



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

Believe in yourself. Have faith in your abilities. Without a humble but reasonable confidence in your own powers, you cannot be successful or happy.

-Norman Vincent Peale

Reflection Questions

What assets or gifts of your feed your soul?

How are those assets implemented on a daily basis?

What keeps you from using them more fully and allowing them to guide your day?

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