



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

By using your heart as your compass, you can see more clearly which direction to go to stop self-defeating behavior. If you take just one mental or emotional habit that really bothers or drains you and apply heart intelligence to it, you'll see a noticeable difference in your life.

-Doc Childre

Reflection Questions on Monkey Chatter, Feelings, Blame and Overthinking

What monkey chatter do you hear regularly? How can you change that story to be one of truth?

How do you feel right now (sad, mad, glad, hurt, ashamed, afraid)?

Who is the last person you blamed for something? What was your role?

How does overthinking impact your day-to-day?

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