

Go From Depleted to Empowered: Heal Trauma and Step Into the Woman You Were Always Meant to Be

Lotus Rising Coaching: August Enrollment ✨

Our current cycle of Lotus Rising is opening, and the circle closes when it's full. You'll want to be part of this wave

Who it's for: Women ready to heal trauma, reclaim their power, and step into their authentic selves

The transformation: From emotionally depleted and disconnected → Alive in your body, clear in your purpose, free to receive love and abundance

What's included: 24 group coaching calls each year, private sisterhood community, live event access, coaching vault, bonus courses + celebrate 6 weeks of commitment to yourself when we ship your premium wellness kit

Duration: 12-month transformational journey (*month-to-month option also available*)

Investment: \$2,497 (one-time payment) **OR** \$250 (billed monthly)
100% satisfaction guarantee

THE 3-PHASE TRANSFORMATION JOURNEY

Phase 1: Healing Ground (Months 1-4)

We start fast - focusing on reclaiming your energy, creating nervous system safety, and breaking the cycle of unworthiness.

Women often report massive shifts within the first two sessions alone.

Phase 2: Reclaiming Your Voice (Months 5-8)

You'll learn to set boundaries, speak your truth, and step into your power in every area of your life. This is where you stop shrinking and start expanding.

Phase 3: Embodied Transformation (Months 9-12)

Full integration - you become the woman who naturally attracts love, abundance, and respect. You're no longer healing... you're

thriving.

Why this work matters to me:

I've walked the path from depletion to empowerment. I know what it feels like to lose yourself in everyone else's needs, to carry trauma that isn't even yours, and to wonder if you'll ever feel truly alive again. This work saved my life - and it's designed to be equally powerful in yours too.

Here's what I'm doing with the Lotus Rising Case Study Group in August...

I'll guide you through deep, lasting healing that releases trauma, restores your self-worth, and helps you step into your power as a woman. You'll be surrounded by a supportive sisterhood, get my expert coaching, and access transformational tools that create lasting change.

You'll go from emotionally depleted, disconnected, or stuck...

To feeling alive in your body, clear in your purpose, and free to receive the love, rest, and abundance you've always deserved.

HERE'S A BREAKDOWN OF EVERYTHING YOU'LL GET

Core Program:

24 Twice-Monthly Group Coaching Sessions *(\$12,000 value)*

Step into a sacred space and experience my proven Theta visualizations that reprogram the subconscious patterns keeping you small, plus real-time coaching that helps you set boundaries, heal shame, and step into your worth.

250+ Hours of Coaching Vault Access *(\$3,000 value)*

Instant access to archived coaching calls covering relationships, finances, health, trauma release & everything you want to transform in your life.

Private Community of Like Minded Women *(priceless)*

Get seen, supported, and held in a sacred circle of women walking this journey with you. Life-long friendships are formed here regularly.

Exclusive Bonuses:

Live VIP Experience (\$1,500 value) - *Full day event + hotel rate*

Free admission to exclusive, members-only full day transformational event in September (plus my negotiated hotel discount rate)

Superfood Welcome Gift Box (\$300+ value) - *30 day supply*

Premium superfoods including one-month supply of Cacao Bliss, Multi-Collagen and more - shipped straight to your door to celebrate your commitment once you reach your 6 week milestone.

FitRise365 Access (\$200 value) - *simple workouts, recipes, etc.*

I'll guide you step-by-step to release unwanted weight with easy workouts, calming meditations, and nourishing recipes — all in one powerful platform.

"Generational Trauma" Deep-Dive Course (\$500 value)

Never-released collection of vulnerable conversations with my daughter Sarah, plus meditations and somatic tools to break inherited dysfunction cycles

First Access to Healing Retreats (*priceless*)

Join me in exotic sacred locations where I'll work with you individually using the same spiritual and energetic healing practices that saved my life. These intimate transformational experiences sell out in minutes because women know this is where miracles happen (Priceless)

Total Value: \$17,500+

Your Investment: \$2,497 gets you everything for a full year.
(or choose the \$250/monthly option)

THIS IS FOR YOU IF:

- ✓ You're a woman ready to do the inner work... not just read about it
- ✓ You've outgrown your current version of life and are craving

expansion

- ✓ You feel the call to heal but don't want to do it alone
- ✓ You're coachable, kind, and open to being supported
- ✓ You've felt the nudge about Lotus Rising and know... this is it
- ✓ You're willing to invest in yourself the way you've invested in others

THIS IS NOT FOR YOU IF:

- ✗ You're looking for a quick fix or magic pill
- ✗ You're not ready to take responsibility for your healing journey
- ✗ You expect transformation without doing the work
- ✗ You're not open to group coaching and community support
- ✗ You're still waiting for someone else to save you

The Investment - 2 Convenient Options

Option 1: Annual Membership - \$2,497 per year

One-time payment covers everything for the full 12 months.

For this case study, I'm offering the lowest new enrollment

pricing I've ever offered to new members before!

Option 2: Monthly Membership - \$250 per month

This offers convenient monthly payments every 30 days for as long as you decide to stay enrolled. Cancel anytime.

Both Options include all bonuses including admission to our annual live event.

Over 50% of members renew year after year - yes, it is THAT powerful!

100% Satisfaction Guarantee: If you show up, do the work, and don't experience significant transformation in your first 30 days, I'll refund every penny.

What to Do Next

Step 1: Sign Up -> Secure your spot by signing up to the membership option that works best for you:

- [Annual Click Here to Join](#)
- [Monthly Click Here to Join](#)

Step 2: Check your inbox for emails that start with the subject line [Lotus Rising] to get all the information you need to set yourself up for success and join the next live call.

Inside Lotus Rising™, we don't just talk about healing - we make it happen.

Through evidence-based methods and the power of sisterhood, you will get...

Trauma Release Tools - Feel the weight of shame, betrayal, and unworthiness finally lift from your body as you heal in sacred sisterhood

Shatter generational chains - Stop the unconscious patterns of people-pleasing and self-sacrifice passed down like heirlooms of pain, so your daughters inherit freedom instead of fear

Embodied Confidence - Reclaim the voice silenced by religion, family, or toxic partners. Set boundaries that stick and take up space—because your voice matter

Transform food from enemy to medicine - End the war with your body and discover how nourishing yourself becomes an act of self-love, not self-punishment

Nervous System Reset - Restore your nervous system so you can trust your intuition, make decisions from clarity instead of fear, and feel at home in your body

This is what real transformation looks like:

"Danette's coaching helped me believe in my recovery — and it's why I'm thriving today." - Lisa

"Now I believe I can do whatever I want. I'm patient, empowered, and full of self-trust." - Melissa

"A check showed up in the mail. A new job opened up. That's the magic of doing this work." – Alice

Bonus for Fast Action

As soon as you join & get oriented to Lotus Rising, I'll unlock your access to the never-released "Generational Trauma: A

Mother-Child Journey to Breaking Cycles and Returning to Love" course.

If you're a mother, daughter, or cycle-breaker, this bonus alone could shift everything.

This deeply personal collection features vulnerable conversations with my oldest daughter Sarah, as we work to unravel generational traumas. Includes meditations and somatic tools to help you break the cycle of inherited dysfunctions that are subconsciously making daily decisions for you and your loved ones.

Perfect to lean into when you're overwhelmed, triggered, or just needing a moment of grounded clarity.

With love & belief in your becoming,
Danette

P.S. As soon as you sign up you'll get access to the private Lotus Rising FB group where you'll connect with your new sisters and have instant access to 200+ hours of previously recorded Premium Coaching calls.

Questions? Call: 888-744-7790

OR

Email: support@danettemay.com