

Sunflower Oracle

WELLNESS NETWORK

The Lakes / Hawke's Bay

Spring, September 2022

Edition 3

Gisborne

Hastings

Napier

Rotorua

Taupo

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

Sunflower Oracle Wellness Network

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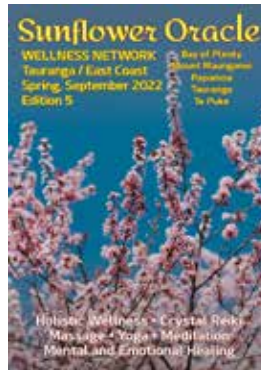
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RAGLAN WHAINGAROA



TAURANGA / EAST COAST



WELLINGTON Coming Soon

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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.

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

THE LAKES / HAWKE'S BAY

Edition 3, Spring 2022

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& Ronja Skandera

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Bars for Health

What Gail offers at Trulybe

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

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

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

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

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

This modality is suitable for all ages.

My services include:

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

I also offer classes!

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



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

Anyone can learn this.

Appointments by request

GAIL WORTHINGTON

0211229359

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



Sacred Self Care for Spring

Lavender foot bath

Our feet have the honour of bearing our weight and carrying us around on our many adventures every day.

This self care ritual is a great way to relax, unwind and care for your feet.

Find a lavender bush and cut off a handful of branches, leaves, flowers and all. While cutting the branches, thank the lavender for this generous gift.



Boil a jug of hot water and pour it into a large bowl (big enough to put your feet in) or a foot spa if you have one. After ten minutes, if it is too hot for our feet, add a little cold water.

Find a relaxing spot where you can sit comfortably for at least half an hour with your feet soaking in the foot bath.

You might like to read a book or have a relaxing drink. Have a towel next to you for when you are done. To add extra luxury, moisturise your feet with coconut oil and wrap them in snugly bed socks or slippers.



Keep a gratitude journal

A great self care ritual that doesn't take too much time or energy is a gratitude journal. This is a small book that you carry around with you and during the day you write down ten things you are grateful for and the reasons why you are grateful.

For example "Thank you, thank you, thank you for the beautiful house I live in because it provides me with shelter."



I do this in the car on the way to work while my partner is driving. After you have written down your ten gratitudes, read over them with a present mind and send positive energy out into the universe.

It is a great idea to do this at the same time everyday. You can even make it a part of your morning or evening ritual.

If you have a special Self Care practice, feel free to share it with our readers.

Send an email to:

news@sunfloweroracle.nz

Christina Richter

Astrological Consultant

Astrology is the art of timing. Your horoscope is your personal GPS that guides you in life. Receiving insight into your horoscope will reveal the blueprint of your plan of life. It opens windows to a deeper understanding of your psyche and the effect planets have on you and why. This information will assist you in making choices that best serve you.

Astrology is this unravelling of the wonders of your birth chart to show the potential it holds for you, your own embedded treasure map. It awakens you to the present and prepares you for the future.

Christina is an experienced intuitive international consulting astrologer, acclaimed author, radio host and healer who answers life questions with guidance, wisdom and spiritual connection.

She uses Medical Astrology, Metaphysics, Ayurveda, Colour Therapy, Metaphysics and Stress Management as tools in her practice. Christina gives knowledge and insight into the following areas – business, career, financial, relationship, elective surgery, health, past lives, soul direction and fertility.

Hawke's Bay:
person to person.

Nationwide/
International:
via skype, zoom,
messenger, phone
and email.



Availability by appointment only.
Monday to Saturday 10am–5pm.

CHRISTINA RICHTER

Bookings via email are essential to enable Christina to prepare your chart before your session:

crscorpio1111@gmail.com

Christina's book **Your Astrological Health** is available through Amazon or through www.christinarichterauthor.com

TradeMe reviews: Astrological Advisor



What do you believe in?

Nicola Mary Burton

I believe in Fairytales the way some people believe in music.

What do you believe in?

Life is beautiful, it's a stage which we all play in the dramas, comedy, fantasy, horror, fairytales.

What's your story going to be?

We all want to be someone's princess or prince and somewhere inside of you there's magical stardust. So it's time to transmute your pain into power.

There is always going to be suffering in life and that is the circle of a life lived with experiences.

It's what you choose to do with it that matters, and when we accept that life is a box of

chocolates and you never know what you're going to get

You might as well savour each mouthful... be it a delight or a disappointment, either way, what's the alternative? Jump or standby.

You were born with a gift.

The moral of this message today is chase after your dreams and Believe in Your Fairytale and write the musical of your life story!

"There's a whole world out there with millions of wind chimes"

(August Rush)

Nicola Burton
Intuitive EMPATH
& Muse



Denise Prendergast

Harmonic Voice Alchemist

Sound Physician – Soul Activator

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

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

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

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

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

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



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

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

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

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

DENISE PRENDERGAST

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deniseprendergast.com
FB: @soundalchemy



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!



Liz Wilson

The Thrive Programme

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

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

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

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

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

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



I offer video call sessions within NZ and overseas.

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

Or contact me for a free consultation:

LIZ WILSON

liz.wilson@thriveprogramme.org
027 335 4444

**THE THRIVE
PROGRAMME®**

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

Little Reiki Retreat

dionne@littlereikiretreat.com

littlereikiretreat.co.nz

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Owen Nickel

Clinical Hypnotherapist

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

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

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

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

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

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



The hypnotherapist is a facilitator. We are able to reveal to you the wonderful capacity of your mind and exactly how you can tap into its ingenious power in order to totally change your life.

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

Hypnosis is now widely accepted by the worldwide medical community as a method of enabling your mind and body to communicate effectively.

Online sessions available.

OWEN NICKEL HNZDACH (DIPLOMA IN ADVANCED CLINICAL HYPNOTHERAPY)

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027 5222 364

Join the Sunflower Oracle Wellness Network

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

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

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

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

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

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

The Power of Seed Cycling

Vicki Shannon

Seed cycling is the use of natural seeds such as pumpkin, sunflower and flax seed to regulate a women's menstrual cycle with the moon.

The phases of the moon can work with a woman's natural hormone rhythm to help with hormonal balance.

The idea behind seed cycling is that certain seeds contain nutrients that can help promote balance. By turning to the moon and it's phases, nature can help us reconnect with our body's natural rhythms.

It is said that if a woman's hormones are healthy and balanced, the menstrual cycle will eventually naturally line up with the moon phases.

If your seed cycle is in unison with the moon, you should be able to maintain a healthier hormone balance.

So how do we do it?

It is as simple as eating the right seeds at the right time of the moon's cycle from new moon to full moon.

Days 1 - 14 (New Moon to Full Moon)

- Eat a mixture of pumpkin seeds and flax seeds.
- This is when you would be in the Follicular phase (the start of your period)

Days 15 - 28 (Full Moon to New Moon)

- Eat a mixture of sunflower seeds and sesame seeds
- This would be when you are in the Luteal phase of your cycle (before your period starts)

Blitz up the seeds quickly using a NutriBullet or similar and add them to your smoothie, have them with coconut yogurt and fresh fruit, sprinkle them over your salads, or bake with them.

If you would like to know more about hormonal balance, Dr Libby Weaver does a lot of work in this area www.drlibby.com and there is a great podcast called *Beauty in Balance* by Vandghie Badenhurst.

Happy cycling!



The Sunshine Hub

The Sunshine Hub is a wellbeing market stall that can be found occasionally at the Welcome Market in Tauranga, promoting wellbeing, sustainability and connection. Particularly from time to time during Summer.

I began it in June 2020, with the desire to help people connect with each other and with things that they may be interested in. I have been displaying some poster boards that I created to share about things such as Tree Planting, The Dog Share Collective – which is nationwide and awesome – and healing modalities & healers that I feel passionate about and feel drawn to share.

Sometimes I have spray-free flower seedlings and flowers on the table, and sometimes organic seeds. I love having conversations about Permaculture and can help link people who are interested in Rongoa Maori Plant Medicine with people who teach about it.

I have had my stall at many different markets around Tauranga and Mount Maunganui, and also at Waihi Beach. I

have really enjoyed connecting with lots of lovely interesting people. I love helping introduce them to each other also, when it feels like puzzle pieces to link.

I have also run monthly produce swaps, mainly organic, for 4 years, where we'd gather in different gardens each time and explore and share afternoon tea. Lots of nice connections were made with each other. That's how I discovered Permaculture – the wisdom from the ancient cultures about gardening in a way that is natural and full of abundance.

Caring for the Land and Caring for the People.

The Sunshine Hub is excited to begin holding Sunshine Gatherings also – Creativity and Connection gatherings, and Naturey walks. This is to help people connect with their creativity and inner child, to have fun, and to connect with friendly like minds.

To hear about creative gatherings or nature walks, feel free to get in touch, and if you would like help with creating themed gatherings, or collaborating for a wellbeing event, would be good to chat.

And I look forward to meeting anyone who wants to come say hello if you see me at the markets sometime.

CARINA

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021 064 9814

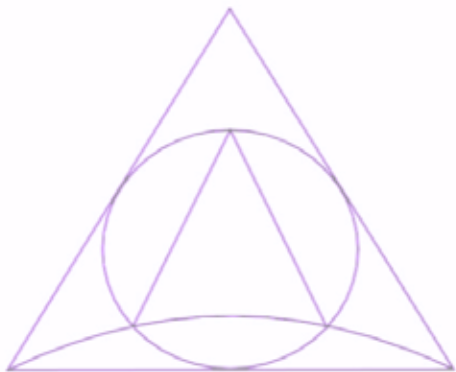
Mandala Creativity Gathering

for Women to have fun Colouring Mandalas & creating Nature Mandalas
Sat 29th Oct, 2-4.30pm – Tauranga

The Sunshine Hub Stall

will be at the Welcome Market
Sat 5th Nov, 9-1pm – Welcome Bay





Beacon

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

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

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

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

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

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

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

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

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

1156 Pukuatua Street, Rotorua
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