



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

It may hurt to let go, but sometimes it hurts more to hang on.

-Power of Positivity

### Reflection Questions

What event in your life continues to eat at you?

What keeps you from exploring it and releasing it?

How would that change your attitude or perspective towards the other person or the event?

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

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