



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

The most miserable prison in the world is the prison we make for ourselves when we refuse to show mercy. Our thoughts become shackled, our emotions are chained, the will is almost paralyzed.

-Warren W. Wiersbe

Reflection Questions

What is your concept of mercy? Be as open-ended as possible.

How do your thoughts become shackled when you choose to hang on to past hurts?

How does this affect others in your world that have not inflicted the pain?

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