



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

“You can’t get to where today needs to take you if you’re holding on to yesterday.”
Toni Sorenson

Reflection Questions

What happened yesterday that you’re still hanging onto?

What happened last year that you’re still hanging onto?

What happened five years ago that you’re still hanging onto?

Find healing through forgiveness and feeling the emotions to be where you most need to be today.

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