



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

The unknown puts adventure into life. The unexpected around the corner gives a sense of anticipation and surprise.

-E. Stanley Gardner

Reflection Questions

Do you have a habit of trying to control a situation? How does that help you?

How trapped are you by perfection?

How routinized are your days?

Of surrender, trust and vulnerability, which one brings the greatest resistance for you? Why?

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