

PHILOSOPHY

We believe in the sacred within the human body and in the shaman potential within every individual once the Calling has awakened the spiritual warrior within. We believe all cultures have important wisdoms to offer and we respect and give honour to all traditions we study and encompass, using none to identify with, but all to help us create our own identity from a place of sanctity, power, and knowing, while also honouring our ancestors for providing us with the tools we need to begin this process.

Dianna studied the principles of shamanism with Ivan McBeth at his Sacred Space School of Shamanic Studies from 2001 to 2003, and then received her Munay-Ki rites recently, in 2019. She has always been connected with the unseen realms – ever since a child.

Shamanism is a way of life and a perspective seated in a love for the earth and in higher consciousness, bridging the gap between our planet and the cosmos; humanity and our star relatives; our inner world and the outer world; the past and future; our ancestors and our children.

Kia Ora Lounge strives to act as a bridge between worlds, and is a peaceful, multidimensional space for all who resonate.

WHAT WE OFFER *(prices vary – please ask)*



Herbal Clinic, weekdays 10am-6pm

A relaxing, peaceful, and bright consultation room for Herbal Medicine, Flower Essence Therapy, Counselling / Coaching, and Tarot Guidance. Included is a Low Cost Herbal Clinic on the last Thursday of every month.



Healing Clinic, weekdays 10am-1pm

An expansive and comfortable floor space for body and energy work, like Shamanic Crystal Healing and Angel Healing Therapy.



Munay-Ki Rites & Shamanic Training

Sessions (usually one-to-one) take place weekday mornings over 5 months, and one year, respectively. Ask for details.

ABOUT US

Welcome to Kia Ora Lounge

We are a home, and also a healing space open to all who come here for our shamanic circles and therapies.

Kia Ora means "be well" or "good health" in traditional Māori. It's also used as a general "hello" greeting. This name – Kia Ora – was already given to our home when we bought it, and we didn't know that's what it meant, but being two natural health therapists, it seemed meant to be that we ended up here. Good health starts in the home. It starts with family and the support and nurture that family provides. Family doesn't always have to be our blood ties; they can be our soul tribe, our community, our circle of friends – even our animal familiars!

Our home is also Earth: this beautiful planet that sustains us, and good health demands a good terrain as well as a good family.

Kia Ora Lounge was manifested by Dianna's dreamweaving and creativity, and the unwavering support of her partner, Alastair. Being a shamanic spiritual warrior of "the path of heart", Dianna wanted a "shamanic sanctum" she could offer as a spiritual retreat, an education centre, a healing alcove, and a sacred space for all who are walking the path of heart to gather, share and find support.

COURSES & WORKSHOPS

Creating Your Sacred Space

Introduction to Heart Warrior Essences

Introduction to Bach Flower Remedies

Crystal Intuition (certificated)

These take place throughout the year.

CPD certificates are available for the above.

SHAMANIC & DRUMMING CIRCLES

Regular Tuesdays, 10am-12pm

Join our Newsletter to stay updated – email info@kiaoralounge.co.uk and ask to join.

KIA ORA LOUNGE

SHOP & THERAPY PRICE LIST

Spring, 2022



DIANNA HARDY Dip MH (Dist) MCMA
Shamanic Healer & Teacher
Clinical Herbalist
Fully insured therapist.

Kia Ora
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VISITS ARE BY APPOINTMENT ONLY



facebook.com/kiaoralounge



wa.me/442392346729

Payment: we accept cash, bank transfer, PayPal, credit/debit cards.



Contributions for Circles & Workshops:
www.paypal.me/bittenfruitbooks or
www.ko-fi.com/heartwarriorherbs

We always have new stock coming in and stock going out, so this list might go out of date quite quickly. Please do check in with us by email first, if interested in a product.

We are not a walk-in shop, but mainly sell our products to our clients and those who attend our Circles. All visits are by appointment only.

TUMBLESTONES (medium, 20-30mm)

- £1.50ea Amazonite
- £4.95ea Amber (polished resin)
- £1.00ea Amethyst
- £2.00ea Ametrine
- £1.50ea Aventurine (Green)
- £1.00ea Bloodstone
- £1.50ea Blue Howlite
- £1.50ea Blue Lace Agate
- £3.95ea Chlorite Quartz
- £1.50ea Citrine
- £2.95ea Desert Rose Balls
- £1.50ea Dragon Stone (Epidote and Red Piedmontite)
- £1.00ea Epidote
- £1.50ea Fluorite (20mm)
- £2.95ea Haematite Balls (Raw)
- £1.50ea Jet
- £1.00ea Kalahari Jasper
- £1.50ea Kyanite Blades (Blue)
- £1.00ea Labradorite
- £2.00ea Lemurian Jade
- £1.50ea Moonstone
- £1.50ea New Jade (Serpentine)
- £1.00ea Onyx (White)
- £3.95ea Opal (Pink)
- £7.95ea Opal (Andean, 30mm)
- £5.95ea Opal (Andean, 30mm)
- £1.50ea Petrified Wood
- £2.00ea Quantum Quattro
- £1.50ea Rose Quartz
- £2.00ea Selenite Wands
- £1.75ea Sepidolite (Purple Jasper)
- £1.00ea Snakeskin Jasper
- £1.00ea Sodalite (rough stone)
- £1.00ea Snow Quartz
- £1.00ea Tiger's Eye
- £1.00ea White Howlite (rough stone)

CRYSTALS

- £7.95ea Amethyst Quartz Points (medium)
- From £5.95 Black Tourmaline (raw chunk)
- £9.95ea Cathedral Elestial Amethyst Point
- £1.50ea Clear Quartz Points (30-40mm, B Grade)
- £3.50ea Lemurian Seed Crystal Points (30-40mm)
- £3.95 ea Fluorite Octahedra
- £4.95 ea Llanite (Que Sera), rough stone
- £2.00 ea Green Calcite (rough stone)
- £12.95 Red Jasper, large rough chunk
- From £4.95 Citrine Points (up to 60mm, B Grade)
- From £12.95 Malachite
- From £18.95 Super Seven

We have a selection of stone specimens, quartz points, and gemstone wands in-store.

UNUSUAL/ RARE (Prices on request)

- Disco Ball Green Apophyllite
- Alexandrite (rough cuts from Tanzania)
- Desert Rose specimens – large
- Angelite polished point

QUARTZ CRYSTAL PENDANTS

We have a selection of hand-wired crystal & stone pendants from WBW Jewellery which can be viewed at walksbetweenworlds.com To see any of them in person, please ask.

INCENSE STICKS & CONES

- Incense Sticks*
- £1.25 (15g pack) Satya Sai Baba Nag Champa
- £1.30 (20g pack) Goloka Nag Champa
- £1.30 (20 sticks) Hem Dragon's Blood
- £1.95 (18 sticks, 32cm long) Red Dragon Incense
- Five fragrances: Frankincense, Black, Coconut, Cinnamon Orange, African Queen, Tibetan Musk*
- £1.50 (approx. 20 sticks) Dark Art Incense
- Finding A Fallen Angel, Seven Spells of Merry Hell, That Old Black Magic, Sweet Beelzebub Brew, A Gothic Romance, Hubble Bubble, Toil and Trouble*
- £1.50 (approx. 20 sticks) White Magic Incense
- The Last Unicorn*

Incense Cones

- £2.95 Herbal Incense with a hint of Cinnamon, approx. 30 cones in an organza pouch

Incense Holders and Burners

- £1.35ea Colourful Wooden Ashcatchers / Incense Holders (floral pattern or Buddha symbols)
- £2.50ea Wooden Round Sticks and Cone Holder

SMUDGING

- £5.95 Californian White Sage Smudge Stick (5")
- £6.95 Californian White Sage Smudge Stick (6")

- £1.49ea Palo Santo Sticks (5-7g; 9-10cm)
- £4.35 Palo Santo (three sticks in an organza pouch)

ORNAMENTS, BOXES & POUCHES

- £1.50 Mini Pirate's Treasure Chest
- £8.95 Wooden Box with Brass Pentacle Inlay
- £1.50 Trinket Bling Boxes
- £9.95 Green Man Trinket Box
- £9.95 Green Man Candle/Tealight Holder
- Set of both Green Man items for £17.50*
- £5.25 Black Rose Weeping Candles (tall, dinner)
- £5.25 Black Rose Weeping Candle (short pillar)
- £7.95 Soapstone Pentagram Oil Burner
- £0.45 Small Organza Pouch
- £0.55 Medium Organza Pouch
- £0.65 Large Organza Pouch

DIVINATION, TAROT & ORACLE CARDS

- £15.95 Spiral Tarot Deck, by Kay Steventon
- £17.95 Bloodstone Runes (Elder Futhark)

FLOWER & VIBRATIONAL ESSENCES

- £5.95 Heart Warrior Essences Stock Concentrate
- £14.95 Michael's Sword Spray (50ml)
- £18.95 Michael's Sword Spray (100ml)

LOOSE HERBAL TEAS

Calendula, Peppermint, Chamomile, Yarrow, and two tea blends, from £3.00 per 50g (mostly organic)