

A woman with long dark hair, wearing a white long-sleeved top and white pants, is sitting on a large, mossy rock. She is looking down at something in her hands. In the background, there is a waterfall cascading over rocks in a lush, green forest. The scene is brightly lit, suggesting a sunny day.

# Turn to Heal - Diary of a Trans-Incarnation

**By Monica Canducci**

## How I reshaped my body and life towards healing and beyond

Here is my journey in healing my mind and body. This will reveal my journey beyond space and time, beyond the threshold of life and death. I had such an intense experience that it completely reshaped my body, my attitude, and my understanding of life on earth. It brought me beyond limitations based on the concepts of gender, disease, and even mortality.

My journey began as I started to understand the Principles of the Law of Attraction, and the meaning of "healing" and "integration." I was 17 years old when I discovered I had Spirit Guides. I had always been attracted to the invisible dimension of being, from spirituality, to everything "mysterious" and inexplicable. I would spend hours in studying, practicing piano, painting, all with the purpose of developing my spiritual side. I completely

neglected my health and my physical appearance. I was definitively not in touch with my body, which at the time, seemed to be an obstacle in the way of my spiritual development.

My dream at the time was to find a spiritual master, and retire from the world in order to develop the ability of being in touch with the spiritual world. So, when I started receiving messages from the afterlife, I felt like I was finally on the threshold of a very important spiritual path, away from the heaviness of my clumsy and uncomfortable body. Then, something special happened that brought me to a total change of mind.

At first, I started to channel automatic writing messages. Some of the messages were from people who passed away and wanted to reassure their beloved ones about their new

dimensional life. The messages were from Spiritual Guides teaching on the importance of increasing self awareness, self knowledge and respect for ourselves, and for the world in which we live. Above all, they taught of self awareness that our physical body is an instrument for what we call "the spiritual experience."

I confess this was the hardest part of my training. The education I received, from a religious point of view, was oriented toward a conflict between spirit and matter. I used to believe that in order to achieve enlightenment and self realization, I would have "detach" myself from my body and physicality.

I grew up with belief that the body was a burden. I suffered from eating disorders in which I was 40 pounds overweight and had to lose in order to achieve a hormonal balance (my monthly cycle was a mess). I was constantly in physical and emotional pain. I even considered myself definitively ugly.



It was much easier to only focus on my spiritual attainment rather than on focusing on my physical life. I was simply avoiding looking within myself as well as ignoring the advice coming from my Guides. In a few years, my communication with my invisible Guides and

mentors changed dramatically as I started to channel in a vigilant state of trance.

By that time, I was 23 years old. I had a boyfriend who was also very interested in spirituality and always ready to listen to the messages from the Guides. One evening, something amazing happened. The Guides told us that something extraordinary was going to change my life forever. I found myself totally submerged by such a powerful, almost "physical" energy, clearly belonging to a masculine entity. All of a sudden I felt possessed by something who in a blink of an eye, transmitted all his knowledge about the body and its spiritual secrets to me.

My boyfriend, who was studying dance,

immediately "recognized" this presence as Vaslav Nijinsky, the most famous dancer at the beginning of 1900s. Immediately, Nijinsky started explaining how his mission in life was about transmitting spiritual awareness through dance. He tried to accomplish this task in his lifetime, but failed. So, our paths became inter-dimensionally connected in 1988 with the purpose of helping people to heal through self realization of their *living* body. Nijinsky transmitted to me an incredible sense of trust, confidence and faith, introducing me to the Law of Attraction long before it became known in 2007. I started receiving the most wonderful training albeit a very unique experience by channeling Nijinsky's presence.



In a few weeks, my body shape changed completely. I lost weight, my hormones found a balance, and my relationship with food came to a healthy balance too. I started perceiving my body as a true secret treasure able to drive me into spiritual awareness. All the physical and emotional pain I had for many years were gone! But, above all, the clumsy girl I was before was now turning into a dancer.

This process was so fascinating, that I started to deepen my study of body-mind connections that lead to work as a performer. It became clear to me that the training I received from Nijinsky was something to share. It took almost 30 years to understand the process of this incredible experience in which to help people. Now, I can only say that what Nijinsky transmitted to me was so precious and huge that I needed 30 years to integrate it and optimize it, in a way that is understandable to others.

In these 30 years, I met researchers, teachers, trainers, healers and spiritual masters, and individuals devoted to others' healing and realization. I became a dancer, an actress, a

Certified Rolfer, a dance teacher and a movement coach. I started channeling healing energies through dance, and thanks to this journey, I was able to help people find their true nature by achieving their own healing. In 30 years, finally Nijinsky's message has become ready to be shared. I wrote the book, "Turn to Heal - Dancing Beyond." This is the diary of his "trans-incarnation" through my body. All the secrets of the interconnections between our thoughts, emotions, body and the environment are revealed in my book. I'm always ready to share the healing energy by inviting people to read it, and then to dance *with* me.

Dance is healing, dance is sacred. Dance is a powerful tool to reconnect ourselves with our divine being, and our body keeps the secrets of eternal youth and infinite improvement. By practicing the very simple training Nijinsky transmitted to me, from breathing to dance (something I call 'Dance within'), I see how my body became able to heal and regenerate easily and consistently. Every passing year, I feel better than the year before.

Our body is a tangible reflection of the expression of our spiritual being. By reading and listening to it, we can understand in which directions we have to work in order to expand our Consciousness as our divine self. By working though it, we can easily achieve tangible results in our life by making our dreams come true.

The body is not only the instrument through which we can express ourselves. It is also the sacred space into which we can take the magic steps by finding our unique way of dancing, (moving) to create the magic in our life. It is the sacred space through which we can experience the Law of Attraction and its secrets so it can expand into our existence.

### *About Monica Canducci*

Born in Italy on the Adriatic Coast Monica has always been attracted to the invisible side of life, and to the invisible worlds that she was able to perceive and, sometimes, even to see around her. At the age of 17, she discovered herself to be an extraordinary channel in which to receive information not only from the afterlife, but also from that subtle, ethereal dimension described as *Faerie*. As an adult, by following *the call of the mountain*, she happily moved first to the magic Acosta Valley at the slopes of the magnificent Mont Blanc, fulfilling a kind of mission related to Spirits of Nature and their connection with the humans who are living there. Then, in 2012, by responding to another call involving all the family she moved to the enchanting and powerful Quebec, with her husband, son and her three cats. Monica also has a scientific background She is a Certified Rolfer™, Rolf Movement practitioner and creator of the Move-In Mind™ method about the power of mental imagery in rewiring our neural networks. We invite you to explore these Faeries Realms further by visiting her websites :



[www.Monica-Canducci.com](http://www.Monica-Canducci.com) \* [www.youtube.com/c/MonicaCanducci](https://www.youtube.com/c/MonicaCanducci)

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MONICA CANDUCCI

# TURN<sup>TO</sup>HEAL

DANCING BEYOND



## Turn to Heal: Dancing Beyond

This book is an engaging adventure as a well as a treasure hunt tinged with humor and wisdom.

It will transport you into the flow of creativity, regeneration and healing.

You can achieve your own self-realization in this process.

It is a journey into your own self-realization accessible to all those who seek awareness, presence and integration.

This is a dance beyond life, time and judgment.

Come Dance With Me!

Monica Canducci

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