

Sunflower Oracle

WELLNESS NETWORK
Tauranga / East Coast
Summer, January 2023
Edition 7

Bay of Plenty
Mount Maunganui
Papamoa
Tauranga
Te Puke



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

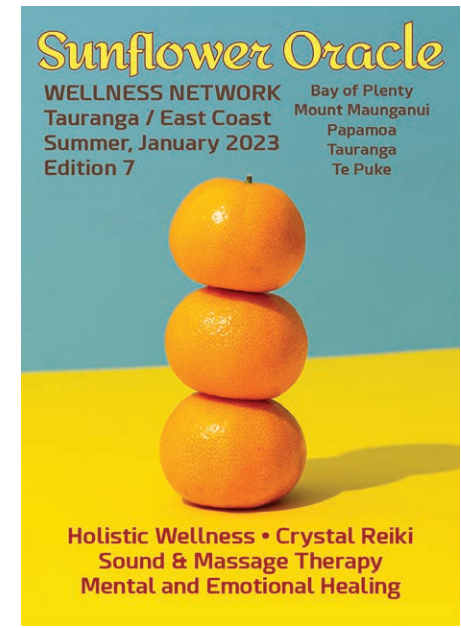
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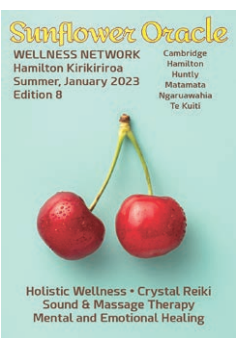
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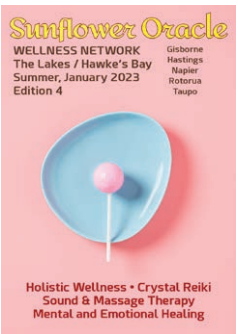
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Sunflower's Summer
Vicki Shannon

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

Sunflower Oracle
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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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The Oracle's Experience

Michelle Buchanan – Numerologist

“You’re good enough as you are right here and now.”

I had a numerology reading with Michelle recently and found it really interesting, she had a lot to share. She spoke about my life path, my destiny, personality, and the lessons I’m here to learn about in life.

The Destiny Number is based on our full birth name. Each letter of the alphabet has a number that it corresponds to, and the final digits are added together to total one number. She explained that I’m a “7 Destiny Number” who is here to find “My Spiritual Truth” which personally, from my own experiences, feels right to me independent of family or other people’s beliefs. It also related to me walking a path less travelled and of being drawn to holistic ways of living.

My “6 Life Path Number” reflected my love of connection with people and of wanting to help and nurture them. This was calculated by adding together all of the numbers of my birth date, including my birth year.

Number 3 “The Self Expressive Creative” was revealed as my Personality Number and this really lights up my soul. Michelle affirmed how important it is to “have fun” and to express myself “creatively” because it raises my vibration and puts me in synchronicity with life. She said this is important for all of us because when we’re in a “high vibration” we are more easily able to attract the things we want into our lives.

Number 5 - the “Freedom Loving Adventurer” was also part of my numerology blueprint. It is calculated from the 14th day of the month which I was born on (because 1+4=5), and that was accurate also. I’ve had many enjoyable adventures over the last ten summers, to wellbeing and creativity festivals and nice nature spaces. This matches my reading, as 5 relates to adventures, 3 to creativity, and 7 to wellbeing and nature. Michelle reminded me that it’s important that I continue to do more of this throughout my life.

Michelle also spoke about “Personal Year Numbers” and how there are 9 of them, all with different forecasts of what we can be likely to experience in that year. I’m in a “1 Personal Year” which is all about new beginnings, a fresh start, and taking action. I confirmed that I have been experiencing many significant new things this year that are aligned with my passions and dreams.

The session concluded with oracle cards being drawn that were meaningful and encouraging. I also appreciated Michelle’s intuitive messages throughout the reading. It was a very in depth, interesting, helpful and uplifting reading.

Q&A with Michelle

What services do you offer?

I offer Intuitive Numerology Readings, Oracle Card Readings, Spiritual Counselling, Couple Counselling and Law of Attraction Manifestation Life

Coaching. I also run workshops teaching others how to learn these skills, because the more people in the community with this wisdom, the better off we all are. In 2023, I’m starting “Circle of Light” – a free fortnightly Papamoa based “spiritual support group” for those of like mind in need of love, light and wisdom to feed their soul.

Why is this work so important to you?

Since we’re creative beings who need to maintain a “high vibration” to create a happy, healthy life – my work is important because it helps people to raise their vibration through self-awareness and an understanding of their life’s journey through their “numbers”. When our Numerology Blueprint is calculated from our birth certificate name and date of birth it reveals our life purpose and what we’re destined to do in this life. But more importantly, it uncovers the life lessons and challenges we will experience in this life. When we understand what these are and how to overcome them, we become proactive and self-empowered as opposed to helpless, powerless victims. This is vital information to know if you want to be happy and make the most of your life.

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

My mother was into astrology and used to visit mediums when I was a child. She also had Louise Hay’s book, “You Can Heal Your Life”, so I was introduced to holistic healing at an early age, however I didn’t take it seriously until I had a Numerology Reading 32 years ago that turned my life around during a very difficult time. Because that reading had such a positive impact on my life, I wanted to be able to do the same for others – and so my passion for healing through Numerology began.

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

Self doubt was my biggest obstacle of all. Because I’d never heard of somebody making numerology a full time career, I didn’t think there would be a demand for it. I assumed people would only want psychic and mediumship readings and nobody would want to get their “numbers” done because it wasn’t as “glamorous” as the psychic arts. Boy was I wrong! As soon as I shut down the negative voice in my head and fo-

cused only on my passion for Numerology and the love I felt in my heart when a client had a major breakthrough in a reading, that’s when the magic started to happen. Once I focused only on love and being of service, within months I had a regular client base, a column in “Woman’s Day” magazine and a monthly segment on TV One’s “Good Morning” for the next three years.

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

My clients are people who wish to become more self-aware and who know they were born to experience certain life lessons, but don’t know what they are or how to overcome them. Some wish to know their life purpose and what they are destined to be and do in this life and how they can achieve that. Many are seekers who know life isn’t random and who need extra insight into a specific situation or who need help with making a decision. Others are simply curious about themselves and their life’s journey or are looking for a deeper understanding of a significant other such as a partner or child.

Could you share a wellbeing tip with the community?

Absolutely! Because we’re creative beings that attract people, situations and things based upon what we feel and think about “the most” – we need to focus mostly upon what we “want” rather than what we “don’t want” - because we’ll attract it into our lives. When we train ourselves to only give attention to what is “good”, “positive” and “right” in our life, rather than what is “bad”, “negative” or “wrong”, we raise our energy vibration which improves our health and wellbeing and increases the positive synchronicity in our day to day life. Having an attitude of gratitude is vital.

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

Don’t be so unkind to yourself. You’re not the sum of your past mistakes and failures. You’re a good person and you’re “good enough” as you are “right here and now” - so treat yourself like a friend.

– Experience by Carina

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



Aldebaran Healing – Acupuncture

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

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

Rose is guided by an understanding we all have within us – an innate healing impulse which helps us on our journey to

well-being and self-understanding.

Rose holds an awareness in the importance of attuning to our need to be safe when working somatically with our mind-body-soul. She offers an opportunity in a safe healing space for you to experience embodied awareness into physical or emotional pain, or difficulties you may be facing.

Rose's particular areas of therapeutic practice and interest are: acupuncture for pregnancy and post-birth health, women's

and child health, acupuncture for conditions involving chronic pain, acupuncture for mental health, relational/developmental trauma, traumatic experiences, birth experiences and altered states of consciousness.

ROSE SKERTEN

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

www.aldebaranhealing.co.nz

rose@aldebaranhealing.co.nz

021 665 915



Michelle Buchanan – Numerologist

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

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

Michelle provides accurate personal readings and oracle card readings to people all over the world. She also runs

Numerology, Meditation, Oracle Card Reading, Manifestation and the Law of Attraction workshops, both in person and online. She lives in Papamoa, Tauranga.

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

If you're in need of intuitive guidance, clarity, insight and direction, your Numerology blueprint calculated from your birth certificate name and date of birth will reveal exactly what you need to serve your

greater good, raise your vibration and align yourself with Source Energy/Your Higher Self/Your Mighty I AM Presence.

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

Online Services

Michelle offers online numerology readings and oracle card readings as well as counselling and life coaching sessions.

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

MICHELLE BUCHANAN – NUMEROLOGIST

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Autumn Falk – Naturopath & Shiatsu

Incorporating western medical knowledge and eastern traditional understanding is a beautiful interplay which allows a holistic approach to health and working with somebody. Working from my Yurt Space in rural Katikati, I offer:

- Medical Herbalism
- Naturopathic consultation
- Shiatsu Bodywork

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

While working with someone I make

sure I meet the many layers of self.

Looking at, and guiding someone to improve health, encompasses all aspects of a whole person and is a journey of meeting someone authentically. I feel called to empower people to be in charge of their wellbeing.

There are many ways to do that:

- Herbs to help you on your path.
- Medicinal herbs that support your physical complaints which can be taken alongside pharmaceuticals if needed.

- Assistance to make lifestyle and diet changes.
- Intuitive guidance for your healing journey
- Healing touch through Shiatsu Bodywork that gifts you relaxation, presence, helps you to move energetic blockages or stagnations, and warms & softens you where needed

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

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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.

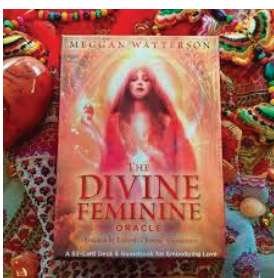
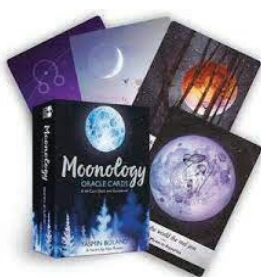
There are a variety of different oracle card decks that you can find at your local holistic wellness store or online. You just need to pick the oracle deck that speaks to you as each one is very different.

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

Dionne Norman – Little Reiki Retreat

It's great that you're here! I love working with people to help them to re-align to a happier sense of well-being, through the healing energy of Reiki.



Based in the beauty of the Lower Kaimai in Tauranga, amongst the boulder river and native bush, I teach all course levels of Usui Shiki Ryoho Reiki:

- Reiki First Degree
- Reiki Second Degree
- Reiki Master
- Reiki Teacher

I offer Reiki treatments and I'm a registered member of Reiki NZ Incorporated. I adhere to their Code of Ethics and Rules of Practice. Reiki NZ Incorporated is a member of Natural Health Practitioners New Zealand, an umbrella organisation for all forms of natural health modalities in Aotearoa. I'm also a Healing Touch Practitioner and a member of



Healing Touch New Zealand and Healing Beyond Borders (Colorado, USA).

I've dedicated my life to sharing the love of Reiki, by uplifting and inspiring others on their spiritual and healing path with Reiki. It's a journey that I believe will be filled with love, laughter and fun.

It'll be an honour to work with you as you venture on your own Reiki journey of alignment and discovery.

I look forward to meeting you soon.

DIONNE NORMAN

Little Reiki Retreat

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Kati Ludwig – Counselling – Therapy

I am a hybrid-healer who weaves spirit and energy medicine through a scientific background of clinical psychology.

I transform my client's lives to be hopeful, stable and empowered.

You are your own guru. Be inspired by your own story.

Your answers lie within you, you only need the tools to access them.

My mission is to help people to hold space for themselves and to achieve steadfast inner peace. I approach the biology and the

hardened industry of clinical dis-ease with a maternal, soulful presence.

I have mastered traditional cognitive therapy, but my piercing eyes and



understanding reach into one's body, far surpassing the limits of the mind, in order to meet the soul exactly where it is and coax it back into its full vitality.

KATI LUDWIG

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Dr Simon Street Chiropractic & Vitality Studio

"My passion is guiding people towards a state of wholeness. There is nothing more fulfilling for me than to witness a return to heart-based living – a reconnection with our authentic selves. I am constantly in awe of our humanness – our capacity to forgive, to integrate challenges, and to love."

Dr Simon Street is a Chiropractor specialising in Network Spinal and Compassionate Inquiry. He has always been drawn to experientially investigate the relationship between mind and body. Simon facilitates healing in

a unique way – expanding openness, safety, and connection in the mind-body – at a felt-experience level. He aims for clients not only to feel better, but also to become better at feeling.

Network Spinal is an evidence based Chiropractic approach to wellness and body awareness. Gentle and precise contacts to the spine cue the nervous system to create new wellness promoting strategies. Two unique healing waves develop that are associated with spontaneous release of spinal and



life tensions, and the use of existing tension as fuel for spinal re-organization and enhanced connection with life.

Compassionate Inquiry is an approach developed by Dr. Gabor Maté that reveals what lies beneath the appearance we present to the world. Through Compassionate Inquiry, the client can recognise the unconscious dynamics that run their lives, and how to liberate themselves from them.

SIMON STREET MOJO DOJO

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ACC Registered Provider

The Journey – ThetaHealing™

I began my healing journey by having to heal myself, after some health challenges, finding The Journey and graduating as a practitioner in 2005.

I set up my practice, Lovelight Holistic Health, then qualified as a ThetaHealing™ practitioner shortly after. Since then, I have used these modalities together to enable people suffering from a variety of frequently inexplicable issues, often associated with traumatic events experienced earlier in their childhood, present or past lives, to release

these traumas and move on with their lives to become all they wished to be.

Any other issues that arise will be dealt with appropriately, and telephone or email support is available after a session.

A session usually lasts between two and five hours and includes ThetaHealing™ belief changes and a full Journey process. Sessions are always conducted in person and, as I schedule only one session per day, can extend to allow whatever challenges you have to be fully explored and cleared.

I have spent much of my working life as a teacher at all levels, am happily married (for 45 years) to my wife, with whom I have three grown children and several grandchildren.

If you have any further questions about the healing work I do or about me, please visit my website.

I now do Zoom healing sessions.

ALAN WILLOUGHBY

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