

From Pain to Paint

My Healing Art Journey

Rhonda Sandy

"Turning chaos into color, one piece at a time."

"Come take a peek into my paint journey."



Take a free Sneak Peek

Not sure if ETS is right for you?
Get a behind-the-scenes look at the course — no
pressure, no payment, just clarity.

Click or scan below to preview the course and feel it out
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Sneak Peek Access
{Totally free-No strings attached}

Start Your Own Journey

Embrace the Space gave me clarity, confidence, and a way forward.
If you're ready to grow, here are some amazing first steps:

- Sneak Peek Access – Try a free preview of the course
- Full ETS Course – The training that helped change my life
- International Sign-Up – Join from anywhere in the world
- Become an Affiliate – Earn by sharing what works for you

Ready when you are:
Visit rsandy13.com or scan the QR to start your journey.



“This was never the plan”

For a long time, my life felt like chaos—like everything was out of control. I spent over two decades in a toxic relationship that left me feeling broken and stuck. Walking away was one of the hardest things I’ve ever done... but it led me to Dan.

Dan showed me a different kind of love—gentle, steady, and kind. For the first time in years, I felt safe. But even in a good relationship, life can get messy. When we started remodeling our home together, stress crept in, and things got hard again. That shook me. I thought I had finally found peace, and suddenly it felt like I might lose it again.

That’s when I found painting.

It became more than just something to do—it became my therapy. I started using leftover tile, laminate, and old wood to create something beautiful out of the mess. It helped me breathe, reflect, and begin healing in a new way.

I’m still a work in progress, but this is part of my journey. And maybe, just maybe, my healing can help someone else begin theirs too.





She Rose AnyWay
Grace ub Chaos



Layered Silence
Quiet strength



Cracked but Crowned
Still Royal



Guarded Soul
Soft behind armor



Revival
Rising Again



Painted Resilience
beauty through pain

*"From Pain to
Power-- Through
Paint"*



View full Gallery
Originals and more at frompaintopaint.com

Outside the U.S.? You're Invited too!

Embrace the Space is open worldwide. No matter where you live, you can grow with us.

Scan the code to sign up from anywhere in the world and begin your own breakthrough journey today



Free Preview Access
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