

1:1 sessions

Strip away the illusions of who you are not, and experience the power of Source.

Book 1:1 sessions --



Presence strips away illusions like a poster off a billboard, and that play leaves your repertoire for good. Every emotional imprint, physical tension, every drama, reactivity, playing small, your need to rescue or regulate others — all automatic mechanisms lose their power over you. So do fear and guilt. Workaholism or procrastination. Emotional and physical pain does not rule your day-to-day reality.

Here, an **absolute shift in perspective takes place, returning your body to its factory settings.** I will guide you there, allowing you to shed who you are not. Because at the Source, you are already the fullness of vitality in every single area!

How I facilitate 1 on 1 sessions?

During our sessions, you log into your body, your feelings, into concrete reality. This is where you find all the information and all the codes you need for self-actualisation. You strip away illusions - everything that stops you from achieving your professional, health, relationship, or spiritual goals. You return to the memory of the creator you truly are - an empowered, free, and fulfilled woman.

You shed everything that is not the truth.

1:1 Session bundle

Work with me – 9 x 1-on-1 Session

Your return to the factory settings.

- 3 Months
- 9 Private, Online 1-on-1 Session
- Each Session Lasts **60 Minutes**
- A Total of **9 hours** of Transformative Journey back Home.

Exactly what I'm looking for. I handle bookings by email. info.monikastec@gmail.com --

What my clients are celebrating!

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There are **certain emotions that should not be experienced alone**, and which require an exceptional space - one that is safe and accepting. Monika knows exactly how to create such a space. With great **gentleness and mindfulness**, she guided me through a **deeply transformative process**. Thanks to her, the emotions tied to a painful experience for me could finally be fully expressed, releasing my body from the tensions and blockages that caused pain and held me back from reaching for my desires. Throughout the entire session, I felt completely looked after and supported. Afterward, I **felt peace, deep relaxation, a sense of lightness and softness in my body**, and a **renewed flow of energy**. Thank you from the bottom of my heart for our session, and I highly recommend sessions with Monika ❤️.

Joanna, Deputy Director

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I highly recommend Monika Stec. Her approach to solving a client's problem is completely personalized, taking place in a safe and pleasant atmosphere. Monika helped me release tension and pain in my lower body that had been lingering for several years. It was a fascinating experience to feel the emotions that came up during the session, which were directly linked to the tension and pain in my leg. I warmly recommend sessions with Monika Stec! It is truly worth taking care of your health with her.

Małgorzata, Teacher

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There is no skating on the surface with you. You open a space filled with peace that invites one deeper and deeper, straight to the source of the ailment. You work multi-dimensionally—bringing awareness to the mind while simultaneously working with the body and raw sensation. Throughout the session, there is a true partnership and guidance. You direct, fluidly and right on point. There is my own insight, recognition, physical sensation, release, and then time for integration and strengthening. And at the end, there is such a deep silence inside. There is also alignment, clarity, and everything falls into place. This is exactly what I was looking for and could not find with other specialists before.

Renata, Manager

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I was surprised that I managed to release and give vent to so many sensations and emotions today. It was such a pleasure to work with you. I simply **have more energy now** to do things in my daily life. I've also noticed that I **express myself with greater ease more often**, and I speak out loud about feelings that I wouldn't have mentioned before.

Elizabeth, Teacher

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I have worked with Monika many times and each and every time I **felt so supported to explore the strong emotions** that came. She is very kind with a beautiful energy. I very much appreciate the work she does for herself and the work she's being able to provide to others. It was so **on point**, there is so much **clarity** I gained after all processes we had together.

Thank you, Monika! I'm deeply grateful to have you close!

Lavinia, Farmaceutka

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Monika is a wonderful guide on the **journey to oneself**. She gently guides and assists you through the entire process, which is inherently not easy as it touches the deepest layers of our body and spirit. Yet, with her peaceful heart, awareness, and deep knowing, she makes it feel completely natural and incredibly fulfilling.

Aneta, English Translator

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... I have no idea what's going on, but my **libido has unlocked** so much it's out of this world. I haven't been like this in years (actually, I don't remember if I've ever been), not even during ovulation...

Agnieszka, B&B Owner

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During the process, I felt like there was nothing deeper left, but you kept digging and digging, so gently and calmly. **The core issue that emerged was surprising, as was my body's reaction.** Yet, with a calm voice, you kept reassuring me and allowed my body to process and release it all. Now, after a few days, I feel an **immense sense of lightness**. Thank you.

Renata, Teacher

Enjoy your greatness today - why wait another lifetime to be free and empowered?

About Me

How I stepped out of the mind's illusions and experienced my true self and freedom in the body.

I am Monika Stec. My spontaneous Kundalini activation brought the experience of a powerful flow of light through my body. Opening to the pure consciousness of the Source within me — which self-actualises our body, restoring its factory settings. This stripped away my mind's illusions about health and illness. I recognized the very essence of myself - true and entirely free.

I tasted stillness in my head, in my heart, in my gut, in my entire being. A quality completely unknown to me until then. I felt the greatness that I am, my own empowerment, and oneness with everything.



However, a part of me was still trapped in old patterns and conditioning. Old energies within my body kept pulling me down and dimming my vibration. And that is where my true inner work with beliefs, emotions and body began. Releasing tightness, fear, guilt and frustration, while consciously choosing a new path.

Reconnecting with omnipresent stillness that I am - the very same stillness that lives inside of you - carries me through every uncomfortable breakthrough.

Even if this feels hard to believe right now, know that I completely understand. I was exactly where you are.

Today from this silence within, I see the path forward, and I am here to guide you there.

Today, I know that anyone can enjoy their greatness. If only they choose it.

I choose to strip away the illusions that hold me back from achieving my career, health, relationship, or spiritual goals.

1:1 Session bundle

Work with me – 9 x 1-on-1 Session

Choosing My Greatness!

- 3 Months
- 9 Private Online 1-on-1 Session
- Each Session Lasts **60 Minutes**
- A Total of **9 hours** of Transformative Journey back Home.

720 GBP

Book by email & pay info.monikastec@gmail.com --

I live and work permanently in the United Kingdom, so bank transfer payments are accepted in GBP only.

One-off single payment.

What to do first - book free 15-minute discovery call by email.

Important! Once your payment is complete and you **have emailed me the transfer confirmation**, you will receive your session [link](#).

https://revolut.me/monika_stec

Ready to enjoy meaningful insights once a month?

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