



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

The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers.

-Thich Nhat Hanh

### Reflection Questions

How often are you fully present with the person you are talking to?

How do you feel when someone gives you their undivided attention?

How often do you give yourself the attention you need?

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