



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

When you recover or discover something that nourishes your soul and brings you joy, care enough about yourself to make room for it in your life.

-Jean Shinoda Bolen

Reflection Questions

What nourishes your soul?

When was the last time you immersed yourself in it?

What story are you telling yourself that keeps you from making room for this activity or person in your life?

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