

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

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

-Ralph Waldo Emerson

Deffection Occasions
Reflection Questions
How often do you find yourself acting like a chameleon, trying to blend in?
What keeps you from being who you are in those moments?
How can you use that information to shift the 'chameleon' behavior pattern?

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