



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

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

Ralph Waldo Emerson

Reflection Questions

What experiences in your life do you resist offering gratitude for?

What silver lining moments exist within the struggles and challenges?

Name 3 things you are grateful for in this moment.

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