



blissful minds hypno
POSITIVE MINDS CREATE POSITIVE LIVES

INTUITIVE HEALING CIRCLE

Looking for a community of like-minded spiritual seekers? Take a look at our Intuitive Healing Circle. Whether you are searching for spiritual answers and a group that understands the difficulties that *empaths*, *sensitives*, and *healers* have in this world, or are merely looking for more information, this Intuitive Healing Circle is for you!

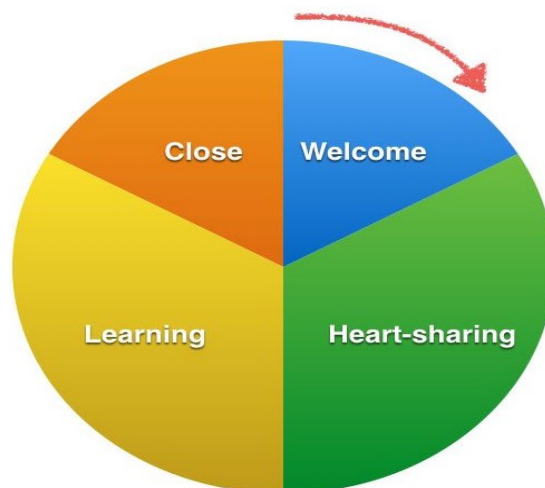
This is a group where you can talk about everything spiritual, connect with other seekers and feel heard without judgement. Here we try answer all your questions and support you along your growth path. Good times and bad, through the ups and downs, we're in this together!

1. WHAT IS A HEALING CIRCLE?

Deriving from practices of Native Americans, First Nations, and Indigenous peoples, the Circle Process allows for:

- the formation of relationships,
- the honouring of voices,
- and the creation of unity.

The process is, at its essence, a story sharing process, which brings together people as equals to have open exchanges about difficult issues or painful experiences in an atmosphere of respect and concern for everyone.



Basic Circle Format

Everyone is expected to respect others and be sensitive to their experiences as they share their stories. The others listen openly, without question or judgment

2. WHAT ARE THE HALLMARKS OF A HEALING CIRCLE?

- Healing Circles help us step out of ordinary time into a safe and accepting environment in which each of us can **explore our own healing**.
- With **open hearts**, we access our own inner guidance to understand where the greatest healing - in body, emotions, mind and spirit - can occur.
- With **open minds**, we work together to discover the best ways to remove obstacles to healing, alleviate suffering, and deepen our capacity to heal.

3. HEALING CIRCLE PROCESS



ONE PERSON
SPEAKS AT TIME



EVERYONE SPEAKS
WITH INTENTION



THE CIRCLE
LISTENS WITH
ATTENTION



A PAUSE & SILENCE
TO HONOR THE
SPEAKER



A PASS TO THE
NEXT

4. WHAT ARE THE HEALING CIRCLE AGREEMENTS?

- We treat each other with kindness and respect.
- We listen with compassion and curiosity.
- We honour each other's unique ways to healing and don't presume to advise or fix or try to save each other.
- We hold all stories shared in the circle confidential.
- We trust each of us has guidance we need within us and we rely on the power of silence to access it.

Confidentiality is also key, to ensure openness and emotional safety. Furthermore, participation is voluntary; no participant is required to share unless they choose to.

5. FORMAT

5.1 WELCOME

5.2 HEART SHARING

5.3 LEARNING - HEALING MODALITY

5.4 CLOSE

5.5 DATE OF NEXT CIRCLE

6. JOIN US

Join our monthly intuitive healing circle (in person or online). It is a safe space to check in, or share your experiences along your healing journey with like-minded people. Just check in with us (Els +27 82 494 1539 OR Sam +27 82 802 2721) and see what's on the menu this month.