<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Echoes of Heaven - Your Journey to Healing</title>

<style>

\* {

margin: 0;

padding: 0;

box-sizing: border-box;

}

body {

font-family: 'Arial', sans-serif;

line-height: 1.6;

color: #333;

background: linear-gradient(135deg, #667eea 0%, #764ba2 100%);

min-height: 100vh;

}

.container {

max-width: 1200px;

margin: 0 auto;

padding: 0 20px;

}

header {

background: rgba(255, 255, 255, 0.95);

backdrop-filter: blur(10px);

box-shadow: 0 4px 20px rgba(0, 0, 0, 0.1);

position: fixed;

width: 100%;

top: 0;

z-index: 1000;

transition: all 0.3s ease;

}

nav {

display: flex;

justify-content: space-between;

align-items: center;

padding: 1rem 0;

}

.logo {

font-size: 2rem;

font-weight: bold;

background: linear-gradient(45deg, #667eea, #764ba2);

-webkit-background-clip: text;

-webkit-text-fill-color: transparent;

background-clip: text;

}

.nav-links {

display: flex;

list-style: none;

gap: 2rem;

}

.nav-links a {

text-decoration: none;

color: #333;

font-weight: 500;

transition: all 0.3s ease;

padding: 0.5rem 1rem;

border-radius: 25px;

}

.nav-links a:hover, .nav-links a.active {

background: linear-gradient(45deg, #667eea, #764ba2);

color: white;

transform: translateY(-2px);

box-shadow: 0 4px 15px rgba(102, 126, 234, 0.4);

}

.mobile-menu {

display: none;

flex-direction: column;

cursor: pointer;

}

.mobile-menu span {

width: 25px;

height: 3px;

background: #333;

margin: 3px 0;

transition: 0.3s;

}

main {

margin-top: 80px;

min-height: calc(100vh - 80px);

}

.page {

display: none;

animation: fadeIn 0.5s ease-in;

}

.page.active {

display: block;

}

@keyframes fadeIn {

from { opacity: 0; transform: translateY(20px); }

to { opacity: 1; transform: translateY(0); }

}

.hero {

text-align: center;

padding: 4rem 0;

color: white;

}

.hero h1 {

font-size: 3.5rem;

margin-bottom: 1rem;

text-shadow: 2px 2px 4px rgba(0, 0, 0, 0.3);

}

.hero p {

font-size: 1.3rem;

margin-bottom: 2rem;

opacity: 0.9;

}

.cta-button {

display: inline-block;

background: rgba(255, 255, 255, 0.2);

color: white;

padding: 1rem 2rem;

text-decoration: none;

border-radius: 50px;

font-weight: bold;

transition: all 0.3s ease;

backdrop-filter: blur(10px);

border: 2px solid rgba(255, 255, 255, 0.3);

}

.cta-button:hover {

background: rgba(255, 255, 255, 0.3);

transform: translateY(-3px);

box-shadow: 0 10px 25px rgba(0, 0, 0, 0.2);

}

.content-section {

background: rgba(255, 255, 255, 0.95);

margin: 2rem 0;

padding: 3rem;

border-radius: 20px;

box-shadow: 0 10px 30px rgba(0, 0, 0, 0.1);

backdrop-filter: blur(10px);

}

.grid {

display: grid;

grid-template-columns: repeat(auto-fit, minmax(300px, 1fr));

gap: 2rem;

margin: 2rem 0;

}

.card {

background: white;

padding: 2rem;

border-radius: 15px;

box-shadow: 0 5px 20px rgba(0, 0, 0, 0.1);

transition: all 0.3s ease;

border: 1px solid rgba(102, 126, 234, 0.1);

}

.card:hover {

transform: translateY(-5px);

box-shadow: 0 15px 40px rgba(0, 0, 0, 0.15);

}

.card h3 {

color: #667eea;

margin-bottom: 1rem;

font-size: 1.5rem;

}

.video-container {

position: relative;

width: 100%;

height: 400px;

background: #000;

border-radius: 15px;

overflow: hidden;

margin: 2rem 0;

display: flex;

align-items: center;

justify-content: center;

}

.video-placeholder {

color: white;

text-align: center;

padding: 2rem;

}

.video-placeholder h3 {

margin-bottom: 1rem;

}

.exercise-item {

background: linear-gradient(135deg, #f5f7fa 0%, #c3cfe2 100%);

padding: 2rem;

margin: 1rem 0;

border-radius: 15px;

border-left: 5px solid #667eea;

}

.exercise-item h4 {

color: #667eea;

margin-bottom: 1rem;

}

.contact-form {

background: white;

padding: 2rem;

border-radius: 15px;

box-shadow: 0 5px 20px rgba(0, 0, 0, 0.1);

}

.form-group {

margin-bottom: 1.5rem;

}

.form-group label {

display: block;

margin-bottom: 0.5rem;

font-weight: bold;

color: #333;

}

.form-group input,

.form-group textarea {

width: 100%;

padding: 1rem;

border: 2px solid #e1e1e1;

border-radius: 10px;

font-size: 1rem;

transition: all 0.3s ease;

}

.form-group input:focus,

.form-group textarea:focus {

outline: none;

border-color: #667eea;

box-shadow: 0 0 10px rgba(102, 126, 234, 0.2);

}

.submit-btn {

background: linear-gradient(45deg, #667eea, #764ba2);

color: white;

padding: 1rem 2rem;

border: none;

border-radius: 50px;

font-size: 1.1rem;

font-weight: bold;

cursor: pointer;

transition: all 0.3s ease;

}

.submit-btn:hover {

transform: translateY(-2px);

box-shadow: 0 5px 15px rgba(102, 126, 234, 0.4);

}

.ebook-download {

background: linear-gradient(135deg, #667eea, #764ba2);

color: white;

padding: 3rem;

border-radius: 20px;

text-align: center;

margin: 2rem 0;

}

.download-btn {

background: rgba(255, 255, 255, 0.2);

color: white;

padding: 1rem 2rem;

text-decoration: none;

border-radius: 50px;

font-weight: bold;

display: inline-block;

margin-top: 1rem;

transition: all 0.3s ease;

backdrop-filter: blur(10px);

border: 2px solid rgba(255, 255, 255, 0.3);

}

.download-btn:hover {

background: rgba(255, 255, 255, 0.3);

transform: translateY(-2px);

}

footer {

background: rgba(0, 0, 0, 0.8);

color: white;

text-align: center;

padding: 2rem 0;

margin-top: 3rem;

}

@media (max-width: 768px) {

.nav-links {

display: none;

flex-direction: column;

position: absolute;

top: 100%;

left: 0;

width: 100%;

background: rgba(255, 255, 255, 0.95);

backdrop-filter: blur(10px);

padding: 1rem 0;

box-shadow: 0 4px 20px rgba(0, 0, 0, 0.1);

}

.nav-links.active {

display: flex;

}

.mobile-menu {

display: flex;

}

.hero h1 {

font-size: 2.5rem;

}

.hero p {

font-size: 1.1rem;

}

.content-section {

padding: 2rem 1rem;

}

}

.breathing-exercise {

text-align: center;

padding: 2rem;

background: linear-gradient(135deg, #a8edea 0%, #fed6e3 100%);

border-radius: 20px;

margin: 2rem 0;

}

.breathing-circle {

width: 200px;

height: 200px;

border: 4px solid #667eea;

border-radius: 50%;

margin: 2rem auto;

display: flex;

align-items: center;

justify-content: center;

transition: all 4s ease-in-out;

background: rgba(255, 255, 255, 0.3);

}

.breathing-circle.inhale {

transform: scale(1.3);

background: rgba(102, 126, 234, 0.2);

}

.breathing-circle.exhale {

transform: scale(0.8);

background: rgba(118, 75, 162, 0.2);

}

.breathing-text {

font-size: 1.2rem;

font-weight: bold;

color: #667eea;

}

.start-breathing {

background: #667eea;

color: white;

padding: 1rem 2rem;

border: none;

border-radius: 50px;

font-size: 1.1rem;

cursor: pointer;

margin: 1rem;

transition: all 0.3s ease;

}

.start-breathing:hover {

background: #764ba2;

transform: translateY(-2px);

}

</style>

</head>

<body>

<header>

<nav class="container">

<div class="logo">Echoes of Heaven</div>

<ul class="nav-links" id="navLinks">

<li><a href="#" onclick="showPage('home')" class="active">Home</a></li>

<li><a href="#" onclick="showPage('about')">About</a></li>

<li><a href="#" onclick="showPage('ebook')">E-Book</a></li>

<li><a href="#" onclick="showPage('video')">Healing Message</a></li>

<li><a href="#" onclick="showPage('exercises')">Mindfulness</a></li>

<li><a href="#" onclick="showPage('contact')">Contact</a></li>

</ul>

<div class="mobile-menu" onclick="toggleMenu()">

<span></span>

<span></span>

<span></span>

</div>

</nav>

</header>

<main>

<!-- Home Page -->

<div id="home" class="page active">

<div class="hero">

<div class="container">

<h1>Echoes of Heaven</h1>

<p>Your journey to healing begins here. We understand all forms of abuse and provide a safe space for recovery.</p>

<a href="#" onclick="showPage('about')" class="cta-button">Begin Your Healing Journey</a>

</div>

</div>

<div class="container">

<div class="content-section">

<h2>Welcome to Your Safe Haven</h2>

<p>At Echoes of Heaven, we believe that healing is the foundation for elevation in life. No matter what form of abuse you've experienced, you deserve compassion, understanding, and a path forward.</p>

<div class="grid">

<div class="card">

<h3>Comprehensive Support</h3>

<p>We address all types of abuse - physical, emotional, sexual, financial, and psychological. Your experience is valid, and your healing matters.</p>

</div>

<div class="card">

<h3>Mindful Recovery</h3>

<p>Discover powerful mindfulness exercises designed to calm your mind, center your spirit, and guide you toward inner peace.</p>

</div>

<div class="card">

<h3>Educational Resources</h3>

<p>Access our comprehensive e-book filled with insights, strategies, and hope for your healing journey.</p>

</div>

</div>

</div>

</div>

</div>

<!-- About Page -->

<div id="about" class="page">

<div class="container">

<div class="content-section">

<h2>About Echoes of Heaven</h2>

<p>Echoes of Heaven was created from a deep understanding that healing is not just possible—it's essential for living a life of purpose and elevation. We recognize that abuse comes in many forms, and each survivor's journey is unique.</p>

<h3>Our Mission</h3>

<p>To provide a comprehensive, compassionate resource for survivors of all types of abuse. We believe that through proper healing, individuals can not only recover but thrive and reach new heights in their personal and spiritual lives.</p>

<h3>What We Cover</h3>

<div class="grid">

<div class="card">

<h3>Physical Abuse</h3>

<p>Understanding the impacts and pathways to healing from physical violence and trauma.</p>

</div>

<div class="card">

<h3>Emotional Abuse</h3>

<p>Recognizing and recovering from manipulation, gaslighting, and emotional manipulation.</p>

</div>

<div class="card">

<h3>Sexual Abuse</h3>

<p>Sensitive, trauma-informed approaches to healing from sexual trauma and assault.</p>

</div>

<div class="card">

<h3>Financial Abuse</h3>

<p>Breaking free from economic control and rebuilding financial independence.</p>

</div>

<div class="card">

<h3>Psychological Abuse</h3>

<p>Healing from mental and emotional manipulation that affects your sense of reality.</p>

</div>

<div class="card">

<h3>Spiritual Abuse</h3>

<p>Recovering from abuse of religious or spiritual authority and reclaiming your faith journey.</p>

</div>

</div>

</div>

</div>

</div>

<!-- E-Book Page -->

<div id="ebook" class="page">

<div class="container">

<div class="ebook-download">

<h2>Free Healing E-Book</h2>

<p>Download our comprehensive guide to understanding abuse, beginning your healing journey, and finding the strength to elevate your life. This resource contains practical tools, inspiring stories, and evidence-based strategies for recovery.</p>

<a href="#" onclick="downloadEbook()" class="download-btn">Download Free E-Book</a>

</div>

<div class="content-section">

<h3>What's Inside</h3>

<div class="grid">

<div class="card">

<h3>Chapter 1: Understanding Abuse</h3>

<p>Comprehensive overview of different types of abuse and their effects on survivors.</p>

</div>

<div class="card">

<h3>Chapter 2: The Healing Process</h3>

<p>Step-by-step guidance through the stages of recovery and what to expect.</p>

</div>

<div class="card">

<h3>Chapter 3: Mindfulness & Self-Care</h3>

<p>Practical exercises and techniques for daily healing and emotional regulation.</p>

</div>

<div class="card">

<h3>Chapter 4: Building Support Systems</h3>

<p>How to identify, create, and maintain healthy relationships during recovery.</p>

</div>

<div class="card">

<h3>Chapter 5: Elevation Through Healing</h3>

<p>Transforming your trauma into wisdom and using your experience to grow.</p>

</div>

<div class="card">

<h3>Resources & Support</h3>

<p>Crisis hotlines, support groups, and additional resources for continued healing.</p>

</div>

</div>

</div>

</div>

</div>

<!-- Video Page -->

<div id="video" class="page">

<div class="container">

<div class="content-section">

<h2>A Message of Hope</h2>

<p>Watch this important message about why healing must take place in order to elevate in life. Your journey matters, and your healing is the key to unlocking your highest potential.</p>

<div class="video-container">

<div class="video-placeholder">

<h3>Healing: The Foundation of Elevation</h3>

<p>This is where your healing message video will be embedded.</p>

<p>To add your video:</p>

<p>1. Upload your video to YouTube, Vimeo, or another platform</p>

<p>2. Replace this placeholder with the embed code</p>

<p>3. Or contact us to help you set this up</p>

</div>

</div>

<div class="card">

<h3>Key Message</h3>

<p>"Healing is not optional if you want to elevate in life. It's the foundation upon which all growth, success, and spiritual advancement is built. When we heal from our wounds, we don't just recover—we transform. We become stronger, wiser, and more capable of reaching heights we never thought possible. Your healing journey is sacred, and every step forward is a victory worth celebrating."</p>

</div>

</div>

</div>

</div>

<!-- Exercises Page -->

<div id="exercises" class="page">

<div class="container">

<div class="content-section">

<h2>Mindfulness & Healing Exercises</h2>

<p>These exercises are designed to help you find calm, center yourself, and develop healthy coping mechanisms. Practice them regularly as part of your healing journey.</p>

<div class="breathing-exercise">

<h3>Guided Breathing Exercise</h3>

<p>Focus on the circle and breathe with its rhythm. This exercise helps calm your nervous system and bring you into the present moment.</p>

<div class="breathing-circle" id="breathingCircle">

<div class="breathing-text" id="breathingText">Click Start</div>

</div>

<button class="start-breathing" onclick="startBreathing()">Start Breathing Exercise</button>

<button class="start-breathing" onclick="stopBreathing()">Stop</button>

</div>

<div class="exercise-item">

<h4>5-4-3-2-1 Grounding Technique</h4>

<p><strong>When you feel overwhelmed or triggered, use this technique to ground yourself:</strong></p>

<p>• Notice <strong>5 things</strong> you can see around you</p>

<p>• Notice <strong>4 things</strong> you can touch</p>

<p>• Notice <strong>3 things</strong> you can hear</p>

<p>• Notice <strong>2 things</strong> you can smell</p>

<p>• Notice <strong>1 thing</strong> you can taste</p>

<p>This exercise brings you back to the present moment and helps calm anxiety.</p>

</div>

<div class="exercise-item">

<h4>Body Scan Meditation</h4>

<p><strong>Instructions:</strong></p>

<p>1. Lie down or sit comfortably with your eyes closed</p>

<p>2. Start at the top of your head and slowly scan down your body</p>

<p>3. Notice any tension, pain, or sensations without judgment</p>

<p>4. Breathe into areas of tension and imagine them releasing</p>

<p>5. Continue until you've scanned your entire body</p>

<p>This practice helps you reconnect with your body in a safe, gentle way.</p>

</div>

<div class="exercise-item">

<h4>Safe Place Visualization</h4>

<p><strong>Creating your mental sanctuary:</strong></p>

<p>1. Close your eyes and take several deep breaths</p>

<p>2. Imagine a place where you feel completely safe and peaceful</p>

<p>3. This can be real or imaginary - a beach, forest, cozy room, or anywhere that feels right</p>

<p>4. Notice all the details: colors, sounds, smells, textures</p>

<p>5. Spend time in this space whenever you need comfort</p>

<p>You can return to this safe place anytime you feel triggered or overwhelmed.</p>

</div>

<div class="exercise-item">

<h4>Loving-Kindness Meditation</h4>

<p><strong>Practicing self-compassion:</strong></p>

<p>1. Sit quietly and place your hands on your heart</p>

<p>2. Repeat these phrases to yourself with genuine intention:</p>

<p>• "May I be safe and protected"</p>

<p>• "May I be healthy and strong"</p>

<p>• "May I be at peace"</p>

<p>• "May I be kind to myself"</p>

<p>3. Feel the warmth and compassion you're sending to yourself</p>

<p>This practice helps rebuild self-love and compassion after trauma.</p>

</div>

<div class="exercise-item">

<h4>Journaling for Healing</h4>

<p><strong>Prompts for reflection:</strong></p>

<p>• What am I grateful for today, even in small ways?</p>

<p>• What emotions am I feeling right now, and where do I feel them in my body?</p>

<p>• What would I say to a friend going through what I'm experiencing?</p>

<p>• What small step can I take today toward my healing?</p>

<p>• What strengths have I discovered about myself through this journey?</p>

<p>Write without censoring yourself. Let your thoughts flow freely onto the page.</p>

</div>

</div>

</div>

</div>

<!-- Contact Page -->

<div id="contact" class="page">

<div class="container">

<div class="content-section">

<h2>Contact Us</h2>

<p>We're here to support you on your healing journey. Reach out with questions, feedback, or if you need additional resources. Your message is important to us.</p>

<div class="grid">

<div class="contact-form">

<h3>Send Us a Message</h3>

<form onsubmit="submitForm(event)">

<div class="form-group">

<label for="name">Name (optional)</label>

<input type="text" id="name" name="name" placeholder="Your name or leave blank for anonymity">

</div>

<div class="form-group">

<label for="email">Email</label>

<input type="email" id="email" name="email" placeholder="your.email@example.com" required>

</div>

<div class="form-group">

<label for="subject">Subject</label>

<input type="text" id="subject" name="subject" placeholder="What is your message about?" required>

</div>

<div class="form-group">

<label for="message">Message</label>

<textarea id="message" name="message" rows="6" placeholder="Share your thoughts, questions, or how we can help you..." required></textarea>

</div>

<button type="submit" class="submit-btn">Send Message</button>

</form>

</div>

<div class="card">

<h3>Crisis Resources</h3>

<p><strong>If you're in immediate danger, call 911</strong></p>

<br>

<p><strong>National Crisis Hotlines:</strong></p>

<p>• National Suicide Prevention Lifeline: 988</p>

<p>• Crisis Text Line: Text HOME to 741741</p>

<p>• National Domestic Violence Hotline: 1-800-799-7233</p>

<p>• RAINN National Sexual Assault Hotline: 1-800-656-4673</p>

<br>

<p><strong>Remember:</strong> You are not alone. Help is available 24/7, and your life has value.</p>

</div>

</div>

<div class="card">

<h3>Connect With Our Community</h3>

<p>Join our supportive community of survivors who are on their healing journey. Share experiences, find encouragement, and discover that you're not alone.</p>

<p><em>Community features and social media links would be added here based on your preferences.</em></p>

</div>

</div>

</div>

</div>

</main>

<footer>

<div class="container">

<p>&copy; 2025 Echoes of Heaven. Your healing journey matters. You are worthy of love, peace, and elevation.</p>

<p>If you're in crisis, please reach out for help immediately. You are not alone.</p>

</div>

</footer>

<script>

let breathingInterval;

let isBreathing = false;

function showPage(pageId) {

// Hide all pages

const pages = document.querySelectorAll('.page');

pages.forEach(page => page.classList.remove('active'));

// Show selected page

document.getElementById(pageId).classList.add('active');

// Update navigation

const navLinks = document.querySelectorAll('.nav-links a');

navLinks.forEach(link => link.classList.remove('active'));

event.target.classList.add('active');

// Close mobile menu if open

document.getElementById('navLinks').classList.remove('active');

}

function toggleMenu() {

const navLinks = document.getElementById('navLinks');

navLinks.classList.toggle('active');

}

function downloadEbook() {

alert('Thank you for your interest in our healing e-book! In the real version of this website, this would download your PDF or direct you to a download page. For now, this is a demonstration of how the download button would work.');

}

function startBreathing() {

if (isBreathing) return;

isBreathing = true;

const circle = document.getElementById('breathingCircle');

const text = document.getElementById('breathingText');

let phase = 'inhale';

function breatheCycle() {

if (phase === 'inhale') {

text.textContent = 'Breathe In';

circle.className = 'breathing-circle inhale';

phase = 'exhale';

} else {

text.textContent = 'Breathe Out';

circle.className = 'breathing-circle exhale';

phase = 'inhale';

}

}

breatheCycle();

breathingInterval = setInterval(breatheCycle, 4000);

}

function stopBreathing() {

if (breathingInterval) {

clearInterval(breathingInterval);

isBreathing = false;

document.getElementById('breathingCircle').className = 'breathing-circle';

document.getElementById('breathingText').textContent = 'Click Start';

}

}

function submitForm(event) {

event.preventDefault();

const name = document.getElementById('name').value || 'Anonymous';

const email = document.getElementById('email').value;

const subject = document.getElementById('subject').