



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

No one can make you feel inferior without your consent.

-Eleanor Roosevelt

Reflection Questions

Think of a recent time when someone said or did something that made you feel inferior.

What did they say or do?

Was it true?

What limiting belief of yourself encouraged you to believe them?

Rewrite that story and reclaim your power.

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