



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

Words are but pictures of our thoughts.

-John Dryden

Reflection Questions

What do your words say about you?

How much conscious awareness is there around what you say?

How much accountability do you hold yourself to in regards to what words come out of your mouth?

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