



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

“Character is both formed and revealed when we are tested. When we are forced to make decisions under pressure, that test can either make us stronger or it can highlight our weaknesses and crack us into pieces.”

Bryan Cranston

Reflection Questions

Recall a time when you felt tested or under pressure. How did you respond?

What was the end result?

What did you learn about yourself from that experience?

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