

A 12-session program with Julieanne Richards

The Dragon Heart Journey is the next step after the two-hour Dragon Heart Experience. Where the Experience opens the door and shows you the centre of your own Dragon Heart, the Journey walks you through it, session by session, until living from that centre becomes your natural state.

The program weaves together Human Design, energetic clearing and activation, embodiment, intuition, energetic hygiene and co-creation. Every session closes with a guided journey to your Dragon Heart, so that whatever has been cleared, learnt or awakened is sealed at the centre of you before you leave.

How the Journey is structured

The twelve sessions move through two phases.

Phase	Sessions	Theme
Phase One — Coming Home	Sessions 1 to 6	Understanding your design, clearing what is in the way, returning to your body, and rebuilding trust in yourself and the Universe.
Phase Two — Living It	Sessions 7 to 12	Maintaining your energy in the everyday world, owning your strengths and shadows, embodying your frequency, and stepping out independent and whole.

Session rhythm

Each session follows a familiar shape so the body learns to settle quickly:

- **Arrive and check in.** Where you are, what has shifted since last time, what is asking for attention.
- **Teaching or exploration.** The theme of the session, tailored to your Human Design and your story.
- **The work.** Clearing, healing, activation, embodiment or practice, depending on the session.
- **Dragon Heart journey.** A guided return to your centre to close the circle and seal the work.
- **Integration.** A simple practice to carry into the days between sessions.

Sessions are recommended [weekly, fortnightly or monthly] to allow integration, giving the Journey a span of around [3-6-12 months]. Suggested session length: [2 hours].

Before you begin

- Completion of the two-hour Dragon Heart Experience
- Your birth date, exact birth time and birth place, so your Human Design chart can be prepared before Session 1 (Pre-work) or gathered at the 1st Experience.
- A journal for reflections and practices between sessions
- A quiet, private space if attending online



Phase One — Coming Home

Before each session:

Oils, crystals, cards and other healing resources are intuitively chosen specifically for you to add extra personalised energetic support and insights to the session at hand.





Session 1 — Your Design, Your Signature

You cannot come home to yourself until you know the shape of the house.

What happens

- Receive your personal foundational reading with Julieanne along with your Human Design report (sent to you after the session).
- Your Type, and the Strategy that lets life come to you rather than chasing it
- Your Signature emotion (satisfaction, success, peace or surprise) as your compass, and your Not-Self emotion as your early-warning signal
- How your aura works and what it means for how you meet people and the world
- Your Profile: the role you are here to play and how you are designed to move through life
- Your Authority: how you're most aligned to make decisions.
- Integration, alignment and embodiment of what has been discussed, using Reiki and other energy techniques so it becomes more than simply information sitting in your head.

Dragon Heart journey

Meeting your Dragon Heart with new eyes, seeing your design not as a set of labels but as the shape your fire was always meant to take.

Take-home practice

Experimenting with your Strategy, Authority and Profile and noticing what shows up.



Session 2 — Clearing the Energetic Field

Before anything new can be activated, the old must be released.

What happens

- Check in on what the week of noticing revealed
- Assessment of your energetic systems: chakras, meridians and aura
- Clearing of stagnant, stuck or foreign energy from each system
- Where present, identification and release of entities, attachments and outside influences, with full protection and grace
- Realignment of the field to its natural flow, followed by gentle activation
- Grounding and sealing of the cleared field

Dragon Heart journey

Returning to a Dragon Heart that is brighter and less crowded, feeling how much more of you is present when what is not yours has gone.

Take-home practice

Each night before sleep, place a hand on your chest, take three breaths, and ask that anything not yours be released. Drink extra water this week.

Session 3 — Clearing Beliefs and Emotions

Beneath every stuck pattern is a belief that once kept you safe.

What happens

- Uncovering the core beliefs beneath your recurring patterns, using muscle testing and intuitive inquiry
- Tracing beliefs to their origin: family, culture, conditioning, past experiences
- Releasing the stored emotion held with each belief in the body
- Clearing any entities or outside influences that have attached to those beliefs
- Installing new, truer beliefs aligned with your design and your Dragon Heart
- Testing and anchoring the new alignment

Dragon Heart journey

Speaking the new beliefs from the centre of your Dragon Heart and feeling them received as truth.

Take-home practice

Write your new belief and design an affirmation. Read the new one aloud each morning with your hand on your heart.



Session 4 — Out of Your Head, Into Your Body

Most women live from the neck up. Your Dragon Heart lives below.

What happens

- Exploring your relationship with your body and where you habitually leave it
- Why disconnection happens: overwhelm, old trauma, empathic overload, busyness
- Embodiment practices: breath, sound, movement, touch, sensing from the inside
- Grounding techniques that work for your particular design and energy
- Locating your Dragon Heart in the physical body, not just the imagination
- Building a felt sense of safety in being fully here

Dragon Heart journey

A slow, physical journey: feeling the weight, warmth and pulse of your Dragon Heart in the actual tissue of your chest, and letting your whole body be its home.

Take-home practice

Three times a day, pause, feel your feet, feel your breath in your belly, and say silently, I am here. One minute each.



Session 5 — Trusting Yourself

The voice you quieted has been waiting patiently for you to listen.

What happens

- How your Human Design authority tells you the precise way you are built to make decisions
- Recognising the difference between intuition, fear and conditioning in the body
- Reclaiming the instinct you buried and the knowing you doubted
- Practices for asking your inner wisdom and receiving an answer
- Clearing any remaining blocks to self-trust
- Small, safe decisions made from your authority during the session

Dragon Heart journey

Asking a question of your Dragon Heart and waiting, without effort, for the answer to rise. Learning what your yes and your no feel like at the centre.

Take-home practice

Make one decision each day using your authority rather than your head. Record what you chose and how it felt afterwards.



Session 6 — Trusting the Universe

You were never doing this alone.

What happens

- Your relationship with the Universe, the unseen realms and your own guides and support
- Where trust has been broken by loss, disappointment or unanswered prayers
- Clearing beliefs of scarcity, abandonment or having to do it all yourself
- Co-creation: your Strategy and Authority as the way you say yes to what the Universe is offering
- Setting intentions from the heart rather than the head
- Opening to receive, not just to give

Dragon Heart journey

Feeling the Dragon Heart as a meeting place, where your fire and the light of the Universe touch and move together.

Take-home practice

Each morning, set one intention from your heart and then release it. Each evening, note what arrived. Look for the pattern by week's end.



Phase Two — Living It

Before each session:

Once again, oils, crystals, cards and other healing resources are intuitively chosen specifically for you to add extra personalised energetic support and insights to the session at hand.



Session 7 — Energetic Hygiene

Clear, ground, release, repeat. This is how the sensitive stay sovereign.

What happens

- Review of Phase One: what has shifted and what has held
- Understanding how you absorb energy through your open centres and empathic nature
- Letting go of what is not yours: a practical daily process
- Morning practice: grounding and setting your field for the day
- Evening practice: clearing the day's energy before rest
- Tools for staying grounded in busy, noisy or emotional environments
- Simple space clearing for your home and workspace

Dragon Heart journey

Tending your Dragon Heart the way you would tend a fire: clearing the ash, feeding what nourishes it, keeping it lit.

Take-home practice

Complete the full morning and evening hygiene practice every day this fortnight. Notice which parts you resist.

Session 8 — Maintaining Your Energy

Being at cause, not at effect.

What happens

- Recognising when you have moved into being at effect: reactive, drained, taken over by someone else's state
- Boundaries as energetic, not just verbal
- Holding your own frequency in the presence of other people's chaos
- Working with the specific ways your design is conditioned by others
- Real-life scenarios: family, work, crowds, difficult people
- Rehearsal: staying centred while Julieanne introduces small energetic pressures

Dragon Heart journey

Standing in the centre of your Dragon Heart while the world moves around you, unshaken, warm and unmoved from your own fire.

Take-home practice

Choose one relationship or situation that usually pulls you off centre. Before each encounter, drop into your Dragon Heart first. Journal what changes.



Session 9 — Owning Your Strengths

Your conditioning told you to be smaller than your design.

What happens

- Deep dive into your defined Channels and the consistent gifts they carry
- Your Incarnation Cross: the larger purpose your life is oriented around
- Where conditioning has taught you to hide, apologise for, or over-give from your strengths
- Healing session to release the shame or fear attached to being fully yourself
- Activation of your strengths as sovereign, owned, and available
- Claiming your purpose out loud

Dragon Heart journey

Meeting the full size of your dragon. Letting your Dragon Heart show you the strength it has been holding in reserve.

Take-home practice

Each day, use one of your defined gifts on purpose and without apology. Write down what happened.



Session 10 — Open Centres and Shadow

Your open centres are where you learn wisdom, and where the world gets in.

What happens

- Deep dive into your open and undefined Centres and what each one amplifies
- The Not-Self patterns and shadow aspects that arise from each open centre
- Where you have been living someone else's fear, pressure, identity or desire
- Healing session around your greatest challenge, with compassion for how it formed
- Transforming the shadow of each open centre into its wisdom
- Integration of light and shadow as one whole design

Dragon Heart journey

Bringing your shadow to the fire of your Dragon Heart, not to burn it away, but to let it be warmed, seen and welcomed home.

Take-home practice

When a Not-Self pattern shows up, pause and ask: whose is this? Then return it, gently, and come back to your centre.



Session 11 — Frequency and Embodiment

Not knowing about your design, but being it.

What happens

- Review of the whole Journey so far: what is integrated and what still needs support
- Targeted healing or clearing for anything that remains stuck
- Frequency: the vibration you naturally hold when you are living as yourself
- Embodiment practices to bring your design fully into the body, voice, posture and presence
- Living from your Signature as your default state
- Preparing for independence

Dragon Heart journey

Feeling the full frequency of your Dragon Heart humming through every cell, and recognising it as simply who you are.

Take-home practice

Live one full day as if the Journey were already complete. Notice how you move, speak and choose. Bring your observations to Session 12.



Session 12 — Out There, Living It

You came home. Now you get to live there.

What happens

- Celebration of the Journey and everything that has shifted
- Your personal ongoing maintenance plan: daily, weekly and seasonal practices
- What to do when you fall off centre, because you will, and how to come back
- Living in consciousness: making choices from your design in real life, in real time
- Embracing and honouring who you are, exactly as you are
- Closing ritual and blessing

Dragon Heart journey

A final journey to the centre of your Dragon Heart, where Julieanne steps back and you lead the way in. Knowing, now, that you can return alone, whenever you choose.

Take-home practice

Your maintenance plan, your journal, and a hand on your heart. The Journey is complete. The living begins.



After the Journey

Clients who complete the Dragon Heart Journey may choose to continue with [monthly maintenance sessions, seasonal clearings, or group circles]. Each includes a Dragon Heart journey to return to centre.

Investment

Full Journey (12 sessions): $3960. Payment plans: Use PayPal 4 Payments. Includes your Human Design report, all session recordings, and take-home practices.

A note from Julieanne

What shows up on the surface is only the tip of the iceberg. This Journey is about going beneath, to the centre, and finding that what lives there is not brokenness but fire. I would be honoured to walk it with you.

