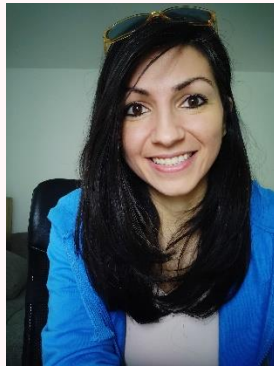


# A Taste of Immortality

Practical quests to self-discovery

An excerpt



Practical e-book developed by [Tini aka Tincuta Nitu](#),  
ghostwriter & transformational experience development  
consultant.

---

*A taste of immortality* by Tincuta Nitu

<https://tiniadventure.com>

The information in this book is the results of years of experience as a human being passionate about self-discovery and personal growth. This is meant as general advice. And it's not intended as a substitute for professional recommendations.

This information is provided as-is, and the reader/viewer assumes all risks from the use, non-use, or misuse of this information.

This book is copyright. No part of this book may be reproduced or transmitted or circulated, in any form or by any means, without the author's prior written permission. Apart from any fair dealing for the purpose of private study, research, criticism or review, as permitted under the Copyright Act and with proper credits, no part may be reproduced without written permission. Inquiries should be addressed to the publisher: [hey@tiniadventure.com](mailto:hey@tiniadventure.com).

© 2021 Tincuta Nitu. All rights reserved.

# Table of Contents

**Before you step into the dimensions.**

**The First Dimension: Awareness**

**The Second Dimension: Authenticity**

**The Third Dimension: Time**

**The Fourth Dimension: Simplicity**

**The Fifth Dimension: Abundance**

**The Sixth Dimension: Death**

**The Seventh Dimension: Inspiration**

**The Eighth Dimension: Adventure**

**The Ninth Dimension: Purpose**

**This is not the End**

**Thank you**



## **Before you step into the dimensions.**

Read the pages in this book in any order you'd like. Know that what you focus on makes all the difference. If you're looking for peace, that's what you will find. If you want to solve a problem and find inspiration, solutions and ideas will come to you.

The words in this book are a mere vehicle, the portal that allows you to go deeper, to explore yourself so that you enjoy a rich life experience, filled with growth and meaning.

May you have a never-ending adventure through words and ideas! Be curious, always, explore, experience, live. It's such an underrated thing – to be alive, here and now. The world would not be the same without you in it. Believe it and feel it.

Self-discovery is not a one-time thing. Write down what you discover. Your life story matters. Capture it.

The dimensions in this book are areas of my life that I keep exploring. Everything started with becoming aware, kind of like looking at myself from above, noticing the universe within the Universe. Then I made a decision to keep exploring the infinite dimensions of life. To embrace curiosity, the unexpected, adventure, and go all in on life. After all, it's only one, at least in this shape and form.

You are the central piece in your own life. It's only natural to want to discover more about yourself. When you do, you'll find that life just gets more meaningful. You change, you grow, you contribute, you make an impact, and you act

according to a higher purpose.

For the longest time, I had been searching for something immortal, eternal. And I found it. It's within. You are infinite. I am infinite. We are infinite. And there are so many things to discover, to experience, to live in this lifetime. Let's make the most of it!

Hugs,  
Tini

# **The First Dimension: Awareness**

## **Seeking to understand.**

Mysteries – aren't they fascinating? If you think about it, a magic trick revealed loses its magic.

Puzzled by the mysteries of life, Universe, the beginning of time, time itself? Never lose that curiosity but don't stress out too much about it either. We might never find out... maybe we're not even supposed to.

Nonetheless, you can always learn more about these, discover something new, exciting, and speculate as much as you want to. That's cool too.

**Quest:** Experience day-to-day activities through the eyes of an explorer. Curious about everything. What stands out? What are you noticing that you haven't noticed before?



## **The human mind breaks the barriers of time and space.**

The mind is as vast as the universe. And you get to create, play, move things and also turn most of them into reality. I say most of them because it's a dangerous thing... You're as vast as the universe. All that you need in order to take in every inch of this life experience is awareness and belief.

You can time travel in the past, the future with such speed and you also hold the power to change your memories and craft a future that you desire.

Still, nothing comes close to using our minds to live in the present moment fully.

**Quest:** Focus on a small thing, something that you have always wanted or something that you're just now discovering you want. Focus on it. And imagine the path towards it. You don't need to know every turn, just to understand that there is a path to get there.

## **Leap from one planet to another.**

Explore. Staying in one place creates the same energy over and over again. When you move, when you explore, your energy is moving. You get amazing ideas. Things just start looking differently.

As you read this, start moving. Even the smallest movement has the power to change everything. When you bring awareness to your current state, to the activities you do and the things, people, circumstances around you, your breathing, your body, you grow faster.

Can you notice the energy shifting? This is what happens when you make a different decision. The moment you choose to take the leap and explore this vast universe through this amazing human experience, you understand. Your being is infinite.

**Quest:** 5-minutes of deep conscious breathing. Along with something done differently. Even if it's waking up 5 minutes earlier or later, by folding the laundry in a different room, by taking a different route, switching time slots for specific tasks.

## **No place like home.**

Our home is the entire world. Even separated by years, cultural differences, religious views, likes, dislikes, people we hang out with, things we do and are passionate about, beyond all these, we are one. The same ancestors. The same energy. It is a concept that feels like home.

Even traveling or moving to a different country has the power to reinforce that. Perhaps a different language. And still, you get things done. No matter how tough it may seem. One at a time, with hope right there beside you. Hope never leaves. Hope is home. Home is hope. Home is where you are. Home is you. You are home.

**Quest:** Journal around the idea of home. What does home feel like to you? Connect with your home. Even if it's connecting with your body, your thoughts. Is home the space around you? Or is it you?

## **Consciousness & dreams.**

Where do we go when we sleep? Can we still be aware when we step into the land of dreams? Lucid dreams they call it. Being aware that you are in a dream. Changing the course of that dream. This means that awareness, true awareness, is infinitely powerful.

Awareness comes in small waves in the beginning, as we understand that there is water out there and our desire is to explore its depths. But first, we get used to the temperature of the water. We see what it feels like. Only then, do we get hit with the big waves of awareness that are so pleasant and so eye-opening.

We clearly see that we are not only our thoughts, our mind, our body. We're more than that, a spiritual being, an energetic creation. And we have tools at our disposal to take this life experience to another level. It has always been amazing to me how dreams have this way of encoding or decoding messages. We create worlds that we had no idea existed. All based on every single piece of information that we take in during the day. And so, those worlds become magical and worthy of exploring.

**Quest:** Keep a dream journal.

## **Quiet, stillness, patience for so many years.**

Stillness from nature. Everything has life in it. Even the buildings. They hold evidence of construction workers, footprints of people passing through. The world was built in a timeframe that our mind is not truly capable of grasping. Those initial moments before this entire life and world came to be are in everything. Even in this laptop with a rainbowy keyboard that transfers thoughts and feelings into words and sentences, only so that we can connect in a new way.

These words came from quiet moments. Moments of reflection, moments of getting myself to write. They come from patience, from trusting that things do work out in the end. Not always as we had expected or imagined, but always with a purpose. Choose to believe and trust that life is not meaningless. And that we do leave our footprint in this world, whether we're here to see it or not. The cool thing about it though is that we get to feel what it's like to design a life we want to live.

**Quest:** Watch something that has no visible life in it. A tree, a house, a car, a book. With intention and more than just a few seconds. Take in the stillness and wisdom. Enjoy it!

## **Start before you're ready.**

If you wait for things to be perfect, life might just slip you by. The Universe started before it was ready. It got ready in the process.

We get ideas all the time. Most times they're based on what we focus on. Other times those ideas seem as random as me telling you that I like to draw. I'm not skilled at it or anything but I do it for fun, not that often and still I do it without being ready for it. The more I think about this, the more I know that we're all ready at any given moment for all the ideas that come to us.

Otherwise, we would not get the thoughts that come to us with such intensity that it feels like that's our whole life's purpose right there, engulfed in one single random idea. The thing is though, will you choose to go with the flow? To chase those ideas? Or go with the habitual? With what feels comfortable?

**Quest:** What is something you keep postponing? Get that thing done.

## **It's all you, you are all.**

You are the center of the universe. All that is around you is you and you are all that is around you. You are the Universe. The Universe is you. We are one. Here to have different experiences. Same source expressed in unique life forms.

**Quest:** Explore your senses. Choose one of our basic human senses and focus on it. Bring your awareness to it.

## **Food for thought.**

Has anyone found the center of the earth? And if they did or do, will you be excited about the center of the earth itself or the fact that it actually exists?

**Quest:** Start working on a new idea you get. Put it into practice. Go with the flow. Question something. Look at things differently. Get that rush that comes with doing something different.



## **Have you ever sat there doing nothing?**

Just being with yourself. Not thinking about anything in particular. You and the present moment. Getting to know you, what it is like to be around you when you are quiet. What does your energy feel like? Your presence. Focus on the breath. What a beautiful thing it is. Your belly expanding and retracting... if you're breathing correctly. I am still working on this. But the more awareness we bring into our lives, the more air that enters our body.

Be comfortable being around you. Silence, nothing to expect, nothing to do. You and the universe. You. You know that you are the most important person in the world because without you, your unique presence would not be here. Your perspective would not be possible.

**Quest:** Sit in silence and observe yourself and how you feel. This is to help you discover what you want.

## **You choose the way you feel.**

I choose fun. Being goofy. Silly. Being me and having fun. Drunk on life. A happy life is not that perfect life that we imagine. It's this exact moment. Your choice. Feel the happiness build up. Feel the tingling sensations flowing through your body. Your eyes filling with that sparkle like no other. You're alive and that's worth celebrating, every freaking moment. That's your happiness. Happiness is yours to create, to summon or to spotlight.

**Quest:** Bring your awareness to the feelings you have at any given moment. Observe them. If you feel like changing them, know that you have the power to choose.

# Thank you

Thank you so much for checking out this excerpt!

If you enjoyed the book and would like to keep supporting me and my work, get in touch through [my page on buy me a coffee](#). There, you'll find practical resources, e-books, courses, services as well as practical experiences meant to change the way we share our knowledge with others and how we consume knowledge. I'd love to hear from you!

Thank you for your time and support!

Hugs,  
Tini