



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

“Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.”

Roy T. Bennett

### Reflection Questions

How often does fear take over your mind?

What message(s) is it feeding you?

What dream(s) is in your heart, waiting to be brought to life?

What can you do to shift from fear to following your heart?

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