

A Journey of Discovery – Interview with Adina Nicola

CORNELIA DUNĂREANU :

We're continuing the show. Earlier, a former volunteer from Mansada in Reșița returned after five years away. She's staying for a week and will leave again soon. I'm glad to have met her—Adina Nicola. Good morning and welcome!

ADINA NICOLA:

Good morning! Thanks for the invitation.

CORNELIA:

I'm glad you're here and that you're going to share a bunch of stories with us. Thank you, Dana Lupșan from Mansada, for arranging this meeting. I didn't know you before, Adina—I didn't know about your existence—and I'm really glad you came. So tell me, why did you come back? How did you return to Reșița after five years? Why did you leave in the first place? Let's start from here. What have you been up to in the last five years?

ADINA:

Well, when I went on a trip, I was looking for some answers. There were things I didn't understand anymore.

CORNELIA:

So, you went on a journey... when? How many years ago?

ADINA:

Five years ago.

CORNELIA:

Five years ago, you left?

ADINA:

Yes, yes, yes.

CORNELIA:

And where were you then?

ADINA:

I was in Timișoara. I was studying architecture.

CORNELIA:

You were an architecture student?

ADINA:

Yes, I was studying architecture. But after that, I decided to drop out of college because I felt that my youth—this road I was on—would take another five, six, maybe ten years of my life. And I looked ahead into the future and saw what life would be like in an architect's office, in front of a computer. And I said, "I want to travel, to see the world." Because that's what truly inspired me.

CORNELIA:

You were hungry for knowledge, eager to see and experience things for yourself.

ADINA:

Yes! Just like your previous guest who talked about the Olympics and studying—I was like that too. I didn't just want to read about things, I wanted to see them, to experience them.

CORNELIA:

And back in school, you were still at the same place, still with the same biology teacher?

ADINA:

Yes, yes, yes, still at School 8, still with the same biology teacher.

CORNELIA:

But if you loved biology, why didn't you go into medicine?

ADINA:

Well, I really loved drawing. And then, with drawing, people told me that architecture would be a good fit.

CORNELIA:

Because of the mix between drawing and mathematics?

ADINA:

Exactly! Those were my strong points. And people told me that architecture combined both. And, you know, life can always change direction. But that training helped me develop a structured way of thinking, a different orientation in life. Still, I chose a different path.

CORNELIA:

And you have no regrets about that choice?

ADINA:

No, not at all.

CORNELIA:

So, where did you go first? How did you leave? You were an architecture student—what did you tell your parents? And where did you get the money to travel?

ADINA:

Well, the first time I left, I only had enough money for a train ticket.

CORNELIA:

Only the train fare?

ADINA:

Yes, only the train fare.

CORNELIA:

People might think, "Well, she must have had money, someone must have funded her travels."

ADINA:

Yes, some might think that. But no, my parents were actually a little disappointed when I decided to drop out of university. Like any parents, they wanted me to follow the path they envisioned for me. But in the end, they guided me well. However, I followed my own soul and spirit.

CORNELIA:

And where did you go first?

ADINA:

The first place I went was Vama Veche. I took my painting materials because, when I was a volunteer at Mansada, I used to do face painting at events. I thought, "Why not try doing this in Vama Veche?"

CORNELIA:

So, you took your colours and left?

ADINA:

Yes! One morning, I just decided—"I'm going to Vama Veche!" And I went.

CORNELIA:

That's bold! And did it work out?

ADINA:

Yes, I lived off face painting. Though, at first, I was nervous. There was no one else doing it on the beach. And the first few days, I kept getting rejected.

CORNELIA:

But you didn't give up?

ADINA:

No. At some point, I asked for a sign, something to tell me that I was on the right path. And after about ten refusals, someone finally asked me to paint a rainbow-colored unicorn. That was my sign! From then on, things started to fall into place.

CORNELIA:

That's incredible! And then?

ADINA:

I stayed there all summer, painting and making connections.

CORNELIA:

And after Vama Veche?

ADINA:

I went to London. I had a friend there whom I had met while traveling. I became a tour guide, biking around the city for hours each day, showing people around.

CORNELIA:

That's quite a leap! Did you already speak English well?

ADINA:

Yes, I did. And I always trusted my intuition. I followed the opportunities that came my way.

CORNELIA:

And after London?

ADINA:

I went to Greece and worked at a five-star hotel, doing face painting and entertaining kids. Then, I transitioned into being a fitness and yoga instructor.

CORNELIA:

Wait—you had no prior experience in fitness or yoga?

ADINA:

Not at all! But I had a strong belief that if I wanted to learn something, I just needed to dedicate myself to it. I watched online tutorials, practiced every day, and trained myself until I was confident enough to teach others. And I worked in Greece for a while, then moved to Ibiza where I formed new connections and developments. Then after coming back to London for a bit, I spent a year in the Canary Islands during the beginning of the pandemic,

CORNELIA:

So, after Europe, what was your next big goal?

ADINA:

My dream was to go to Guatemala, specifically to Lake Atitlán. There's a spiritual community there, with many yoga retreats, and I wanted to explore that. But because of the pandemic, they had closed the borders.

CORNELIA:

That must have been a setback.

ADINA:

Yes, it was right in the middle of the pandemic. But I didn't stay still at all. We were constantly moving.

CORNELIA:

So, while most people were stuck, you were traveling?

ADINA:

Yes! I wasn't just moving online—I was moving physically. The first plane that opened for travel, I took it!

CORNELIA:

That's amazing! Where did you go?

ADINA:

I went to Mexico.

CORNELIA:

Mexico? That was one of the few countries that remained open, right?

ADINA:

Yes, exactly. While many other countries were closing, Mexico said, "We're not shutting down. Don't worry, you can come here."

CORNELIA:

And what was it like traveling during that time?

ADINA:

It was very interesting. The tourists who were traveling then weren't your usual travellers. These were adventurers, people who weren't afraid. They were like outlaws in a world where everyone else was hiding. They were saying, "Let's see what happens." They valued freedom.

CORNELIA:

So, you found yourself among people who shared your mindset?

ADINA:

Yes! It was the perfect wavelength for me. Meanwhile, I was working on developing my own coaching program. I wanted to create something that would help people open their minds, broaden their horizons, and find their own path.

CORNELIA:

That sounds incredible!

ADINA:

It was... until I lost all of my journals and notebooks—everything I had developed for my program.

CORNELIA:

Oh no! What did you do?

ADINA:

I was devastated. At first, I got angry. I stopped writing anything for six months. Instead, I just travelled around Mexico. Every week, I changed my location. It was an extreme nomadic life.

CORNELIA:

That sounds intense!

ADINA:

Yes, but also beautiful. Mexico was an incredible experience. I met so many people, many of whom were on spiritual journeys. I explored meditation, kundalini energies...

CORNELIA:

That was your goal—to discover spirituality?

ADINA:

Yes! I wanted to understand the reality of spirit and life itself. And I realized that the elixir of life comes from within us. If we listen too much to outside voices, we can get lost. Confusion, sadness, and insecurity start to creep in. But when we listen to our inner voice, everything becomes clearer and more beautiful.

CORNELIA:

How long did you stay in Mexico?

ADINA:

About five and a half months.

CORNELIA:

And from there?

ADINA:

I was supposed to go to Guatemala. I had a return ticket to Ibiza, but I wanted to see Guatemala first.

CORNELIA:

Did you fly there?

ADINA:

No, I crossed the border by bus. I wanted to see how the jungle changed. It felt like a pilgrimage. I hoped to meet a shaman, someone with deep wisdom.

CORNELIA:

And did you?

ADINA:

I met many incredible people. There were artisans, healers, and yes, I did meet a shaman. I also saw many crystals.

CORNELIA:

Speaking of which, I noticed you wear crystals.

ADINA:

Yes! Crystals help amplify intentions and desires. And the feather I wear symbolizes freedom—the ability to fly with our dreams.

CORNELIA:

Do you think desires are signs of destiny?

ADINA:

Absolutely! If you truly desire something, and it brings you joy, then it either leads to an unforgettable experience, a life lesson, or opens a new path. Or simply, it helps you understand yourself better.

CORNELIA:

And where did you go after Guatemala?

ADINA:

I returned to Europe, first stopping in Ibiza, then Amsterdam for a few days. Before that, I was in Turkey, working with a personal development client.

CORNELIA:

So, now you do personal development coaching?

ADINA:

Yes! I do coaching—both personal and spiritual development. I focus on mind, spirit, and body health.

CORNELIA:

That's fascinating. What does that involve?

ADINA:

It's all about balance. What we eat is important, but so is what we feed our minds—books, information, and knowledge. And for the spirit, it's about meditation, creativity, and following what truly inspires us.

CORNELIA:

So, after all these travels, how did it feel to return to Reșița?

ADINA:

Reșița is still one of my favorite cities!

CORNELIA:

Seriously?

ADINA:

Yes! People here are very open. Reșița has a history of international connections, and I feel that the people have a broader perspective than we often realize.

CORNELIA:

That's an interesting way to see it.

ADINA:

Yes, and returning here felt like completing a full circle. I went away searching for answers, and I found a new perspective. Coming back, I realized how important it is to share our stories. When we share, we understand how much we've grown.

CORNELIA:

That's a beautiful thought.

ADINA:

And who knows? Maybe someone will hear my story and be inspired to follow their own dream.

CORNELIA:

So, what's next for you, Adina?

ADINA:

Next week, I'm going to Mexico for a book launch event on tantra and divine femininity.

CORNELIA:

And you also have a crystal business now, right?

ADINA:

Yes! I design crystal jewelry and crowns.

CORNELIA:

You design them yourself?

ADINA:

I don't make them, but I design them. My background in architecture helps with that. I have artisans in Mexico who bring my designs to life.

CORNELIA:

That's incredible! Do you sell them online?

ADINA:

Mostly at luxury events. People love hearing the stories behind them.

CORNELIA:

And you're also working on a movement for women?

ADINA:

Yes! It's a movement focused on the divine feminine—helping women reconnect with nature, creativity, and compassion.

CORNELIA:

That's powerful.

ADINA:

Yes. I believe women are a gateway between what is unseen and what is seen. We bring souls into the world. And through this movement, I want to help women connect with both their inner and outer nature.

CORNELIA:

And you use crystals as part of this?

ADINA:

Yes! Crystals are natural energy amplifiers. They carry ancient wisdom, just like water carries information.

CORNELIA:

That's an interesting concept.

ADINA:

Yes, I believe crystals store energy and knowledge from the past. Keeping them around us can enrich our spiritual state.

CORNELIA:

Some might call you a feminist. Would you agree?

ADINA:

I don't really like the term feminist because it often implies competition with men. I believe femininity is about openness, creativity, and compassion—not competition.

CORNELIA:

That's an interesting perspective.

ADINA:

Yes, and I've also been studying Romanian folk legends about goddesses. I want to share these stories with the world, just like India shares its mythology.

CORNELIA:

What an incredible journey! Do you ever feel fear?

ADINA:

I used to be afraid—to speak, to share my story. But I realized that fear disappears when you follow your heart.

CORNELIA:

You're an inspiration, Adina. Thank you for sharing your story with us.

ADINA:

Thank you! I hope it inspires others.

CORNELIA:

And that wraps up our show! I hope everyone found inspiration in Adina's journey. Have a great weekend!

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