



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

“It’s not the load that breaks you down, it’s the way you carry it.”

-Lou Holtz

### Reflection Questions

What is one major responsibility that you are carrying right now?

What emotional energy are you giving it?

How can you find love or gratitude for the responsibility you carry?

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

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