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Acknowledgements

# Regaining Your Inner Power

A Practical Guide to Quantum Psychology

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In life, there are people, places, moments, situations and events naturally occurring to transform and help you make changes in your life or your reality. It is important that you are present in these moments so that you can experience them and use them to your advantage.

Throughout many years of experience in the field of Quantum Psychology, I have discovered that it is not enough to know the theory, but you must also practice it. It is difficult to experience all these things on your own, but I am grateful to all who supported my work.

I want to name the entities that have left our dimension, and whom I feel deep gratitude to: the entity Elena-Ira Dumitru, the entity Ieremia - a Father at Lapshin Monastery in last the entity Chesariu - a Father at Buzura Monastery, the entity Lăcrășanu Argatu - a Father at Buzura Monastery, the entity Cleopă - a Father at Buzura Monastery and the entity Arsene Boca - a Father, particularly for his Chinese writings.

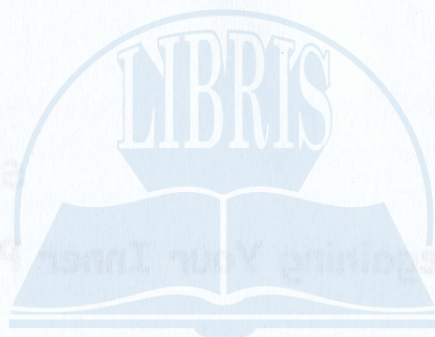
I also want to thank some very Special Beings that have contributed to my Spiritual growth, my mother

becomes as great as He is. This is the mystery/secret that God instilled in man creating him after His own image and likeness. Human beings stubbornly insist on being petty and little; we are this and it is because we have chosen to be this way. The teachings of this book is to deepen our essence that is infinite, to access the power to live in joy and peace, to free ourselves from fear and suffering. This is the core of the book, to discover the God inside of us, to become One with Him. Thank you, magnificent being for what you are! Thank you, Niculina!"

*Psychologist Sanziana Boghean*

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Every single one of us is born with *something* that is beyond the body, the mind and later on, the personality.

That *something* weighs, according to various studies from the United States of America, 11 ounces, namely 311.85 grams, and would represent the difference between a living man and a dead one.

That *something* is with us all the time and lives in the energetic heart waiting for us to give it our attention and credit. It is an infinite, powerful force even magnificent, I would say.

We all were in permanent contact with this force until the age of seven after which conventional social education intervened, "teaching" us to stop listening to the voice of our inner strength. From that moment, because of the conflict between our emotions and outward constraints, we began to lose confidence in ourselves and act according to social laws even if we didn't always agree to them: "It's not nice to....", "It's not proper to....", "People can see you....", "You shouldn't...",

"You are not allowed to....", "It's dangerous to..." etc. and the list can go on. I encourage you to look inside yourselves and see why you lack confidence, see what limited programmes you have been living by.

In my professional practice I meet many people that admit that they have unlimited power, but because they have no confidence, they lack the courage to take action, to make their lives more beautiful and happy. Throughout the psycho-spiritual counselling sessions, they begin to understand who they are and what they really want, so that the fog bank of uncertainties gradually dissipates until their inner power is released. From that moment on, patients can access their inner strength, allowing themselves to become guided by it and live a fulfilled life.

Because we don't trust ourselves we waste inner strength by investing too much energy in those around us: lovers, parents, children, religious dogmas, rescuers in or without flesh, therapists, money, riches (material wealth of all sorts), numerous diplomas (to prove that we are capable) so that all of these would give us worth, social recognition, salvation from various situations etc. The list can go on and everyone can add their personal experience to it.

**You are wasting your strength when someone or something outside of you, becomes more important than what is within you.**

Everything you need is located inside yourself and nobody can know better than you what path you should take, what studies to do, what person to love, what your ideals are, what you desire...

The moment that you invest your faith, your strength in the outward, you drain yourself of energy and vital force waiting for some outside salvation, for someone to guide you, to lead you, to appreciate you. Father Arsenie Boca<sup>1</sup> used to say '*the most important entity after God, is you, for in you is where God resides*'. By accessing your divine power, you stop losing energy outwards, and you just act with all of your strength and then things happen as you want them to; you are your own master and the conscious creator of your reality.

Only you can put your life in order. You do not need an exterior power because you are born with it; all you

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<sup>1</sup> Father Arsenie Boca (29 September 1910 – 28 November 1989) was a Romanian Orthodox monk, theologian and artist. He was persecuted by the Communists and named among the 100 greatest Romanians.

He was born in Vața de Sus, Hunedoara County, Romania, died at Sinaia Monastery and was buried at Prislop Monastery in Silvașu de Sus village ([https://en.wikipedia.org/wiki/Arsenie\\_Boca](https://en.wikipedia.org/wiki/Arsenie_Boca))

have to do is to fill in the holes of the bucket that has started to leak.

Quickly eliminate all illusions and lies that you fed yourself and have been fed with as they are blocking you from living the life you deserve. By doing this, you will have the great surprise that you've been satisfied with very, very little of what you can do and have. Once you realize this, you will never again accept a tedious and dull existence; on the contrary, you will feel entitled to live as you desire, as you like it, and you will never again let life live you as it is YOU who will live the life.

If a certain experience in your life leaves you feeling unfulfilled and discontent, it means the Source inside sends you a signal and if you do not listen to your Divine Self and move forward, you started on a journey with that feeling. The idea that relationships with others help you get rid of such emotions is just an illusion because interrelating actually exacerbates it. On the other hand, there is a compensation:

**The source of power has and will  
always be inside of you; all you have to  
do is to become aware of it, to connect  
to it and to act listening to your Divine  
Self at least for once.**

When I ask my patients if they know that the source of power is inside them, they tell me they do, that they

have read about it in many books, they have seen films exploiting this concept, but their lives remain a suffering experience and they have no clue what to do to experience peace, happiness, harmony, joy and fulfilment.

I tell them how everything they have read is mere philosophy and not a personally experienced, lived truth because they have not accessed that inner power and do not live in joy and peace. The moment you experience something, it becomes your truth and nothing and no one can take it away from you as Jesus Christ said "*And you will know the truth, and the truth will set you free.*"<sup>2</sup>

When you have personally experienced something, that something becomes the truth, and nobody can manipulate you to **see that it is like this or different; you know and you become your own master.**

My childhood was marked by a series of extrasensory phenomena that were impossible for me to understand back then: I would see all sorts of images from different dimensions, and the fact that no one could explain them to me, was frightening. Moreover, I couldn't imagine to discuss this subject with many people.

To protect myself, around the age of fourteen-fifteen I prayed to God to stop having visions but to KNOW instead. I am very happy I have developed this potential -

<sup>2</sup> John, 8:32, Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.®.