



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

What is given to you is what is needed; what you want requires giving up what you don't need.

-George Alexiou

Reflection Questions

What do you feel you need?

What do you want?

How do these two answers contradict or align with each other?

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