



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

Speech comes from a place of fear or love. A need to protect the self or to enhance the ego, to manipulate others, to control, is the voice of fear. Communication and desire to share are the voice of Love. That's the essence of it. As one looks at the intention to speak, one will find either fear or love.

-Deep Spring Center Thought for Today

### Reflection Questions

Does your speech most commonly root itself in love or fear?

When it is based in fear, what are you trying to prove?

When it is based in fear, what is the result?

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