



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

You can't have a better tomorrow if you are thinking about yesterday all the time.
-Charles F Kettering

Reflection Questions

What still eats at you from yesterday (or further in the past)?

What are you gaining by hanging onto it?

What can you learn from it?

Allow the learning to come into your heart and release the 'yesterday'.

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