



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

It isn't the changes that do you in, it's the transitions. Transition is the psychological process people go through to come to terms with the new situation. Change is external, transition is internal.

-William Bridges

### Reflection Questions

How do you handle transitions?

What would make transitions easier for you?

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