



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

Speak with integrity. Say only what you mean. Use the power of your word in the direction of truth and love.

-Don Miguel Ruiz

Reflection Questions

How often do you really pay attention to the words you use, both aloud and in your head?

How often do you gossip, judge or share information that is not yours to share?

How capable are you of expressing your emotions with clarity and calm?

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