

Welcome to HealingHouse

We look forward to 2021 bringing innovation and the ability to expand our minds and the ways we choose to live our lives. 2021 will call for us to be thrifty, extra creative, and to think outside the box.

2021 is a number 5 year in numerology. (2+0+2+1=5). This year brings creativity, adventure, and freedom. 5 represents all the elements – earth, air, wind, fire, water, and spirit, allowing us to work in harmony and in unity with them.

It is ruled by Mercury, the planet of communication, travel, knowledge. It is connected with trade, banking and commerce. Mercury is an indicator of one's thought, intellect, skills, spiritual teachings and how we express ourselves.

Mercury is about quick thinking and rationalized thought process. Speaking, writing, online learning are all in Mercury's domain

The Age of Aquarius

We will see some strong Age of Aquarius themes in 2021. Aquarius energy is all about technology, innovation, and community. On deeper levels, it is also about connecting with the inner healer that is present within us all.

On a global level, this strong Aquarian energy can create this idea of working together and coming together for the common good. While there is a sense of unity, we also have to be mindful that we don't lose our individual spark or fall into a "group-think" mentality.

2021 brings a few bumps and shake-ups, but it also offers us the gift of creativity and innovation. Try New Things.

foreverconscious.com

Wellness Retreats in Whangamata

Our wonderful womens retreats are back this year. They were very popular last year and so I know there are many of you who are looking forward to booking in for 2021.

This Retreat is an opportunity for those who are seeking to explore your spiritual self and expand your consciousness to align with your life purpose. It is an opportunity to create lasting transformation and permanent healing from within.

The workshops and healings offered, aim to support you to reconnect with what's important to your heart and soul and strengthen your practice of living a life based on your intuition and guidance.

These are two day one night retreats in March, April, May and June.

I will also be offering One day retreats in Auckland. March, April, May and June.

For further information and bookings email cara@healinghouse.co.nz
Limited spaces on each retreat.

NEW WORKSHOPS AND COURSES 2021

I will be holding some amazing new workshops and courses at the Uxbridge Arts and Cultural Centre in Howick.

I am excited to be offering these courses for the first time at this venue.

I have put the links below to the courses and invite you to view and register if you are interested to attend.

1. Meditation course

<https://uxbridge.org.nz/product/meditation-and-more/>

This two-part, eight week meditation course begins in Feb. choose from a variety of dates on the webpage.

2. Oracle Card Workshops

<https://uxbridge.org.nz/product/using-oracle-cards/>

Saturday 31 March and 29th May

9.30am – 12.30pm

3. Chakras, energy and Crystals.

<https://uxbridge.org.nz/product/chakras-energy-and-crystals/>

Saturday 10th April or 12th June 2021

10.00am - 3.30pm

"Thankyou so much for this amazing experience Cara and Co. Met some great women, learnt some interesting and useful things and am feeling I am now on the right path for the life I want. Can't wait for another one! Xx"

Participant from Sept Retreat 2020

NAAM YOGA CLASSES with Emily Spence

www.facebook.com/oneyogatherapy

Classes: Monday 9.15am & Wednesday 6.30pm \$20 casual class or \$180/10 classes

A reminder that the first class is free, a good opportunity to bring a friend to try out Naam.

All welcome no experience necessary. Classes now held at Beyond the Veil.

Beyond the Veil 71
Marua Rd. Ellerslie



HealingHouse Cara
www.healinghouse.co.nz