

A person is standing on a sandy beach at sunset. The sun is low on the horizon, creating a bright orange and yellow glow. The person's arms are outstretched towards the sun, and their reflection is visible in the shallow water. The overall mood is peaceful and uplifting.

5 EASY STEPS TO FEEL

Energized, Radiant & Fully Aligned

Get the best from
your day in less than
5 minutes

BY MONICA CANDUCCI

*Your body holds the key
to life-changing
transformation, limitless
energy, and self-
actualization.*

Unlock your Magic to shine and thrive like an Empress!

Are you looking for a way to achieve your practical goals and nurture your body and soul at the same time?

How many times have fatigue, mood swings, or other symptoms prevented you from taking the actions you planned to achieve your goals?

Do you ever feel challenged by a multitude of overwhelming obstacles that prevent you from following your plans?

How many times were you told that you need to increase your energy levels or be more aligned in order to attract - or manifest - the life you want?

Or maybe you are on the verge of a quantum leap in your life or career, but you don't feel confident, strong or supported enough to take the leap?

*Then this Guide is
FOR YOU!*



About Me

I am a 56 year old author, artist, Embodied Spirituality teacher, Transformational Life Coach, Certified Rolfer™, and the creator of the Move In Mind™ Method aimed at achieving optimal mind-body-soul-spirit balance and alignment.

Since my 30s I have been supporting mission-driven women to turn their challenges into opportunities and express their maximum potential through my books, workshops, and programs.

My clients call me Guiding Star, Empress of Alignment, Wizard of Self-Development, and Dancing Fairy - because by working with me their lives have become much brighter and lighter.

In my approach I combine different areas of expertise, from psychophysiology, neuroscience, hypnosis, dance, and martial arts, to anthropology, astrology, esotericism, and the multidimensional nature of consciousness. Moreover, I have been working alongside healers, spiritual teachers and lineage-carriers from different parts of the world since my 20s to hone my skills as an intuitive and as a healer.

In my career I've already helped hundreds of women unlock their inner resource, express themselves fully and live their dream lives.



Now I am here to remind you that your body is the instrument through which you can experience the magic of a transformation that will lead to full alignment and success.



By taking 5 easy physiology-changing steps you can change your level of energy and feel so aligned and radiant that you can clear your path of obstacles, and conquer the world to become the Empress of your own life.

About My Guide

The purpose of this Guide is to give you a taste of your real power in an easy, light, and playful way - because we know how busy you are, right?

These 5 steps (each one takes just a blink of the eye, I promise!) are a distillation of ancient healing practices from different parts of the world integrated with the most recent discoveries in the fields of physiology and neuroscience - and this makes them so powerful!

They are meant to awaken you to your inner resources by connecting to the elements and cycles of Nature. You don't need to follow any specific spiritual path or practice to get benefits from this simple sequence, and you can perform it regardless of your beliefs.

The only thing you might acknowledge is that the feminine body, the way it's designed, with its structural and hormonal features, ideally reflects Nature's cycles. A woman's hormonal phases, and also a woman's life stages, mirror the Moon phases, as well as the Seasons of the year.

You can play with this Guide independent of your age or physical condition, and you don't need anything else but yourself - your body and your imagination. Imagination is a powerful tool to help our conscious and unconscious resources align and work together.

You don't even need a dedicated place. You can perform this easy sequence of 5 movement activations even in your bathroom after your morning shower.
Of course, if you want, you can find a place of your choice, indoor or outdoor, as you like.

Even if you can enjoy this sequence or just part of it any time during the day, I suggest performing it fully every morning, before you start your activities. This will help you feel empowered, energized, radiant and aligned and get the best from your day.

Before You Start...

Before you start practicing, please read this Guide through and imagine yourself performing all the steps. This will take just a few minutes, and will give you the opportunity to understand how it works in facilitating the process.

You can even review the process more than once, so your body will find everything easy, like you were going for a walk.

Once you have integrated the steps, it will take you less than 5 minutes to perform the sequence!

It would be a wonderful idea to keep track of your progress, day after day - or week after week. Focus not on the ease in performing the movements, but on the improvements in your level of energy, sense of alignment, and efficacy. This will help you notice any improvements in your life.

...And a Bonus!

At the end of this Guide (page 13) you will find a link to a file audio and another link to a video.

I recorded all the 5 steps so you can also watch me performing the movements or listen to my voice guiding you through the steps, as it suits you.

Anyway I recommend you go through this Guide by reading it, in order to integrate the power of its content fully.

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This routine is just amazing! It is easy to remember, helps me clarify my priorities and stay focused throughout the day. Its magic is powerful since it can turn a day started off badly into whatever you want it to be!

- Anne Julien, Working Mom & Entrepreneur

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#1 - Fire

Take a moment to think about the day ahead of you (you can even do it while taking your shower, if you are short on time).

Think about what you planned, the goals you set, and the results you want to achieve.

Now focus on a specific result you want to get from this day.

Express your intention to get this result, through vocalizing, or just by imagining yourself doing it.

Now give energy to this intention.

Think about Fire. It could be candle, a bonfire, a fireplace, or whatever image of Fire pops up in your mind. Start rubbing the palms of your hands together, as if you want to start the fire.*

Next, start rubbing your skin - from your hands up to your arms, neck, face, head, then torso, including your back (where you can), legs, and feet.

Rub your whole body, imagining you are absorbing and incorporating the energy of Fire, awakening the vitality and rejuvenating power you can observe in Nature during the Spring and the Crescent Moon.

*Extra tip: if you need an extra amount of energy, after rubbing the palm of your hands spend at least 15 seconds rubbing your wrists together, just below the palms. Then vigorously rub your ears, and then... voilà, proceed with the whole body!



"You are embodying Fire to give energy to the intention and goal you set."



#2 - Water

First, take a moment to connect emotionally with the result you focused on and the intention you expressed through Fire.

That means - imagine how you would feel at the end of this day, once you achieved that result and successfully did what you planned.

Imagine the emotions and feelings you would like to experience during your day, after having accomplished your tasks and achieved your goal(s).

What feeling and emotion should guide your steps today, in order to support you? And then what are the feelings and emotions you would love to experience at the end of this day?

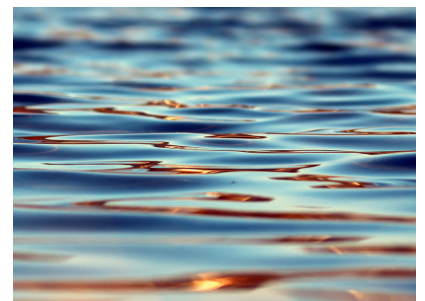
Now that you get it, imagine these feelings, and these emotions, resting in your belly, like water resting in a bowl. Then start gently moving your spine, belly, and pelvis - as if you're trying to create waves. Imagining drawing some circles with your movements may help.

Then start gently and slowly moving your whole body, like you want to help the emotions and feelings you chose circulate and pervade every cell in your body. You can have a bit of fun - playing, wobbling, swinging, and maybe thinking of floating. Imagine Water, in the form you most love it. It can be a river, a lake, the ocean, or even your shower. Imagine yourself enjoying the Water, and moving like water. This can be very sensual and might make you feel very sexy, too.

While playing, you can gently extend and sinuously move your arms above your head as you imagine your whole body to be a recipient open to receiving the flow of gifts Life has in store for you.

Imagine you are absorbing and incorporating the fluidity of Water, opening yourself to the abundance of light you find in the Summer and during the Full Moon.

"You are embodying Water to connect emotionally to the intention and goal you set. The feelings and emotions you chose are your compass - or GPS - leading you to destination."



#3 - Air

Now it's time to clear the path of the obstacles which may interfere with you achieving your desired results.

Yes, because now that you are both intentionally and emotionally focused on and connected to that result, you might meet some obstacles or resistances on your path.

So take a breath, and think about Air in the form of Wind. It can be a gentle breeze, a zephyr, or even a stronger one, like a gale or a squall. Now breathe out, blowing the air all around, and accompany your exhalation with a gesture of your hands and arms, as if you wanted to fan away all the possible obstacles in order to clear your path, like the Wind blows away the dead leaves in the Fall.

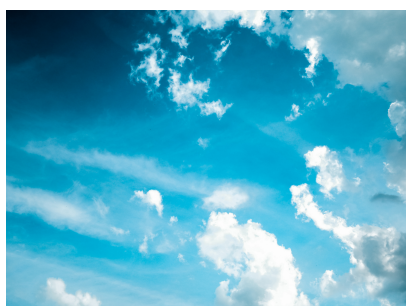


You don't need to think about what the obstacles could be. You want to keep your intention and emotional focus only on what you WANT to achieve and how you want to feel once you have achieved your goal.

But let's also set some boundaries with the help of Air to get all the freedom you need!

Be careful to do it gently so as not to feel dizzy because of hyperventilation! You can do it just 3 times, imagining that you are clearing and opening your path ahead by incorporating the strength of Air.

You are opening yourself to discernment in order to clear your vision, making choices that allow you to nourish only what you are focused on, and to get rid of obstacles that could potentially compromise the final result - just as Nature does during the Fall and the Waning Moon.



"You are embodying Air to free the path that leads to the accomplishment of the goal you set for your day."



#4 - Earth

Finally, it's time to imagine all the pleasant sensations you will experience once your goal for today is accomplished.

Play a bit by rubbing the soles of your feet against the floor. If you are doing this at the beginning of your day, you should be able to do it barefoot, which would be really helpful. Your brain receives a constant flow of information from the soles of your feet, which nurture and increase your sense of balance and stability - not only physically-speaking.

Once you have awakened your feet, think about a beautiful and strong tree.

To get the best results from this activation, keep your legs slightly apart.

Take a breath as if you were breathing through your knees. Inhale while bending your knees just a little bit. Imagine you are sniffing the air through your knees and noticing a fragrance you love.

Imagine you are welcoming the richness hidden in the depth of Earth while inhaling and bending your knees just a little bit.

Then, during exhalation, push your feet against the floor, extending your knees and legs, like you were drilling down into the floor with your roots which extend from the soles of your feet.

Enjoy the sense of power and stability.

You can do this 2 - 3 times, each time imagining you are absorbing and incorporating balance, stability, strength and power from the Earth.

Then imagine all the pleasant sensations you would love to experience once your day is finished and your goal accomplished. Just enjoy the feeling of complete satisfaction and fulfillment you'll experience at the end your of day, ready to rest like Nature in the Winter, mirrored by the New Moon.

"You are embodying Earth to open yourself to the pleasure and satisfaction you can experience on your journey to achieve your goals."



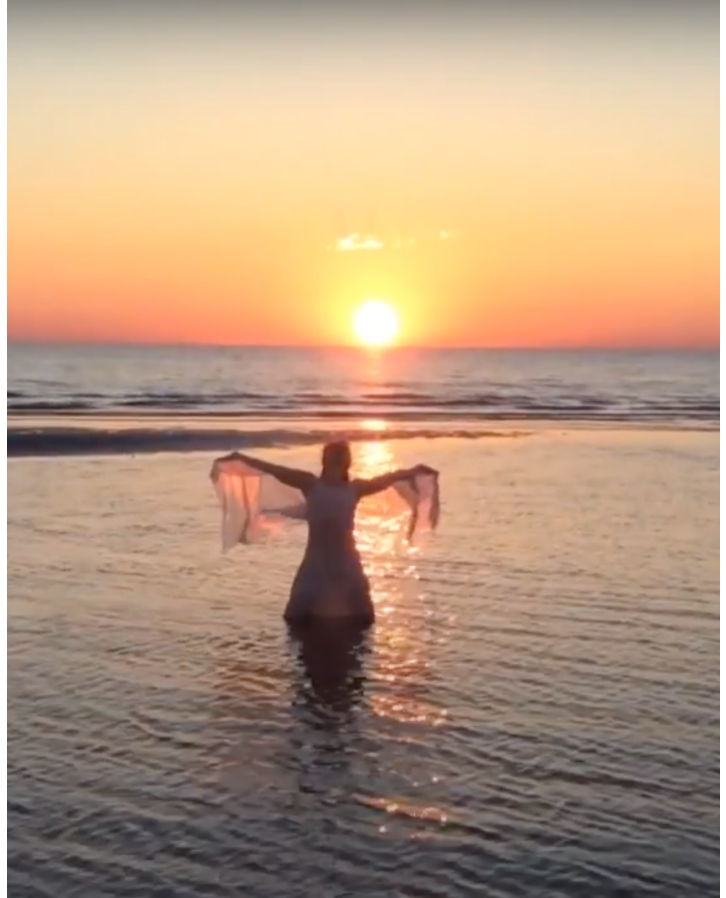
#5 - Star

You're right, the Star is not traditionally included amongst the Elements of Nature. For Step #5, as a title, I could have chosen Ether. In some traditions it is considered the Fifth Element - or Spirit, for the same reason.

But this is a practical Guide meant to give you practical tools, right?

So let's stick with the essentials and jump directly to the last step to help you get the energy, empowerment, alignment and radiance you need to have a taste of your dream life.

Standing, with your legs slightly apart, now open your arms to create a Five Pointed Star with your body - like the Vitruvian Man drawn by Leonardo Da Vinci, transformed for the occasion into a Vitruvian Woman.



Then move your body freely, stretching, yawning, like you wanted to mix Fire, Water, Air, and Earth, all together inside your body.

Keeping your legs slightly apart, now take some breaths bringing your hands towards your chest, as you were collecting more of the power of the Elements from outside to bring inside yourself.

Imagine you are a Celestial Body, collecting all the elements needed to ignite and become a bright, shining, radiant Star.

And finally, when you feel the right moment has arrived, extend your legs and spine vertically and your arms horizontally while exhaling, imagining the brightness coming from your heart, pervading all your body, passing through your feet, hands and head, and then infusing the surrounding space.



"You are embodying the Star to shine and become the radiant Empress you are meant to be!"



You Are a Star.

Nobody can prevent you from shining and becoming the Empress you are meant to be.

You are radiant, beautiful, strong, resilient, determined, powerful, aligned, and your energy illuminates and warms everything around you.

Enjoy this feeling - play a bit more with all the steps as suits you, and then jump into your day. This is a good start, isn't it?

By the way, speaking of Spirit, remember to just... shine.

Your Spirit is already perfect - let it shine through your body and existence.

It's simply our human consciousness - and soul - that need to be developed in order to totally incorporate our Spiritual Essence and superpowers.

The good news is that our Spiritual superpowers are represented by Nature, its Elements and Cycles on Earth, so when you work through your body you are already working in that direct

And last but not least...

Independent of your goals and achievements, remember that the secret to live a fulfilled life is the journey you take to understand who you really are.

""Enjoy your body, and enjoy the journey.""



*...And when you're ready,
take a look at how we can
team up and get you
incredible results!!*

Work With Me 1:1

If You Feel That...

There is much more of yourself to
express, and much more to achieve in
your life...

NOW is the time for a change, and you
want to optimize the opportunity...

You want to manifest your maximum
potential and become an energized,
aligned, self-confident, radiant,
unstoppable, limitless magnet of
embodied feminine in action...

**Then take a look at The Sacred Body
Program, it might be exactly what you
were looking for.**

**Otherwise you can also explore my
website. You'll find different option
and choose what suits you best!**

[The Sacred Body](#)



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THANKS MONICA! Thanks because you gave me the opportunity to know myself through my body and achieve a new level of freedom. I feel reborn and my attitude in life has changed for the better. All women should have this experience, through embodiment, of how much happier their lives can be.

- Pilar Ottoz, Anchorwoman at RAI TV

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“

Monica's Program has helped set me free from my perceived limitations and sense of insecurity. She has been able to help me see and understand aspects of myself I wasn't aware of, leading me to a deep and revolutionary life-changing transformation.

- Catia Domaine, Personal Trainer and Fitness & Wellness Instructor

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“

Monica is an authentic, multi-skilled and super-talented teacher. I don't have enough words to do her justice. This year she's become even more of a beacon of light for others, and I was lucky to partake of her Program for women in transition. I highly recommend her teachings, which consolidate what matters most in life.

- P. Hope, Author and Artist of Life

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YOUR STORY COULD BE NEXT...

Have a look at how we can work together to help you become the radiant, energized, aligned and thriving Empress of your own life in 12 weeks without effort!

[Learn More](#)

Bonus #1 - Video

This is the link to the video you can watch if you want to be guided through the 5 steps by looking at me performing the movements.

Once you have learned and integrated the sequence, you'll be able to perform it in 3 - 5 minutes!



Bonus #2 - Audio

This is the link to the audio track you can download in case you want to be guided through the 5 steps by my voice.

Once you have learned and integrated the sequence, you'll be able to perform it in 3 - 5 minutes!



You can find more free resources by exploring my website & blog, youtube channel, facebook profile & group, and understand more about my approach by getting in touch!



[Contact Me!](#)

LOOKING FORWARD TO CONNECTING!