



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

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense.

--Ralph Waldo Emerson

Reflection Questions

What mental chatter is lingering from yesterday?

What is the purpose of hanging onto it?

What needs to happen in order for you to let it go and be present with today?

*Ann Ruane, Certified Energy & Crystal Healer
Helping you shift perceptions, inspire curiosity and guide transformation from the inside out.*