

# Sunflower Oracle

WELLNESS NETWORK  
Hamilton Kirikiriroa  
April–May 2023  
Edition 9

Cambridge  
Hamilton  
Huntly  
Matamata  
Ngaruawahia  
Te Kuiti



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

# Sunflower Oracle Wellness Network

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**HAMILTON KIRIKIROA**  
is a sister publication to



## All Regions Online

All Healer profiles appear online, even if there is no local print edition, for example Thames and the Coromandel Peninsula. Check online for your region.

**Deadline for Winter edition is June 30, 2023**

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.

## RAGLAN WHAINGAROA



## TAURANGA / EAST COAST / THE LAKES / HAWKE'S BAY



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# Autumn's Changes

## Vicki Shannon



**Autumn – a time of fog, a time when the leave of the trees change colour and the earth prepares to hibernate for the winter to begin again in Spring.**

This is a time of year for self reflection, for self care and for healing. A time for you to look inwards and a time for you to pause.

Growth is a natural part of life and Autumn is a beautiful time of year for this. Whatever makes you uncomfortable is your biggest opportunity for growth.

Whatever you feed will grow, so take some time this Autumn to feed the parts of yourself that you want to grow, that you want to develop, that you want to transform. This could be any or all of your physical, spiritual, mental or emotional health.

This Autumn edition has lots of ideas to support you on your journey of growth and self discovery.

Why not take this season as a opportunity to smudge your home or create a mindful space ... or choose some seasonal crystals or healing



items to put beside your bed.

Warmest blessings

Vicki, on behalf of Ronja & Brian



### Sunflower Oracle

HAMILTON KIRIKIROA

Edition 9, Autumn 2023

Compiled and Edited by Vicki Shannon  
and Ronja Skandera

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**Sunflower Oracle**  
**Online Directories**  
**Healers, Modalities &**  
**Online Services options**  
[sunfloweroracle.nz/directories](http://sunfloweroracle.nz/directories)

# Hair Test for Health – Julie & Nicky

**At Hair Test for Health, we use hair testing as a unique way of identifying dietary and environmental sensitivities, mineral imbalances and heavy metal toxicity to help us evaluate your health.**

This non-invasive test, together with a naturopathic consultation, is suitable for the whole family, from babies to grandparents.

The information gathered allows us to determine possible factors contributing to ill-health. We formulate a personalised health plan with you to balance your body and support you on your journey to well-being. This can involve nutritional and lifestyle advice, herbal medicines, supplements, Bach flowers and other natural therapies.



**Supporting you to rebalance your health through hair analysis**



Hair Test for Health can help with issues including: allergies, blood sugar levels, chronic fatigue, digestive discomfort, hyperactivity, inflammation, joint pain, learning difficulties, migraine/headaches, mood swings and skin conditions.

Let us support you to re-balance your health.

## **HAIR TEST FOR HEALTH**

hairtestforhealth@gmail.com

www.hairtestforhealth.com

Julie 021 227 9559

Nicky 022 318 1351

# 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



# Fields of Potential

## Eternal Self

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

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

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

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

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

The RASHA is a meditative, consciousness coherence tool that hemi-syncs, harmonizes the Autonomic Nervous System (ANS). When exposed to true scalar energy and base-12 resonant frequencies, orderly thought enhances the self-healing process.

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



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

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

Connect with us:

### ETERNAL SELF

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Social Platforms – Eternal Self:

Telegram and Instagram

Sam Walker  
**Natural Epsom Salt**  
...and more

Food grade and chemically pure  
Natural Epsom Salt

Unscented vegan candles  
Natural soaps  
Essential oils  
Crystal Energy Generators  
Magnesium cream  
Inspirational cards  
Jewellery  
Books, CDs  
...and more

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

# The Oracle's Experience

## with Lynley Erin, Seasons and Circles

**“Own yourself. Only you know what is best for you.”**



**A circle with Lynley is like a group of old friends getting together to wrap each other in a cosy blanket and share the difficulties or challenges they are facing in life. It is a way for people to come together and honour whatever arises using the energy of a new moon.**

When I arrived at Namaste Yoga the space was set up with comfortable cushions, beautiful candle light and a central alter filled with oracle cards, flowers and love. The space that Lynley created was welcoming and each and every person was supported and held in love throughout the circle. Using music, stories, meditation, poems and guiding questions, Lynley led the circle through their journey and supported us to share whatever came up. She was kind. She was sup-

portive and she honoured the stories of each and every individual in the group.

If you want a comfortable, safe and supportive environment to connect, release and replenish, then Lynley's circles are it. I left this space feeling held, feeling reassured and at ease. I felt like I had connected with a group of women on a completely different level.



### **Q&A with Lynley Erin**

#### **What services do you offer?**

I facilitate women's circles in-person and online, I create ceremonies for special transition points in people's lives: Mama Blessing Ceremonies for pregnant women, and Handfasting for couples weddings, engagements or renewal of vows, and I create personal ceremonies for special transition points in people's lives; whether it be transition to first bleed or menopause, death & grief, new beginnings with career or home, naming ... anything in our lives that we wish to be appreciated, grieve and/or celebrate!

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

It's important to me because ceremony invites the sacred back into our existence, a deeper connection with ourselves and the people around us, with a fuller embrace and respectful witnessing of our paths.

#### **Could you tell us about how your interest in Circles and Ceremony began?**

My first circle experience was at a homebirth circle I attended when I was pregnant with my second son after a traumatic first birth – it was such a beautifully held space where I was heard and witnessed, and I could feel how special that type of environment was. I needed it in my general everyday life; it wasn't available, so I created it! Ceremony is something that evolved from that.

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

Probably 'imposter syndrome' where we doubt ourselves and ask ourselves, who am I to offer this? I feel like I have just recently turned this page after a bit of soul searching and questioning my place, and now I know I am exactly where I'm meant to be.

## Who should seek Circles & Ceremonies?

Anyone wanting to honour themselves and their life journey.

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

Laugh, a lot! Learn who you are underneath all of the conditioning – be curious to see whether how you express yourself is from the wisdom within your unique being, or from the perceived expectations and obligations from the world around you.

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

Own yourself. Only you know what is best for you!

– Experience and Q&A by Vicki Shannon

## Join the Sunflower Oracle Wellness Network

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

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

New healers receive a **feature Profile** (including one or two photos) in the front pages.

On our **website** your Profile will be featured in the appropriate Directory. Magazine Profiles are limited to 220 words. Online Profiles are unlimited words.

**To join, go to** [sunfloweroracle.nz/sign-up/](https://sunfloweroracle.nz/sign-up/) and add your choices to the online form.

## Enriching Things to try this Autumn

**Beachcombing** – head to your favourite beach and trawl the shoreline for treasures. Shells, seaglass, driftwood – pick up any plastic along the way! When you get home, arrange your treasures on a windowsill.

**Exercise snacking** – sadly this has nothing to do with snacks. Try fitting in regular, short bouts of exercise into your day. These could be as short as 60 second bursts. Run up the stairs, do 10 chair squats, walk around the block at lunch, challenge your co-worker to an arm wrestle. Fitting in exercise in such small chunks mean you can have a more active day without noticing any strain on your time.

**Write a letter to a loved one** – who still does this?! Slow things down, take your time, and communicate to a loved one by writing a letter. Everyone loves receiving mail but most of us just get bills. Include a poem, a treasure from nature like a leaf or a feather, and tell them how much they mean to you.

**Create something** – do something you haven't done before. Paint, cook a new recipe, build something, write a poem or a story, play an instrument, restore something.

**Repurpose your old soap** – collect all the old soap ends. When you have enough, melt them down over a double boiler and add essential oils and dried flowers. Pour the liquid into a plastic container as a mould and allow to set.

– Ronja Skandera



# Namaste Clinic – Shirley Green

## Healing Body, Mind and Soul

**Offering Individualised therapies and a range of Courses**

**Feeling stressed, tired, lethargic, depressed, lacking purpose, direction and clarity?**

Whether your pain is physical or emotional, experience deep relaxation and rejuvenate with a Namaste Remedial or Relaxation therapy, catering for your specific needs.

Shirley Green owner/Therapist has been involved in massage and Natural healing

for about 30 years. She offers a wide range of therapies, which can include aspects from the following modalities: Acupressure, Polarity, Reflexology, Aromatherapy, Crystals and Reiki, Intuitive Aura Clearing, Chakra balancing and Alignment.

Online therapies are also available which can include aspects of Meditation, Reiki and Intuitive Energy and Aura Clearing.

All therapies are a unique combination of the modalities that are appropriate for you at the time of your visit and always cater for your needs in a consultation ensuring you

## Lois Rowell – Indian Head Massage

**Hello, my name is Lois Rowell. I'm delighted to offer Reflexology, Indian Head Massage (IHM) and Emotional Freedom Techniques (EFT).**

Reflexology is based upon the concept that the entire body is reflected as a system of reflexes on the feet, hands and ears. By pressing on these reflexes with thumb or fingers, I am able to bring about relaxation and balance in the body, along with detoxification and stress reductions.

The many benefits include improved circulation, stress reduction, pain relief, improved sleep, migraine relief. Safe for everyone including babies



## Lynley Erin – Seasons and Circles

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

**Seasons and Circles** is a place of Sisterhood, we gather aligning with the Moon and Seasons, share our journeys, our insights; we reclaim and play. In Circle we experience Catalyst Conversations, Story, Music, Connection, Pathworking and Ceremony.

**Mama Blessings** are an honouring of the mother-to-be. When a baby is born,

the mother is born also. This is a sacred ceremony of love, being held and supported, remembrance and reclamation of our innate capacity as birthing women.

**Handfasting** is an ancient Celtic ceremony, a pledge of love and unity between two souls. I connect with you to create a sacred and heartwarming ceremony perfect for you as a couple. It can be used in place of or alongside a legally binding union. It can also be tailored as an engagement or intention ceremony, or a renewal of your vows.





gain the full benefit of your therapy. We cater for all ages, babies to all adults.

**The Namaste Clinic courses developed from Shirley's awareness of the need to share the knowledge she had gained, as clients became interested in how she worked with people and put together her therapies.**

Anyone can do the courses; no prior knowledge or experience is required. The

and the elderly.

Indian Head Massage focuses on the parts of the body that are most prone to tension and stress. That is, upper back, neck, shoulders, upper arms, face, and scalp. Treatment includes kneading and probing of the upper back, neck and shoulder areas. The scalp is then massaged, using squeezing, tapping, rubbing or prodding motions. Manipulation of facial pressure points to relieve sinus pressure and increase alertness and stimulate circulation.

Emotional Freedom Technique works on

courses are fun, informative and provide an opportunity to meet likeminded people.

Learn how to treat yourself, family, friends (or clients if you have your own business). All courses have a manual or notes provided.

**Discover Namaste Clinic – Discover pure Relaxation and Peace while you rejuvenate and restore wellness.**

#### **SHIRLEY GREEN**

For more information on Therapies and Courses visit [namasteclinic.co.nz](http://namasteclinic.co.nz)

or Contact Shirley on 0272239532

or email [joeandshirleygreen@xtra.co.nz](mailto:joeandshirleygreen@xtra.co.nz)

clearing a vast range of emotional issues. Using acupuncture points, EFT moves energy through the body's meridian system to clear blockages. This is done by tapping on acupuncture points while you focus on situations that represent personal fear or trauma. Unwanted stuck emotions and physical symptoms are released. A calming signal is sent to the brain, letting your brain know it's safe to relax.

#### **LOIS ROWELL**

[loiserowell@gmail.com](mailto:loiserowell@gmail.com)

027 2881148

Also at Infinity Spiritual Centre Hamilton



**Catalyst Connection 1:1**  
Conversations to guide you towards your own insight, imagination, intuition, remembering and reclamation.

**Music** ~ my duo can play at your event – from acoustic small scale fireside sing-alongs to setting up the full PA.

#### **LYNLEY ERIN**

For more information and to connect, see my website:  
<https://www.lynleyerin.com>

# Infinity Spiritual Centre



**The focus for Infinity for 2022 is to help bring everyone together, uniting in learning, connection and awareness.**

With the continuous expansion of crystals and gifts on offer there are also courses and workshops available, led by their gifted team of Healers and Readers.

Barry continues his passion of drumming with his **Shamanic Drum Making workshops**. An opportunity to lash your own drum and beater to add to your sound healing toolkit.

Also available are workshops in **Aura Awareness, Chakra Basics and 5D Chakra Ascension**.

Evening sessions bring:

**SpiritQuest**, a short film and guest speaker. Come and discover, and discuss different modalities and experiences.

**Living Light** offers a chance to explore your spirituality with support and guidance, subjects evolve with the group.

During the day we have **Wairua Wellness Hour**, connect with meditation, discussion and wellbeing.

**Spirit Seekers Share** brings shared support through your individual journey of light and connection.

Themed **Full Moon Meditations** occur on the Full Moon each month.

**New Moon Tarot Circle** brings guidance for the month on each New Moon.

**Beginners Tarot courses** are now up and running in 4 week blocks.

**NEW** Men's group and more coming soon!

Don't forget our monthly **Spiritfest** where you can experience a discounted healing or reading.

Come and join us, enjoy a coffee in the café, a healing/reading session or a browse or chat. All are welcome here at Infinity. All details for the courses can be found on our website.

Blessings

Barry, Amanda and Nina

**INFINITY SPIRITUAL CENTRE**

[infinityspiritualcentre@gmail.com](mailto:infinityspiritualcentre@gmail.com)

[www.crystalshopinfinity.com](http://www.crystalshopinfinity.com)

07 838 1 838

# Stacy Sadler Intuitive Reader

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

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

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

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

If you are wanting to learn Tarot, I offer a Tarot Beginners course which gives in depth information on all the cards in the Tarot deck, and allows you to develop your own intuitive abilities.

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

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

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

I look forward to connecting with you!

## STACY SADLER

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Instagram: stacystarot  
Facebook: stacysadlertarot  
www.stacysadler.com



# Sue Xu Therapy

**I am grateful to my ancestors for teaching me the philosophy of being a human being and how to take good care of my health.**

In 1992, I came to New Zealand. In 2006, I used my ancestors' medical knowledge to help my ex-husband recuperate from skin cancer.

My specialty is to use the whole traditional face-to-face diagnosis, scraping (Gua Sha), cupping and moxibustion therapy for conditioning and balance.

I also teach my unique skills to help people who need to learn. I use the Book of Changes (I Ching) to help clients deal with emotional problems too.

There are only three things of value in this world: Heaven, man and Earth.

May we all cherish our one-way trip!

## Testimonial

*Six years ago I had to have an operation on my forehead to get a cancerous growth removed at Waikato Hospital. It was done under local anaesthetic and was very painful. At the time, I was told to come back in ten weeks to have the same operation on the right side of my forehead and was given six different tablets "to be taken daily" from the chemist which I did for approximately two weeks, until I met Sue.*

*Sue told me to stop the tablets and she gave me treatment, Gua Sha, and an oil to rub on the right side of my forehead which was made from natural herbs. In a very short time, the signs of the cancer had disappeared, to the point where, when I went back to hospital, they could find no traces of cancer left, so did not operate.*

*That was over five years ago and I have not taken any pills or had any operation since.*

– Glenn Scott

## SUE XU

sueuxtherapy@gmail.com  
022 681 0143

Also at Infinity Spiritual Centre Hamilton



# Brain Bloom Room – Michelle Lowe

**Neuro Development Partner, Michelle, is the founder of the Brain Bloom Room and their ‘Replenish’ programmes. As an educator for over 30 years Michelle has worked with many children, young people and adults who face different hurdles in their learning and lives.**

Michelle walks alongside individuals and families facing learning and behavioral challenges such as Dyslexia, Dyscalculia, Dysgraphia, ADHD, ADD and Sensory Processing issues. It is Michelle’s hope that the holistic approach of the Replenish Programmes will benefit everyone looking to unravel and get to the ‘root’ cause of learning and behavioral challenges.

## **How does Michelle help your child?**

The specialised neuro-developmental movement-based programmes at the Brain Bloom Room support clients to re-wire and shape their brains so that they can learn more effectively, adapt their behaviour to their surroundings more efficiently and enjoy life more fully.

Research now strongly links brain-based learning disorders such as Asperger’s, Hemispheric imbalances, Hyperactive and Speech Disorders, Dyslexia, Dysgraphia, Dyscalculia, ADD, ADHD, ASD, SPD and immune problems to the retention of primitive reflexes, sequential ‘in-built’ foundational baby movements.

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

op as it should and is not wired up as it is programmed to be. As a result, core foundational skills necessary to learn and behave in the classroom are not very well established.

Our ‘Replenish’ programmes do exactly this, starting with primitive reflex integration, sequentially re-laying the foundations for brain development. This is the first step to encourage the growth of new brain networks, re-organising and rewiring the brain for learning.

## **What to expect**

Michelle loves getting to know her clients of all ages and backgrounds, tailoring what she offers to suit their unique needs. Her mission is to reach as many families as possible and she understands that so many desperately need help. Michelle is passionate about her programmes working in partnership with her clients and their families to ‘empower’ them to move forwards with confidence and purpose.



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

## **MICHELLE LOWE**

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027 555 4552

## Crystals for Autumn

**Pisces** – Aquamarine, Amethyst, Bloodstone, Calcite, Rose Quartz, Turquoise.

**Taurus** – Aventurine, Rose Quartz, Tigers Eye, Topaz, Sodalite, Tourmaline.

**Gemini** – Moonstone, Sodalite, Emerald, Blue Lace Agate.





# Crystal Lee - Multi Dimensional Healer

Hi beautiful soul, I'm Crystal... and it is so lovely to connect with you. I feel so blessed to do this work whether it be online or in person.

I offer 1:1 sessions, coaching/healing programs to Reiki training and courses

As an official Reiki Master/teacher, Past life and inner child regressionist, Crystal healer and NLP coach, plus a lifetime of vast personal experiences, I use my "tool box" alongside my intuitive connection with your spiritual team, the universe and many divine beings of light to assist you for your highest good, where I focus on healing your energetic body, subconscious mind and nervous system regulation.

Supporting both adults & children, I work with Empaths, Intuitives and Highly sensitive souls that feel, see and sense deeply to own this gift that is your superpower!

*I am the healer that guides you to step into being your own best healer.*

Like Alchemists together we look for where we can shift the vibration to a higher state, looking for the light in all situations and experiences and as we do seeing the higher perspective and learning from all.

You see we are never given anything we cannot handle and together with my love and sup-



port we journey back to find and release the root causes that have been holding you back from living your best life.

No matter how big or small the more we heal our wounds, those limiting stories and beliefs, we release the heaviness weighing us down, and taking up space, and in doing so the lighter we become. And with that extra space more love can flow in, the happier we are and ultimately becoming the best version we can be for ourselves, our family and the world.

I guide you as your consciousness rises, connecting you with your intuition, so you can hear your own answers, trusting yourself and back to the place of remembrance of who you truly are within.

**CRYSTAL LEE - HOLISTIC HEALER**

[www.crystal-lee.co.nz](http://www.crystal-lee.co.nz)

[withlove@crystal-lee.co.nz](mailto:withlove@crystal-lee.co.nz)

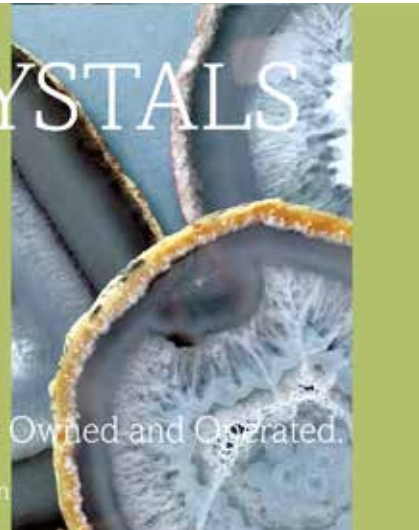
FB & Instagram: Crystalleehealer

## WAIKATO CRYSTALS

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

High Quality. Ethically Sourced. Geologist Owned and Operated.

[www.waikatocrystals.com](http://www.waikatocrystals.com)



# First Light Flower Essences – Steven Lydford

I have been working with First Light Flower Essences of New Zealand® since 2007 and am a First Light Flower Essences of New Zealand® Registered Practitioner and Tutor.

Once I started working with these essences the shifts that I was having were incredible, which I also witnessed in friends, family and clients. They are an integral part of my life and it is a privilege to be



## Kerry Brown – Crystal & Reiki Healer

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

I began as a Clinical Dietitian helping people manage illness and medical conditions with diet. I then found yoga and the healing power of the breath to manage stress and improve mental and physical wellbeing. This led me to become a yoga instructor.

After the loss of my father my spiritual journey hit fast forward and I was drawn to Reiki and Crystal Healing. From my personal experience of energy healing and how it helped me through my grief, I knew I wanted to be able to help others.

Crystal Healing works on an energetic level, using divine energy and the power of crystals, to balance chakras, heal and align the seven auric layers, and connect with your divine energy source. This translates to feeling better physically, mentally, emotionally, and spiritually. It can help with our ability to deal with stress and clear energy before it can manifest as

## Janet Louise – Clairvoyant, Tarot, Usui Reiki



**Merry meet. I'm Janet Louise of Happyspirit.**

It's fabulous you stopped by...

As a genuine people person, I have always been of Spiritual nature and since sharing my holistic healing work over the last 23 years, professionally travelling Australasia and writing for the NZ Womens Weekly, it has been my pleasure watching people take control of their life and blossom into who they desire to be.

As an International Clairvoyant / Medium and experienced Usui Reiki Healing Master / Teacher, I am now based in Hamilton, travelling to Auckland and Gisborne doing face to face, phone or messenger consultations.

able to pass on the incredible information within the sacred plant medicine of New Zealand.

I have been teaching First Light® workshops since 2017. There are 10 study units which are covered over 5 weekends throughout a calendar year. They consist of First Light® Flowers, Ferns, Trees, Seeds and Plants workshops. They are taught in this order, but they do not have to be taken sequentially.

When a person ingests or places the drops of the flower essence, which contains the plant vibrations or plant

energy under their tongue, the holistic healing vibration is transferred into their body by a process called resonance transfer. This process works to rebalance the holistic person, their physical, emotional, mental and spiritual levels.

Flower essences can easily support an existing career such as a massage therapist, herbalist, nutritionist, naturopath or yoga teacher and other modalities.

**STEVEN LYDFORD**

stevenml@xtra.co.nz  
www.floweressencetutor.com  
021 121 9514

physical dis-ease.

I heal with the intention that it is for the highest good of my client so you can be assured you will receive the healing you need at that time.

If you would like to find more peace and tranquility in your life and would like to try yoga or Crystal Healing please reach out for more information or to book a time. Crystal Healing can be done by distance also.

**KERRY BROWN**

InHarmonyYogaNZ@gmail.com  
021 154 1474  
FB: InHarmonyYogaandWellness



I offer:

- Clairvoyant – National / International readings
- Tarot readings
- Usui Reiki Healing – in person or absent
- Chakra unblocking / balancing
- Past lives recall
- Life / Business empowerment coaching
- Home and Business clearing / success
- Crystal therapy
- Marriage Celebrant

We are forever seeking clarity and understanding and clairvoyant readings and healing are ways of receiving guidance and direction to enable us to see more clearly

the options that are presented to us.

In addition to this guidance and realigning your mind, body, soul and Spirit, you will then be able to cope with situations and be able to work through your fears and life's challenges in a positive way.

I look forward to guiding you on your journey.

In love, light, peace and happiness.

**JANET LOUISE**

0274-854443  
Empowering People to LIVE life.  
Have a super, happy, sparkly day.

# Ātaahua Beauty – Victoria Bramley

**This is the face that greets you at Ātaahua and a little information about me and where I'm from.**

Tēnā koutou katoa – Greetings to all.

Ko Tainui te waka – Tainui is the canoe.

Ko Waipa te awa – Waipa is the river.

Ko Pirongia me Karioi ōku maunga – Pirongia & Karioi are the mountains.

Ko Te Papa o Rotu te marae – Te Papa o Rotu is the meeting house.

Ko Ngaati Maahanga te haapu – Ngaati Maahanga is my people.

Ko Waikato te iwi – Waikato is my tribe.

Ko Victoria tōku ingoa – Victoria is my name.

Mauri ora ki a koutou katoa. Good health and well-being to you all.

Te whakanikoniko i tō mauri rerehua me to toiora.

Welcome to Ātaahua. Our mission is to provide Holistic Māori healing for all cultures. We provide beauty treatments from head to toe as well as cosmetic tattooing for eyebrows, holistic well-being, Traditional Māori Healing and Māori Rongoā.

At Ātaahua we believe in looking after your

'Mind, Body and Soul' to look your best at all times. To be Ātaahua is about more than just the way a person looks. It means being beautiful in every sense of the word.

Victoria specialises in practising:

- traditional Māori healing (spiritual healing)
- mirimiri/romiromi (massage)
- Rongoā Māori (Māori medicine), how the ki-kokiko (physical), hinengaro (emotional) and wairua (spirit) world connects to a person's health and wellbeing.

We strictly follow Kaupapa, tikanga and ancient Māori traditions.

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

**VICTORIA BRAMLEY**

info@ataahuastudio.co.nz

www.ataahuastudio.co.nz

0220645877



# Cushla Richardson – HypnoBirthing

**Embracing birthing wisdom. Empowering birth experiences.**

Cushla Richardson is a certified HypnoBirthing Educator with HypnoBirthing International® – The Mongan Method.

Due to some special circumstances in my second pregnancy, I realised I would need support and guidance to ease my mind from the worries of being induced early, and birthing in a hospital environment when I had envisioned a homebirth.

Doing HypnoBirthing gave me confidence and the tools to surrender to this process and I delivered my beautiful daughter with ease in the hospital.

From that moment on I realised how powerful HypnoBirthing is and believe all women deserve to know this knowledge and understand our innate birthing wisdom.

HypnoBirthing® is a beautiful birthing philos-



ophy that offers many tools to guide women to feel physically, mentally and spiritually prepared for childbirth, including affirmations, self-hypnosis, relaxation, breathwork and positive education.

Over the course of 5 weeks you are guided to connect with your innate birthing wisdom and are supported in envisioning a positive birth experience, leaving you feeling empowered and excited for your birthing day.

It is based on the philosophy that birth is a beautiful event that women achieve instinctively and intuitively and that all babies deserve to enter this world in a gentle atmosphere, and in calm and joy.

**CUSHLA RICHARDSON**

Cushla@earthandsoulmama.co.nz

www.earthandsoulmama.co.nz



# 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

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## Pippa Leslie – QHHT hypnosis & Reiki Master

**Pippa’s energy is loving, caring and warm. She touches the lives of everyone she meets with her wisdom and knowledge.**

She teaches as she learns. She shares whatever she channels and receives. Pippa is a qualified Quantum healing hypnosis practitioner, Reiki Master and intuitive channel.

She helps you heal, explore past lives, move through trauma, subconsciously heal, find peace and connect to your divine self.



Online services:

- Past life regression workshop shops
- Distant online healing
- Online readings

As Pippa’s passion is to help others heal and recognise their divinity, her services align with exactly that. Reiki can be a powerful tool to open her client’s minds to possibilities and to the potential they have within. Whereas hypnosis takes her clients on a deeper journey to explore their past and allow their subconscious to assist. In recent years Pippa has been aligning with her connection to God and using her channeling gifts to help guide others on their journey. She has an ability to connect to her guides and yours to deliver messages whilst healing.

**PIPPA LESLIE**

guidance@beautyisfoundwithin.com  
www.iampippaleslie.com  
027 246-8989

# Lesley Ormsby – Tarot and Oracle

**Kia ora, I am Lesley Ormsby. My main services include the use of my psychic, medium and clair sensing abilities and skills through a reading or energy and body alignment therapy.**

As we are all unique beings my healing style is intuitively guided utilising a variety of techniques and abilities, skills and knowledge from the past 25 years. I am a certified massage and aromatherapist, homeopath, art therapist and reflexologist. I also use chakra and aura balancing, sound,

vibration, water and of course crystals for healing, shifting or balancing energy in the body or environment.

My Māori culture and rongoā is an important part of my practices and blends in well with each individual's requirements. My kaitiaki, guides and I have a wonderful connection. We work together in service to provide what is required for each person in the ENERGY of LOVE.

Whether you book in for a healing or a reading the services I have available will help

## Good Bugs – Creating Change

**Hi, I'm Marea Verry the main face of GoodBugs, and a self-styled health advocate. I have been interested in fermentation and nutrient dense food for the last 20 years.**



My partner Daniel and I are raising four amazing kids, aged 6-13. We maintain a 50 m2 organic permaculture urban garden, modelled on the Koanga Institute

methods and we currently have six hens.

After teaching a class about making pesto from all the wild and wonderful herbs and greens found in the garden, I experimented with fermenting pesto and it became a firm favourite because of its superior taste, shelf life and nutritional properties.

From there, GoodBugs was born. Sauerkraut and kimchi, were added to the product range and now all our hand made ferments are made in our purpose built backyard kitchen, right here in the Waikato.

## Wairua Light – Renee Barrett-Jones

**Tihei Mauri ora!**

I begin my korero with immense acknowledgement of gratitude to Nga Atua, the Gods of above, below, beyond and within. The many universal energies that awhi and guide the flow of this essence I soulfully hold.

From the mountain peaks of Tongariro and Tuhua, to the waters that stream and well upon these lands, effortlessly providing nutrients and sustainable survival to all life's existence...

Thank you – forever so grateful!

We each hold sacred magic within oneself. Individually, equally, personally spun perfectly to compliment this journey, we came to unfold as we evolve and transition through experience and emotion here in this earth realm.

My journey along side wairua/spirit, has been known to me since I can remember. Actively raised amongst my elders, within the marae, surrounded by death and a whole lot of love, observations of my father

you to gain insight into how you can improve, become, inspire, lead, manifest, accomplish and be satisfied in life.

I also facilitate courses where you learn how you can enhance your spiritual gifts and abilities. This ranges from beginners to advanced readers and healers building their confidence.



Please find more information on the Sunflower Oracle website.

Namaste & Aroha nui

**LESLEY ORMSBY**

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www.lesleyormsby.com

facebook/IntheGraceofSpirit

021554867

Also available at Infinity Spiritual Centre

The team at GoodBugs has always believed that the health of both families and individuals can be changed for the better, through education and understanding.

That's why we went about creating a company that gives people the chance to change the conversation around health and the things they eat – all through raising awareness about how healthful, and delicious, artisanal fermented food can be.

Our GoodBugs taste delicious – they are rich in good bacteria that can help to restore the balance of bacteria in your gut, supporting digestive health and immunity.

At GoodBugs, we're working every day to build a new kind of food culture in New Zealand: one that has room for mouthwatering, health-supporting fermented foods in every meal, every day.

You'll find our GoodBugs online, and at the local markets – come along and say hi to our team. Try a taster – you'll be hooked!

**MAREA VERRY GOOD BUGS**

mareavery@goodbugs.co.nz

https://www.goodbugs.co.nz

21 0294 3467

www.facebook.com/GoodBugsNZ

www.instagram.com/GoodBugsNZ



walk as a healer... these have all played precious tones to the music of my haerenga.

This essence within, directed by light from beyond, gifted from one heart to another.

**RENEE BARRETT-JONES**

**Mahi**

Energy / Sound reading and healing

Mirimiri

Spiritual wellness advisor

House clearing

Meditation, space holder

Workshops and circles.

wairualight@gmail.com

Also at Infinity Spiritual Centre Hamilton

# Waikato's **LARGEST** Crystal Shop



**Hundreds of different Crystals**

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**Tarot/Oracle Cards, Singing Bowls, Books,**

**CDs, Bells, Kama, Candles, Runes, Salt Lamps, Windchimes, Dreamcatchers, Gifts.**

**Angels, Dragons, Fairies & much more...**

**Healing Centre - Reiki, NZ Flower Essences,**

**Energy clearings, Mediumship, Clairvoyants, Psychics,**

**Tarot & Oracle Card readings, Crystal Healings, Emotional pattern clearing (recoding), Aromatherapy, EFT, Forensic**

**Healing, Past Life Readings, Kinesiology, Meditations,**

**Detox Foot Baths, Gua Sha, Moxibustion, Cupping,**

**Reflexology, Indian Head Massage, Blessings, Sound Healings, Angelic work.**

**A variety of courses and workshops available.**

**A.R.K Infinity cafe**



**[www.crystalshopinfinity.com](http://www.crystalshopinfinity.com)**

