



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

Integrity is telling myself the truth. And honesty is telling the truth to other people.
-Spencer Johnson

Reflection Questions

How difficult is it for you to tell yourself the truth?

Where do you feel the resistance within around telling yourself the truth?

How difficult is it for you to be honest with other people?

What keeps you from telling the truth to other people?

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