

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

| What lies behind us and what lies before us are tiny matters compared to what lies |
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| within us. |
| -Ralph Waldo Emerson |

| Reflection Questions |
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| What gifts do you possess within you? |
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| How often do you allow yourself to tap into them? |
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| What can you do to use your innote wifts more each day? |
| What can you do to use your innate gifts more each day? |
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Ann Ruane, Certified Energy & Crystal Healer Helping you shift perceptions, inspire curiosity and guide transformation from the inside out.