



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

Confront your fears, list them, get to know them, and only then will you be able to put them aside and move ahead.

-Jerry Gillies

### Reflection Questions

What are your fears?

How do your fears impact the choices you make?

What needs to shift to turn those fears into fuel for action?

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