



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

The definition of flexibility is being constantly open to the fact that you might be on the wrong track.

-Brian Tracy

Reflection Questions

Describe your level of mental flexibility.

Describe your ability to change gears or directions if something isn't working.

What fear or old belief interferes with your ability to be flexible?

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