

HOW TO:

**UPLIFT YOUR
LIFE THROUGH
YOUR ENERGY
CENTERS**

BY MAYSSAM MOUNIR, MD.

COURSE OVERVIEW:

MODULE 1. CONNECTION

MODULE 2. INSIGHT

MODULE 3. ALIGNING OF BELIEFS

MODULE 4. GIVE AND RECEIVE

MODULE 5. MUSTER YOUR STRENGTH

MODULE 6. INNOVATE

MODULE 7. GROUNDING

WELCOME.

LET'S GET STARTED!

- We will be exploring this course one module each week, as the focus is on making the change permanent.

- We are using a multimedia approach, consisting of videos, audios and an engaging workbook to follow through. Through various mediums, an optimal learning experience would be provided.

- We will be meeting once a week for our discussion, connection and sharing of experiences.

- Throughout the course you will have full access to my guidance, support and the community doing the course, or who have finished, already.

- Every week starts with a tangible intention and has action-steps included to follow throughout the week.

- You can always come back to any week's topic, accessing the content whenever you please. They will always be available for you.

- Make sure to follow the workbook!

- As mentioned, we enter the course with an intention. Yet, we also focus on integration. To integrate the techniques, practices and time needed for experiential change, continued support is provided.

- We will go over all the action-steps, from top-to-bottom, after the last week. This is to make use of a blueprint to use, and integrate.

- Have fun and enjoy the growth! Wishing you an optimized, uplifted life!

Love,
Mayssam

1.

CONNECTION

In the first energy centre, which is on the top of your head, we reach our higher connection, which is referred to physiologically as homeostasis.

When we are calm and centered, we allow our truth, our higher self to be in action. This manifests as a strong, healthy, body-mind constitution. From this state, you are invincible.

Your mind is clear and your emotions are balanced. You feel guided, supported. You can do anything!

Through our journey together, we will practice advanced techniques of meditation to dive into subtle levels of existence.

In this module, we establish a connection that is the base of this program. Each following module, we will add tools and techniques to dive deeper and add to this connection the qualities of each energetic center.

**“LIFE IS EXPERIENCED DIFFERENTLY
FROM DIFFERENT STATES OF
CONSCIOUSNESS.”**

2.

INSIGHT

When entering into your second energy center, which is located in the pineal gland, you enter the space of insight.

In this module, discover the power of your intuition, connect and develop it. Make it your inner compass that connects you to your vision.

In a life where choices are infinite and there are examples of everything, what story are you choosing for yourself? What is the possibility of living an optimal life? A life that you dream of.

Let's explore this further.

“WHAT STORY ARE YOU CHOOSING FOR YOURSELF?”

3.

ALIGNING OF BELIEFS

Our **third energy center**, located in the throat, is key to upgrading our belief systems. Discover the hidden belief systems that drive you. The unconscious modes you're operating on.

Here you will learn to practice a technique that will help you identify these beliefs one by one, so you can upgrade and totally transform them. So then, your interpretations and perceptions align with your vision, and the power to manifest it.

We practice the power of affirmations to purify and uplift our speech, thoughts and actions. As well as utilizing potent, accessible mechanisms we have, innately, such as the breath to bring awareness, affecting the construction of our beliefs, moment to moment.

“DISCOVER THE BELIEF SYSTEMS THAT DRIVE YOU. THE SYSTEMS YOU'RE OPERATING ON.”

4.

GIVE AND RECEIVE

In the heart, there's not just physiological processes taking place. There's an electromagnetic field that spans far greater in length than most machines. There is IMMENSE power here.

You will learn a variety of modalities, ranging from Metta meditation, to thought-experiments and stimulating the mind to an altered state to achieve more clarity, as well as sustained inner peace.

In this module, we connect to the secrets, with the wisdom of the heart. We experience the power of gratitude. Opening our heart to give and receive unconditionally.

We allow deep, heart-felt desires to unfold.

**“REMEMBER, WHEREVER YOUR HEART IS,
THERE YOU WILL FIND YOUR
TREASURE.”**

—PAULO COELHO

5.

MUSTER YOUR STRENGTH

The fifth energy center is located at your solar plexus. It is where the power of action, and character, crystallize.

What does it mean to affirm your vision through embodiment?

It means that your thoughts, speech and actions are aligned with your vision. You are it!

You become the version of you that has the manifestation.

The power in this practice goes beyond the rational mind, its living from a certain frequency and vibrating (in your cells) on the same wavelength with your vision.

“WHEN YOUR THOUGHTS, SPEECH AND ACTIONS ARE ALIGNED WITH YOUR VISION; YOU ARE IT!”

6.

INNOVATE

Innovation never comes from the past, or future. It comes from the flow of life's vital energy in this moment. Hence, pure inspiration is always available and at hand, as it comes with life itself, naturally.

Your existence, consciousness and creativity are basically one and the same.

The greatest innovations of our society have not come from the rational mind, but from spontaneous bubbles of interconnectedness.

In this module we will navigate the space of pure potentiality and the aspect of creativity and innovation. How to tap into ease and flow and allow it to enhance and upgrade your life. What is the path of least resistance? What is my highest joy? What makes me alive?

**“INNOVATION COMES FROM OUR
EXISTENCE, IN THE MOMENT. HENCE,
IT'S ALWAYS AVAILABLE.”**

7.

GROUNDING

What's the difference between an entrepreneur who can achieve results in fast-paced, demanding environments vs. a person who wants to do the same, but consistently fails?

The Basics.

Here we touch base (literally) with our seventh energy centre, located in the pelvis to access our optimal performance. Our grit.

Living a wholesome life is simple, but not easy if your lifestyle is not supporting you with the structure needed.

I will help you to learn the best hacks to build a structure that saves you time and energy. A foundation that will allow all the other aspects discussed earlier to flow smoothly and easily. This is the ground that everything else stands upon.

**“ELIMINATE FATIGUE .
OPTIMIZE YOUR LIFE.
YOU DON'T GET TIME YOU MAKE TIME.”**



ABOUT YOUR TEACHER

Dr. Maysam Mounir is a creative spirit, she embodies the intersection of science and holistic living. As a medical doctor, experienced entrepreneur and Ayurvedic lifestyle expert, her expertise goes far beyond the analytical mind. A meditation teacher who studied with Deepak Chopra, Davidji and Rishis of India, she has facilitated retreats, coaching and businesses globally. Her deep wisdom of the East merged with extensive research is a powerhouse to change global consciousness.

Dr. Maysam Mounir believes that true healing is a holistic process. Experienced medical doctor with a history of working in the health, wellness and fitness industries. Skilled

in teaching Yoga, meditation, creative movement, stress management, and Ayurveda. Strong healthcare services professional, passionate about working with families and providing her services for kids, as well as adults.

Dr. Mayssam Mounir is a published author, the founder of the leading, and acknowledged website by Google in the Arab world for Ayurveda, meditation and holistic health:

www.doctormiso.com.

She is passionate about education technology and the positive impact it has on societies and the world. Her latest venture to accelerate the growth of collective consciousness is Altered Minds, where the fields of cognitive psychology, technology and holistic living merge to make altered states of performance available to all. Stay in the know @ www.alteredminds.org.

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