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GHEORGHÎĂ, NICULINA

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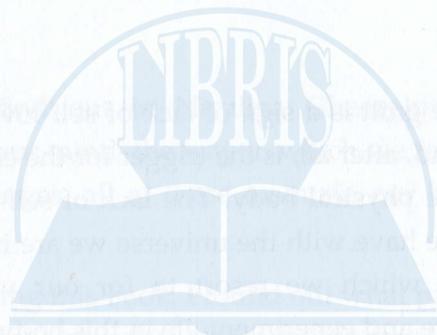
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Niculina Gheorghîă

Self-Healing Starts in the Brain Through Mind Power

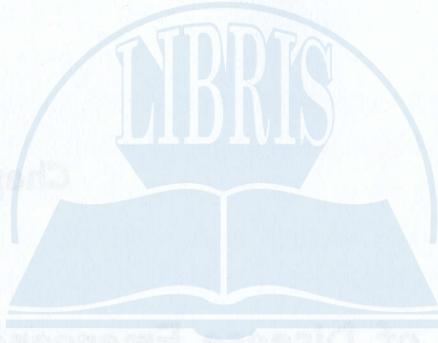
A Practical Guide to Quantum Psychology

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I am starting this chapter with several pieces of information related to who we really are, what we contain inside of ourselves on the subtle plane of existence, beyond our physical body, and what causes may trigger one disease or another.

As a result of my research, I came to design a pattern from which we can grasp that we, as human beings, own seven subtle bodies through which we manifest our human potential, interact with others, and are in existence as such. These bodies are displayed, built and expressed through our being by means of the quantum, energy, informational and physical model.

1.1. The man composed of seven subtle bodies

According to the quantum paradigm, I examined, enlarged and confirmed the subtle bodies that we own. Bottom line, I came up with seven of them.

I will make my point with regard to the seven subtle bodies, ranging from the grossest (visible) to the finest ones (invisible):

1. The physical body
2. The mental body
3. The emotional body
4. The relational body
5. The sensorial body
6. The casual body
7. The Divine Self

The physical body is the grossest body of all and the visible one manifesting on the physical plane. It is a tool that helps us express everything that we contain in the other energy and informational bodies (as part of the Information-Field System that contains blueprints of the principles organising the matter¹). That's why the disease

¹ NT. The analogy with the spiritual terms is often drawn today as such. Hence, in astrophysical terms, information field theory (IFT) is information theory, logic under uncertainty, applied to fields. A field can be any quantity defined over some space, such as the air temperature over Europe, the magnetic field strength in the Milky Way, or the matter density in the Universe. IFT describes how data and knowledge can be used to infer field properties. Mathematically it is a statistical field theory and exploits many of the tools developed for such. Practically, it is a framework for signal processing and image reconstruction. (Max-Planck-Institut für Astrophysik. <https://wwwmpa.mpa-garching.mpg.de/ift/>)

manifests and expresses itself through the physical body, but at the same time, it is activated by the other bodies that are subtler. When the disease gets into the physical body, it is already accepted and supported by some of the bodies of superior frequency to the physical one. The physical body is like a radiographer of the other subtle bodies. It is the instrument through which we manifest what we have on the upper energy planes.

The mental body is an informational body through which we create what we receive from the other bodies. It is the body through which we can step in and heal ourselves. Why? Because in the mental body, we interpret the reality of gesture, an event, a moment or a situation as being constructive or destructive. It is there where we give power to the disease to manifest in the physical body and also the same spot where we can change our belief and conviction that brought the illness.

Also, in the same mental body, we can replace and change our ruinous behaviour patterns and attitudes with constructive ones. For this, knowledge is essential. It is necessary to ask our Divine Self will reveal the answers to us when we want in accordance with the paradigm: *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”*²

² Matthew 7:7.

The emotional body is part of the physical body, where all the emotions experienced during lifetime are recorded since our very birth to the present moment.

Emotion is a cell reflex in tune with the neural kick-start from the brain to the body. Each neural network in the brain creates a muscular or cellular reflex in the physical body. Probably you are very familiar with the "flight or fight" syndrome when confronted with an apparent danger, menace or anger. When that emotion occurs, the body comes into an alert state being warned by the brain which sends a message to the adrenal glands to secrete enough adrenaline that is directed toward the muscles while the muscles are ready to flee or fight.

Our brain is programmed and designed to take care of the human instrument, namely the physical body so that it should manifest the optimum Spirit in this dimension. As children we are mainly taught to survive, and this causes the onset of all kinds of emotions.

Hence, the emotional body is directly linked to each and every programme in the brain, which are implemented inside our bodies as a survival code. When the physical body receives brain signals, it cannot refrain or oppose anything else, but it reacts according to the emotional neural path of the brain instead.

The aforementioned example shows that, in spite of the flitting fury or fear, the physical body still reacts

somehow, meaning the heart beats harder, excessive sweating occurs etc. That implies a certain amount of time before entering a state of chemical comfort.

The brain programmes determine the manifestation of the emotional body, and each time when a sense of crying, anger, happiness, stress is as if we entered an emotional cycle. The emotional cycle is created by the occurrence of something from the outer world that gets us out of our daily comfort zone seemingly pushing some red buttons (as we experienced that state of mind already implemented in our subconscious).

Those buttons start triggering reactions in the physical body such as crying, discomfort, joy, uncontrollable behaviour – because you start doing what you once did, namely to roll the same programme failing to live in the present. Thus, that neural network once created is triggered again and you start walking on the same old path as usual. That neural network that is triggered actually keeps you tied down in the past and more than that it projects the shadows into the future as well.

This is the reason why, even several days after, you keep thinking of what happened to you, or something makes room to a discussion that reminds you of what you lived days ago, triggering the same old feelings as in the past, initial moment. Thus, we maintain the emotional