



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

Integrity is doing the right thing even if nobody is watching.

Jim Stovall

### Reflection Questions

How do you define integrity?

How easy or difficult is it for you to act with integrity, regardless of people bearing witness?

What level of integrity do you treat yourself with?

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