

# Welcome to RISE by Dr. Juan Pablo Salerno

You've stepped into a space designed to help you breathe again, reconnect with yourself, and feel supported through every chapter you're moving through. I'm proud of you for being here.

Small, consistent shifts—taken with compassion—create the deepest transformation.





# Your Journey Starts Here

I created RISE because so many people live with a busy mind, a tired heart, or a sense that something inside them wants to shift—but they don't have a grounded place to start.

Inside RISE, you'll find meditations, weekly wisdom, monthly live sessions, personalized AI guidance, and opportunities for deeper support when you want it.

**There is no pressure to move fast. No "right way." No falling behind.**

You get to arrive exactly as you are. And rise at the pace your chapter allows.

I'm here with you every step of the way.

— **Dr. Juan Pablo Salerno**



# What RISE Is

RISE is a weekly and monthly rhythm designed to help you feel grounded, clear, and more connected to the person you're becoming. You'll move through it gently—no overwhelm, no pressure.

# Your Tools Inside RISE



## Meditation Library

Guided sessions for calm, clarity, purpose, and emotional grounding



## Weekly Wisdom Email

Easy-to-read messages to reset your mindset and bring you back to center



## Dr. Salerno AI Advisor

On-demand guidance offering depth and emotional processing



## Monthly Online Inner Growth Sessions

Your monthly emotional reset and realignment

# Your Tools Inside Rise



## Mental Health & Alignment Guides

Practical, digestible insights you can apply immediately



## Social Media Inspiration Space

Curated posts to shift your mindset quickly



## Custom Meditations

Personalized audios crafted specifically for what you're navigating



## Transformation Calls

One-hour, high-impact personal sessions for deeper support

You don't have to use everything. Just choose what supports you in the present moment.



# Your First 7 Days

A simple, calm path to ease into RISE

Use this over 7 days... or 14... or whenever feels right for you. This is orientation, not homework.



# Days 1–3: Arrive & Begin

01

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## Day 1 – Arrive & Get Oriented

Skim the roadmap and watch your welcome video. Choose one message that made you feel calmer or understood. Add it to your journal notes.

02

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## Day 2 – Your First Meditation

Choose a short meditation that matches how you feel. No expectations—just show up as best you can.

03

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## Day 3 – Weekly Wisdom Reset

Read your latest Weekly Wisdom email. Take a deep breath, repeat the affirmation out loud, and write it down. Then spend 2–5 minutes journaling on the reflection question.

# Days 4-7: Deepen Your Practice

1

## Day 4 – Ask Dr. Salerno AI

Tell Dr. Salerno AI what's happening. Ask for grounding, clarity, a reframe, or a deeper exploration.

2

## Day 5 – Prepare for Monthly Session

Check the date of the next live session. Add it to your calendar with a reminder.

3

## Day 6 – Explore Personalized Support

Discover Custom Meditations and Transformation Calls. Notice what your mind and body respond to.

4

## Day 7 – Choose One Message

Explore your Guides and Inspiration Space. Choose a message that aligns with what you're feeling, and allow it to give you clarity, direction, or motivation.



# Your Regular Rhythm Ahead

A soft structure without pressure

**Meditation:** Your reset button.  
Daily, most days, or a few times  
per week.

**Weekly Wisdom Email:** Your  
weekly mindset shift.

**Dr. Salerno AI Check-Ins:** On-  
demand support whenever life  
feels heavy or unclear.

**Monthly Inner Growth Sessions:**  
Your guided monthly reset and  
intention setting.





# RISE is built for your real life

Low-capacity weeks are normal. You can always return to one small step.

# Your Monthly Flow

A natural cycle of release, realignment, and renewal



It's not about being perfect. It's about staying connected.



# Your Tools - How to Use Them Intentionally

Elevating yourself by making the most of your RISE resources

# Dr. Salerno AI

Your On-Demand Guide



Think of this as a compassionate space to work through your thoughts, emotions, and decisions in real time.

**Open this tool when:**

- Your mind feels unsettled
- You feel heavy and don't know why
- You're overthinking something
- You need clarity, direction, or reframing



# What You Can Say to Dr. Salerno AI

"Here's what I'm carrying today. Help me unpack this."

"I'm feeling anxious. Can you help me understand what's underneath it?"

"Help me process this situation in a way that feels empowering."

"Show me the blind spots or patterns I might not be seeing."

**What you leave with:** Emotional grounding, clarity, reframed perspective, doable next steps, deeper insight, and feeling supported instead of carrying everything alone.

# Custom Meditations

## Personalized Audio Support

These are not generic recordings. They are **tailored** meditations created specifically for what you're moving through.

## Perfect for you if you want:

- Support during a transition
- A meditation attuned to your current emotional landscape
- Guidance you can return to anytime
- Something crafted with your voice, goals, fears, and hopes woven into it





# Custom Meditations

You can choose:

## 5-Minute Reset

Quick grounding when you  
need it most

## 10-Minute Grounding

Deeper emotional centering

## 15-Minute Expanded Guidance

Comprehensive support for  
complex moments

Each meditation **includes a 30-minute Vision Call** where we set clear intentions together and explore what you're navigating.



# Transformation Calls

## Your One-Hour Personalized Session

Powerful, one-time sessions designed to help you:

- Break through an internal block
- Get clarity on a decision or direction
- Reset your mindset
- Feel supported during a difficult chapter
- Reconnect with your confidence and purpose

Each Transformation Call is a focused hour crafted to create meaningful breakthroughs and lasting transformation.



# Designed for Deep Impact

Transformation Calls are intentionally limited to one per month.

Each session is designed to be:

- Deeply impactful: Catalyzing significant change and clarity.
- Highly concentrated: Laser-focused on your most pressing challenges.
- Action-oriented: Providing clear insights and practical next steps.
- Sustainably paced: Allowing for integration and lasting transformation.

Experience a profound shift and renewed sense of purpose.



# What Happens in Your Transformation Call



## Grounding Meditation

Arrive fully present



## New Frameworks

Develop fresh perspectives for your situation



## Explore & Shift

Navigate what you're experiencing with mindset shifts and emotional release



## Personalized Plan

Create tailored action steps, affirmations, and practices

This is your precision reset—a live moment to realign deeply. One of the most transformative offerings inside RISE.

# Weekly Wisdom



## Weekly Wisdom Emails

Short, calming, uplifting guidance each week — including a grounding message, an affirmation, and a journal prompt.

### Use them as:

- A mindset reset
- A journaling moment
- A source for weekly mantras
- A reminder of your path



# Meditation, Guides, & Inspiration Space



## Meditation Library

Choose meditations based on your current mood:

- Overwhelmed → grounding
- Tired → energy reset
- Anxious → breathwork
- Unclear → clarity meditation



## Mental Health & Alignment Guides

Short, digestible, practical.

Designed to:

- understand what's happening within your mind and body
- learn frameworks and shifts to support yourself
- gain clarity quickly when emotions feel tangled



## Social Media Inspiration Space

- Curated posts that speak to specific emotions and life chapters.
- A quick, low-effort way to shift perspective on hard days.

# How to Get the Most Out of RISE

1

Move at your own pace  
One small step is enough

2

Let resonance guide you  
Use what speaks to you today

3

Use the AI anytime  
When you feel stuck or  
emotionally heavy

4

Return to monthly sessions  
When you need a reset

5

Explore deeper support  
Custom Meditation or  
Transformation Call

6

No perfection required  
Ever.



# You're Already Rising

Every step you take inside RISE—no matter how small—moves you toward the version of yourself you've been becoming quietly for years.

On the days you  
feel **strong**, use the  
tools.

On the days you  
feel **low**, lean on  
them.

On the days you feel  
**lost**, come back to  
your center here.

You're not doing this alone. And you're already rising.

