

8-SESSION PROGRAMME · ONLINE

The Journey Home

*From confusion to clarity.
Remember who you actually are.*

- Body psychotherapy, intuitive coaching & Human Design
- 8 sessions across four themes — held at your own pace
- WhatsApp support, audio recordings & programme handbook
- 2 months free in The Circle community after the programme

INVESTMENT

€1,200

OR 2 X €600 · [WEAREFINDYOURMAGIC.COM](https://wearefindyourmagic.com)

ABOUT THIS PROGRAMME

Move from confusion to clarity. Remember who you actually are.

8 sessions · held at your pace · online

The Journey Home is an 8-session programme for people ready to move from confusion to clarity and remember who they actually are. It brings together body psychotherapy (Core Energetics), intuitive coaching, movement and energy practices, and Human Design — a system that maps how you're uniquely wired to make decisions and use your energy.

You've tried the books, the podcasts, maybe even therapy. But insight alone doesn't create change. This programme works at the level of the body, not just the mind — creating change you can actually feel.

THIS PROGRAMME IS RIGHT FOR YOU IF

- You're feeling confused, stuck, or disconnected from yourself
- You're done performing and ready to come home to yourself
- You want embodied work — not just more insight
- You're at a crossroads craving clarity and purpose
- You can commit to the full 8 sessions

"The biggest highlight was realising there was nothing about myself I needed to fix — I needed to enjoy who I already am."

TRISTAN RISATTA · LONDON

"The biggest gift was reconnecting with my inner creativity and spirituality. I'd been disconnected from that for a long time. Getting it back has been invaluable."

RYAN VALADAS · LONDON

8 SESSIONS ACROSS FOUR THEMES

1—
2

PASSION & ALIVENESS

Reconnect with what lights you up. Discover your Human Design Authority and Strategy — how you're uniquely wired to move through the world and make decisions

3—
4

PURPOSE & GENIUS

Map your inner and outer genius. Discover your Incarnation Cross and your life purpose themes

5—
6

PRESENCE & INTENTION

Understand the difference between your conditioned mind and your natural self. Break free from patterns that have been running the show.

7—
8

POWER & COURAGE

Discover how you give your power away and how to shift those patterns. Define who you're becoming and take action with clarity and courage.

WHAT'S INCLUDED

- 8 x 1:1 sessions with Ed (60–90 minutes each), with audio recordings
- WhatsApp access between sessions
- Programme handbook
- Personal Human Design report
- 2 months free in The Circle after the programme

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INCLUDES

8 sessions
HD report
2 months Circle

"Since working with Ed, I've realised how I want to show up in my life. It's taken me nearly 40 years to finally achieve this."

JONNY BENJAMIN MBE · LONDON

FAQS

What if I've never done this kind of work?

No prior experience needed. Everything is taught and integrated step by step. You just need an open mind and willingness to go inward.

How long does the programme take?

The programme is held entirely at your pace. Some people move through it in 8 weeks. Others take longer. There is no fixed timeline.

What happens after the 8 sessions?

You receive 2 months free in The Circle — monthly group sessions, sound journeys and continued support. After that, continue at £24/month or move forward independently.

Curious? Let's talk.

Book a free 30-minute call with Ed to find out if this programme is the right next step. No pressure, no pitch — just an honest conversation.

BOOK A FREE CALL →

<https://findyourmagic.base44.app/meet/ed/discovery-call>

€1,200

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Online

YOUR PACE