



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

Being defeated is often a temporary condition. Giving up is what makes it permanent.

-Marilyn vos Savant

Reflection Questions

When was the last time you experienced defeat? Recall the experience.

How did you respond to that situation?

What did you learn about yourself from that experience?

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