

# Sunflower Oracle

WELLNESS NETWORK  
Tauranga / East Coast  
The Lakes / Hawke's Bay  
April–May 2023

Bay of Plenty  
Mt Maunganui  
Papamoa  
Tauranga  
Te Puke  
Gisborne  
Hastings  
Rotorua  
Taupo



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

# Sunflower Oracle Wellness Network

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## Sunflower Oracle Sister Publications Autumn 2023

Due to ongoing effects of Cyclone Gabriel, and various shortages of materials and delivery services, we have combined two editions this season.

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Natural Epsom Salt

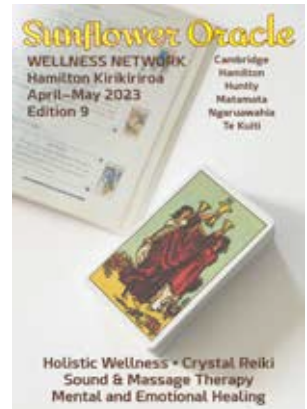
**Deadline for  
Winter edition  
is June 30, 2023**



## RAGLAN WHAINGAROA



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.



## HAMILTON KIRIKIRIROA

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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

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

Compiled and Edited by Vicki Shannon  
& Ronja Skandera

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

# Christina Richter – Astrological Consultant

**Astrology is the art of timing. Your horoscope is your personal GPS that guides you in life. Receiving insight into your horoscope will reveal the blueprint of your plan of life. It opens windows to a deeper understanding of your psyche and the effect planets have on you and why. This information will assist you in making choices that best serve you.**

Astrology is this unravelling of the wonders of your birth chart to show the potential it holds for you, your own embedded treasure map. It awakens you to the present and prepares you for the future.

Christina is an experienced intuitive international consulting astrologer, acclaimed author, radio host and healer who answers life questions with guidance, wisdom and spiritual connection.

She uses Medical Astrology, Metaphysics, Ayurveda, Colour Therapy, Metaphysics and Stress Management as tools in her practice. Christina gives knowledge and insight into the following areas – business, career, financial, relationship, elective surgery, health, past lives, soul direction and fertility.

## Liz Wilson – The Thrive Programme

**If someone had told me I could overcome 40 years of mental health issues in just a few months, I would have said they were crazy – but that’s exactly what I did 7 years ago.**

I found this knowledge and insight within The Thrive Programme®.

The insights within The Thrive Programme® are life skills that not only help people overcome mental health issues, but go way beyond that – giving them tools and resources that will

help them become the best version of themselves, enabling them to thrive and flourish.

You can find answers to how your mental health really works and what are the real causes behind the symptoms many of us may suffer at some point in our lives. You can learn how we create issues/symptoms and how to resolve them.

Developing good mental health (or thriving) is more predictable and achievable than you might think

## 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.



Hawke's Bay: person to person.

Nationwide/ International: via skype, zoom, messenger, phone and email.

Availability by appointment only. Monday to Saturday 10am–5pm.

### **CHRISTINA RICHTER**

Bookings via email are essential to enable Christina to prepare your chart before your session:

[crscorpio1111@gmail.com](mailto:crscorpio1111@gmail.com)

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

TradeMe reviews: Astrological Advisor



I work with children, teens and adults with a wide range of symptoms and issues like anxiety, OCD, social anxiety, eating disorders and phobias. I am also very experienced in working with people suffering from Emetophobia.

I offer video call sessions within NZ and overseas.

Visit our main website where you can find more info about the programme

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

Or contact me for a free consultation:

### **LIZ WILSON**

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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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# Smudging a Room or House

**Smudging is a ritual that you can do to clear negative and stuck energy in your home through the burning of herbs like sage, palo santo, lavender, pine and loads more.**

The most popular herb that can be used for smudging a room or house is sage. This can be grown fresh in your garden and tied together in bundles to dry out in the hot water cupboard or purchased from local stores.

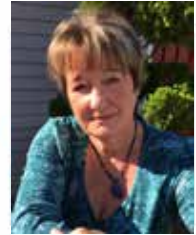
## When to Sage a room?

- When you move into a new house
- When you have been sick
- Before and after visitors
- When you feel flat or down
- When you are cleaning
- With the change of the seasons

## How to Smudge a room?

- Light the end of the smudge stick. Once it is burning very gently blow it out
- It should now begin to smoulder and smoke. You make have to repeat step one
- Open a window in each room
- Carefully walk around the space making sure you get the smoke into all the nooks, crannies and corners of the space.
- Think about the energy you want in the space while you are cleansing it.
- Once you feel the energy change, place the smudge stick in a heat proof bowl and allow to cool.

– Vicki Shannon



## Gail Worthington

Access Consciousness BFMW  
Access Bars Facilitator

## Taking care of yourself is the greatest gift!

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

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

### My services include:

Access Consciousness Bars® Consultation

Access Consciousness Body Processes®

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Chakra Clearing and Balance

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 @trulybe



# Denise Prendergast – Harmonic Voice Alchemist

I offer multi-dimensional energy healing and DNA activations as I channel Codes of Light from Source, known as languages of the Light. As a Sound Healer I offer multi-dimensional energy healing and DNA activations as I transmit Codes of Light from Source, known as Languages of the Light.

Sound healing is believed to be the wave of the future for the New Earth, and is especially potent when combined with the languages of Light.

Everything in the universe is in a state of vibration. And this means every part of you — including your organs, bones, tissues, even the fluid in your cells — has an optimal vibration known as “resonant frequency.”

Using sound with intention sends healing messages to our brain and body — enabling us to avoid overthinking and make profound changes on a cellular level. When you combine the power of intention with the frequencies of Light Language, true magic happens.

In a Light Language transmission, a person uses Light Languages as a tool for reprogramming your energetic field for a specific purpose. It can be a flow of love, abundance, vitality, healing, creativity — you name it.

I also offer a clearing protocol that has proven very effective, for anyone affected by energetic and physical symptoms after either receiving the C19 vaccine or from energetic shedding. More information is available on my website and all sessions can be held online over zoom.



## DENISE PRENDERGAST

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deniseprendergast.com  
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## Clare Babbage: Intuitive Healer

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

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



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

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

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

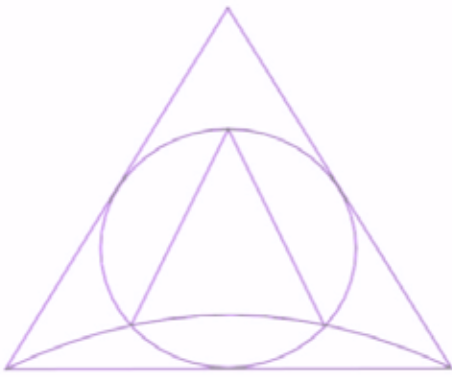
I offer the following tailored supports and sessions for individuals and groups:

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

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

## CLARE BABBAGE

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# Beacon

**A sanctuary of calm and peace in the midst of a busy city centre.**

Beacon offers retail in crystals (polished and raw), incense, salt lamps, essential oils, and more.

Our services include tarot/clairvoyant readings, massage, mirimiri, energy healings of various kinds, counselling and spiritual guidance.

Our regular readers, Simone (at Beacon Tuesday and Thursday), Sacred Spirit (at Beacon on Friday), and Lance (daily) are here to guide, enlighten and inform.

Our mirimiri practitioner, Sandy, works by appointment only, as does our massage and aromatherapy practitioner, Natasha.

Our Healers Lance and Natasha offer a variety of healing modalities that include sound, energy, crystal, aromatherapy, chakra, reflexology and more.

We hold weekly guided meditation evenings Tuesday from 7pm where everyone is welcome.

We have guest speakers and practitioners visit from time to time.

We have a small food outlet selling specialty teas, coffee, and a small range of cabinet food.

**1156 Pukuatua Street, Rotorua**  
**[facebook.com/beacon.newzealand](https://www.facebook.com/beacon.newzealand)**





# 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

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## Lighten Up for a Mindful Home

**As Autumn sets in, consider your home and dedicate a room to pimp into a mindful space. Your environment has such a significant effect on your mood and can inspire you to start or maintain your self-care practices.**

Colour and light are one of the biggest influences to the atmosphere of a space, so it's as important to consider how a room looks as it is to consider how a room feels.

Painting the walls in light colours – whites, creams, yellows, pale pinks and blues – gives the illusion of more space, so changing the colour of the walls and the floor is one of the first things you can do to upgrade your space.

Bring plants indoors – you can go for-



aging in the garden or the bush and pick leafy sprigs or wildflowers for the vase, or buy a few house plants.

Consider what self-care activities you enjoy and set your room up so that it is easy to engage in these activities:

- display your guitar
- put an easel and some paints in a corner
- dedicate a spot for your yoga mat
- arrange your favourite books on a coffee table

You want to be able to walk into the room and become instantly motivated to relax and do what you love.

Lastly, consider making this room free of devices!

– Ronja Skandera

# 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



## 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

## 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.

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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021 2544 294



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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027 4185 035  
Health Quarters, 67 Willow St, Tauranga.  
**ACC Registered Provider**

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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[alan@lovelighthealing.co.nz](mailto:alan@lovelighthealing.co.nz)  
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# 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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## Join the Sunflower Oracle Wellness Network

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

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

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

On our **website** your Profile will be featured in the appropriate Directory.

Magazine Profiles are limited to 220 words. Online Profiles are unlimited words.

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

# The Oracle's Experience ReCoding with Wendy Maggs

**“Reveal the authentic you by ReCoding to your inner truth”**

**With no idea what ReCoding was, I went into this experience with an open mind albeit a little bit nervous. Held in the healing space at Infinity Spiritual Centre, Wendy was welcoming and comforting as she worked through the ReCoding process.**

ReCoding is essentially a method used to channel a person's inner truth. It breaks bonds, traumas, leftover negative energy from the past (from your own life and your ancestors).

The session involved Wendy asking me a series of questions directed by the higher power (God, Goddess, divine light or however you view it), almost like a counselling session. Wendy helped me to listen to and react based on intuition as she was asking me the questions.

My responses came through in a number ways: words, pictures, and emotional and physical reactions. At times the words I was thinking and the words I said were very different. At other

times I saw images and sometimes my body even reacted in a physical way, like the shaking of my shoulder and a pain in my chest. At all times, no matter what happened, Wendy was supportive and embraced the experience with me.

Once the different areas that I wanted help with were identified, Wendy took me through an affirmation prayer. This cut ties with historical patterns and asked for forgiveness from others and myself.

This release felt like a huge wave washing over me and all that was left was peace and calm. Yes, there were tears, but at the end I felt very free!

Wendy also works with essential oils which I was gifted at the end of the session to take home.

Overall this was an incredible experience that I would highly recommend. After the session Wendy sent through a summary of the areas we had worked on and the divine truth that was revealed to me.

– Experience with Vicki Shannon

*Further details on the Sunflower Oracle website*



# 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

## The Benefits of Coconut Oil

**Coconut oil is probably a lot more versatile than you think. It has anti-inflammatory, antioxidant and antimicrobial properties, making it a popular household staple for many uses:**

- **Moisturizer** – use straight from the jar on your face and body as a moisturizer before you go to sleep. It can also be used for bacterial and inflammatory skin conditions such as eczema, psoriasis and nappy rash.
- **Hair mask** – highly moisturizing and said to promote hair growth, it can also help alleviate dandruff and is moisturizing for the scalp. Heat 2 tablespoons so that it liquifies, then rub through your hair, lay a towel over your pillow or wrap your hair, and sleep with the oil soaking into your hair. Wash the next morning as normal.
- **Massage Oil** – melt a small amount in the

microwave, and add a few drops of your favourite essential oil such as lavender or tea tree for sore muscles. Apply to the body while still warm.

- **Furniture Conditioner** – apply to wooden furniture using a cloth. Rub in circular motions.
- **Stain Removal** – mix coconut oil and baking soda in equal amounts into a thick paste and use a toothbrush to rub into stubborn stains. Allow to dry for approximately an hour, then wash as normal.

– Ronja Skandera





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