



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

When we adopt a dog or any pet, we know it is going to end with us having to say goodbye, but we still do it. And for very good reason: they bring so much joy and optimism and happiness. They attack every moment of every day with that attitude.
-Bruce Cameron

Reflection Questions

Take notice of the thoughts that run through your head or verbal responses to things that happen.

Are they judgmental and critical or curious and inquisitive?

How can you shift into a space of optimistic curiosity when things seem like they aren't going according to plan?

What can you do to face your day with joy and optimism?

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