

# Sunflower Oracle

**WELLNESS NETWORK**

**Raglan Whaingaroa**

**Summer, January 2023**

**Edition 9**

**Raglan**

**Ruapuke**

**Waitetuna**

**Whaingaroa**

**Waingaro**

**Te Mata**

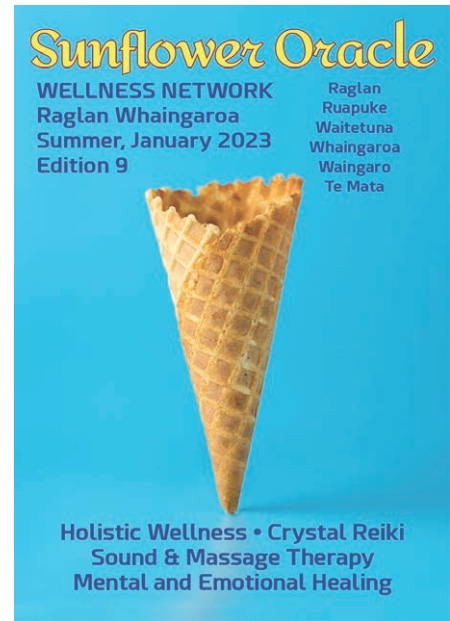


**Holistic Wellness • Crystal Reiki  
Sound & Massage Therapy  
Mental and Emotional Healing**

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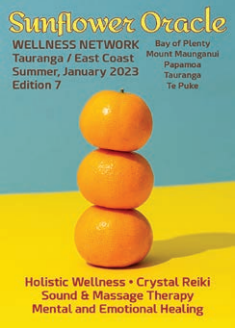
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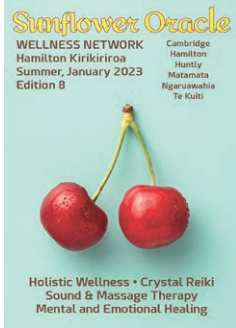
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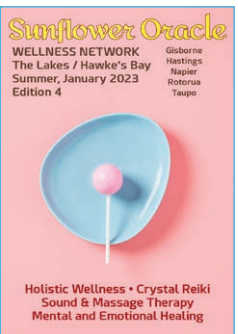
**RAGLAN WHAINGAROA**  
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**TAURANGA / EAST COAST**



**HAMILTON KIRIKIRIROA**



**THE LAKES / HAWKE'S BAY**



**COROMANDEL Coming Soon**

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

# 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



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**Healers, Modalities & Online Services options**  
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# 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

# Bernadette Works Both In Person and Remotely for You and Your Animals

## Sacred Journey Guidance

Using a combination of healing modalities from her tool kit, this session provides a powerful intuitive space where Bernadette connects with whispers of your past, present and potential to help you resolve blocks, uncover hidden pathways and solutions, bringing insight and clarity to specific situations, while also seeding the potential for positive change and inspiration for your Journey as a whole.

## 1:1 Spiritual Mentorship

Sometimes transformation is instantaneous.

At other times it may take longer to initiate, integrate and then sustain the changes we are looking for.

This premier online or in person Mentorship experience is tailored to suit your unique needs. It's designed to meet you where you're at right now, to redefine your highest dreams, to assist you in the easiest way to get there and to fully support your process of becoming.

*"Gentle, radiant, powerful, profound."*

— JENNA SHAW

## Animal Whispering

Utilising her healing skills combined with inter-species communication, Bernadette can support your animals with:

- increased quality of life
- restoring health and wellbeing
- behaviour resolution
- relief from specific injuries and ailments
- relationship building
- reconnection with deceased pets

"There are many ways I can support you, no matter what you're going through and where you are on your spiritual path."

## BERNADETTE MARAMA GAVIN

Author, Healer, Animal Whisperer  
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bernadettegavin.com  
022 383 2159  
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## Therese – Fusion Flow Massage

With over 20 years experience as a physiotherapist, Therese's practice of holistic health deepened with her own journey into yogic lifestyle, mindfulness meditation and earth connection since 2009.

Since then her array of bodywork has broadened and taken her from outback Australia around the world, learning, adapting and evolving a heart-centred practice along the way.

Therese's unique style of therapy interweaves an expert knowledge of

anatomy and physiology with an intuitive understanding of the subtle body, emotions and energy in a natural nurturing flow.

The range of therapies available are Chi Nei Tsang (Abdominal Energy Detox Massage), Lymphatic Detox Massage, Craniosacral Therapy, Therapeutic Remedial Massage, Deep Tissue Massage, Relaxation Massage including Guided Relaxation, Emotional Release & Balance which melds a combination of these physical modalities with voice, movement and breath, and the luxurious

### 4-Hands Massage.

In our newly built Tui Cabin you can now book couples massage too! The Tui Cabin is a nourishing wooden cabin built with carefully selected natural materials and nestled in the garden surrounded by lush nature.

Online bookings and gift vouchers available for sessions in the Tui Cabin or at your place.

### THERESE – FUSION FLOW MASSAGE

02108702723

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

[info@fusionflow.co.nz](mailto:info@fusionflow.co.nz)



## Glenn Mortimer – Holistic Guide

Glenn, owner of Four Hawks Retreat & Remedies, offers holistic healing services to suit different needs. Based in a peaceful private rural setting 20 minutes from Raglan, with a beautiful temple and garden, the retreat is a place to just be and heal.

Get out of the busy town or city life for a couple of hours, or a whole day and night, with guest cabins available.

Glenn offers Guidance, Shamanic Healing, Energy/magnetic healing, Reiki, Meditations, Spirit Walks, Drum Journeys, Workshops



and training. Glenn has been in this work since 2005 and apprenticed shamanic healing with The Four Gates Foundation and the late Ross Heaven.

Healing is approached holistically whereby the whole self and being is worked with – physical, mental, emotional and spiritual – using a combination of techniques and traditions as needed. Often serving one-to-one tailored sessions to suit each individual's needs, also couples, family, friends and small groups. Why not treat yourself?

### GLENN MORTIMER

Text Glenn 021 170 4474

[www.FourHawks.org](http://www.FourHawks.org)

Facebook / Four Hawks Retreat

## Lazuli by Lisa Kerrisk

Beauty Therapy. Crystals & Jewellery

Hello, I work from my home studio / workshop in Raglan, where I practice Beauty Therapy using natural NZ made products.

I can offer waxing, lash & brow tints, brow shapes & facials. With each treatment I invite you to give back to yourself, a moment to relax, then return to reality with a sense of rejuvenation.

I have a beautiful selection of healing crystals for sale & make aromatherapy products, perfumes, facial mists etc.

In my Studio I also create bespoke

Jewellery pieces using natural gemstones, silver/gold, & vintage tribal adornments that I have collected from all over the world.

I'm available Tuesdays, Thursdays & Fridays.

To book for a treatment or to visit the Studio, contact:

### LISA KERRISK

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0274406391

I invite you to discover some of my creations on my social media pages

[facebook.com/lazuli.raglan](https://facebook.com/lazuli.raglan)

[instagram.com/lazuli\\_raglan](https://instagram.com/lazuli_raglan)







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## Diane Davies – Massage & Aromatherapy

Diane has been practicing the healing arts of aromatherapy and massage for 11 years, practising yoga for 20 years and teaching for five.

With a background in counselling, all these aspects inform her treatments so that the needs of the body, mind and spirit are catered to.

Using a tailor-made mix of essential oils for every massage enhances the holistic nature of the treatment.

Diane considers essential oils to be an aspect of plant medicine, to be used correctly and with reverence and no one treatment will be the same as another.

### DIANE DAVIES

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021 969 929



## Maeve Kelly – Soul Alignment

**Soul Alignment** is the opening of channels, both within the physical body and the template of energy which surrounds the body, and ultimately our unified body which connects with all things.

It is the reinvigoration of that destiny we have chosen before birth and the remembering of the purity that we carry within our hearts. It is an awakening experience which allows for the flow of energy and information and for the release of blockages and trauma which we have carried during this and previous lifetimes.

A session of Soul Alignment may involve any of the following; spiritual guidance / counselling, past life regression, trauma acknowledgment and release, hands on energy healing, embodiment



practices, massage, reflexology and meditation.

The sacred space within which you will journey is held by the Archangels & Ascended Masters and by your own ancestral lineage, and therefore the room is bathed in love and compassion for the purpose of deep transformation. It is the perfect place to step into when you find yourself at a crossroads in life.

It is supported by my own experiences over 12 years, of profound self-witnessing and awakening, of energy studies (Reiki & Seichim Master training & Kwon Yin Magnified Healing), Celtic Shamanic training, Shamanic Breathwork, Romi Romi Massage, Ancient Lomi Lomi Temple Healing Massage, Angelic Healing & Channeling, Reflexology and Shamanic Plant Journeying.

### MAEVE KELLY

Contact me on 0273330707 or email me at [mck.angelfire@gmail.com](mailto:mck.angelfire@gmail.com).

*'Out beyond the ideas of wrongdoing and right-doing, there is a field, I will meet you there'.*  
– Rumi



# 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.

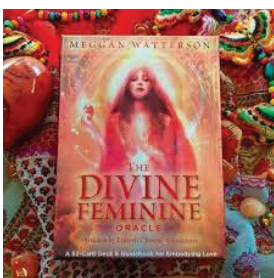
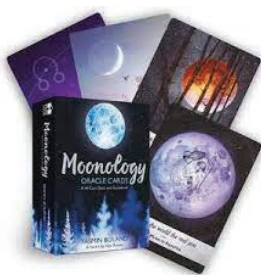
There are a variety of different oracle card decks that you can find at your local holistic wellness store or online. You just need to pick the oracle deck that speaks to you as each one is very different.

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

# A Big Thank You to Raglan's Supportive Local Community

**SWOP is coming up to our second birthday and while it's been an amazing 2 years, it hasn't come without its struggles.**

We've faced lockdowns, shipping delays, and supply issues. We had not so many visitors to town because of travel restrictions, and at times staff shortages due to illness, but you showed us just how supportive our local community is.

You never gave up on shopping with us despite some very empty bins at times, delays on many of your staple ingredients, and you were willing to take on board our suggestions and substitutes.

Already this year we have managed to divert over 756 dish liquid bottles, 400 olive oil bottles, 248 plastic deodorants, and 131 toothpaste tubes out of landfill by refilling and using what we already have.



The support we feel from our local community will never be taken for granted and with a busy and exciting summer for us here in Raglan, we can't wait to bring you new and innovative packaging-free products, adding to our ever-growing snack range and expanding on the great range we currently have in store.

We love hearing suggestions on what you would like us to add to our range. Some of our most popular products have come from customer requests.

If you haven't visited us before, come and see our friendly staff who can assist you with your shop without packaging experience. We look forward to welcoming you.

– Bridie and the team

**SWOP, 9 BOW ST, RAGLAN**

www.swop.nz

027 9677 467





# The Oracle's Experience with Therese

## “Love is guiding you.”

**I pulled into the driveway of Therese's delightful slice of Raglan paradise and was instantly overwhelmed by the beauty of her space.**

The Tui Cabin is a cozy, peacefully and thoughtfully designed healing room. Through the windows heavily-laden plum trees peered in from an expanse of lush gardens. The sound of the tuis throughout my time here was clearly the inspiration for the cabin's name.

Therese practices intuitive massage. She is well versed in many therapies, but it is clear that she is guided from the heart.

The massage table was set up with a bowl of essential oils and two flowers that Therese picked for me from her garden. After a cup of herbal tea, she invited me to choose a few oils that appealed to me.

The massage began with Therese guiding me through some simple and accessible breathing exercises that were meditative and similar to body scanning work. I then experienced an hour of massage, that was both calming and relaxing (at one point I nearly fell asleep) and deeply restorative as she found all of my aches and knots.

I experience pain in my back on a daily basis, and I can say that now, days after the massage, I am still feeling freer and less tense. The massage ended with grounding breath work and a closing meditation, and I really loved how Therese wove reference to our maunga Karioi and the sea into this.

I found this experience to be therapeutic at a physical, emotional and spiritual level. Therese has a warmth and a nurturing energy that permeates the space, and the love and intention with which the Tui Cabin was created makes therapy here a magical experience.

I would highly recommend you go see for yourself, gift a massage to a friend, or go together for the ultimate treat of a couple's massage.

## Q&A with Therese

### What services do you offer?

Relaxation Massage, Therapeutic Massage, Deep Tissue Massage, Craniosacral Therapy, Pregnancy Massage, Lymphatic Detox Massage, Myofascial Release.

Relaxing and therapeutic massage using rhythmic flowing combinations of massage and bodywork techniques to relieve stress and tension.

I'm currently working with the botanical wonders of Australian essential oils and NZ-grown sunflower oil. With 20 years experience as a physiotherapist, if you have any current injuries, chronic pain/dysfunction or health conditions, I can provide appropriate and individualised massage to rejuvenate areas of restriction and stimulate the body's natural healing process.

One of my specialties is Abdominal Massage, Chi Nei Tsang. Abdominal Energy Detox Massage is from the Thai tradition, with roots in Taoism. This massage combines deep touch, breath and vocalisation to activate internal organs and energy meridians, and I also offer other

gentle forms of abdominal massage. For special occasions Couples Massage and Four Hands Bliss Massage are a memorable and special treat.

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

I value the potent healing properties of hands, natural gifts from the earth such as oils, herbs, flowers and crystals, beauty, rhythms of nature and healing energies such as love and gratitude. This is what I use for my own wellness currently and it's what I now feel drawn to offer others. We are of the earth and when we align with the earth energies we invite vitality and harmony.

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

In 2005 I travelled to my ancestral lands of England, Ireland and Scotland. It awoke something in me and I came home a year later with a vegan diet, unintoxicated, open minded and connected to the earth. I began meditation and yoga.

I had been a physiotherapist and nurse in the mainstream health system for 10 years when I met a physiotherapist who used Steiner principles in his practice, an Anthroposophical Physiotherapist. Under his mentorship I learnt to develop my subtle skills and to weave together my holistic spiritual life and therapeutic work.

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

I have recently manifested a long held dream of working from home surrounded by natural elements, close to the kitchen and garden, working for myself in the rhythms of nature, following the moon calendar and having lots of time for spirit work.

The biggest obstacles I faced in coming to this point in my life were my own doubts and fears. With the support of local therapists, guides, moon circles and the advice of close friends, I did the inner work to move through the fears of business being hard and doubts about whether I could thrive, and

whether indeed it really was possible!

It all became crystal clear 2 years ago when my younger brother ended his life and my resolve to realise my dreams strengthened. Life is too short to procrastinate! From that point on my goal was clear and no obstacle that arose obscured the path towards my dream.

### Who should seek your holistic wellness service?

Everyone is welcome. Human or non-human. It can be deep or light, fun or serious, long or short, one session or many, whatever you need. Special occasions, gift vouchers, group bookings and home visits welcome.

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

This Hopi Prophecy comes to my mind: “This could be a good time! There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water... See who is in there with you and celebrate.”

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

Keep doing what you're doing, it's all good, love is guiding you.

— Experience & Q&A by Ronja Skandera



# Etai Gilad – Counselling & Hypnotherapy

Are you ready to take the journey towards discovering the true masterpiece that you are? Does your life feel colourless and dull? Are dark thoughts covering the canvas of your mind? Is it time to release the shadows of your past?

Solution-Focussed Hypnotherapy is an effective and enjoyable way to connect with your inner resources, be open to possibilities and discover new perspectives.

*"I saw the angel in the marble and carved until I set him free." – Michelangelo*



Etai Gilad DHypPsych (UK) has been helping people to make changes in their life including lifting depression, easing anxiety and resolving trauma since 2009.

Using a blend of hypnotherapy, psychotherapy, NLP and EFT Etai will help you develop tools and techniques that enable you to find your creative flow and craft the life that you want.

**Face-to-face therapy is in Raglan/Whaingaroa, and online sessions are available from anywhere.**

**ETAI GILAD**

etai@artofchangetherapy.com

<https://artofchangetherapy.com>

027 508-0577



## Nicky Mann – re:align / Yogalates / Pillar Code

**"Create a life that feels good on the inside, not just one that looks good on the outside."**

**re:align** is the offering of two complementary but stand-alone, holistic practices that create positive change in your life - the practice of Yogalates and the teachings of The Pillar Code.

**Yogalates** offers public weekly classes at The Yoga Loft in Raglan as well as personal or small group private sessions.

**The Pillar Code** is a 12 week on-line guided healing journey that allows for the total clear-

ing (release), repair and transformation of your Life, Mind and Body.

By clearly seeing what your past life has manifested for you – i.e how your Life, Mind and Body looks now – you are then given the tools to support you manifesting the "what" of your choosing for your tomorrow.

Combining, aligning and lifting each individual to clear and release past blocks, take back ownership of their own life experience and to positively move forward creating a fulfilling, joyful and purposeful life.



Our programmes will:

- empower you to lift into your highest form of resilience
- calm and balance your mental wellbeing to help you lift into clarity
- nourish, rebuild and strengthen your body to be the healthiest version of you right now.

If you are choosing to reduce unwanted stress, tiredness, tension, find your sense of calm, rediscover your confidence to feel in control of your life and reignite your passion for adventure – then Now is the time to re:align.

**NICKY MANN**

For information and testimonials check [www.realign.co.nz](http://www.realign.co.nz) and contact me to book in your Discovery Call and complimentary Life Happens session (valued at \$125).

## Katie Pickering – Earth and Ease Facials

**Experience a botanical facial treatment, using only the most pure and organic products.**

As a qualified beauty therapist and experienced facialist, I am empowered to not only guide your skin into balance but also offer a relaxing and rejuvenating holistic treatment.

I am of the belief that less is more when



it comes to skincare. A balanced simple routine, using pure, organic and botanical products, not only leaves your skin feeling rejuvenated but also allows its innate wisdom to shine through. Our skin being our largest organ is very intelligent and we only need to work alongside that wisdom for holistic results.

My facials combine naturally derived ingredients and herbal extracts, used

through deep cleansing, massage and exfoliation techniques. My goal is to leave you feeling relaxed, rejuvenated and glowing from the inside out!

Set in native bush at the base of Mt Karioi, enjoy the peaceful ambience of birdsong and ocean waves during your pampering treatment.

**KATIE PICKERING**

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# Self Care Column

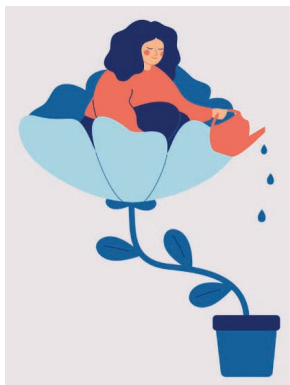
## Spend the night by candle light

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

## 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

## 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 (online 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

sunnyhillretreat@gmail.com  
www.sunnyhillmeadows.co.nz  
027 314 0109 or 07 825 0006  
Find us on Facebook!

## Dyana Wells Somatic Practice

**Somatic practice developed out of my love of yoga, meditation, Kum Nye and self development. It is a practice based on moving slowly in unfamiliar ways, with awareness, less effort and more pleasure.**

This kind of movement allows the body to release life-long patterns of tension and restriction. The somatic organism knows how to move in a pain-free, graceful way. By waking it up to



unhealthy movement patterns, which over the years have become fixed in the unconscious part of the brain, somatic practices will naturally unravel them.

There seems to be no end to the improvement possible. It has the ability to transform your practice of yoga, surfing, pilates, walking etc.

It has been said the every pattern of muscular tension has an ego profile, a psychological strategy by which the being disconnects and protects itself. In the journey back to wholeness, somatics cultivates an open, trusting, connected way of moving – which in turn facilitates a more open and connected way of living

Somatic practice is possible for anyone. It does not depend on a particular level of fitness or flexibility. This is part of its beauty.

I am available for one-on-one sessions. I am also running classes at 24 Lily Street on Thursday mornings from 9:30-10:45. If you are interested please contact me.

### DYANA WELLS

dyanawells@gmail.com  
021 036 7717  
dyanawells.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**

annie@crystalsingingbowls.co.nz  
www.anniejameson.com  
instagram: crystalsingingbowlsNZ  
027 713 8580

## Nia Dance with Belinda

**Nia is a fun, dynamic movement practice that leaves you feeling energised and alive.**

Blending the latest neuroplasticity science with ancient wisdom, The Nia Technique educates dancers to approach life and their bodies in a holistic manner, infusing love, joy and a refreshed sense of body awareness.

A delightful range of Music and choreography inspires dancers to feel free.

Belinda encourages dancers to choose an intensity level and adapt the movements, dancing in your body's way.

We have many classes throughout the week, plus online sessions.

**STEP INTO A CLASS NEAR YOU**

**Contact Belinda at [www.dancenz.co.nz](http://www.dancenz.co.nz)**

Leave your shoes and inhibitions at the



door, quieten your mind, and be guided into the sensations of the body. Feel the strength of social connections with like-minded souls reclaiming life, joy, and happiness.

Nia is a grounded cardiovascular dance class incorporating the chemistry and the healing of Martial arts, Dance Arts, and Philosophical healing wisdom.

**STEP in and experience the MAGIC**

**BELINDA – NIA**



## Creating Change In The Body

**Over the last 20 years Jo has studied a variety of techniques that have evolved to create a personal body treatment system for her clients that allows them to feel the change within themselves.**

The treatments are designed to address the whole body not just the parts. You may be experiencing something that is creating tension or causing discomfort, when we allow space for that residual tension to be released and softened out of the body the body functions better.

Treatments depend on the individual and

their comfort levels. It's not about fixing something, it's about making time and space for the body to adjust to its natural self, unhindered by held or recurring patterns of tension.

Creating space in the body through different techniques of body therapy such as Mohala Floor Bodywork, Kahuna Massage, Iwi heated stone massage, Constructive Rest and Hatha Yoga are all modalities that keep the body



open and flexible which helps to keep our vital energy flowing.

Jo Sharp of Fusion Body Therapies has a clinic at 12 Wallis St. She also offers mobile massage and Mohala bodywork treatments around the Raglan region. Keep an eye out for other offerings, Karuna Fusion Dance & Constructive Rest workshops.

**JO SHARP**

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# shop without packaging



SWoP aims to be a zero-waste alternative to supermarkets so customers can shop without packaging in an affordable and sustainable way. Providing things like loose tea, baking staples, snacks, herbs and spices, oils and vinegars, plus things like toothpaste tablets, period underwear and eco reusables.

Did you know kiwi households throw out a staggering 1.76 billion plastic containers per year?! By refilling your pantry, we can reduce this down by 50% on average and create circular economies all around. Small changes made by many people make the biggest difference.

Shopping packaging free makes a real difference to our environment. We are constantly sourcing new and exciting products and taking feedback from customers. We source New Zealand grown and locally made items, at affordable prices. SWoP's next aim is to become an essential shop in Raglan!



9 Bow Street Raglan 0279677467 [www.swop.nz](http://www.swop.nz)