



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

Never be afraid of the truth. It can lead to painful situations but in the long run, it's your strongest ally. Ego may want to present the stories, how he or she did this or that to me. Let go of that, that's not truth, but ego stories. But truth is truth. It's no so hard to get to know it.

-Deep Spring Center Thought for Today

### Reflection Questions

How often do you swallow your truth?

What is the reason behind it?

Who are you trying to please?

Who is more important-you or the other person?

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