



Newsletter December 2023



hello and a warm welcome to our new subscribers

Wow what a transformational 'soul searching' year 2023 has been.

As we move from the 2023 (year of the Rabbit) into the 'powerhouse' 2024 (year of the Dragon), it's important to reflect on the important opportunities that this year has brought us.

This reflection helps us to grow and expand our life, and understand what you DON'T want and what you genuinely desire.

Understanding what's in your heart will help you create a better future. Next year, your challenges and opportunities will be amplified.

2024 = 8 universal year and expanding energy, so be clear about your INTENTIONS

Our Soul's journey on this earth is to Learn, to Love through experiences, and to expand our conscious | spiritual awareness.

Meditation:

One of the main purposes of Meditations is to help you to reduce stress and rekindle your self-awareness.

As a relaxation technique, meditation works gently but effectively to bring your system back into balance. It deepens your breathing, reducing stress hormones, slows down your heart rate and blood pressure, and relaxes your muscles.

I have started to create a list of meditations, to help support you on your Soul's Journey.

Check out the three FREE crystal meditations. <https://www.caraelliotthealinghouse.com/podcasts>

As we move into 2024 I will be creating a Meditation House, where you can access a variety of Meditations for

- self-awareness and self-discovery
- empowerment
- guided reflections
- nurture personal growth
- healing and deeper connection with your inner soul self

When this Meditation House is launched, I will let you know.

Crystal Healing Online Courses

So many new subscribers to the Foundation Course this year who have successfully completed the course with much enthusiasm. I appreciate all the wonderful feedback about the courses and how crystals can be integrated into your daily life. I invite you to take a look at the courses, there is something for everyone..

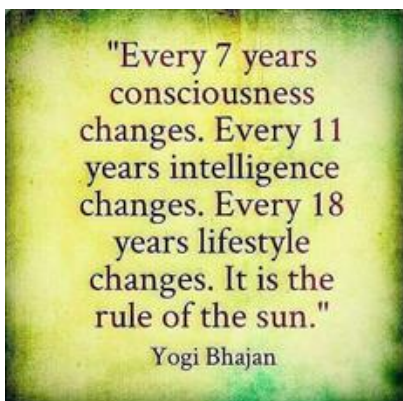
<https://www.caraelliotthealinghouse.com/onlinecourses>



- I am asking a favour to all of you who have come to see me and feel I have made a positive difference in your lives. I would love if you could leave a google review for me....

<https://g.page/r/CR0x4y1LdaMKEB0/review>

After 18+ years of raising a family and loving our life in NZ, we have decided to move on.



In March 2024 we (our family) will be moving to Queensland, Australia.

I will continue to offer online Soul | Life Coaching and Energy Healing. I will continue to offer Workshops and Retreats both in Queensland and in New Zealand (as I will be returning 2-3 times a year). When I return to NZ I will be available for in - person appointments.

With big Hugs and Best Wishes for 2024... Cara