



A Dual Path: Sacred Practices and Bodywork

Monique Illona

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The Dual Path shines a light on change, not only saying that it is possible but also presenting the paths to achieve it. The two paths to reshaping ourselves is to use therapeutic techniques to explore our emotional and behavioral patterns and to use secular practices based on tools old and new such as neuroscience, meditation, tapping on the meridians, to shape the direction we grow in.

If old patterns you can neither shake nor break are getting in your way, and you find yourself asking, "Will it always be this way, or can I change, can my life be different?" this beautiful, inspiring and instructive book is you.

Monique Illona presents 21 secular practices and exercises to transcend emotional, behavioral, psychological and physical patterns - our personal energetic matrix. Negative or difficult experiences can be held in the energetic matrix and dictate our emotional responses, thought patterns, physical holding patterns and our behavior. They can prevent us from living our lives with clarity, vitality and even compassion.

A Dual Path also contains sections specific to the massage professional and the bodywork client who are working towards better health, and more connection to themselves and to their world. The section on Sacred Bodywork is for professional touch therapists that includes photos and descriptions of techniques intended to guide their clients to a state of Systemic Relaxation, a state wherein the clients stress levels are reset, energy is released and holding patterns are transcended. The Client and Professional Guide section advices the client on what they can do before, during and after a session and how to apply the shifts that have occurred to their every day life.

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