



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

We don't see things as they are; we see them as we are.

-Anais Nin

Reflection Questions

Recall a time when you took offense to something someone said.

What was your response in that moment?

How else could that exchange have been interpreted?

How did your sense of self-esteem, value or worthiness influence your response?

What did you gain from this process?

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