



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

I give myself permission to be all that I can be, and I deserve the very best in life.

-Louise Hay

Reflection Questions:

What keeps you stuck in a rut?

What gifts or talents do you possess that you keep hidden or unused?

What is the most frequent judgment loop you hear in your head?

*Ann Ruane, Certified Energy & Crystal Healer*

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

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