



*A gentle landing place where  
love-light, curiosity and awareness  
blend to inspire spiritual growth.*

You become what you believe.

-Oprah Winfrey

### Reflection Questions

What negative belief do you hold about yourself?

Is it really true?

How can you shift that limiting belief into one of empowerment?

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Helping you shift perceptions, inspire curiosity and guide transformation from the inside out.*

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