



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

Look past your thoughts so you may drink the pure nectar of this moment.

-Rumi

Reflection Questions

While keeping your eyes on the paper or screen, what was the last thing you remember noticing?

What thoughts came up around that?

What areas of constriction came up, if any, within your body?

Notice any judgments that arise and allow yourself to soften and be gentle.

Take a deep breath and take in what is around you.

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