



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

“Sometimes you cannot believe what you see, you have to believe what you feel. And if you are ever going to have other people trust you, you must feel that you can trust them, too--even when you're in the dark. Even when you're falling.”

Mitch Albom

### Reflection Questions

How often do you trust what you feel over what you see?

What distracts you from trusting what you feel?

How would you describe your willingness to trust others?

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