



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

“How strange that the nature of life is change, yet the nature of human beings is to resist change. And how ironic that the difficult times we fear might ruin us are the very ones that can break us open and help us blossom into who we were meant to be.”

Elizabeth Lesser

Reflection Questions

What is your level of willingness to lean into change?

Recall a difficult time that tested your faith in yourself. How did you grow from having had that experience?

How has that experience shifted your willingness to lean into change?

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