



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

Anyone can hide. Facing up to things, working through them, that's what makes you strong.

-Sarah Dessen

Reflection Questions

What are you hiding from that is creating guilt within?

What are you most afraid of, keeping you from facing up to things?

What makes hiding more important than peace in your mind and heart?

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