



LUX ETERNA HEALING

HEALING YOUR MIND, BODY AND SPIRIT TO LET YOUR INNER LIGHT SHINE.

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

“There is an instinctive withdrawal for the sake of preservation, a closure that assumes the order of completion. Winter is a season unto itself.”

Haruki Murakami

Reflection Questions

How do you feel about winter?

What would an ideal winter season look like to you?

What are you willing to shift to achieve an ideal winter?

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Helping shift perceptions, inspire curiosity and guide transformation from the inside out.*

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