



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

Sometimes the most valuable lessons come from people who didn't intend to give them.

-Unknown

Reflection Questions

Describe a time when you walked away from a congenial conversation with a nugget that shifted your perspective.

Describe a time when you walked away from an argument, realizing in time, that you gained a helpful personal lesson.

Describe a time when you gained insight from something connected to nature.

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