

# SPLAT

SPIRITUAL PATHS OUT OF DEPRESSION

DEPRESSION  
CRISIS  
HEALING  
REGROW

SPLAT has four principle paths:

1. Reset Your Foundation
2. Learn Energy Management
3. Understand Universal Laws and Your Lessons
4. Learn How to Reconnect to Spirit

Essentially you will get:

- Relief from all the heavy energy on & around you and quick , easy ways to manage your energy & environment
- A reason to live
- The ability to understand and deactivate your emotional triggers
- You will stop feeling like a victim & know you have control over your life circumstances
- The ability to create boundaries with people pushing your buttons
- An understanding of why these difficult people are in your life & methods of changing or ending your relationships with them
- You will regain your confidence & self esteem
- The ability to speak up & express yourself in the world
- You will stop berating yourself & return to self-love
- The return of parts of your soul that you have lost or numbed so you feel whole again
- Return to feeling stable & secure in yourself and Life
- Start to feel abundant, grateful & happy to be alive
- And so much more

*Join the waitlist*

LETTING GO OF THE OLD TO BRING IN THE NEW