



**The house of  
continued wellbeing**

Te whare o oranga  
tonutanga

Caitlin Thomas

Kia ora (Hello).

My name is Caitlin Thomas and I am the owner of The house of continued wellbeing - Te whare o oranga tonutanga.

I opened this business because I believe health and healing comprises of the mind, body and spirit. My services include, Counselling, massage, Reiki, oracle card readings

I am originally from Ōtautahi, Aotearoa which translates to Christchurch, New Zealand. I am a Kai Tahu wahine (Kai tahu is her tribe and wahine translates to woman) and moved to Australia in 2014 at the bold age of 21 having never even stepped on Brisbane soil before making the move. After the earthquakes in Christchurch there was no real reason to stay in the city, as most of it feel down.

I had always been around spirituality, my family always had tarot cards, crystals and engaged with mediums and psychics. I also had my own experiences with spirit when I was a child. As I got older I was interested in other things and lost touch with my spirituality until my late twenties when I started to learn about my Maori heritage. From there is was a snowball effect and now I am full embracing my spiritual world and I really felt the pull to making my own cards.

I am really excited about this journey and can't wait to meet fabulous people along the way

