



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

Everything is within your power, and your power is within you.

-Janice Trachtman

Reflection Questions

What is your reaction to the quote above?

When do you feel most powerful?

When do you feel least powerful?

How can you bring more personal power to each day?

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