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**Consciously Embrace Adolescence: A Practical Guide to
Quantum Psychology** / Niculina Gheorghită

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Niculina Gheorghită

A Conscious Embrace of Adolescence

A Practical Guide to Quantum Psychology



Brașov, 2023

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Chapter 1

How we function as humans
in and for harmony

We are eternal beings, with an unlimited potential to manifest in the physical, material, concrete dimension. If we accept this information, observe ourselves, allow ourselves to experiment and intend to develop and grow from one day to the next, the manifestation of harmony with ourselves and with those around us will enter our area of acceptance.

It seems that we came into this existence to experience as much as possible in order to evolve and develop an extraordinary mind with which, as infinite beings, we can master the finite world around us, namely the matter. On the genetic level, the information to live in harmony is embedded in our being. To create and manifest, to live in harmony, it is necessary to be in the state of presence. This means to be wholeheartedly in the creative act, that is, with all your whole being, body - mind - spirit. The creative act from my point of view is any action we do, ranging from simple discussions to translating an idea into matter.

I found that when you are in the state of presence you actually manifest true love. Love involves attention,

acceptance, and dedication.

To be able to manifest these abilities it is necessary to be there, present, aware, devoted.

It is known that man has to experience love in his human existence. Love is precisely that state of "being here and now" through everything you do.

Every creative genius does not think about anything else when he is in the process of creation, he just feels and lives right there in what he is doing, and thus, downloads the appropriate information for the new creation.

The state of presence is that state in which you feel all and everything as a whole in that moment. In a state of presence, you no longer identify time as an immutable measure of life.

It is common knowledge for as long as humanity remembers that the truth leads you to love, peace and freedom.

Great masters of spirituality define truth as the manifestation of the divine in a world of matter, as a living experience or what you experience in your life using one information or another.

To manifest and create harmony it is necessary to access and experience love, genius and peace.

Throughout the book, we will be discovering how, in each of these abilities, it is necessary to be present in the here and now. After you have accessed these skills through experience, you get to contain them, to manifest them

inherently, and you can also create them in the relationships around you through what we call harmony.

1.1 Love in manifestation

From all the studies and research, I have come to the conclusion that love entails: attention, acceptance, devotion. We will say, "how simple", but when we get down to facts, to manifest these abilities, we need to be there. Being there means presence.

When you are present, you accept what you see and receive without tagging, labelling, criticizing because you no longer have terms of comparison, you no longer go to the past to a standard created by someone long time ago.

When you are in the present state, you actually love that person, the situation, the moment for what it is then.

When you are there, in the present, namely in love, you can see beauty in what seems to be nothing, the peace in the chaos and the creation within action.

When you manifest love, this divine ability, you are everything and everything is as it should be. As everything manifests according to your beliefs, according to your intentions and according to your experiences.

In order to show love, to create harmony in relationships, you can use the statement:

* *"I am always manifesting love."*

Uttering this affirmation slowly as if every word of it penetrates the inside of your physical body through the top

of your head, as if each word gets rested in every cell of your physical body, as if they are contained in your DNA down to the gene level, you will implement this information at the cerebral level. That is, the information reached in the brain through discipline - that is, transmitted quite often with genuine emotion and feeling - you will create new neural connections with which you will be able to manifest love. Once the connections created, electrical networks will come into being through which you will send the impulse of love along all your actions, deeds and words.

Sending out these impulses outwards, in the surrounding environment towards relationships, meetings, events, and situations will be done on the specific frequency of your energy.

Along my searches and research, I read the following information somewhere:

"Every word we let out is law to the universe."

Expanding this information, I realized that through each word emitted, we attract energy of the frequency equal to the corresponding word from the quantum potential. We collapse this energy according to the intention, and through attention and concentration, we bring it into the physical, concrete dimension.

So the word is information, living is energy, and through attention and concentration we keep our intention in the present. This will lead to the materialization of

what you want to manifest.

Love in manifestation manifests itself through simple presence, where you are with all your being.

According to the information related to the idea that once that gets released, the word becomes law for the universe, we may say the following: uttering the affirmations suggested in the book, as I described above, focusing the mind through affirmation workout in a conscious manner through emotion (feeling) and attention, you will manifest love as you inherently have it implemented at the Spirit level (The Divine Self).

1.2 Manifesting Genius

From my point of view, being a genius means downloading information from the quantum potential giving it some structure, convey it and implement it consciously in the matter field, in a different way than they were implemented before. To be able to access the genius state, it is necessary to have a "translator" ready - and that is the mind. What does a 'ready mind' mean? That is to have an open vision. 'How come?' you will wonder.

To activate an open mind it is necessary to have inside:

- The presence state or the observer perspective;
- The acceptance of other possibilities of manifesting creation than have been used until now;
- The desire to convey beauty in creation.

a. The presence state or the observer perspective

In plain terms, we call the state of presence when you do something out of passion. While doing that activity with passion, you are fully there in what you are doing. At that moment, time usually passes extremely easily, as if it got dilated; you are very efficient and very happy when you finish your work. When you have finished such an activity, you just cry out: "Oh, but where did all that time go? It can't be. It's been like a few minutes!" This means that you were in the present, whole, in communion and connection with everything and all.

In general, we show passion in few activities, and we do the rest because we "have to". When you do something out of passion, you don't get tired, you don't feel exhausted. On the contrary, you feel very energetic, in a good mood, as if you have recharged yourself using "an outlet". In fact, it is so. When you are in the present you are in direct contact with the divine part inside you, with the immaterial part, with that main structure of your being, which is one with the universe.

That's why when you are connected to everything and everyone, you download the necessary information to manifest the genius in everything you do: whether it's food, a gardening activity, homework, a project, and so on.

To acquire the ability to manifest the state of presence in every moment of your life, you need discipline to get to the observer vantage point. The observer's standpoint is

the state when you are not in the cloud of thoughts or in the tumult of emotions. It is the state when you feel that you are in your spirit, untouched by anything outside you. It is you with yourself in contact with the outside and not you outside without yourself.

How do you get to the observer vantage point? Very simple. Whatever you do or wherever you are, ask yourself two questions in your mind:

"WHAT am I thinking now?"

"WHAT do I feel now?"

Through these two questions, you discover if you are not in the present, that is, if you are doing one thing but you are thinking of something else. When you do something and think about something else, you enter some states of destructive emotions (anger, aggression, fear, etc.), because there is a gap between what you do and what you think, a phenomenon that takes you down to the memory lane keeping you inside your emotions. When you do something and you keep thinking about that thing, that is, you are there with your whole being, you will no longer get into emotions because the emotions come from the connection with the moments in the past when you were afraid, you didn't trust yourself, you didn't feel comfortable.

If you find you have a thought that is far from what you are doing there, bring yourself into the present by

paying attention to your breath, to your physical body, to what you are doing and how it feels, touch your body, look at a hand or a foot of yours, etc. Through this concentrated attention, you get in touch with yourself, with your body, and implicitly, with your being. When you get in touch with yourself, you will notice that you no longer experience any emotion. After you have managed to get in real contact with yourself, I recommend you say an affirmation like this:

★ *"I am always in the here and now."*

★ *"I am always in the present."*

Uttering these affirmations, your mind detaches from the thought it was running before and you can focus on what you do, how you do it and how you feel.

b. Acceptance of possibilities of manifestation and reation other than you have used so far.

Through this intention, you open your mind to understand the phenomenon or action in depth.

When you accept that things can be done differently, you activate another brain area where you have not implemented mental programs until now.

I am going to recommend some exercises that will bring you into the present moment and will help you open up and accept that you can do the same usual activities in a different manner.

1. Write the words in reverse, that is, let each letter follow the other in the opposite direction than we have been used to until now;
2. Write on the notebook from the end to the beginning (that is, the pages get reversed);
3. Read the books upside down, that is, follow the storyline of the book while turning the book upside down and reading the page from bottom to top.

Through this type of practice, you will discover that you can write and read differently, but the same effect of the action will result. What did I find out when I discovered these exercises? To be able to read, write or understand what I do, I just needed to be in the present.

These exercises help you open your mind and see that things can be done differently. Many students' testimonials, to whom I recommended these exercises, was that they felt like happy children being able to do things otherwise. They are in the present and it is much easier to write and read in a different way than before. One finding came out. In a few days, the writing becomes very beautiful compared to the usual one. Why? Because you are in the present, and when you are in the present you have the desire to convey beauty to creation.

c. The desire to convey beauty to creation.

The most powerful program we have had since our emergence as humans is the program to create. As human