

# Sunflower Oracle

**WELLNESS NETWORK**  
**The Lakes / Hawke's Bay**  
**Summer, January 2023**  
**Edition 4**

**Gisborne**  
**Hastings**  
**Napier**  
**Rotorua**  
**Taupo**



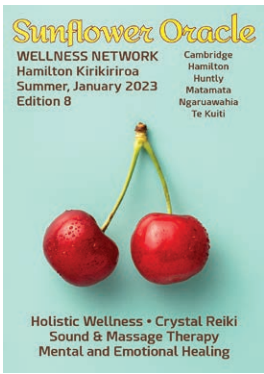
**Holistic Wellness • Crystal Reiki**  
**Sound & Massage Therapy**  
**Mental and Emotional Healing**



Healers / Practitioners

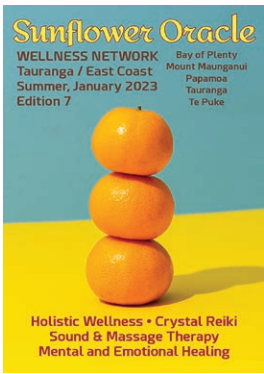
Christina Richter	10
Clare Babbage	5
Denise Prendergast	7
Gail Worthington	9
Liz Wilson	10
Owen Nickel	4
Wendy Maggs	10

Sunflower Oracle  
THE LAKES / HAWKE'S BAY  
is a sister publication to



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KIRIKIRIROA

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WHAINGAROA



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Sunflower's Summer  
Vicki Shannon

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.

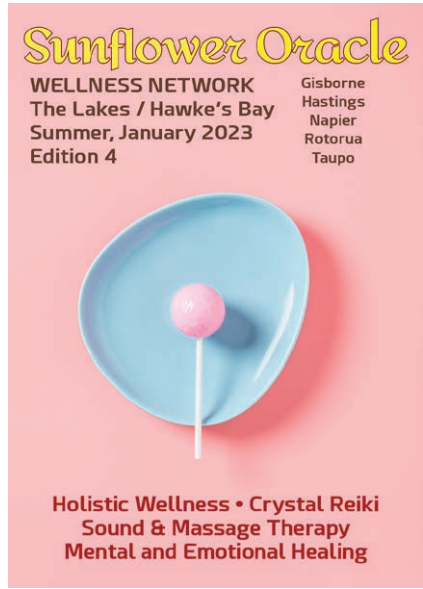
Namaste and may the sun shine upon you, all love surround you and the light within you guide you on your way.

Warmest blessings  
Vicki, on behalf of Ronja & Brian



Sunflower Oracle  
THE LAKES / HAWKE'S BAY  
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Sunflower Oracle  
Online Directories  
Healers, Modalities &  
Online Services options  
sunfloweroracle.nz/directories



## 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



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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## 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

## Clare Babbage: Intuitive, Transformational Healer & Energy Engineer

**Are you ready for transformation? Are you looking to take the handbrake off in your life?**

I am a multidimensional energetic worker. I believe that life is all about growth so I support people when they are ready for change in their own lives, working to empower them with the tools and the energetics to take that next right step.

My approach is transparent, led by you and completely consensual. I explain each step as we go, essential when I am working intuitively to keep all parts of you safe and engaged in the process.

I always start with grounding and work from there, with my drum and the Team of beings that support this work.

You will leave feeling aligned, energised and with a new sense of clarity and purpose. This work is powerful and focuses on building new possibilities and

opportunities for joy, play and creativity.

I offer the following tailored supports and sessions for individuals and groups;

- Intuitive Healing
- Shamanic Processes
- Breathwork
- Akashic Activations
- Clearing land / homes / energetic fields
- Processes to honor significant dates and events

I am based in Hawke's Bay but happily work in other areas and online when needed. Contact me to request a session or group process.

### CLARE BABBAGE

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## Clare Babbage

Healer & Channel

Intuitive Guidance

Akashic Activations

Shamanic Practice & Processes





# The Oracle's Experience

## Liz Wilson, Thrive Coach

**“Never give up, never stop trying.”**

Talking with Liz was like a light bulb moment for me. I need to do this program! After years of counselling, art therapy, psychologists, medication, emotional dysregulation, the first thing that really struck me was that Liz has struggled herself, been through the program herself and is willing to share. Share her story and relate to me and what I had been through.

This is not to bad mouth the support that I have had but this really resonated with me and where I am after five challenging years.

Not only is the program available to adults but children as well. Liz has worked with kids with their own symptoms and challenges as well as adults.

“Thriving” is not something you are, it is something you do and the Thrive program is 9 weeks of learning the tools to empower yourself to overcome your symptoms, whatever they may be – because let’s face it, everyone is different and unique. This program celebrates the individual and is designed to only be done once and then can be applied to the rest of your life. You can thrive!

Liz’s warmth, even over Zoom, and comfort had me talking at ease after only a few minutes about my story and even chatting away about life’s big topics.

The program can help any form of mental health and over 50,000 people have gone through the program, whether this be using the workbook independently, supported by a series of education videos, or with weekly coaching sessions.

### Q&A with Liz

#### What services do you offer?

An 8-week training programme, which can be completed by anyone of any age and background, that teaches you the skills and resources to develop and maintain exceptional mental health and Thrive.

## THE THRIVE PROGRAMME®

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

First, I’ve seen time after time that this approach actually works. I looked for decades for a way to change myself and overcome the issues I had and this is the only way I was able to do it. Second is I have such a desire to help others find and develop change for themselves. I once felt that this type of change was impossible but now I know that every person is able to achieve this.

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

Through absolute misery and despair and a deep search for knowledge on how to change the way I was experiencing life.

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

I had serious mental health issues from age 6 and was told by professionals that I couldn’t cure or overcome, but only manage them. I was homeless for a time, had little money or support, no self-belief, very low self esteem, very high social anxiety, and experienced abusive and violent relationships. I wanted to give up plenty of times and take a one way ticket out.

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

Anyone who has an interest in overcoming a symptom or issues, or generally improving their ability to thrive in all aspects of life.

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

There is never just one way of achieving personal change, so don’t give up.

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

Not to give up, not to stop trying.

– Experience and Q&A by Vicki Shannon

## Denise Prendergast – Harmonic Voice Alchemist

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

hello@deniseprendergast.com

deniseprendergast.com

FB: @soundalchemy

## 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



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Magnesium cream  
Inspirational cards  
Jewellery  
Books, Cds  
...and more

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

## Self Care Column

### A 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, 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. 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. 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.

Taking a bath, going for a run, going shopping, self-care routines, time in nature, weeding the garden, renovating a piece of furniture or even sitting on the grass and listening to the world around 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

### Gail Worthington

Access Consciousness BFMW  
Access Bars Facilitator



### Taking care of yourself is the greatest gift!

I studied Reiki to Masters' level, Access Consciousness Bars® to facilitator level and Blue Star Healing.

The Bars® and affiliated Body Processes® resonated with me and have provided the passion for me to help friends and others.

So, if you have lost your way and are looking for a new path, feel free to come and experience what Bars® can do for you.

If you would like to learn the Access Bars or Energetic Face Lift these are full day classes either weekday or weekend. Let me know your preference.

Perhaps you would like to lie back, relax and experience a session, you can book for a Bars, Body Process or Energetic Facelift session.

### My services include:

Access Consciousness Bars® Consultation

Access Consciousness Body Processes®

Energetic Face and Body Lift

Chakra Clearing and Balance

Quantum Treatment

Ear Candling

Reiki

### Vitamins • Minerals • Natural

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

@trulybe



## 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:

crcscorpio1111@gmail.com

Christina's book *Your Astrological Health* is available through Amazon or through [www.christinarichterauthor.com](http://www.christinarichterauthor.com)

TradeMe reviews: Astrological Advisor



## 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](http://www.thriveprogramme.org)

Or contact me for a free consultation:

### LIZ WILSON

[liz.wilson@thriveprogramme.org](mailto:liz.wilson@thriveprogramme.org)  
027 335 4444

## Wendy Maggs – ReCode Clearing

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

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

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

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



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

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

Call Wendy today and book your ReCode.

Find out how **Young Living Essential Oils** may keep you ReCoded!

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

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

### WENDY MAGGS

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<https://wendymaggs.com>

YL Partner #2262255 for oil orders



# The Oracle's Experience

## Christina Richter - Astrological Consultant

**"What is for you will not pass you. Sometimes when you do nothing it is everything you need."**

**My experience with Christina was WOW!!! Prior to the appointment Christina took my date, time and place of birth to create my own personal astrology chart.**

Nursing a lovely cup of immunity tea and comfortable in Christina's space, she began to tell me about my personality based on the information in my chart. I had never met Christina in person before this session and the information about my personality that she gained from my astrology chart had me answering yes, yes, yes every time Christina asked, "does this sound like you?"

Not only was she able to describe my personality and challenges when I was a child, she also

provided some reassurance about how I handle life. For example with my ascendant in Taurus I don't like change and can be very stuck in my own ways and it was reassuring to hear that that is who I am and that will balance with the higher percentage of Air element in my chart.

I also learnt a lot about the past five years as well as the next two years and which areas of my health to look out for. Christina is very detailed in her medical astrology and what to be aware of, look out for and when to work hard in certain areas of your health. She even picked up one of my medical conditions from my chart.

I would have liked to stay for a full hour and a half session as the information I was getting was helpful, reassuring and valuable. It was very helpful to voice record my session which I would recommend to everyone as I have already listened to it twice and written down copious notes and reminders. Her space was inviting and her directness and honesty was an asset to her craft. I would highly recommend working with Christina or attending one of her workshops/trainings in your own personal astrology or how to become an astrologist.

### Q&A with Christina

#### What services do you offer?

I will give knowledge and insight into the following areas: business, career, finances, relationship, elective surgery, health, travel, soul direction, and fertility.

Specialising in Medical Astrology, I use this methodology to identify and treat psychological, emotional, medical, and spiritual symptoms that progress to disease if left untreated.

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

This work fuels my passion and still enables me to work in the field of health extending my experience as a Registered Nurse of 35 years.

#### Could you tell us how your interest in astrology began?

Like all amazing things in your life, purely by accident. My stepmother used to read her astrol-

ogy every day which piqued my interest. I took a correspondence course in Astrology 101 and did so well that my teacher asked me to move to Melbourne so he could teach me. I didn't go in the end and ended up doing Level 2 to Level 4 in one year and once I was hooked I learned as much as I could on all various subjects related to astrology. I studied under some amazing teachers.

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

I did all my studies on my own terms and made sure I had a job (nursing) that paid for all my studies and travels related to astrology. This process took many years.

#### Who should seek Astrobach as a holistic wellness technique?

I offer a service called Astrobach which looks at your birth chart and relates them to the Bach



Flowers which is suitable for your body constitution. It is excellent for children, they love it, and works well for mental and emotional issues.

#### Could you share a well-being tip with the community?

Get a Vitamin D blood test. Vitamin D is the new Vitamin C. A low Vitamin D is often related to autism, heart condition, bone condition, and immune disorders.

This vitamin is often overlooked and most people believe they get enough from the sun which is not usually the case.

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

What is for you will not pass you. Sometimes when you do nothing it is everything you need.

— Experience and Q&A by Vicki Shannon

## Sunflower Oracle Online Access

See all the wellness services available from healers

HAMILTON KIRIKIRIROA	THE LAKES / HAWKE'S BAY	RAGLAN WHAINGAROA	TAURANGA / EAST COAST
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[sunfloweroracle.nz](http://sunfloweroracle.nz)

See all the wellness articles from our writers

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

## Join the Sunflower Oracle Wellness Network

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

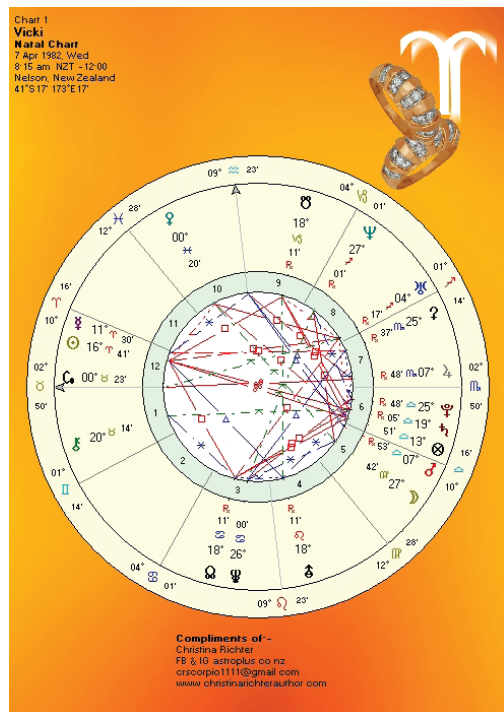
**Option B.** Listing in two Quarterly magazines + website Directory for 6 months = \$120

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





# 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

# 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.

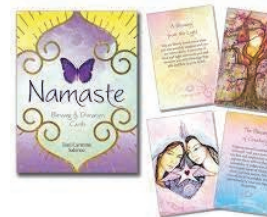
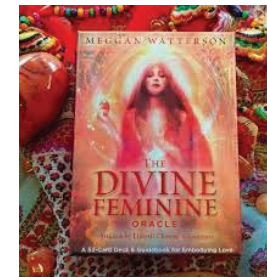
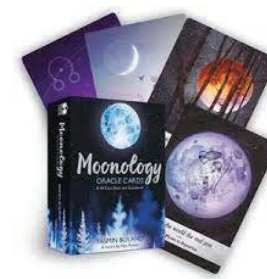
**Namaste affirmation deck** – this is a really new deck for me. It is small (the size of a playing card) and provides a blessing for you on one side and an amazing hand painted image on the other. I use this deck every morning as part of my morning ritual to set up my day. I have even pulled cards for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

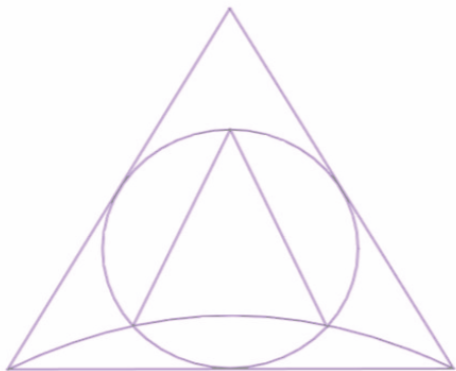
But at the end of the day you need to select the oracle deck that is right for you and that speaks to your heart and soul.

Happy guidance!

— Vicki Shannon







# 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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