



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

Mindfulness is simply being aware of what is happening right now without wishing it were different.

-James Baraz

Reflection Questions

What usually takes you out of the present moment?

How does that affect what you are currently experiencing?

What can you do to quiet your mind and be present in this very moment?

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

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