



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

Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.

-e.e. cummings

Reflection Questions

What makes you feel alive inside?

What keeps you from doing more of that activity?

Why do you stop yourself from being curious and filled with wonder?

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