense for sensitive skin.

Give the mixture a good stir, then pour into a small plastic container to act as a mould – try an empty hummus container or a yoghurt pottle.

Place in the fridge to set, then pop the moisturizer bar out of the mould and apply to your skin after your daily cleanse!



# Empowered Insight

## Deb Casey

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

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

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



ence during your reading as required, such as:

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

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

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

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

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

**DEB CASEY**

[www.empoweredinsight.co.nz](http://www.empoweredinsight.co.nz)

FB: Empowered Insight with Deb Casey

# Gemini Infinite Light

## Shirley Weller

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

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

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

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

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

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

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

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

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

Sending Love, light and Hugs to you all!

**SHIRLEY WELLER**

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