



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

The past cannot be changed. The future is yet in your power.

--Unknown

Reflection Questions

What are you hanging onto from the past, which can be as past as 5 minutes ago?

How is that affecting the present moment?

What needs to happen for you to release the past moment to take in what you are currently experiencing?

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