



DOMINIQUE STELLING

LIVING THE PURE STATE

2024

LIVING THE PURE STATE

12 month program cultivating coherence, peace and harmony

Living the Pure State is my 12 month 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.

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
- Alignment 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:

- Rate: CHF 600 for 12 sessions (or CHF 55/session)
- Time: 7pm-8.30pm (Central European Time / CET)
- Dates 2024:

1. The Mountain: Stability	January 31st
2. The Still Point: Awareness	February 28th
3. The River: Flexibility	March 27th
4. The Council: Higher Self	April 24th
5. The Master: Mindfulness	May 29th
6. The Heart: Compassion	June 19th
7. The Crystal: Blessings	July 31st
8. The Sword: Forgiveness	August 28th
9. The Dragon: Empowerment	September 25th
10. The Manuscript: Self-Talk	October 30th
11. The Lotus: Purity	November 27th
12. The Sage: Inner Wisdom	December 18th

What you will need:

- Please ensure that you have 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@dominiquetelling.com or register through my website.

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1. The Mountain: Stability

The Mountain is all about your presence, and your thoughts are the clouds in the sky. Stability is the essence of observer consciousness. You must be unwavering in your presence so that nothing can move you while you simply observe the clouds passing over you.



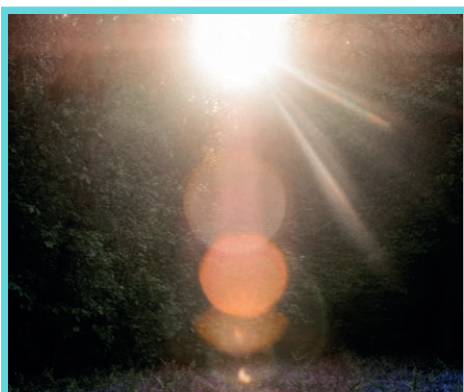
2. The Still Point: Awareness

The Still Point is about placing yourself in the eye of the storm, the zero point. Access total neutrality by remaining an observer. Having awareness means finding your inner center, disentangling from drama, and finding refuge within yourself.



3. The River: Flexibility

The River is about changing form and going with the flow so that you can stay in harmony with the Tao. You need to have the flexibility and agility to reframe and adapt quickly. Transmute all negative energy, and shift your mindset. If you cannot be flexible and fluid, you will break.



4. The Council: Higher Self

The Council is about connecting to your higher-self and a more elevated consciousness. Free yourself from suffering, entanglement, and ego states. Your higher-self has overview, and can see life events more clearly. Shift to see challenges as an opportunity 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

The Master is all about the ability to control the mind, and tame the monkey mind. The master laughs at their ego because they have sovereignty. The master does not get entangled in the spiderweb of stories. When you do something, you do it mindfully. You are not thinking many different things at one time, which scatters your energy and focus. You are cultivating mindfulness.



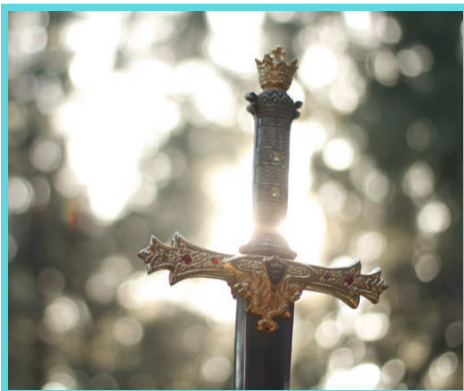
6. The Heart: Compassion

The Heart is about empathy, non-judgement, and seeing things from a place of understanding without being triggered by poisonous thoughts. When you think and act with compassion, there is no judgement, no violence, and no manipulation; there is only a higher comprehension.



7. The Crystal: Blessings

The Crystal brings the blessing of being able to turn obstacles into gifts and gems, and the ability to see yourself as crystallizing through your experiences. A crystal has the power to heal itself. Each crystal is unique like each individual. After you go through the trials of your hero's journey, you return triumphant with gems.



8. The Sword: Forgiveness

The Sword is about forgiveness and cutting the cords of entanglement. Many negative attachments such as co-dependence will drag you down to a lower frequency, so you must sever any energetic ties that cause you to lose energy.

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9. The Dragon: Empowerment

The Dragon is about empowerment and courage, because a dragon is able to master the elements of fire, wind, water, and air. Your emotional states are 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 changing 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 all about rising from the mud. When you feel stuck in the mud, you struggle. Rise like a lotus, using the mud as fertilizer to grow. Appreciate and bless your hardships. Practice cultivating a growth mindset, and evolve and emerge pure.



12. The Sage: Inner Wisdom

The Sage is about having inner wisdom and knowing that you already are what you want to become. There is no other destination that you need to arrive at before you feel content. You have already flourished within yourself, and have become a vessel that you can use to carry yourself through whatever hardships you may encounter.

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 29 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 (MBSR) 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) in 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, and Non-Violent Communication according to Marshall Rosenberg at CIEL Akademie in Zurich.

After studying under Lharampa Tenzin Kalden in Zurich and receiving a certification in Buddhist Psychology and Coaching as well as a Meditation Teacher Certification, I am continuing to deepen my understanding of Tibetan Buddhist studies and am currently attending the Tibetan Healing Yoga Lu Jong Teacher training.