



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

My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations.

--Michael J Fox

Reflection Questions

How often do you have expectations surrounding something in your life, like a vacation, 'date night' or other event?

How do you respond when those expectations are not met?

What prevents you from allowing the experience to unfold and accepting the result?

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