

Sunflower Oracle

**WELLNESS NETWORK
Hamilton Kirikiriroa
Summer, January 2023
Edition 8**

**Cambridge
Hamilton
Huntly
Matamata
Ngaruawahia
Te Kuiti**



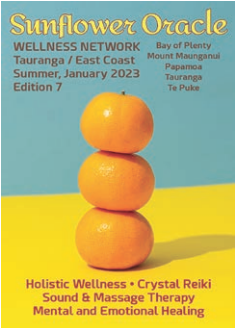
**Holistic Wellness • Crystal Reiki
Sound & Massage Therapy
Mental and Emotional Healing**



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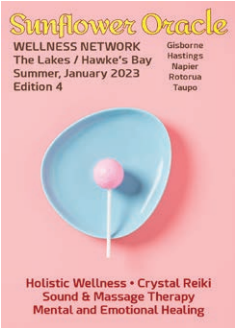
Sunflower Oracle
HAMILTON KIRIKIRIROA
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Summer is upon us again and the days are getting warmer. Longer days can be filled up with your self care practices, hobbies and greatest pleasures.

This year has been an interesting journey as we navigate the road from the pandemic to the new normal. Along this road the Sunflower Oracle has survived and continues to grow. We thank all readers, healers and practitioners for their continued support.

Summer is the time of year when the days get longer, the stars shine brighter, the water gets warmer and the music of nature gets louder. The Summer edition brings new light – a deeper connection with the element of water and earth.

In this edition you will find self care tips that help you connect more deeply with yourself, and a range of informative articles and experiences with different healers.

So while the Sun is beating down and you are lying on your lounge chair with a freshly brewed cold beverage (see



our kombucha recipe for inspiration on Summer drinks), enjoy your copy of the Sunflower Oracle. For links to our healers, head over to our website.

Namaste and may the sun shine upon you, all love surround you and the light within you guide you on your way.

Warmest blessings
Vicki, on behalf of Ronja & Brian



Sunflower Oracle
HAMILTON KIRIKIRIROA

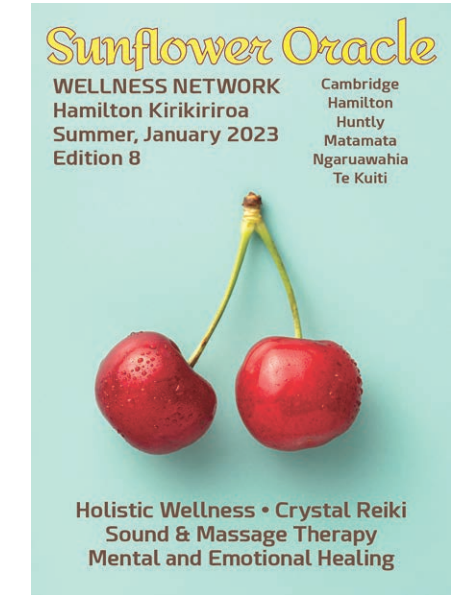
Edition 8, January 2023

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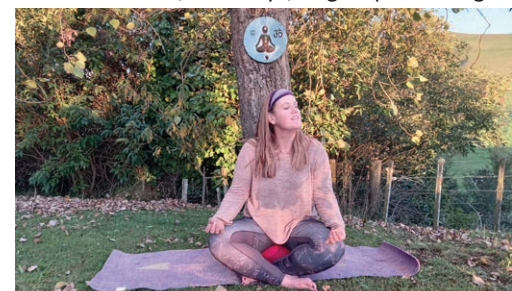


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Sunnyhill Meadows Crystal Reiki/Meditation

It is time to look after yourself! It is a time to cleanse and refresh your mind, body and soul.

At Sunnyhill Meadows we offer fortnightly (Thursday 5.30–6.30pm, \$15 per person) guided meditations held at the Infinity Spiritual Centre in Hamilton. We are also available to host group packages – ask us about our group meditations, blessings, rituals and ceremonies that we offer for brides-to-be, birthdays, or groups wanting to



experience deeper connection together. These are personalised to your group and can also include ceremonial cacao rituals.

If you are wanting a one-on-one meditation session or to learn how to begin your own meditation practice, please get in touch – we offer one-on-one beginners meditation classes (on-line and in person) as well as meditation courses for small groups or businesses. These cover the theory as well as the practice of meditation and all the benefits it can have for you and your life. You will receive a meditation crystal and journal to help you on your journey.

Sunnyhill Meadows also offers individual or couples crystal Reiki sessions and chakra balancing in your home. This includes Reiki, crystals placed on and around your body, light temple massage with organic essential oils, manipulation of pressure points in the hands and feet, and a chakra balancing with a pendulum and affirmations. Please allow 60 minutes for this session (\$70 individual, \$100 couple).

SUNNYHILL MEADOWS

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Find us on Facebook!

Stacy Sadler Intuitive Reader

Hello! My name is Stacy and I am a Tarot & Oracle Reader.

Tarot & Oracle readings can help you to gain clarity with your life path/any situations that you're currently facing, and step more into your power!

I offer a number of different readings suited to your personal needs:

- Detailed readings covering – work/career, love/relationships, home, family, money, health, personal growth etc
- 3 or 6 month forecast readings – which gives you an overview of themes you will be working with in the upcoming months
- Astrology readings – in which we go over your birth chart, discuss this information and how you can make use of this energy in your daily life.

If you are wanting to learn Tarot, I offer a Tarot

Beginners course which gives in depth information on all the cards in the Tarot deck, and allows you to develop your own intuitive abilities.

As well as a Beginners Astrology course if you are wanting to better understand astrology and your individual birth chart.

I also have a free Pick-a-card reading on my Instagram/Facebook pages every New and Full Moon!

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

I look forward to connecting with you!

STACY SADLER

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Fields of Potential Eternal Self

We are very blessed the RASHA found us and to have available Base-12 Eternal Life Frequencies in New Zealand.

The RASHA is a true scalar-plasma, consciousness-coherence device controlled by the most advanced Base-12 Frequency Collection – organic expansion of Consciousness Coherence frequencies/tones that communicates with your DNA.

The RASHA has the potential to alleviate distortions within your DNA and energetic hologram (i.e mental, emotional, physical, and energetic aspects).

The RASHA Upgrade Experience creates a transcendental self-healing environment, where an individual is infused with restorative information, bathing in super-conductive, highly dense, consciousness-coherent energy fields.

There are no restrictions when utilising the RASHA as it utilises information – all organisms are innately familiar and compatible with higher-dimensional base-12 frequency and Scalar energy.

The RASHA is a meditative, consciousness coherence tool that hemi-



syncs, harmonizes the Autonomic Nervous System (ANS). When exposed to true scalar energy and base-12 resonant frequencies, orderly thought enhances the self-healing process.

Based in the Waikato we offer various Upgrade package options, either in-house or globally by remote.

Follow us on Telegram for updates, upgrade gatherings and access to Dr Jere Rivera Dugenio (founder of the RASHA) free Livestream Upgrades.

We highly recommend to watch the video on our website homepage, this will give you a smidge of the RASHA's potential.

Connect with us:

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Social Platforms – Eternal Self:
Telegram and Instagram

The Oracle's Experience

Tarot/Oracle & Astrology with Stacy

“Live life the way you feel is right for you!”



In the second part of the session Stacy looked at my astrology chart in comparison to my partner.

Astrology is not just your star sign, it also provides information on the way you communicate (Mercury), feel love (Venus) and take action (Mars). This was really interesting as I learnt more about the way my partner and I think, feel and act, and the differences between us.

Always thinking I was a stubborn Aries ram that dives straight in, it was nice to learn about my Piscean dreamer imaginative side and the Libran importance of balance.

The combination of astrology with the Oracle/Tarot reading was a perceptive and intuitive reading that I thoroughly enjoyed and would recommend to anyone who is interested or would like some guidance.

Q&A with Stacy Sadler

What services do you offer?

What services do you offer?

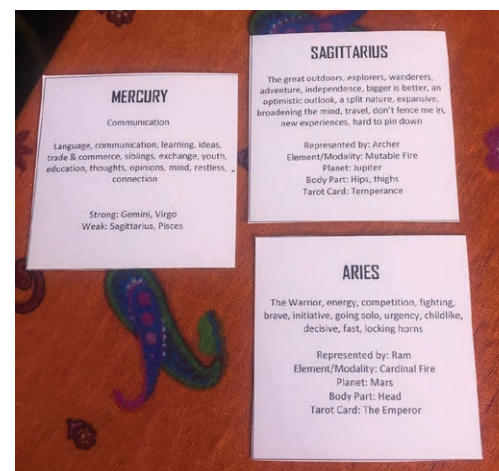
I offer Tarot and Oracle readings, which are specific to your needs or questions (on love, relationships, career, money, health, personal growth, etc) – anything you need guidance on! As well as Beginner/Advanced Tarot courses, which help others who are wanting to start their journey as a Tarot reader.

I also practise astrology/interpreting birth charts, which can explore your personality/your Divine path and how you can move forward understanding more about how you tick ... what you're best suited to in this lifetime!

Myself and another lovely lady also run a class called 'Living Light' at Infinity Spiritual Centre which is a beautiful group that meets fortnightly and is an amazing social spiritual experience.

Why is this work so important to you?

I have always had a pull towards spirituality, holistic healing, and diving deeper into more than what we 'see'. I feel like this is such an important thing for everyone to incorporate into their life (in a big or small way), to help enhance



our experiences and have more understanding of this crazy ride we call life!

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

As mentioned, I have always been connected to spirituality since I was a little girl, although back then I was unaware of how I could incorporate it/express it in daily life.

It wasn't until I was 27 (when my Saturn return hit me, lol) that my spiritual journey really kicked off. At the time I was working in the fitness industry/bodybuilding, and while it was fun for a while, I knew something wasn't right and that there was a better way to heal and work with our mind/bodies/spirits.

I spontaneously moved over to Sydney, Australia and all of a sudden was drawn towards Tarot, Reiki and other spiritual studies and through a number of 'coincidental' or Divine plan experiences! I met some amazing teachers who helped guide me in this direction – and from then

it's snowballed into what I feel like I'm meant to be doing.

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

I don't feel as though I've had to overcome too many obstacles. Luckily everyone around me has been very supportive and accepting of who I am!

I feel like the biggest thing I've had to overcome though was believing that I could do this work – we are so led to believe that the mundane 40+ hours per week job/lifestyle is what is needed to survive and succeed, and that is not true. Everyone is meant to be doing a job that they LOVE to do, and I'm so happy and grateful that I'm doing this work that gives to others and fills my cup.

Who should seek Tarot, Oracle and Astrology as a holistic wellness technique?

Absolutely anyone! If you feel drawn to having a reading/taking a class with me then I would love to chat with you!

Could you share a wellbeing tip with the community?

Nature has everything you need – make sure you're regularly going on nature walks and working with the elements – Air, Water, Earth, Fire – it's honestly the best for your wellbeing! Also, always remember that you're abundant – the Universe is never lacking and is always supporting you.

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

I would give her the biggest cuddle of support and tell her to live life the way she feels is right for her!

– Experience and Q&A by Vicki Shannon

Recently it was my pleasure to experience a tarot/oracle card reading and astrology reading with Stacy Sadler at Infinity Spiritual Centre on Anglesea street. This was synchronistic timing as I entered this session with unanswered questions about a few things going on in my life at that precise moment.

I instantly felt comfortable with Stacy who began by drawing four cards about the energy around me at that moment. The cards were reassuring and insightful, providing information about the type of person I am and reassurance that things are all positive in my life at this moment. She then asked me if I wanted to focus on an event for the next set of cards she drew. I said yes and the cards provided clarity, comfort and awareness.

Each deck of cards had different images and meanings. The Oracle deck was more general and the tarot deck provided more depth.



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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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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

geminiinfinitelight2@gmail.com

FB: Gemini Infinite Light with Shirley Weller

0276838877



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

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Also at Infinity Spiritual Centre Hamilton



Dopamine Dressing

How To Brighten Your Style

Dopamine Dressing is one of the many trends that has emerged post-pandemic. Like the name suggests, the idea is to dress in colours and styles that make you feel good, instill a sense of optimism, confidence and happiness. Who doesn't want a piece of that?

Considered a mindful practice, Dopamine Dressing has been knocking about since 2012, but has recently come more strongly to the fore. Research on the

topic indicates that our clothing can alter the way we think and act. The clothing we wear has great impact on our perception of self, and the way in which we interact with the world around us.

Here's how to embrace Dopamine Dressing:

Take notice of what you like, and what makes you feel good

There might be clothes you currently have that just make you feel great, but take notice of what you see on others. If you see someone rocking a bright yellow dress, but have always felt pasty in yellow, go out and find a yellow dress and wear it because it makes you happy.

Go op-shopping

Skim the fabrics and colours and let them jump out at you. Follow your intuition - try patterns and styles you've never worn, choose it because you like it, not because it's fashionable or appropriate.

Have fun with your practice

Wear things because they are bright, because they are different, because they don't match, because they look great on you and make you feel great too.

In writing this I am reminded of the poem "Warning" by Jenny Joseph. I'm thinking she was onto something back in 1961, but am hoping that this will inspire some of you not to wait that long.

— Ronja Skandera

WARNING

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick flowers in other people's gardens
And learn to spit.

You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beermats and things in boxes.

But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers.

But maybe I ought to practice a little now?
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple,

WRITTEN BY
JENNY JOSEPH

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

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withlove@crystal-lee.co.nz

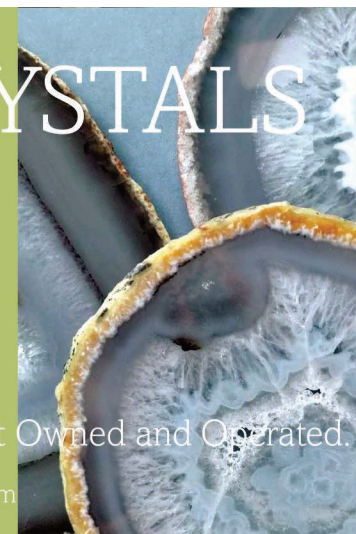
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WAIKATO CRYSTALS

Waikato Crystals is your new Waikato based home for all things crystals! We are open online via our website or by appointment only... so please phone 020 4137 1310, message us on Facebook or Instagram, or email us at waikato-crystals@gmail.com to book a time today!

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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.

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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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



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.

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Also at Infinity Spiritual Centre Hamilton

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

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

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021554867

Also available at Infinity Spiritual Centre

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.

This means the child's brain organisation and nervous system does not progress and devel-

op 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.

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

MICHELLE LOWE

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<https://www.brainbloomroom.co.nz>
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027 555 4552



Benefits of Natural Castile Soap

Castile soap is a vegetable-based soap that is free from synthetic ingredients and animal fats, making it natural, nontoxic, biodegradable and healthy for your body, home and conscience!

You can purchase castile soap in both solid and liquid form. We find liquid to be more versatile. Grab a bottle at your local health food store, or pick one up online, and put it to the test in these 5 ways:

Deodorant – mix 1/2 teaspoon of castile soap with 1 tsp sea salt and 1/2 cup of water. Pour into a small spray bottle and spray the underarm area as needed.

Foaming hand soap – add into a foaming hand soap dispenser 2 tbsp castile soap, a few drops of your preferred essential oils (try lavender and tea tree) and fill dispenser with water.

Mopping – add 1/2 cup castile soap to a tub or bucket of hot water and mop floors as usual.

Fruit and Vegetable rinse – add 1/4 teaspoon to a bowl of warm water and soak and gently rub your produce to help clean it from pesticides or other residues. Rinse with fresh water.

Shampoo – lather a couple of drops directly into your hair, and rinse as normal.

– Ronja Skandera

What are Oracle Cards and How Do They Work?

Oracle decks are a tool of self-reflection and insight to add to your magical and spiritual practice, or just to use for fun. They can help answer questions that you have, provide guidance or support you on your life journey.

There are a variety of different oracle card decks that you can find at your local holistic wellness store or online. You just need to pick the oracle deck that speaks to you as each one is very different.

Oracle decks have a few rules:

- Use your intuition – this is the biggest rule of Oracle cards. Use your intuition to choose the deck to work with and to interpret the cards.
- Treat your deck like a sacred object – the more you care for the energy of your deck, the more accurate your readings will be!
- Don't rely on the guidebook – use the guidebook as exactly that – a guide.
- Pay attention to the imagery – pictures say a thousand words. Look at the imagery on each card and focus on what jumps out at you. It could be the whole image or a small part.
- Retain a sense of wonder and magic when reading the cards – remember these cards help you get in touch with your inner self and your higher purpose.
- Don't overuse the cards – find a rhythm that works for you, but allow adequate space between readings.

Here are some of my favourite oracle decks:

Moonology – these cards are

easy to use and provide guidance using the phases of the moon. The imagery is stunning and if you are also into astrology there are cards linked to the moon in certain star signs.

Goddess cards – this was the first oracle deck

I picked up after reconnecting with my spiritual side five years ago. Each card is a different Goddess or divine feminine figure providing different guidance, such as Joan of Arc, Brigid or Sappho to name a few. What I like most about this deck is you can just pick one card and it provides so much guidance.

Namaste affirmation deck – this is a really new deck for me. It is small (the size of a playing card) and provides a blessing for you on one side and an amazing hand painted image on the other. I use this deck every morning as part of my morning ritual to set up my day. I have even pulled cards for other people and they are always very synchronistic.

Energy oracle cards – if I want to do a full reading and receive some guidance and clarity around where things are in my life at a particular time, this is the deck to choose. Not only does it have traditional oracle cards like patience, balance, connection or yin and yang, it also has the archangels that are connected with the different chakras. I find this oracle deck provides a lot of clarity in a supportive and realistic way.

But at the end of the day you need to select the oracle deck that is right for you and that speaks to your heart and soul.

Happy guidance!

– Vicki Shannon



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



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

Kerry Brown – Crystal & Reiki Healer

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

I 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

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

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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.

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.

Pippa Leslie – QHHT hypnosis & 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.

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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.



Self Care Column

Spend the night by candle light

Within our daily lives we are surrounded by artificial light from street lights, to LEDS, to fluorescent lights in the supermarket.

A really nice self care practice is to switch off your lights and spend your night by candle light. Put on some soft music, make a cup of herbal tea, a turmeric latte (see our website for the recipe) or a glass of kombucha and just relax and do nothing. No distractions! No light! Just you and the element of fire. Being with yourself is very important to your mental health and to reduce stress hormones.

Making time for you

Oftentimes with friends and family, work, school, kids, homelife, projects and responsibilities some of us can get overwhelmed and others are so tired before dinner time that they are almost asleep at the table. You may get sick, which is your body's way of communicating with you to slow down.


That's why even in a hectic 8 hour day (or longer) it is important to take time for yourself. I have even gone as far as scheduling wellbeing time into my week. I call it Wellbeing Wednesday! This is negotiated with those around, such as partners who may have to look after kids, and worked in around the other commitments you may have, like late meetings and sports. This 1-2 hour slot is unapologetic time for you! It is time to do what

lights you up, brings you happiness and makes you feel good.

Some ideas could include taking a bath, going for a run, going shopping, getting your nails done, spending time in nature, weeding the garden, renovating a piece of furniture or even sitting on the grass and listening to the world around you. **TAKE SOME TIME FOR YOU!** When we take time for ourselves we are able to achieve more, be more productive, and be more present for those that need us.

– Vicki Shannon


Fortnightly guided Meditations



Every second Thursday - 530pm
till 630pm starting February 2nd
COST: \$15

Book in for a full term (5 sessions for \$60) and receive your fifth one free.

Book instore or online at Infinity Spiritual Centre



Hosted by Sunnyhill Meadows.
www.sunnyhillmeadows.co.nz

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



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

or Contact Shirley on 0272239532

or email joeandshirleygreen@xtra.co.nz

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



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

Lynley Erin – Seasons and Circles

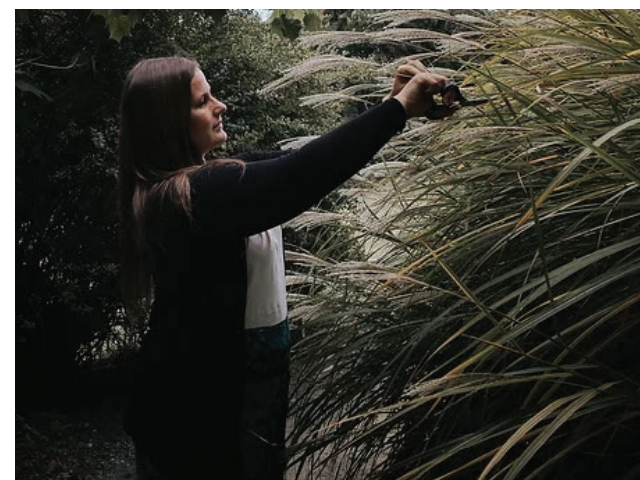
Hi, I'm Lynley Erin. I've always been intrigued by the ancient ways, the paths to bear witness to the magic, mystery and awe in this life. I hope you enjoy my offerings below:

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>

The Healing Power of Sound

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

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

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

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

Each sound healing session is a unique

experience as Annie creates a sacred space, 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

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www.anniejameson.com

instagram: crystalsingingbowlsNZ

027 713 8580



Positive Podcasts Reviews – Vicki and Ronja

The Highest Self – Sahara Rose

The podcast has a spiritual focus and looks at developing your spiritual practice. Sahara Rose discusses what she is called to discuss and also interviews people about their spiritual practice.

Recommended episodes

- Law of Attraction techniques with the secret creator Rhonda Byrne
- How to choose the path of ease with Susie Moore
- Reclaiming your Inner Witch, sharing your voice and healing the feminine wound with Mia Magik

lifestyle and want to learn more about how to balance these things.

Recommended episodes:

- The (Almost) Magical hormones you need more of every day
- Organisation and Happier hormones

The Fit Mind – Liam McClintock

This podcast is a series of interviews with a range of people from gurus, to elite sportsmen and women, to doctors to authors about a variety of topics. If you like the interview style podcast then this is the one for you.

Recommended episodes

- Creating a stress proof brain – Melanie Greenberg
- The Science of Blue Mind – Wallace J Nichols
- Attention Diets – Neil Pasricha

Beauty in Balance – Vandghie Badenhorst

This podcast focuses on the hormonal balance in your body as a woman and is a really good podcast if you are over-emotional, have a high stress

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 well-being, 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 ki-kokiko (physical), hinengaro (emotional) and wairua (spirit) world connects to a person's health and wellbeing.

We strictly follow Kaupapa, tikanga and ancient Māori traditions.

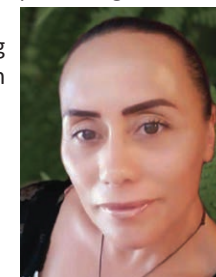
Put your wellbeing first and get in touch with Victoria today.

VICTORIA BRAMLEY

info@ataahuastudio.co.nz

www.ataahuastudio.co.nz

0220645877



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 philos-



ophy 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

Waikato's **LARGEST** Crystal Shop



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Detox Foot Baths, Gua Sha, Moxibustion, Cupping,
Reflexology, Indian Head Massage, Blessings, Sound
Healings, Angelic work.

A variety of courses and workshops available.

A.R.K Infinity cafe



www.crystalshopinfinity.com

