



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

Life is imperfect. People are imperfect. Love is the perfect response.

-Kristin Nelson

Reflection Questions

What is your relationship with perfection? How tightly are you bound to it?

What role does perfection play in your relationships, be it personal or work-related?

What makes it challenging to offer gentleness and love rather than the demands of perfection?

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