

# Learn to use intuitive perception and energy diagnosis to re-design how you see the world and how you are in it



Meredith Young-Sowers  
Stillpoint Foundation

## 9-module program

Offered with the wisdom of **Meredith Young-Sowers** PLUS your own personal teacher, **Maxine Bornstein**, to guide you through the course



Maxine Bornstein  
Reiki By The Sea

### Dear Friend,

We rush through our lives waiting for what tomorrow will bring that we hope will be better or different. We look back over our lives often with regret and sadness. All the spiritual traditions teach us that staying present in the moment is the way to release our personality-selves from wanting what has already passed or pointlessly hoping for something to rescue us on another day.

Spirituality is the core of our lives – whether we embrace it or not. Living with awareness of our True Self – Our Core Spiritual Self – really does open up a vast new horizon on self-love and respect, appreciation for life, awareness of Spirit’s presence in our lives and relationships, and a willingness to change perspectives from thinking to “knowing” and from worrying to becoming peace.

Here are a few thoughts to hold in your mind and hearts that will help you feel more grounded and ready to face both the good and the bad that come your way.

**First** – Life is a process. You build each day in a particular direction. If you want to change how your life looks, begin to build something different in what you say to yourself, what you accept as truth, and what you love and are willing to pursue.

**Second** – Spirit – God as Mother and Father Energy – is present in all life – from the smallest gnat to the most extravagant array of stars scattered across the night sky. Spirit is not just in you – you are in Spirit. This means you are made of the energy of Divine Love – conceived in this before you developed a body. I refer to this as your Spiritual DNA – and we want to teach you about this amazing resource that you have – we all have – inside of us.

**Third** – Everything changes – sometimes these shifts make us more secure and happy and sometimes the opposite. But inside you can temper these incessant mood swings to find a steadier, wiser and more lasting perspective on who you really are. You have vast resources within you in the way of spiritual and emotional energy that can be expanded and focused. You can influence your physical health and learn to think in terms of the emotional energy built up behind a condition that can be sorted, released and healed to change the outcome.

**Fourth** – Never believe you or your situation is hopeless or destined for failure. We all have times when we feel unraveled – but learning how to re-awaken or enhance your connection to your “deep heart” is the answer. I teach this process in many forms in my *Intuitive Perception & Energy Diagnosis* program. You can find renewal and self-approval – discover what you love and a path to doing it – manage loss and endings so you are more centered and in the present moment.

My teachers and I are holding the intention that you will find greater peace of mind, encouragement for your life and work, and a deeper relationship with the Source of all Life and Love.

The *Intuitive Perception & Energy Diagnosis Program* has been shortened from a year-long course to nine weeks. This core program teaches you life-skills that are essential in order to make good choices and learn from your detours.

The *Intuitive Perception & Energy Diagnosis Program* gives you the essential understandings and hands-on diagnostic tools you need to “deal with any major or everyday life challenge.” You’ll receive an in-depth education in *Energy Medicine*, discover how the body heals, and learn how the various forms of energy – body, mind, emotions and spirit – influence all your relationships and all aspects of your life.

In order to make the most of this meaningful program, we’re offering each participant the opportunity to work with a teacher who will guide you through the 7 modules, answer questions, help you synthesize the work and do energy scans and understand their meaning. There is also a sense of community, fun, and greater learning from a group.

Please read all about this extraordinary program that has enriched and transformed the lives of thousands of people, and can do the same for you. And for those who wish to become certified in this work, we have an advanced program that follows this one.

Sending you many blessings,

***Meredith Young-Sowers, D.Div.***

Director, Stillpoint School of Integrative Life Healing  
Associate Director, Stillpoint Foundation



The Stillpoint work has done just what they promised - connected me to my deep heart. As an astrologer, my senses are heightened and my intuition amplified. I tune into energy more readily, and find myself using the Stillpoint wisdom with my clients. My readings have changed and deepened, because I have changed and deepened. I have even been told I walk differently since I "opened the door to Stillpoint".

***Susan Painter, Astrologer***

My biggest change from learning the Stillpoint model is that I truly sense and believe the connection to my own inner divinity. In my 'western medicine administrative role', it keeps me centered, awake and aware. I trust my inner knowing in business decisions much more than previously. The Stillpoint work is now irrevocably incorporated into all the other healing modalities and practices I use.

***Kathleen Armany, RN, HNC, CIH, Nurse Administrator***

# How You Perceive Your World Makes All the Difference

We live in two worlds. One is the physical world in which our perception of reality is shaped primarily by the senses of sight, hearing, touch, smell and taste.



The other is the world of energy in which our perception of reality is formed by intuitive knowing. We need both to live productive, meaningful and healthy lives.

The problem comes, however, when we allow our physical senses to always give us the picture of reality. Being emotional & rational mind creatures, our responses are triggered by how we perceive a situation, event or person's action will affect our well-being. Too often our perceptions are distorted, limiting, and even harmful to our well-being.

What if most of our human problems and challenges could be mitigated, healed or transformed by the simple process of pause, listen inside, interpret accurately what is really happening, and respond from our Higher Self. The challenge is to learn a process that appears simple but actually requires learning new skills, practicing them, and integrating them into our daily living. Why? Because we need to learn a better way of perceiving the world around us so we can make wiser choices that are in alignment with our spirit, our soul's intentions.

The good news is we are already "wired" to do this. All we need is proven "software" and the training to activate our God-given gifts.

Meredith's course on Intuitive Perception & Energy Diagnosis is designed to teach you how to better navigate and operate in the world of energy so you can have a more fulfilling, healthy, happy, and abundant life.

Remember this important truth. You create at least 75% of your world as you perceive it. The remaining 25% we create together. Perception is the greatest challenge we human beings face. It determines how we respond to create the next moment and our future.

## What is Intuitive Perception & Energy Diagnosis and why are they important?

**Intuitive Perception** is the ability to "sense" or "read" the quality and flows of energy in a person, a situation, a group, or a part of the human body, for example. You use **Intuitive Perception & Energy Diagnosis** to identify where there are energy blocks or "leaks", as well as strong life-enhancing energy, in the physical body or in your life or the lives of others. It is the doorway to giving you an accurate "reading" of what is really going on behind the scenes – where the energy is life-supporting or life-diminishing.



**Energy Diagnosis** is the "interpretation" of what we are "sensing" or "intuiting." But we need an accurate model that can show us the interrelationships of body, mind, emotions and spirit plus the influence of these different energies as they flow between the energetic body and the physical body of a person. Meredith's Stillpoint Model of Integrative Life-Healing has been acclaimed by many holistic doctors and practitioners as the most complete and useful diagnostic tool ever developed in the field of Energy Medicine. Her Model also offers specific exercises, practices, and lifestyle shifts that help you transform and heal your most challenging problems.



The experience of the Stillpoint program is soul revealing and soul enhancing. No expectation for spiritual learning is too great. Meredith Young-Sowers, who teaches brilliantly and inspiringly, reflects all that she has created.

*Sandy Weingarten, CIH, LCSW, Licensed Clinical Social Worker*

# What You Will Learn & Discover in Each Module

## Module #1

- Gain an overview of the Stillpoint Model of Integrative Life-Healing and how it will help you overcome your most difficult life challenges.
- Discover who are you as a spiritual being and the qualities that are your spiritual DNA.
- Explore the human energy system (seven major energy centers or chakras) and the key relationship most relevant and influential in each chakra.
- Practice a powerful exercise that awakens the most potent healing force in the Universe.
- Work with seven Universal Creation Principles that activate your spiritual DNA in the most powerful ways to guide and influence your life.



## Module #2

- Identify seven spiritual allies who embody the spiritual roles you seek to fulfill in your own life – invite them to become your Council of Wise Elders.
- Learn the Universe’s Seven Essential Golden Rules to help you overcome fear and choose empowering actions to create a life of balance & happiness.
- Understand the specific roles of mind, emotions and spirit and how to interpret their feedback.
- Develop the skill of Inner Listening in order to trust your Inner Knowing (true guidance).
- Learn how to use heart/ mind intentions to move and direct energy in life-enhancing ways.

## Module #3

- Enter the world of emotional energy & discover how specific emotions influence your experiences – both positively & negatively.
- Explore the emotional qualities associated with each of the seven major chakras.
- Use Meredith’s model to interpret symbolically the spiritual and Earth School opportunities being presented to you, but masked as life challenges.
- Practice using Intuitive Perception to shift from “thinking self” to “Intuitive Self.”
- Focus on “reading” the emotional energy that triggers specific outcomes based on real-life client situations. Compare then to your own struggles and successes.
- Choose a major issue in your life that you have tried to solve yet still needs more insight from a deeper perspective which you will gain by using a “Discovery Protocol” – a method of intuitively sensing (“reading”) energy.

## Module #4

- Further develop your Intuitive Perception through a unique questioning process that will help you laser focus the “scanning process” – your energy reading.
- Learn which emotional energy patterns block the quality and flow of “creation energy” and which ones enhance the quality and flow.
- Practice the art of “writing into journaling” to receive answers to your questions that you can trust (guidance).
- Weave your intuitive discoveries into a “picture of what’s really happening behind the scenes” of your specific inquiry. Identify the Universal Creation Principle, spiritual role, spiritual quality and relationship that are the operative agents - influencers.



Come to Stillpoint for clarity, insight and the sheer illumination of discovering your life’s calling and your heart’s desire. Meredith Young-Sowers is a dedicated and profoundly gifted teacher. Her teachings will be central in my work.  
**Jane H. Percy, CIH, BA, Art & Music, Director, River Light Wellness Center**

## Module #5

- Learn the ways your body “talks” to you.
- Become familiar with the main physical systems of the body and their primary functions. Use Meredith’s Model to determine which chakras govern which physical systems.
- Learn the “wisdom statements” associated with each physical system and how this knowledge can be used to strengthen your intuitive “reading.” Overlay the discoveries from your emotional “scans” with the information your physical body reveals to you using Meredith’s model. Then, connect the dots.
- Choose a new physical situation that is a challenge and trace it back through the emotional body to discover its origin. Seeing these interrelationships gives you a deep understanding and appreciation of how body, mind, emotions and spirit interact and influence each other in very specific ways.

## Module #6

- Let Meredith guide you through a series of actual clients’ life challenges and how she used her Model and Intuitive Perception to pinpoint the causes behind their presenting situations. These case studies will add significant depth to your growing symbolic understanding of what you sense using Intuitive Perception and Meredith’s diagnostic relationship Model. And you’ll no doubt see your own most pressing challenges in several of the case studies.
- Using what you’ve learned, do an “energy reading” on a new situation and validate for yourself how effectively you can use the skills you have been developing over the previous weeks – skills that are life- transforming when integrated into your daily living.
- Learn the powerful White Star/Dark Star healing practice and the Stillpoint Cellular Memory Release and Replenishment Technique for clearing and filling your chakras.

## Module #7

- Learn seven sacred practices that open wide the doors to enhanced spiritual energy. You’ll experience the power of each under Meredith’s guidance.
- Develop a Healing Plan that addresses your most pressing life challenges.
- Choose the questions you want to ask Meredith in order to gain additional wisdom and insight about your personal situation.

## About Maxine / Program Schedule

Maxine usually offers this program once or twice a year. Her office locations and other class details can be found on her [website](#) or by contacting her.

Maxine Bornstein is a Board Certified holistic registered nurse, Reiki Master/Teacher, Integrated Nurse Wellness Coach and a Spiritual Healer/Intuitive Energy Practitioner.

She graduated from the *Stillpoint School of Integrative Life Healing* in 2002 and immediately went on to earn her credentials as a Certified Intuitive Healer and Certified teacher of this work. Since then, she has worked with hundreds of clients on their personal development and enhanced health and wellness.



As a teacher of Stillpoint’s “Intuitive Perception & Energy Diagnosis” Program, Maxine shares her love, compassion, deep listening skills, expertise, and optimistic and joyful manner with her students.

[Maxine@ReikiByTheSea.com](mailto:Maxine@ReikiByTheSea.com) 508-292-5258 [www.ReikiByTheSea.com](http://www.ReikiByTheSea.com)

“The on-site teaching and group was truly an invaluable asset. Maxine is a wonderful teacher, very patient, easy to understand and presents lots of visuals. Also being able to openly talk about the course material enhanced the absorption rate and furthered our personal healing.” *Christine M. (student)*

## Workbook Materials

**In addition to the in-person classes with Maxine you will also will receive an invaluable 124-page comprehensive workbook that will become one of your most trusted resources for life.**

**This workbook comes in a 3-ring binder.** It has a Table of Contents and is full of diagrams & charts to make learning easier, Insight Journal Pages for notes, and more. The information follows the course outline/modules so you can easily follow the teachings and your weekly sessions with your personal teacher. Each week the work assignments take about 2-4 hours. Each week's learning builds upon the previous learning sessions.

### Ready to register? Here are two important steps!

- 1 Register for the program** with Maxine by calling or emailing her. Spaces in the class are limited, as there is such individual attention given to students. The cost of the 9-weeks of teachings and mentoring is \$595 payable to Maxine directly by cash or check. Contact her at [Maxine@ReikiByTheSea.com](mailto:Maxine@ReikiByTheSea.com) or 508-292-5258
- 2 Order your workbook** from the Stillpoint Foundation. Your cost is just \$275 + **Shipping & Handling**. Your materials will be shipped to you shortly after receiving your payment by check or credit card. **Please allow approximately 8-10 days for the materials to reach you**, so you have them prior to the start of class. If you are short on time, ask about options for expedited shipping.

#### Order From Lu Jaillet at Stillpoint

[ljaillet@stillpoint.org](mailto:ljaillet@stillpoint.org)

603-756-9281 x1001

**Office hours** are usually 9:30 am – 5:30 pm Eastern Time Tuesday & Wednesday.

She checks messages other days especially close to class time.

Stillpoint Foundation, 22 Stillpoint Lane, PO Box 953, Walpole, NH 03608

The healing power of Divine Love that I experienced with Meredith and the Stillpoint program truly transformed my life. Her authenticity and loving support touched my soul deeply and helped me to embrace more fully the power of Divine Love that lies within me  
**Judi A. Winall, CIH, Spiritual Mentor. Psycho Spiritual Intuitive, Director, the Center for Soul Empowerment**

Meredith Young-Sowers is both a *gifted healer* and a *gift* to the ever emerging Art and Science of Healing. She has an extraordinary ability to articulate and integrate the physical, psychosocial and spiritual dimensions of the human person. Meredith's work helps any healthcare professional enhance their patient's ability to heal.  
**Diane M. Rubeo, RN, MSN, EMBA**