



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

While the Giver archetype is celebrated in our culture, the Receiver is almost wholly unknown. The result? Busyness is a virtue.

-Amanda Owen

### Reflection Questions

Describe yourself as a giver.

Describe yourself as a receiver.

How much do you value or attach to busyness?

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