



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

“We accept the love we think we deserve.”

Stephen Chbosky

### Reflection Questions

How do you want to be loved?

How do you deserved to be loved?

Are they the same? If not, how do can you change it to honor your true worth and value?

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

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