

Eye of the Heart Circles

A SPACE TO RETURN TO YOURSELF

THE RELATIONSHIP YOU CULTIVATE WITH YOURSELF
BECOMES THE FOUNDATION FOR EVERYTHING.

What Are Circles

- Live online gatherings for intentional inner work
- A collection of guided hypnosis journeys

Themes Offered

- Grounding & Alignment
- Deep Rest & Sleep
- Soul Expansion
- New and Full Moon Connection
- Pregnancy Journey

Circles Support

- Nervous system relaxation
- Inner reflection and self-learning
- Mindfulness

Each circle stands alone, so you can join when it resonates. Over time, they also become a steady practice of returning inward.

CIRCLE DESCRIPTIONS & INVESTMENT

Classic Circle	Description
MORNING ALIGNMENT <i>Begin your day with intention.</i>	Through guided hypnosis, you'll clear mental clutter, connect with your inner wisdom, and cultivate the energy, focus, and mindset you wish to carry into your day.
MIDDAY RESET <i>Pause. Breathe. Return to Center.</i>	A restorative midday experience designed to release stress, regulate the nervous system, and restore mental clarity. Leave feeling grounded and refreshed.
DEEP REST <i>A sanctuary for relaxation and renewal</i>	This circle invites you into a deep state of rest where the mind can soften and the body can restore. Perfect for anyone seeking stress relief, emotional balance, and peace.
BEDTIME SANCTUARY <i>Prepare your mind, body, and soul for restful sleep</i>	Using gentle hypnotic relaxation and soothing imagery, you'll release the day's busyness, quiet the mind, and ease into calm.

Signature Circle	Description
SOUL EXPANSION <i>Explore the wisdom that exists beyond everyday awareness</i>	Journey through guided hypnosis to connect with your higher self, inner child, spirit guides, or universal consciousness.
CHAKRA ALIGNMENT <i>Restore harmony within your energetic field.</i>	Through hypnosis, you'll move through each energy center to release stagnation and cultivate balance and flow.
NEW MOON / FULL MOON <i>Align with the rhythms of nature and your inner cycles</i>	Gather for a special lunar-focused journey where you will set an intention, go within, reflect on insight, and decide to lean into release or renewal.
THE NURTURED MOTHER <i>Deepen your connection with yourself and your growing baby</i>	A space for expecting mothers to slow down, regulate the nervous system, deepen their bond with baby, and cultivate confidence, peace, and trust throughout pregnancy.

Eye of the Heart Circles are spaces for exploration, reflection, and personal growth. The practices offered including hypnosis, breathwork, and visualization are intended to support general wellness and self-learning and are not a substitute for medical or mental health care. These offerings do not diagnose, treat, or replace professional advice. Participation is always a choice. Please honor your personal boundaries and participate in ways that feel safe and appropriate for you.

CIRCLE DESCRIPTIONS & INVESTMENT

Circle Type	Duration	Investment
CLASSIC CIRCLE	60 MINUTES	\$30
SIGNATURE CIRCLE	60 MINUTES	\$45

How to Register for A Circle

1. Access the Eye of the Heart Booking Page
 - a. Via <https://www.eyeoftheheart.net/>
 - b. Or go directly to https://eyeoftheheart.janeapp.com/#staff_member/1
2. Select the circle you would like to attend
3. Confirm your registration by signing into your Jane account or creating a profile.

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