



DOMINIQUE STELLING

LIVING THE PURE STATE

# LIVING THE PURE STATE

12 month program cultivating coherence, peace and harmony

Living the Pure State is my 12 month online program where you will cultivate inner peace and align with your sovereignty. The Pure State is an observer consciousness model that facilitates an inner state of coherence, peace, and harmony, allowing you to respond rather than react.

Each month you will be introduced to the 12 alignments to help you master the art of self-regulation and attune to the Pure State at all times. My program is designed to give you the ability to navigate any situation with ease and balance. You can journey with me for the whole year, or sign up for individual sessions as you feel drawn to the topics.

I will hold these 90 minute live and interactive teachings once a month. Each lesson will contain:

- Pure State Teaching
- Mind Yoga Instruction
- Group Energy Clearing and Calibration
- Question and Answer Session
- Meditation

These sessions will be held on Zoom where we will create a nurturing space for you to connect with your highest self and unlock the key to your authentic empowerment. Let us transcend together from just surviving to truly thriving.

“ LET THE LIGHT  
OF YOUR CONSCIOUSNESS  
ILLUMINATE THE WAY FORWARD. “

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## Cost and dates:

- Option 1: 12 sessions charged monthly (CHF 50.00/session)
- Option 2: Pay as you go (CHF 55.00/session)
- Time: 7pm-8.30pm (Central European Time / CET)
- Dates 2022:

1. The Mountain: Stability	January 25 <sup>th</sup>
2. The Still Point: Awareness	February 22 <sup>nd</sup>
3. The River: Flexibility	March 29 <sup>th</sup>
4. The Council: Higher Self	April 26 <sup>th</sup>
5. The Master: Mindfulness	May 31 <sup>st</sup>
6. The Heart: Compassion	June 28 <sup>th</sup>
7. The Crystal: Blessings	July 26 <sup>th</sup>
8. The Sword: Forgiveness	August 30 <sup>th</sup>
9. The Dragon: Empowerment	September 27 <sup>th</sup>
10. The Manuscript: Self-Talk	October 25 <sup>th</sup>
11. The Lotus: Purity	November 29 <sup>th</sup>
12. The Sage: Inner Wisdom	December 20 <sup>th</sup>

## What you will need:

- Please ensure that you have an adequate internet connection
- Participation will be via Zoom with interactive audio, video and chat
- It is best to use your desktop computer (PC or Mac) - tablets and phones may not display all of your classmates on one screen, and are therefore not recommended

## Preparation:

- Get all system requirements for Zoom on <https://zoom.us/>
- Please download Zoom onto your computer before the first module by clicking on <https://zoom.us/download>
- I also recommend using headphones or earphones/earbuds to enhance sound quality and reduce feedback noise

## Further information and registration:

Please contact me via email on [info@dominiquestelling.com](mailto:info@dominiquestelling.com) or register through my website.

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## 1. The Mountain: Stability

The Mountain is your presence, and your thoughts are the clouds in the sky. You must be unwavering in your presence so that nothing can move you, and simply allow your thoughts to pass over you. Stability is the essence of observer consciousness.



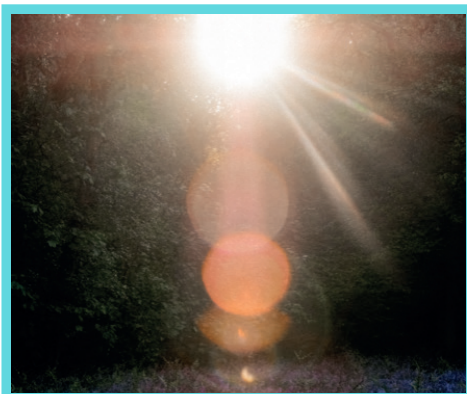
## 2. The Still Point: Awareness

When you place yourself in the eye of the storm, you are within The Still Point. By remaining an observer, you are able to access total neutrality. Having awareness means finding your inner center, disentangling from drama, and finding refuge within yourself.



## 3. The River: Flexibility

To stay in harmony with the Tao, you need to have the flexibility to flow with life and adapt quickly. When you embody The River, you are fluid and transformational. You are capable of shifting your mindset, and transmuting all negative energy.



## 4. The Council: Higher Self

Connecting to your higher self allows you to free yourself from suffering, entanglement, and ego states. Your higher-self has an overview of your life, and helps you to see life events more clearly. Attune to The Council and shift your perspective by seeing challenges as opportunities to practice forgiveness and find inner peace. The higher self doesn't see victimization, it only sees invitations for transformation.



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## 5. The Master: Mindfulness

As The Master, you are able to control your mind and tame your monkey mind. You are able to see the humor in some aspects of your ego, because you are confident in your sovereignty. When you do something, you do it mindfully. Your energy is always focused as you cultivate mindfulness.



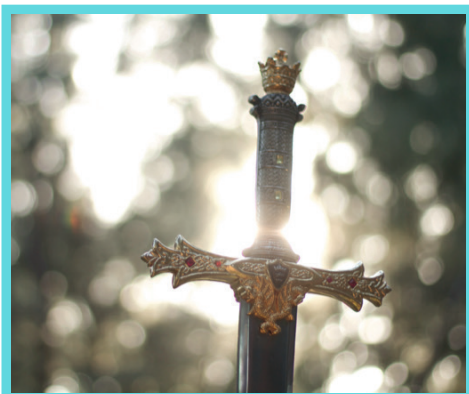
## 6. The Heart: Compassion

Through The Heart you are able to have empathy and insight, and see things from a place of understanding. When you think and act with compassion, there is no judgment, no violence, and no manipulation; there is only a higher comprehension.



## 7. The Crystal: Blessings

The Crystal brings you the blessing of being able to turn obstacles into gifts and gems, and the ability to see yourself as crystallizing through your experiences. After you go through the trials of your hero's journey, you return triumphant with gems of wisdom. Crystals have the remarkable power to heal themselves, and you can attune to this ability and heal your deep wounds.



## 8. The Sword: Forgiveness

You can use The Sword to cut your cords of entanglement, and begin to practice forgiveness. Many negative attachments such as co-dependence and self-doubt will lower your frequency, so you must liberate yourself from any energetic ties that weigh you down.

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## 9. The Dragon: Empowerment

The Dragon is an empowered and courageous creature that is able to master the elements of fire, wind, water, and air. Your emotional states are your internal elements; when you master these, you can ride the turbulent waters and connect to your greatest power.



## 10. The Manuscript: Self-Talk

The Manuscript represents the story you are currently telling yourself. Reframe all your negative self-talk, and empower yourself by shifting to a more positive narrative. Just by using affirmations, you can rewire your thoughts and the responses of your nervous system.



## 11. The Lotus: Purity

The Lotus is an incredible flower that rises from the mud. When you feel stuck in the mud, you remain stagnant in your personal evolution. Use the mud as fertilizer to grow, and rise like a lotus. Appreciate and bless your hardships, practice cultivating a growth mindset, and emerge pure.



## 12. The Sage: Inner Wisdom

As The Sage, you have inner wisdom and know that you already are what you want to become. There is no other destination that you need to reach before you feel content. You have already flourished within yourself, and have become the vessel to carry yourself through whatever situations you may encounter. You have arrived within yourself.

# DOMINIQUE STELLING



I am a transformational life coach and speaker with a private practice in Zürich. I offer in-person and Skype sessions internationally, focusing on the mind-body connection, and energy field dynamics to improve emotional, physical and spiritual wellbeing. I educate clients about the subconscious and how their thoughts alter their body chemistry and influence how they feel.

With a variety of therapeutic tools, including neuro-linguistic programming (NLP), emotional-freedom-technique (EFT) and kinesiology, I help clients activate their self-regulating abilities, empowering them to take charge of their current

situation and implement steps to transform their lives.

Over the past 30 years, I have extensively studied the mind-body connection. I hold a Bachelor of Arts in Psychology from Boston University (1993), with a minor in south-east Asian religion and philosophy. I pursued a master's degree in clinical social work at Simmons Graduate School of Social Work, while interning at Beth Israel Hospital, both in Boston, Massachusetts. After completing the eight-week mindfulness-based stress reduction (MSRB) program with Jon Kabat-Zinn at the University of Massachusetts Medical Center, I developed a special interest in chronic pain management. I then studied myofascial pain dysfunction and trigger points at the Bonnie Prudden Institute for Myotherapy, Tucson, Arizona.

My interest in the subconscious mechanisms of the mind led me to complete a certification as an Omega Health Coach (Dr. Roy Martina), Germany. This program formed the basis of my coaching philosophy, and led me to further my studies in related coaching concepts and therapeutic approaches, such as Joy Mapping (Melissa Joy Jonsson), Introduction to Somatic Experiencing (Dr. Peter Levine), meditation methods by Dr. Joe Dispenza, Non-Violent Communication according to Marshall Rosenberg at CIEL Akademie, Zurich and a diploma in Buddhist Psychology and Spiritual Coaching as well as a Meditation Teacher Certification with Lharampa Tenzin Kalden, Zurich.