

# Sunflower Oracle

**WELLNESS NETWORK**  
**Tauranga / East Coast**  
**Spring, September 2022**  
**Edition 5**

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

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

# Sunflower Oracle Wellness Network

## Healers / Practitioners

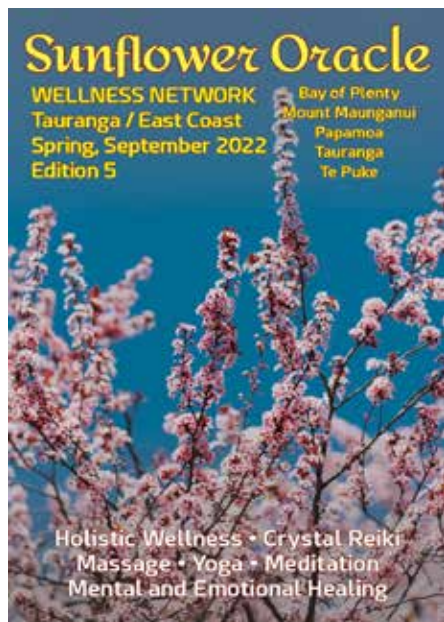
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## Sunflower Oracle TAURANGA / EAST COAST

is a sister publication to



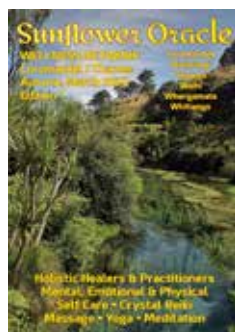
## HAMILTON KIRIKIRIROA



## RAGLAN WHAINGAROA



## THE LAKES / HAWKE'S BAY



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# 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

**TAURANGA / EAST COAST**

Edition 6, Spring 2022

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& 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)



# 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

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# Michelle Buchanan

## Numerologist & Law of Attraction

**Michelle is an International Intuitive Numerologist and Hay House author of *The Numerology Guidebook* and *Numerology Guidance Oracle Cards* who has studied Numerology for 31 years.**

She is also a Certified Law of Attraction Practitioner who was the Resident Spiritual Columnist for *Woman's Day* magazine and Resident Numerologist for TVNZ's *Good Morning* from 2009 to 2013.

Michelle provides accurate personal readings and oracle card readings to people all over the world. She also runs Numerology, Meditation, Oracle Card Reading, Manifestation and the Law of Attraction workshops, both in person and online. She lives in Papamoa, Tauranga.

A personal reading with Michelle will reveal your destiny and life purpose in this life, along with the major life lessons you have pre-chosen and were born to overcome.

If you're in need of intuitive guidance, clarity, insight and direction, your Numerology blueprint calculated from your birth certificate name and date of birth will reveal exactly what you need to serve your greater good, raise your vibration and align yourself with Source Energy/Your Higher Self/Your Mighty I AM Presence.

In her personal readings Michelle will



teach you all about the Ascended Masters, Higher Energies and Universal Laws that govern this world and how to align with them to increase the synchronicity in your life, improve your health and wellbeing and obtain a state of contentment, inner peace, happiness and joy.

### Online Services

Michelle offers online numerology readings and oracle card readings as well as counselling and life coaching sessions. She also runs online classes, seminars and workshops teaching numerology, spiritual development, meditation, how to use oracle cards and manifestation techniques with the Law of Attraction. Through her website she also sells numerology charts, personality profiles and 12 month forecast reports as well as relationship compatibility and name advisor reports.

### MICHELLE BUCHANAN – NUMEROLOGIST

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# 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!



# Autumn Falk

## Naturopath & Shiatsu Practitioner

**Incorporating western medical knowledge and eastern traditional understanding is a beautiful interplay which allows a holistic approach to health and working with somebody.**

Working from my Yurt Space in rural Katikati, I offer:

- Medical Herbalism
- Naturopathic consultation
- Shiatsu Bodywork

People I work with know that they can trust me and that they are in a safe place.

While working with someone I make sure I meet the many layers of self.

Looking at, and guiding someone to improve health, encompasses all aspects of a whole person and is a journey of meeting someone authentically.

I feel called to empower people to be in charge of their wellbeing.

There are many ways to do that:

- Herbs to help you on your path.
- Medicinal herbs that support your physical complaints which can be taken alongside pharmaceuticals if needed.
- Assistance to make lifestyle and diet changes.
- Intuitive guidance for your healing journey



- Healing touch through Shiatsu Bodywork that gifts you relaxation, presence, helps you to move energetic blockages or stagnations, and warms & softens you where needed

I am interested to meet you and find ways to guide you to follow and reach your highest dreams.

### AUTUMN FALK

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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.**



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

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littlereikiretreat.co.nz

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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



## 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/](https://sunfloweroracle.nz/sign-up/) and fill in the online form with your choices.**





# Aldebaran Healing

## Acupuncture and Holistic Therapies

**In her clinic located in central Tauranga, Rose offers Acupuncture and Holistic Therapies. She treats a range of conditions, incorporating gentle Japanese Acupuncture needling techniques alongside Chinese Medicine Acupuncture.**

She is also trained in Hakomi, a mindfulness and somatic psychotherapy, which she incorporates into her practice.

Rose is guided by an understanding we all have within us – an innate healing impulse which helps us on our journey to well-being and self-understanding.

Rose holds an awareness in the importance of attuning to our need to be safe when working somatically with our mind-body-soul. She offers an opportunity



in a safe healing space for you to experience embodied awareness into physical or emotional pain, or difficulties you may be facing.

Rose's particular areas of therapeutic practice and interest are: acupuncture for pregnancy and post-birth health, women's and child health, acupuncture for conditions involving chronic pain, acupuncture for mental

health, relational/developmental trauma, traumatic experiences, birth experiences and altered states of consciousness.

### **ROSE SKERTEN**

To book a session or learn more about Acupuncture and Hakomi:

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

[rose@aldebaranhealing.co.nz](mailto:rose@aldebaranhealing.co.nz)

021 665 915



# The Oracle's Experience

## with Simon from Mojo Dojo

**“Our experiences, especially the challenging ones, are full of wisdom and potential for growth and expansion.”**

**I visited Simon recently and had a healing session with him in Papamoa, at his Mojo Dojo Chiropractic and Vitality Studio. He was very welcoming, warm and friendly. The room was really nice and cosy with lovely furnishings.**

We began with a chat about what he does which is a mixture of NSA chiropractic (Network Spinal Analysis) – a very gentle form of chiropractic healing that stimulates the body to heal itself, and he helps people to become more aware of their emotions and feelings and understand them better, which helps release them. Both help to reset the nervous system to the present moment: a more calm, relaxed and healing state.

I found him easy to be relaxed around and to chat with about the things that I wanted help with. He was a very good listener and very sincere. After chatting he gently felt my spine while I sat on the chiropractic table. Then I lay on my tummy for 15-20 minutes while he applied gentle touches to certain areas of my spine from the neck area to my lower back, and observed any subtle movements in my body. He had said that memories may arise during the session, and guided me to breathe into particular areas, and at times to focus on the present moment.

During the session I noticed myself breathing deeper and also noticed some visions of Hickory Dickory Grandfather clocks in Germany, a Mickey Mouse watch from when I was a child and a cute and very happy little dinosaur from an animated movie, *The Land Before Time*, which I'd watched and enjoyed when I was a kid.

Simon had mentioned that we can often focus on limiting beliefs, and past challenges and future worries, and that when we come out of survival mode and into safety within the mind and

body, and into the present, we enter the realm of multiple possibilities. Often I don't look at the time for as long as I can during the day to just be without time and to feel more spacious.

He holds space for peaceful transformation, and I found the whole experience during and after to be relaxing and nourishing, and also noticed his intuitive abilities which was fascinating.

Sessions are available mainly in the evenings, and as well as individual sessions he also offers group sessions, as group resonance can be very powerful for healing.

I would recommend a visit as he has such a kind and gentle manner and is very understanding and supportive. He guides your body and mind into an expanded experience of wellbeing, and he also helps people to experience expanded openness and connection.

### Q&A with Simon

#### What services do you offer?

I offer an opportunity for people to reconnect with their authentic present-moment selves. I aim for everyone to nurture more compassion towards themselves. What this means for each individual is different. It can mean healing pain. It can mean addressing unresolved past traumas. It can mean expanding towards the full love and potential that every person carries within themselves.

This takes place by guiding an open and genuine enquiry, and through gentle touches to very specific parts of the body, initially to the spine. An essential part of this work is connecting to a felt sense of safety in the body which can be accessed verbally, and through touch.

My work is guided by the frameworks of Compassionate Inquiry, Network Spinal Analysis, and by my own observations, intuition, and flow. The key service whether working with the mind or body, I find, is simply complete presence. I offer sessions from my studio at home in Pāpāmoa Beach, and also Compassionate Enquiry based

sessions remotely via Zoom.

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

Our experiences, especially the challenging ones, are full of wisdom and potential for growth and expansion. I find most people carry the burden of an unresolved past or uncertain future around with them for far too long. In my perspective, healing of our world begins with healing of the individual. When we learn to see ourselves with more compassion and acceptance, the world around us changes naturally as a ripple effect flows on. I believe in a better world, because I believe in human potential.

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

I became interested in the mental-physical connection from the age of three when I first heard the words of The Buddha – “With our thoughts we make the world.” (This was while watching *Monkey*, a 1980’s television interpretation of an ancient Chinese story called *Journey To The West*.)

My father was a doctor, my mother a nurse, and my aunty a haematologist, my grandfather a physics professor, so I was exposed to the Western medical and scientific models very early on. However, I always remember being fascinated with the more subtle and less definable aspects of Being. The opportunity to combine these two interests formally through studying Chiropractic took place in 2003, and my exploration and curiosity continue to this day.

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

I’ve found my own mind is either my worst enemy or my best friend. Instead of trying to overcome my mind, I’ve slowly learnt to befriend myself. The most profound ‘befriending mechanism’ has been Vipassana Meditation. I continue to learn to accept the reality of the present moment as it is, and learn to cultivate a deep love for all beings – myself included!

### **Who should seek your service as a holistic wellness technique?**

Anyone with a genuine desire for change. The work I share is not for anyone who is seeking an ‘experience’ or a quick fix. Real and sustainable healing takes time, consistency, and curiosity, but is absolutely possible and achievable.

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

Whatever you are doing right now, pause. Through your nose take a deep breath all the way to expand your navel. Pause again. Then let it out with an audible sigh through your mouth. Now, without judgement, feel. That’s it. Letting go of any ideas of ‘right’ or ‘wrong’ or anything else – just feeling is healing.

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

I love you.

– Experience by Carina



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



# 5 Tips for Spring Cleaning Your Health

**Spring gives us the urge to freshen up our home by giving things a really good clean, throwing some stuff away, changing some furniture around etc. For some of us, we might even spring clean our bodies by doing a juice cleanse or a short fast.**

Here are some accessible ideas that you can employ to give your body a good spring clean that are less intimidating than living off leafy greens for a week!

Eat mainly seasonal fruit and vegetables – buy them fresh daily, but take care to buy what is in season. Prepare them however you like. The main thing is to reduce your diet to as much fresh food as you can.

If you enjoy a wee tippie, why not say no for a few days or even a week or two. Challenge accepted?

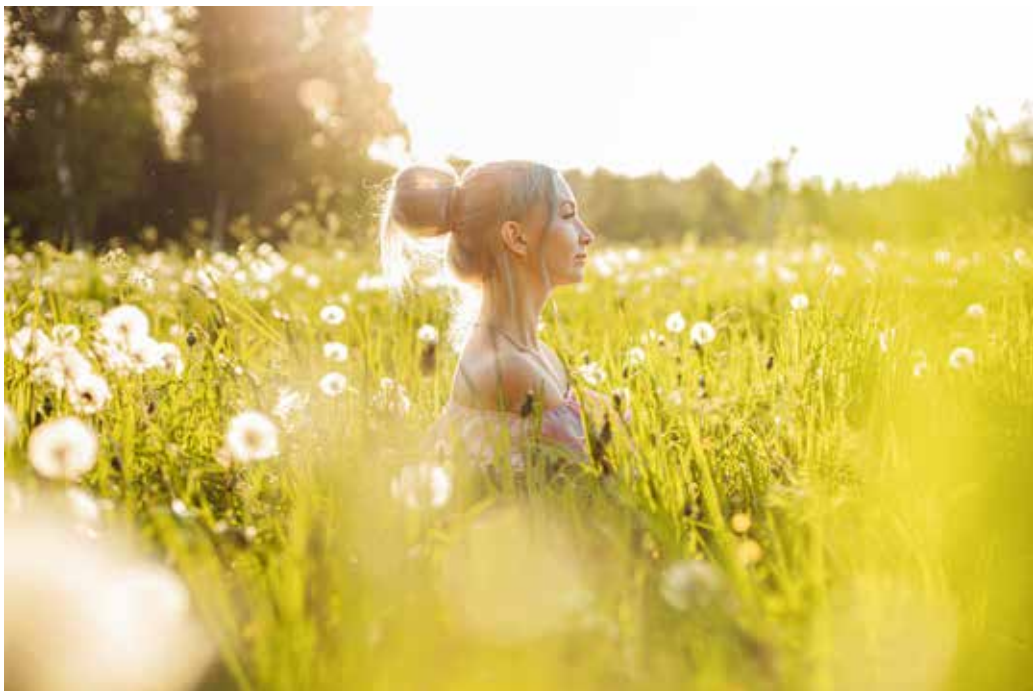
Get outside for a walk, or read a book in the sun. Try to spend at least one hour per day out-

side – your body will thank you for the boost of Vitamin D and for the release in serotonin.

Reset your sleeping routine. No devices, large meals, or exercise two hours before bed. You may be in a pattern of getting to sleep late since we are just coming out of winter – now is the time to try to align yourself a little more with the sun again. Go to bed earlier and get up earlier!

Clean out your laundry and kitchen cupboards of chemical-based cleaning products and replace with natural ones that are environmentally safe and non toxic to your family and your pets.

While you're at it, check out your body care products and research natural alternatives. We are quick to consider what we put in our bodies when we want to get cleaner, but we rarely consider what we put on our bodies or what's in the air that we breathe.



# 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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Instagram: angelsonearth\_healing

# 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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# 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





# Dr Simon Street Chiropractic & 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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**ACC Registered Provider**

## 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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# 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](mailto:news@sunfloweroracle.nz)**



# Healthy Eating

## Raw Jelly Tip Slice

### Plant Based Recipe by Carina

Note: allow at least 15 mins for the jelly to thicken and freezing time, before topping with chocolate

#### Base

- 2 cup almonds
- 1 cup dates
- 1/3 cup raw cacao powder
- 2 Tablespoon maple or agave syrup

#### Vanilla layer

- 4 cup cashews
- 2 cup coconut
- 1/2 cup maple or agave syrup
- 1 teaspoon vanilla extract

#### Raspberry Jelly

- 2 cup raspberries
- 2 Tablespoon + 2teaspoon maple or agave syrup
- 4 Tablespoon water
- 2 Tablespoon chia seeds

#### Chocolate Topping

140grams or more of dark chocolate, broken into small pieces

#### Method

Mix the jelly ingredients first, and allow to thicken for at least 15 minutes. Put the base ingredients into a food processor and mix until fine and sticking together, then press into a slice tin lined with baking paper.

For the vanilla layer, process the cashews first until powdery and crumbly, then add the other ingredients for that layer and mix in the food processor until well combined and as smooth as it'll get. Spread onto the base.

Blend the raspberries, then stir in a bowl with the other jelly ingredients, and allow to thicken for at least 15 minutes.

To melt, place the pieces of chocolate in a heatproof bowl, and sit it on top of a saucepan that has a small amount of hot water in it. Make sure the water is not touching the bowl.

Keep the element at a low heat, to melt the chocolate gently while stirring, then remove from heat.

Wipe the moisture from the underside of the bowl and then you can pour the chocolate onto the slice, using a spatula to smooth it out.

Store in the fridge or freezer. To cut, dip a sharp knife into a bowl of hot water and dry it, before slicing as it will help melt the chocolate to cut it nicely.



# The Sunshine Hub

**The Sunshine Hub is a market stall promoting wellbeing, sustainability and connection, and can currently be found most Saturdays during April and May at the Welcome Market in Ohauiti, Tauranga.**

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, and to share about healing therapies.

Displays include poster boards to share details about topics such as Tree Planting, The Dog Share Collective – which is nationwide and awesome – and Healing Modalities & Healers. I like to promote things 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.

I can also help link people who are interested in Rongoa Maori Plant Medicine with people who enjoy teaching about it.

From having 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 as well, when it feels like puzzle pieces to link.

Am beginning to create Sunshine Gatherings

also, which will be about connection, and will include creative gatherings, and group walks, and sharing.

I used to 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, full of abundance, and healthier for us. Caring for the Land and Caring for the People.

If anyone is interested in participating in gatherings or wants to get in touch, feel free to contact me, or come say hello if you see me at the markets sometime.

**CARINA**

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### We offer:

Crystals | Vegan body care products | Scented candles  
Palo Santo and sage | Local Artisan products

### Location:

Piccadilly Arcade, 47 Devonport Road, Tauranga;  
Tuesday – Saturday, 10am – 4pm

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