

TO THE AFTERLIFE AND BEYOND

A Guided Journey through
the Spirals of Life, Death,
and Eternal Existence
for Greater Harmony
and Balance
in the Now

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INTRODUCTION

This is a story about life beyond the borders of life.

It's my story, but it's not a typical memoir; it's a treasure hunt that includes different kinds of gems. You will find here the narration of some extraordinary life-changing experiences I went through in more than 40 years, from my late adolescence to the present time. But the purpose of this book is not to share the experiences themselves. It's to provide useful advice, deliver practical tools, and share the blessings and gifts I received through them. Therefore, the book is divided into seven parts; among them, one resembles a how-to manual, and another is written as a novel.

Actually, this book is written in a very peculiar way, the way ancient spiritual masters, teachers, healers, as well as shamans, and medicine men and women from all over the world used to tell healing and enlightening tales to their students a long time ago. Not just the content, but the structure of the book itself is meant to transmit something unique beyond what the human mind can understand.

In fact, among the gifts, this book carries the one of transmission, meaning that—for several reasons you'll understand later—through it you can access the same spiritual blessings I received and the same spiritual states I experienced. Then, of course, it's up to you to take the steps to integrate those blessings and gifts in your life. To make this easier for you, I also included in this book practical advice and exercises. But it's not just the how-to part that makes this book a hybrid, which might also appear in the self-help category. There is much more, and this introduction aims to give you an overview so you could understand if I wrote this book for you.

This book is about how, at the age of 17, I discovered what it means to be a medium, and how this shook my world and life.

It's about how I was able to deal with my call to mediumship and overcome the conflicts between my rational and intuitive sides.

It's about the health issues I was dealing with, from body image, eating disorders, hormonal imbalance, and relational clumsiness, and how accepting my call helped me achieve balance and healing.

It's about how from a state of total disconnection from my body and deep conflict

between my view of the material and spiritual dimensions I could reach alignment, integration, and healing.

It's about how I could keep my sanity, finding reassurance about my fear of going crazy or at least seriously affected by a personality disorder—because my mental health was questioned, too.

It's about how I was taken beyond my beliefs and any kind of limitations based on the concepts of gender.

It's about how I could find spiritual guides reliable both in the visible and invisible dimensions of being.

It's about how I found the roots of my spiritual experiences in my body.

It's about how, at the age of 23, the way I used to channel information from the unseen suddenly changed, and the spirit of one of the most famous dancers in the world, claiming to be Vaslav Nijinsky, burst into my existence, taking my body and life through a radical transformation, and revolutionizing my perspective on love, life, death, gender roles, and much more.

Imagine how it can feel to physically channel the presence of a bisexual dancer who, after experiencing enormous success and fame suddenly followed by failure, mental illness, death, and the afterlife, comes back to transform your body and life with his presence and teachings.

Moreover, this presence wrote through me a diary about his past life and life turns, describing the insights and discoveries he experienced going through mental illness and death. In this posthumous diary, he wrote about love, the Universe, human destiny, the spiritual role of sexuality, Space and Time, life choices, alternative timelines and futures, and more, including the secrets to achieving healing and reach spiritual enlightenment independently from any specific spiritual path or religion.

The diary is part of this book.

This book is also about the impact this beyond-life experience and other similar experiences had on my existence: the discoveries I made, the guidance I received, the mistakes that took me to the threshold of death, and how an NDE (Near-Death Experience) brought me back to myself. It's about my meetings with extraordinary

spiritual teachers and healers, and about all the transmissions, gifts, and blessings I received only to share and transmit to others.

In this book, there is also room for some fiction, precisely a novel I channeled in a very peculiar way, based on my life experience with Nijinsky.

But, above all, this book is about getting rid of any kind of judgmental thoughts or beliefs to accept and love yourself for who you are.

This book is the evolution of a book I published some years ago, titled "Turn to Heal." That first version was an attempt to transmit something valuable to the reader, but in the last few years, I realized that it was incomplete. Only going through some recent experiences, I finally understood the meaning and the purpose of what I went through and the importance of the legacy I received. I did my best to fill in the blanks and connect the last dots, and finally, I can share the whole experience. If you read the previous version, you may notice some differences. It's because, in the meantime, my English has improved and so I revised and handled the translation myself.

I think that more than ever the world needs clarity on certain issues related to the integration of spirituality into our daily life.

We need to go beyond judgment and discrimination to overcome sterile conflicts and learn to live by respecting ourselves and each other independent of any beliefs and choices.

We need to find the roots of our spiritual being inside our body, and the Nature of which it is part, to create a more sustainable world.

We need to find practical pathways to pursue and achieve mind-body-spirit balance and alignment, create harmony within ourselves, and spread it all around, integrating the spiritual and practical dimensions in our daily life.

We need to find love beyond conditionings, and to surrender to that love.

So...

If you are looking for answers about life after life;

If you are experiencing something that doesn't fit into "normalcy";

If you don't know if you should talk about what you are experiencing;

If you don't know how to accept yourself;

If you are confused by metaphysical, paranormal, extra-normal, or spiritual experiences and you would like to know how to integrate all this in your daily life;

If you are dealing with something that appears too weird or too extraordinary to be true;

If you feel called to open a door to the afterlife;

If you want to explore the spiritual side of life;

If you want to understand the impact of your present choices on your past and possible future;

If you don't know if you should trust the messages and signs you are receiving from the unseen;

If you are afraid of becoming the object of hoaxes caused by trickster spirits;

If you look for a spiritual path but are confused about what to choose;

If you want access to a unique testimony about the spiritual aspects of issues related to gender, mental health, body image, and more;

If you are experiencing openings in the subtle and unseen dimension of life and you have doubts about the nature of these phenomena;

If you can't find a way to integrate spiritual experiences into your daily life;

If you struggle with your body for any reason and you are wondering what is its spiritual purpose;

If you want to receive blessings and wisdom from the spiritual dimension to live a peaceful life;

If you are interested in messages from the afterlife aimed to improve mind-body-spirit balance and alignment;

If you don't know if you should believe or not in a spiritual dimension;

If you want to get a unique perspective on Love beyond judgment and beliefs...

Then this book is for you.

It's not an invitation to look for contact with the afterlife or the unseen.

It's a journey to get a glimpse of a dimension beyond the visible one and help you understand your connection with it. In this journey, you will also understand why this kind of connection should never be forced, and when it can be wisely accepted and allowed. But above all, through this journey, you will access the secrets of spiritual embodiment and embodied spirituality, which means you'll understand how to experience spirituality by grounding it in the body.

Here below you'll find a list of the book's Parts and their content. I suggest you read them in sequence, but if you want to read in a more unusual way, you might decide to skip Parts 2 and 4 and read them at the very end (or at least after Part 6). Or you might decide to start with Part 4 (the novel), or Part 2 (the Diary). Anyway, remember that there is a secret (and related gift) hidden in the book's structure, so you might want just to read it the first time as it is.

- Part 1, The Beginning of my Story, is about how I discovered I was a medium, the challenges I faced, the messages I received from the afterlife and from enlightened Spiritual Guides, the manifestation of the spirit of Nijinsky through my body, and how it transformed my body and life.
- Part 2, The Diary of a Transincarnation, is the diary I channeled, exactly as it was written by Nijinsky through me and translated into English. In this diary from the afterlife Nijinsky describes the reasons for his mental breakdown, his surrender to mental illness and death, his experiences of the afterlife, his purpose and mission, and his manifestation, or trans-incarnation, through my body in order to share his message with the world.
- Part 3, Sacred Turns, is about what this extraordinary experience brought into my life. The inheritance I received and I committed myself to share, my meetings with extraordinary people, the NDE that changed my life, and how I integrated my experience of Nijinsky's presence and other similar experiences in

my life.

- Part 4, *Dancing Beyond*, is the novel I channeled in which Nijinsky's ghost is a protagonist. The writing style isn't polished and the rules of fiction are not adhered to, except for the necessary corrections, because I felt obliged to keep it true to the original channeled form.
- Part 5, *Practical Tips & Endless Conclusions*, is a summary including practical advice, to make sure that, beyond the spiritual transmission, you will get something pragmatic and useful from this book.
- Part 6, *Vaslav Nijinsky: Hope... and Beyond*, includes considerations on the body as the temple of spiritual experience and terrain for mental health and mind-body balance achievement.
- Part 7, *Dance Within: Instructions for Use*, is a practical guide to improve body awareness and presence, aimed at helping you explore the world of perception and open yourself to movement and dance from within. It includes a link to a series of videos in which I guide you through breathing and effortless movement explorations, to help you improve mind-body-spirit balance and alignment in a very easy way, accessible to everybody.

At the end of the book you'll find also a testimonial and the list of my books, free resources, and online courses, in which I poured what I distilled through years and years of inspiration, study, research, and practice.

You don't need to subscribe to anything to watch the videos; just click on the link, or copy and paste it (or type it) in the URL bar to access the playlist, accessible only to those who have the link. If you find it useful, you can even share the playlist with those you know who might appreciate or need it.

My purpose, in publishing this book, is not to sell a service or a program through it, but to share its content—blessings and gifts included—with the most people I can. In case you find it useful, I'll be grateful if you help me make it known, maybe suggesting it to your friends, or writing a review. For sure, I did my best to make the whole inheritance I received accessible to all those who will read it, and I hope it will serve its purpose.

One last thing: as I told you in the beginning, this book tells a story about life beyond the borders of life. It is my story, but you are free to think of it as just an

invention if that makes you feel more comfortable.

It is the story of an experience in which, along with the flesh-and-blood protagonists of the present time, echoes, memories, and resonances of the past and perhaps of the future, surface, incorporeal and equally present as facets of a unique Existence.

Remember, approaching this book is like embarking on a treasure hunt or opening up a Matryoshka, those Russian nesting dolls that hide one inside the other. It is a diary in the diary, a story within a story... Inside the history.

And maybe it is not over yet.

From the book "To the Afterlife and Beyond: A Guided Journey through the Spirals of Life, Death, and Eternal Existence for Greater Harmony and Balance in the Now" by Monica Canducci

[Click HERE to find the book](#)