



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

When we are no longer able to change a situation, we are challenged to change ourselves.

-Viktor Frankl

Reflection Questions

What situation are you currently in where you don't feel like you have any power or control?

What aspect of yourself can you shift or change instead?

What keeps you from making that change?

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

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