



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

Everything you have done and been through is valuable and important. In order to be who you are, to know what you know, to be where you are in this moment, you needed to go through what you went through.

--Iyanla Vanzant

Reflection Questions

What part of your past do you reject?

What needs to happen in order for you to give yourself permission to accept that it happened and leave it in the past?

Who needs to be forgiven?

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