



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

The happiness of your life depends upon the quality of your thoughts.

-Marcus Aurelius

Reflection Questions

How would you describe the thoughts that run through your head every day?

Related to work?

Related to others?

Related to your dreams?

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Helping you shift perceptions, inspire curiosity and guide transformation from the inside out.*

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