

Welcome to the Inner Awakening Meditation and Healing Program (IAM). This is Mohmood Valimohamed, I will be guiding you through the program, I truly hope that the IAM program can help you with your personal and spiritual growth!

IAM is a unique concept that can help to transform every aspect of one's life. Through IAM, one can improve health on all levels and ultimately achieve physical, emotional, mental and spiritual balance and well-being. This program combines various holistic therapies to enhance its effectiveness - including meditation, reiki, the use of chakras (energy centers within us), progressive relaxation, guided visualizations and deep breathing techniques.

IAM is a unique combination of simple dynamic meditations and universal energy therapy. It allows each person to transform themselves as well as others. What distinguishes IAM from other systems is that it teaches you how to first become familiar with your own energies, and then how to use your own unique energy most effectively for both meditation and therapeutic purposes.

Inner awakening meditation and healing program encourages you to do a simple dynamic meditation before you perform energy therapy on yourself and others. The reason for this is to ensure that your own energy centers known as chakras are open and flowing freely without any blockages in order to provide optimal therapy. If you are experiencing significant energy blockages within you, this can affect your ability to send energy to others.

These blockages include stress, worry, anxiety, anger, fear, personal conflicts, trauma, depression and other emotional or mental blockages to name a few. Everyone experiences challenges in life and some on a daily basis. There are blockages within each of us, a simple dynamic meditation can help clear blockages and encourage your energy to flow more freely. This will also help you to feel more relaxed and prepared for energy therapy.

This program supports the principle of internal and external balance. Energy therapy requires not only the universal energy around you, but also the unique individual energy from within you. Success in meditation and inner transformation depends both on the individuals own energy centers within and how freely they are flowing as well as the individuals physical emotional mental and spiritual balance. It is a combination of both channeling the outer energy and utilizing one's own energy centers that determines how effective your inner transformation and therapies will be.

The simple and powerful techniques used in this program are subtle hand positions to connect with the aura, chakras and spirit. This is what separates IAM from other models. It is a very powerful combination of meditation and universal energy that makes it a unique dual therapy for personal transformation as well as providing or sending energy therapy to others.

Another great feature of IAM is that it eliminates the need for physical touch. This method may be more comfortable for the person giving the energy therapy as well as the receiver as it allows them to maintain a professional distance with each other. In some cases and cultures, this is preferred. Also, there is no equipment required and no need to purchase expensive massage tables or benches with this simple method.

This program provides multiple benefits on all levels. The most significant benefit of this program is that it teaches the individual to focus on self-transformation as well as sending energy therapy to others. IAM provides an amazing vehicle for releasing tension and stress. It allows the individual to naturally release harmful thoughts and emotions like anger, fear, jealousy and despondency.

Similarly, energy therapy also helps to remove blockages from the body, mind and emotions, optimizing physical health and spiritual balance. Meditation increases energy levels by improving your breathing capacity and increases healthy circulation. It is common to have expansive spiritual experiences leading to the achievement of increasing levels of consciousness.

Everyone knows somebody who is in need of energy therapy. It may be a spouse, parents, siblings, children, friends or even colleagues. Distance is not a barrier and the individual doesn't have to be in the same room as the recipient for them to have an effective energy therapy session. Energy therapy can be done on pets, animals, plants, small groups of people, communities, our country or even the whole globe.

Inner Awakening Meditation and healing program is a great way to nurture your relationship with someone you love. By exchanging energy you, your partner or loved ones can be open to learn more about one another and experience an even deeper more intimate and spiritual connection that would otherwise remain unknown. This is a great program for couples, families and friends who want to transform with one another. Growing spiritually together while enhancing the countless beautiful attributes of their relationship.

Meditation is simply a method to increase your level of spiritual awareness. In the last few years, there has been a growing interest in meditation. The benefits are scientifically proven and there are a number of different methods available. Some of these methods include The Art of Witnessing, mindfulness, chakra meditation, focusing on the breath and guided visualizations. In our experience, since each person has a unique physical, emotional, mental and spiritual constitution, once preferred method can vary greatly from person to person.

It's very important to remember that the more simple and comfortable the meditation method, the more enjoyable and satisfying your results. If you enjoy doing something with the least amount of strain and effort, chances are you will do this exercise a lot longer. The more you practice the more proficient you become and the better your results will be. I have personally been meditating since the age of 10, and if ever there is a day when I don't get a chance to meditate, it feels like I'm missing something. So meditation has become quite natural for me and I feel that it's food for my soul.

Meditation comes from the Sanskrit word "DHYAN". When this word spread to China, it was called "Chan", later on this word reached Japan and the word was changed to "Zen". Similarly, as the concept of meditation traveled around the world, the name and approaches were modified as well. All the great Masters and Sages have emphasized the importance of meditation. There are many eastern based meditation systems that provide their own methods. These include Tibetan Buddhism, Zen Buddhism, Taoism and the philosophies from Vedanta, one of the oldest eastern systems of meditation.

Among all the great world religions, meditation is practiced in smaller groups by those few individuals who have a deeper interest in the spiritual and mystical dimension. These include some orders of mystics such as the Christian Essenes, the Sufis within Islam and the students of the Kabbalah within the Jewish tradition. "The Yoga Sutras", a book compiled by the Indian philosopher "Patanjali", focuses on yoga and meditation. "The Yoga Sutras" teaches specific breathing techniques known as "pranayama", poses for the body known as "asans", as well as various meditation techniques. Similarly, there are many other saints and sages over the course of history who have emphasized the importance of meditation.

The main goal of meditation is to increase the level of our individual consciousness. Meditation helps us on all levels physical, emotional, mental and spiritual. It provides various benefits from the scientifically proven health and physiological benefits to the emotional and mental benefits. It is also the key to spiritual enlightenment.

It keeps us in the present moment and it helps us to experience each moment more fully. It is essential to this course to learn to sit in silence every day in a quiet room for at least 20 to 30 minutes where you can detach yourself from the world. You will learn to take this short time to detach yourself from your mind, your thoughts, your computer, your cell phone, your family and your work.

You will focus on your spirit, it is the only part of you that is eternal, everything else in your life is temporary. I personally like to meditate at night a half an hour before I go to sleep. I start out with meditation and then I like to do a healing on the planet, I call it Universal Healing.

Meditation is a natural form of therapy as it allows any unneeded energy within us to surface and be released one by one. These can include harmful thoughts, fear, tension, anger, negative emotional and mental patterns, all of which may be suppressed. Recently, many famous individuals and celebrities are turning to meditation for its therapeutic benefits and sharing their experiences openly.

If you walk into a bookstore, sections like Self-Help, New Age, Spirituality & Philosophy, all these sections have books that are from authors who are quite often best-selling authors. This is helping for us to cause a shift in consciousness.

Meditation theory teaches us that each individual has an inner consciousness. Each person has an entire universe within. The deeper we can go within ourselves, the greater our level of awareness will be. In order for us to understand the great universe around us, we must explore and understand the universe within us. The Kingdom of Heaven is within us! The ultimate goal is to achieve the deepest level of awareness within us, and then use this energy from within us to transform ourselves.

Each meditation system has a point of focus or concentration. Concentration helps to steady the mind and eventually this leads to a meditative state and the unfolding of your spiritual consciousness. One can concentrate on the breath, a mantra, colors, chakras or a guided visualization. The IAM program uses a combination of guided visualizations, your chakras and the aura as a point of focus. This simple method can be used by adults and children at any level of awareness, regardless of your cultural background, belief system or level of experience. This simple and versatile system can be used by everyone!

Meditation and Energy Therapy are two sides of the same coin. Meditation allows you to cultivate and become one with the highest vibration within you. If we use this powerful energy that comes from within the spirit and direct it towards inner transformation, it provides incredible results.

Energy Therapy has two main components - **Universal Energy** and your **Individual Spirit Energy**. The individual must make use of both these aspects. Universal Energy can also be referred to as Universal Light, Universal Soul or Divine Light, it is one and the same thing. That one all powerful source that creates, sustains and guides us in our daily lives can also transform us if we can respect and learn how to use this wonderful energy!

Your spirit energy is the essential source of energy that allows us to live and function as human beings. Your spirit energy can also be referred to as soul energy, individual consciousness, life force energy, chi, ki or prana. Your spirit energy is responsible for the functions of every single basic and advanced system within you. All your physiological, emotional, mental and physical functions are fueled by your spirit. Let's assume for a moment that if your spirit was to come out of your body, every single system in your body would stop functioning and your physical life would come to an end. We are spiritual beings having a physical experience here on Earth.

Your individual consciousness has many different levels. If you can become conscious of the deepest part of you, the core of your being, you will have access to the most powerful form of energy! At this level your vibration resonates at the highest peak. The ultimate goal of each person is to combine your highest level of spiritual energy with the universal energy and use this dual combination to transform yourself and others.

It's very important for us to realize that on the one hand we have our individual consciousness which we control with our free will and on the other hand we are part of a much greater Universal Consciousness. Ideally energy therapy and meditation theory teaches us to merge our individual consciousness with the universal consciousness!

Throughout the history of mankind, there are many individuals that have displayed great abilities to do energy therapy. There is the famous story of Dr. Mikao Usui, who reintroduced the concept of Reiki. Much before him, there were Buddhist monks who were familiar with energy transformations. Jesus Christ as well transformed energy, and these experiences were labeled as miracles.

If we go back to the oldest Holy Scriptures known as The Vedas, great sages like Veda Vyasa (The divider of The Vedas) had a deep understanding of transformative knowledge. The great enlightened Master Krishna, author of the Gita, had also mastered the art of transformation. Energy therapy is an ancient practice and it can be traced back thousands of years to many different places around the globe.

You don't have to be in perfect health to do energy therapies. In fact, it's almost impossible to be completely healthy every minute and every day of your life. It requires great diligence and mastery to be conscious and healthy on all levels physiologically, emotionally, mentally and spiritually. The idea is to strive for optimal balance on all levels, this balance is the ultimate goal!

The physical body becomes the vehicle for inner transformations. Be aware that your physical body may experience changes as your inner energy is awakened and transformed. Sometimes the body will experience illness, exhaustion and other physical challenges while you are being cleansed from within. Physical health is not necessarily a reflection of one's overall health. An individual can appear physically healthy and yet they may have all kinds of negative emotional and mental disturbances within them. In this case, they are not completely healthy even though they appear to be from the outside. There are many other levels within us.

When we look at the basic energy therapy models, we are told that the universal energy flows through us. This higher energy can then be directed to heal or transform others. So the real transforming power comes from this higher Universal Energy and not from the individual's limited power. It is valid and necessary that we acknowledge our need to prepare ourselves on a deep level to be worthy of this wonderful energy.

One of the best ways to describe this point is refer to the famous story of Dr. Mikao Usui, who reintroduced the concept of Reiki to the world. Some of you may already be familiar with the story and principles of Reiki, but it's worth mentioning here. There are many different versions of the story here is a common version.

I personally find Dr. Usui's spiritual quest to be very inspirational! Dr. Usui was deeply interested in seeking the truth about energy therapy through spirituality. He traveled to many different places looking for answers. He traveled to the west to find out how Jesus healed but found no answers. He studied Buddhism with the monks and they could not help him with what he was looking for. Finally, he felt that the universe itself could give him the answers he was looking for so he went on a 21-day fasting retreat to a place called Mount Kurama in Japan.

He was determined and tried very hard to get the universal guidance. On the final day, he saw the Reiki Universal Energy coming straight towards him. His initial reaction was to run but he didn't and the light struck him in his third eye leaving him unconscious. While he was unconscious, he was spiritually initiated into the Reiki Energy System. After he awakened he was running back to his Temple to tell his teacher of his experience when he ended up hitting his toe against a rock. He instinctively put his hand on the toe and it immediately healed.

He then stopped at a restaurant and ate a big meal, he didn't get sick even though he hadn't eaten for 21 days. Apparently, a woman working in the restaurant was sick and he instantly made her healthy. After arriving at the temple, he found his teacher to be bedridden and he immediately did energy therapy to make him feel better. These four occurrences came to be known as the four Miracles! Usui later traveled all over Japan and China helping others spreading his teachings to others.

Dr. Usui died of a stroke in 1926 after having taught approximately 16 Masters. One of them was a retired military man. Dr. Chujiro Hayashi. He did a lot of energy therapy and eventually passed his teachings to Mrs. Hawayo Takata. She started teaching others and charged a considerable amount of money. Apparently her students were not allowed to take notes and this is why there is a variation of knowledge among Reiki practitioners as well as the variations of the symbols. The knowledge was passed down from teacher to student and today there are millions of individuals who are students, practitioners and teachers of Reiki. The lineage is always traced back to the founder of Reiki, Dr. Usui!

The fundamental question here is, in order for Dr Usui to become worthy of this great universal knowledge of healing, did he not have to go to Mount Kurama for 21 days? Did he not perform extreme sacrifices like fasting, meditation, purity of the body and mind and isolate himself for so many days? Of course he did! It is only at the end of his hard work that he got rewarded!

“Seek and you shall find”, but you must seek! Help yourself and the Divine will help you! The knowledge didn't just drop on his (Usui) lap, he earned it! He had to purify his body, emotions and mind to prepare himself for the universal light to enter him.

We don't have to go to a mountain to get this knowledge. The light of the universe is everywhere in every molecule in every atom. However, we do have to make the effort of preparing ourselves, getting ourselves in the right state of balance physically, emotionally and mentally. This is necessary so that the pure light can enter us. This makes us worthy of receiving that grace from the universal energy! If Usui himself had to work so hard to prepare himself, surely we can make a little bit of effort to prepare ourselves for the universal light!

The Vedas are the oldest scriptures in the world that contain deep wisdom and knowledge. The revelations of The Vedas came to the sages in India while they were sitting in deep meditation. It is only after the sages made the necessary effort and preparation sometimes for many years that they were graced with knowledge. It is in this context that IAM teaches you to do a simple dynamic meditation to open you up and bring yourself into balance physically, emotionally and mentally. This preparation is very important before any kind of energy therapy can be done on yourself and others.

The beauty of energy therapy is that anyone can learn how to do it. All you have to do is make the effort of trying to feel the energy around you! Today people from all walks of life are using energy models to achieve balance on all levels physically, emotionally, mentally and spiritually. IAM has been created with great simplicity so that anyone can use this simple and powerful system of transformation.

It can be used by a beginner and it can also be used by the advanced person. Energy therapy has many levels of effectiveness. What separates a good experience from a great experience is how well your inner energies are flowing. The greater your awareness of the spirit, the more powerful your experience will be. The better your emotional and mental state, the more effective your transformation will be.

If you are experiencing anger, tension, negative thoughts or are preoccupied with a personal matter, it will affect your ability to transform. This is why IAM teaches you to first do a meditation to clear your blockages, become conscious of your spirit and put you in the optimal state of awareness. It is in this state of awareness that you are ready for deep energy therapy.

It is also important to realize that each individual is unique. Each person's physical, emotional, mental and spiritual constitution varies. The way in which you express your spirituality, openness and experience varies from person to person. If you were to compare several certified energy therapists, they would all vary in their abilities.

Dependent on where the energy blockages reside within any one therapist, they end up more capable of visual work, while another person maybe more auditory, and another may experience greater extrasensory perception. The theories that are the root of their work and the way they impart them may also be different. How energetically prepared you are to receive wisdom can also vary, keeping in mind too that each person receiving the therapy can also affect an energy therapy experience.

Some souls are older and some are younger. Some souls have the natural ability to transform while others have to work harder at it. It is possible that if you are guided towards the knowledge of transformation in this life, then you may have started this process in a past life as well. Those who are born with the innate abilities to heal have likely brought their talent and experiences with them from the past and are simply re learning the techniques. What we have today in this life is a combination of many past lives.

When our individual Consciousness connects with the Universal Consciousness, it can manifest in many wonderful ways. It can manifest as creative or artistic energy which can help you in your professional career or in your personal life. It can result in unconditional love which you can share with family members, friends and the rest of the world where it is very much needed. It can also come in the form of intuitive energy where the inner voice is constantly guiding you. It can turn into energy therapy and it can turn into blissful energy where you experience happiness on a totally different spiritual level.

Energy therapy is a wonderful art. It is like an ocean with very deep layers. You have to start at the shallow end and over time through practice and experience, you will learn how to go into the deeper layers of transformation. Just as each individual progresses naturally through the stages of life beginning as a child, then maturing into adolescence and adulthood, similarly energy transformation has many different levels of growth. The beauty of energy therapy is that you can never learn everything because there will always be something new to learn and experience!

Chakra is a Sanskrit word meaning a wheel or round energy center. These are subtle energy centers within us that are aligned parallel to the spine. There are seven major chakras, three minor chakras and two powerful chakras within the palms of our hands. Each chakra has a special position, color and significance. These energy centers are also junction points for the different bodies or levels of consciousness. In addition to the physical body, we are also comprised of a subtle emotional body, mental body, astral or ether body and spiritual body.

All of these bodies intersect at each chakra. In the average person, the chakras may be dormant or vibrating at a minimum level. Through meditation and energy therapy, the chakras get activated and start vibrating at a higher frequency generating more energy. In meditation theory, the activation of the chakras is symbolized by the opening of a lotus flower into full bloom! When this happens, all the bodies are balanced and a high level of Consciousness is experienced! This takes practice. (Please refer to the Chakras diagram for more detailed explanation of chakras).

Since each person is unique, we will all experience the energy therapy differently. When we give and receive healing, the experience is one of a kind, we may not experience the same thing twice. Some people will experience a variation of temperature - warm, hot, cool or cold. Some people are more visual and will see colors, auras and other visual experiences. There may also be the experience of auditory messages, while others will have the experience of heightened emotions because they are more sensitive. Some will have feeling experiences that are about actual sensations such as tingling, pulsing, vibrating Etc.

Some may feel like they're having an out-of-body experience or may have the feeling of floating or flying. It's absolutely important that each person should understand and accept that everyone will have their own unique experiences, and you should never try to emulate someone else's experience. Let the universal power of the spirit guide you at all times!