

Mindful Being  
Course

Nataša Pantovic  
Nuit



*Mindful Being Towards  
Mindful Living*

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MINDFULNESS EXERCISES

ALCHEMY OF LOVE COURSES

FREE EBOOK DOWNLOAD

## MINDFULNESS EXERCISES: BE MINDFUL

We eat, walk or talk but we are not aware of our-selves. If we are aware of ourselves, we are awake.

The essence of the **Self-Remembering technique** is that while we are doing anything – reading, singing, talking, tasting – we must be aware of the Self who is reading, singing, talking or tasting. The awareness, the energy, the life is that Self that is present and conscious within each one of us.

In **self-remembering** there will be **no thought** whatever we are doing.

Walking next to the sea: the sounds are there, the wind is there, we are there with the sun, with the breeze, and with our breath and awareness of our body moving, but without our thoughts.

When eating, when bathing suddenly remember yourself, and stay as long as you can – **remembering**. Only effort is needed - a **continuous conscious** effort. Whenever you remember to do it, remember yourself.

Repeated efforts to **self-remember** lead to higher states of **consciousness** and an **awakened** state of being.



## WHAT IS MINDFULNESS?

### SPIRITUAL WORK, MEDITATING AND MEDITATION PRACTICE

When we say '*mind*' we think of: consciousness, awareness, cognitive thinking, reasoning, perception; but also of: intuition, subconscious gibberish, or unconscious strata that influences our lives... The state of mind, our positive or negative attitude towards the world, is closely related to our experiences of **happiness or suffering**. The nature of mind or the matrix of various patterns that forms around our soul is closely related to the Buddhist concept of **karma**.

## Mindful Being by Nuit

'When we say **Mind** we think of: **consciousness**, awareness, cognitive thinking; but also of: **intuition**, subconscious gibberish, or **unconscious strata** influencing our lives. The '**state**' of this **Mind**, our **positive** or **negative** attitude towards the world, is closely related to our experiences of **happiness or suffering**.'



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### EXPERIENCING SILENCE

Eternal, flowing, all-encompassing, fully awake, fully aware, entering the Door of No-Time touching the center of its fullness, feeling the core of its being, floating without a movement, rooted within Non-existence, existing within the breath, spreading piercing Light from every pore, experiencing Her, experiencing Self, experiencing IT, the endless One.

[Meditation](#) enters on tip-toes into one's life working through Eternity to reach the mind that is hidden behind a veil of images. **Silence** starts forming like clouds around arms, chest and throat gathered with spoons of hopes that it will last for-ever. Her voice lingers within the heart, her touch enters with every wind's breeze, her tenderness captures the thoughts' streams, she becomes the first and final embrace, the first and final discovery and the first and final [Love](#).

After you taste her lips, there is nothing else you could long for, after you embraced her, there is nothing else that could warm you, after you desired her there is nothing else you could ask for. You will become her flame, her dust, her wave.

## Mindful Being by Nait

'With 70,000 thoughts a day and 95% of our activity controlled by the subconscious mind, no wonder that it feels as though we are asleep most of the time. To awake, we need to train **Self-Remembering** and **Mindfulness.**'

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[Mindfulness](#) is at the heart of the Buddhist meditation. The person meditating should be **mindful** of whatever enters the mind. Silencing the internal dialogue, the meditator observes thoughts, and feelings without labeling them as good or bad.

**Mindfulness** works with **continuous awareness** of: the body posture and breath; of the feelings, of the mind (thoughts, intentions, images, etc.), and of the mental objects that appear during the meditation. Through bare attention, we learn to see things as they really are, without judgments and preconceptions.

**Mindfulness** increases the **awareness** of the nature of the mind.

**Mindfulness** confronts us with the constant change and impermanence. The change is in the nature of life and clinging to anything will lead us to suffering. The person meditating develops the freedom to break the hold of habits.

## ZEN MEDITATION

Zen is a branch of Buddhism with special emphasis on meditation.

Zen meditation, zazen, or sitting starts by focusing the awareness **on the breath**. During 'sitting' we close down our mental and emotional activity, and through training we develop single-pointed concentration. While meditating we work on our concentration, the rest of the day we work on **mindfulness**. **Mindfulness** is awareness of everything that is happening in the moment.

## ZEN MINDFULNESS

**Mindfulness** is continuous undisturbed awareness of the present moment.

Fully aware of **here**, and now – we pay attention to what is happening right in front of us, we set aside our mental and emotional baggage. To be mindful we have to **re-train our mind**.

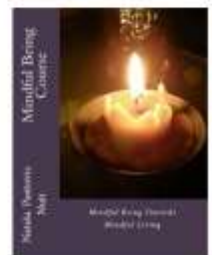
## Mindful Being by Nuit



'Learning the **Art of Self Development** we learn about power of **Mind, Consciousness, Mindfulness, True Love**, we become aware of the possibility to **Live Life in Harmony** with ourselves, neighbours, relatives, parents, animals, plants, and the planet Earth.'



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We train ourselves all through our life to waste energy following our inner narratives. We are often unconsciously driven by our fears, worries and fantasies. We interpret, speculate, and project the words, thoughts and emotions around us. We should enter a space of awareness of our present moment with no emotional filters, no regrets of the past or hopes for the future, with no daydreaming and no nightmares...

Ability to concentrate will give us an ability to transform a mundane situation in a very special one – just in the midst of any moment we can decide to be mindful!

SELF-REMEMBERING

Mindfulness through [Self-remembering](#)

[P.D. Ouspensky](#) (a student of G.I. Gurdjieff) would use the term 'waking up' out of the ordinary state of human consciousness - gaining presence of mind or 'self-remembering'.

Self-remembering is an attempt to be more conscious, and more aware. It is a form of an **active meditation** where we work to be aware of ourselves and our environment through self-remembering.

# Mindful Being

by Nait



'Our enemy within are our Core Negative Beliefs.

**Negative beliefs** hide from the Consciousness and they get exposed by the Magic of **Mindfulness and Awareness**.

Explore Your **Core Beliefs, Challenge Existing, Train Mindfulness, Understand Beauty, Work with Emptiness, Meditate'**



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## MINDFULNESS EXERCISES FOR RAISING AWARENESS AROUND FOOD

If you have a problem with over-eating, eating too often, eating too little, eating junk food, food allergies, etc. you need to become aware and conscious of your body / mind reactions to food.

RE-CREATE THE ROUTINE AROUND YOUR FOOD.

- Eat around the table.
- Eat at set times.

We are all children that need **nurturing, love** and **care**. So give your inner child that nurturing and love, give yourself back the joy of preparing healthy and nutritious meals, joy of experiencing food without TV, reading, working, rush...

## Mindful Eating by Nait



'We are all children that need **nurturing, love** and **care**. So give your **inner child** that nurturing and love, give yourself back the **joy of preparing healthy and nutritious meals**, joy of experiencing food without TV, reading, working, rush.'



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with Delicious RAW VEGAN RECIPES  
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**When you eat, just eat, do not do anything else** – do not read or watch news, use this time to become conscious of quality and quantity of food that you are taking. Your enjoyment will multiply and fulfillment soon follow. The quality will replace the quantity, **awareness** will become your guide and protector.

START EATING AFTER A SHORT MEDITATION OR PRAYER.

This will make you face the animal instinct of HUNGER, and you will turn again towards Peace, just before you take your first bite.

CHEW YOUR FOOD PROPERLY.

Be aware of that sensation of chewing and somewhere in the middle of the bite, stop for a moment, to again experience the battle of senses that occurs when we are eating.

### Stay with this instinct to swallow

Keep the food in your mouth for some time and observe the instinct to take more than it is really necessary, to gulp the food. We are practicing **awareness**. We want the process of food consumption to enter into our **awareness**.

We want to be **aware** of what we are eating, aware of our **addictions**, **aware** of our animal **instincts**. When under the light of **consciousness** these instincts become weaker and we can use them for more pleasure, instead of suffering within our sense of greed.

### STOP EATING JUST BEFORE YOU ARE FULL

If we over-eat, we feel drowsy, we are not fully active, If we leave the table a little hungry, we feel much more energized later on.

## Mindful Eating by Nait



**'CHOOSE YOUR FOOD PROPERLY!**

Let it be **organic**, fresh, **seasonal**, healthy, **without preservatives**, suitable for you. Let it be **tasty** and **looking wonderful**. Preparing food could be an **art form** - a very beautiful one.'



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## MINDFULNESS EXERCISE - CONSCIOUS JOG

MAKE A JOG A CONSCIOUS WEEKLY EXERCISE.

Sri Chinmoy (1931 – 2007), was an Indian **Spiritual Master** who began teaching meditation in the US in 1964. He taught **meditation** as a core **spiritual practice**. He also **encouraged physical fitness** and sports as a vehicle for **personal transformation**. Many of his disciples took on running marathon as a spiritual discipline.

‘While you run, each breath that you take is connected with a higher reality. While you are jogging, if you are in a good **consciousness**, your breath is being blessed by a higher inner breath. Of course, while you are jogging if you are chatting with one of your friends about mundane things, then this will not apply. But if you are in a good **consciousness** while you are running, each breath will connect you with a higher, deeper, inner reality.

**Running also has a special symbolic meaning. In the spiritual life, we are eternal runners, running along Eternity's Road.’**

### **Make jogging a conscious activity.**

Always breathe through your nose.

As you start to jog feel the air move around you, feel your body tense, feel your body muscles act and re-act. Feel your chest expanding and contracting.

Follow your breathing and listen to it. If your mind wanders off, just come back to the **consciousness** of your body and to your breathing. It's best not to push yourself too much and to run at around 70% of your pace.

Focus your attention on the physical activity, on a specific movement your body is making, how the ground feels under your feet, focus on the wind that touches your face. The best practice for any **'mindfulness'** is switching off your music while jogging and becoming **'mindful'** of jogging itself.

## MINDFUL EXERCISES: CONSCIOUS EATING

We have created a swap list for you to make your diet healthier and your body & mind stronger...



- swap meat for veggies
- swap white for brown
- swap soft drinks for spring water (with a bit of lemon or lime)
- swap colored and processed food with organics
- swap sugar with honey or fruits
- swap a milk-chocolate bar for a piece of dark chocolate
- swap a handful of sweets for a handful of berries
- swap an apple pie for a baked apple
- swap cream for plain yoghurt
- swap 2<sup>nd</sup> cup of coffee for a cup of white or green tea

Serving healthy snacks to you and your children is important for good [nutrition](#), supporting lifelong healthy [diet](#) and eating habits. **Nibble guilt-free with these snacks...**

## MINDFULNESS EXERCISE: MINDFUL BREATHING

LEARN HOW TO BREATHE

THE FOLLOWING TYPE OF BREATHING IS ALSO CALLED YOGA BREATHING

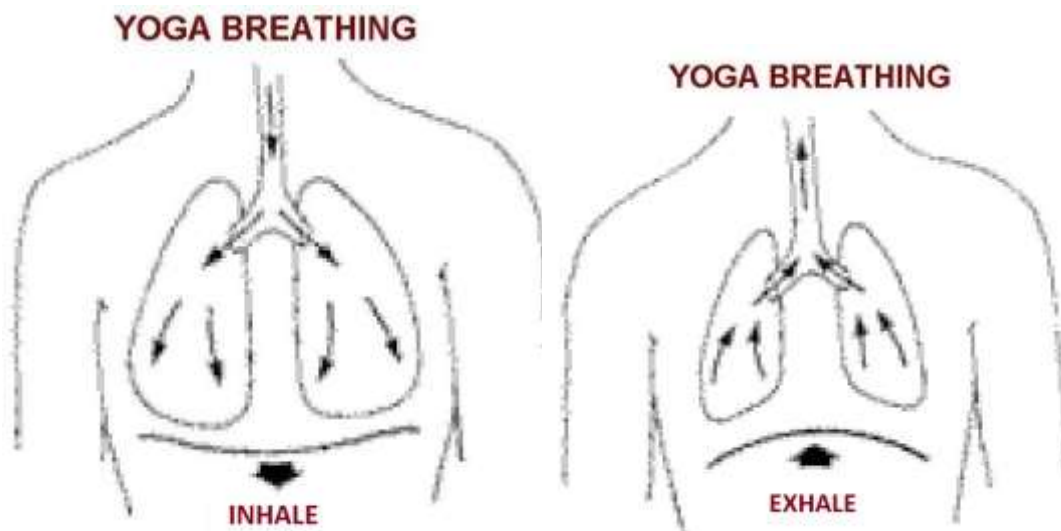
We often take shallow breaths, or breath through the mouth and our diaphragm is used rarely. We often use just a fraction of our lungs and our bodies do not get enough oxygen. With **Yoga Breathing** we exercise the proper breathing.

With **Yoga Breathing** we take the oxygen into the solar plexus. We are conscious of our breath and we take deep breaths, through the nose. This type of breathing strengthens the body and increases the supply of oxygen to the brain.

**Yoga Breath** is done with the following rhythm:

**7 (seconds or heart beats) inhalation -1 retention – 7 exhalation – 1 retention**

You could be sitting down with your back straight or lying down.



If you are sitting cross-legged, keep your shoulders relaxed. If you are a beginner, sit on a cushion, it will lift your hips and make it easier to keep the back erect. While sitting, make an effort to align your head, neck, and spine, so that the spine is perfectly straight. Head will be slightly tilted forward, and the hips will be pushed slightly forward. Place one hand on your chest and the other on your abdomen.

**Breath-in** pushing the air into your stomach, feeling the stomach expand. The oxygen goes into the lowest part of your lungs, then the middle, and then the top. Your chest and abdomen will expand. **Breathing slowly and deeply** brings oxygen to the lowest part of your lungs and exercises your diaphragm.

During an inhalation, your diaphragm will move downwards. During an exhalation, your diaphragm moves up, compressing the lungs and pushing air out.

### Breath is Life.

A myth tells us that we are all given a number of breaths to 'spend' during our life-time and that it is up to us to 'use them wisely. More stressed we are, faster we breath, faster we breath, un-healthier we are and shorter we live...

The **yogic breathing** teaches us to breathe through the nose, to lengthen our exhalation, increasing our physical and mental health.

Practice and this will become your normal breathing, requiring no particular effort.



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**MINDFULNESS EXERCISE: MOON VS. SUN BREATHING**

Left Nostril Breathing, **Moon Breathing**, or Activation of Ida – is the breathing of contemplation, meditation and thinking.

Right Nostril Breathing, **Sun Breathing**, or Activation of Pingala – is the breathing of action, movement, physical work.

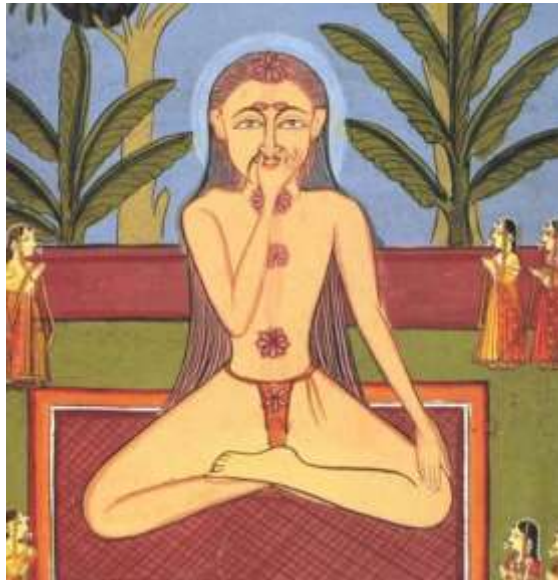


If we wish to ‘manipulate’ this energy to activate our Moon breathing, when we stand we put the left leg forward, or if we are lying down, we lie on our right side, put our right hand under our head, left hand next to the stomach and left leg over the right. In this way we activate the left nostril: **Moon Breathing**.

When we stand if we put our right leg forward, or if we are lying down, we lie on our left side, put our left hand under our head, right hand next to the stomach and right leg over the left; we activate the right nostril: **Sun Breathing**

## ALTERNATE NOSTRIL BREATHING

This is an excellent breathing technique to calm and center your mind. **Sivananda** recommends it as a daily exercise that is done before **yoga** exercises or before meditation.



Do not force the breathing, keep the flow gentle and natural. Sit comfortably with your spine erect and shoulders relaxed. Your left hand is comfortably placed in your lap and your right hand will close your nostrils alternating from left to right.

Your ring finger and little finger will be closing the left nostril, and your thumb will be closing the right nostril. You will start the breath in with the right nostril and breath out with the left one. Next round of breathing will commence with the breath in with the left nostril and breath out with the right.

Then, breathe in from the right nostril and exhale from the left. And so on. Continue inhaling and exhaling from alternate nostrils.

Keep the rhythm of inhalation and exhalation of the **Yoga Breathing: 7-1-7-1**

Complete 7 rounds of this exercise every morning, just before your morning meditation. Keep your eyes closed throughout the exercise.

**Concentration on breathing helps to bring the mind back to the present moment.**

Practicing breathing is an ancient technique used by Yogis to harmonize the left and right hemispheres of the brain. Hindus call such breathing: Pranayama.

There are many variations of Pranayama, but this one is universally excepted as an exercise that helps the flow of prana (life force) through the body.

## MINDFULNESS EXERCISES: OUR MIND

Our mind is constantly busy with thoughts and feelings about our past, present or future. To stop it from useless constant chat, we must learn how to hear this noise, how to become aware of it, and to transform it through **concentration into mindfulness**.

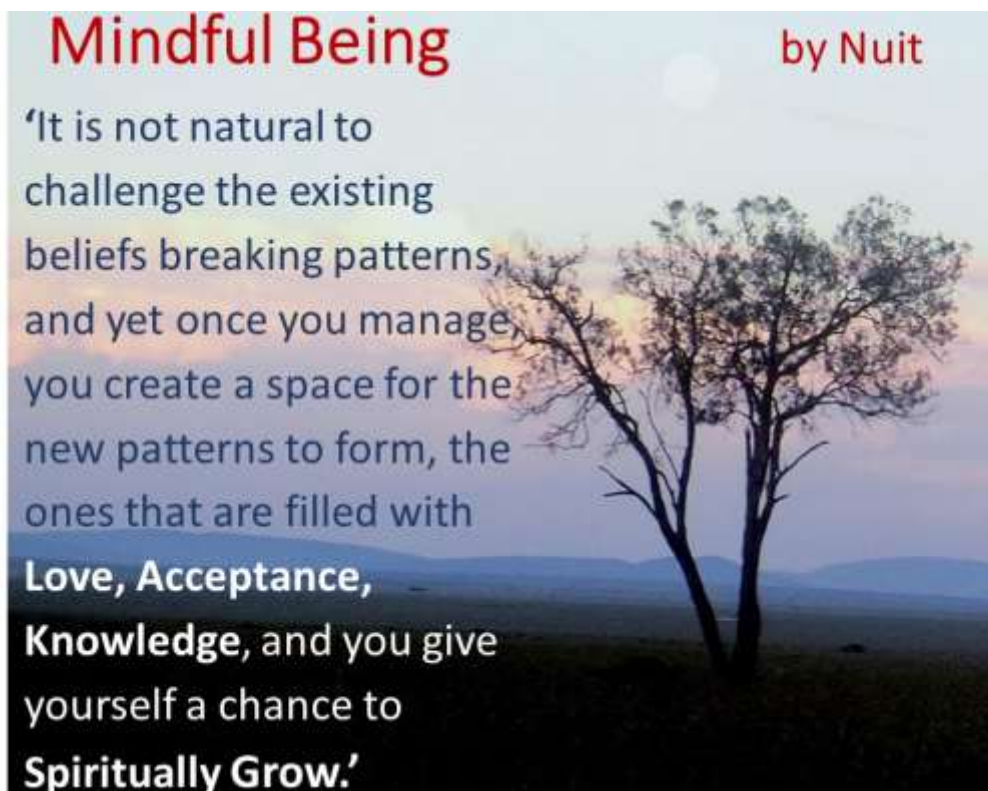
Taoists with their concept of **Yin** (unconscious) and **Yang** (conscious force), Yogis with **Ida** and **Pingala**, that are two opposite energy forces that flow through our body, Cabbalists with the female and male side of the **Tree of Life**, all guide us towards the examination of both: our conscious mind and our or collective unconscious mind.

Researchers say that conscious mind controls our brain only 5% of the day, whereas the subconscious mind has control of our thoughts 95% of the time. A human being has 70,000 thoughts per day.

### CONCENTRATION:

With 70,000 thoughts a day and 95% of our activity controlled by the subconscious mind, no wonder that it feels as though we are asleep most of the time. To awake, we need to train self-remembering and mindfulness. Since, mind is in a constant movement, since thoughts attack us from everywhere, to quiet it we need to use its movement, to stop the flow of thoughts, we need to find an object of concentration and focus on it with all our might.

**Unconscious** or **subconscious** is vast like an ocean, and the awareness and wakefulness need to be trained for a long time. For a successful training one needs to have a strong **Will Power**.



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It is not natural to wake up at the break of dawn to meditate, and yet it is the most beautiful experience one could have. It is not natural to challenge the existing beliefs, and break the existing patterns, and yet once you manage to do it, you create space for the new patterns to form, the ones that are filled with love, acceptance, knowledge, and you give yourself a chance to spiritually grow.

**START WITH SMALL STEPS: REDUCE THE 'MENTAL NOISE' AROUND YOU (SWITCH OFF TV AT BREAKFAST), IMPROVE YOUR SLEEP, WALK TO THE GROSSER, MEDITATE WHEN PUTTING YOUR BABY TO SLEEP...**

## MINDFULNESS EXERCISE: EXERCISE YOUR WILL POWER

OUR WILL-POWER NEEDS TRAINING

**Willpower needs to be trained every single day**, so that it could be later used in the process of **Spiritual Development**.

You train your Willpower or **Will Power** when you challenge your existing structures, when you go against your instincts, against the hunger, when you go against your sleep, when you challenge your limits whatever they are.

## Mindful Being by Nuit

'Somewhere, within our brain, **we have a potential** for higher mathematics, complex physics, art, & amazing richness of **thoughts, feelings & sensations** Somewhere within our brain **we have a potential** to understand the **Magic of Creative Thinking** '



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Write your-own list of actions for exercising Will Power during the duration of this Course. These are some of our suggestions:

- do not eat immediately when you are hungry – wait a couple of minutes, challenging your hunger
- do not sleep immediately when you are sleepy – wait a couple of minutes, challenging your sleep
- at the end of your shower, use cold water, challenging your comfort zones
- swim in cold waters
- wake up early to walk or jog
- wake up early to meditate
- run a marathon
- climb Mont-Everest



- fast on water for more than 24 hours
- do not have an orgasm after 11 minutes of sex with your partner but enter into a magic of making love that might last hours
- do not get angry, even though circumstances are against you

## WILLPOWER IS THE BASIS OF ALL SELF DEVELOPMENT WORK

### Train your Willpower

With the strong **Willpower** you will be able to invite the lady **Love into your life** and let Her rule from the centre of your Heart.

## A-Ma Alchemy of Love by Nuit

*'Any substance, an **Alchemist** would tell you, is what it appears to be, set just for a moment lost in eternity, by parameters of a given place, time, and circumstances.*

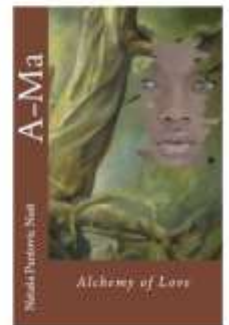
*When **one** is treated with **love, respect and care**, how far can he develop?'*



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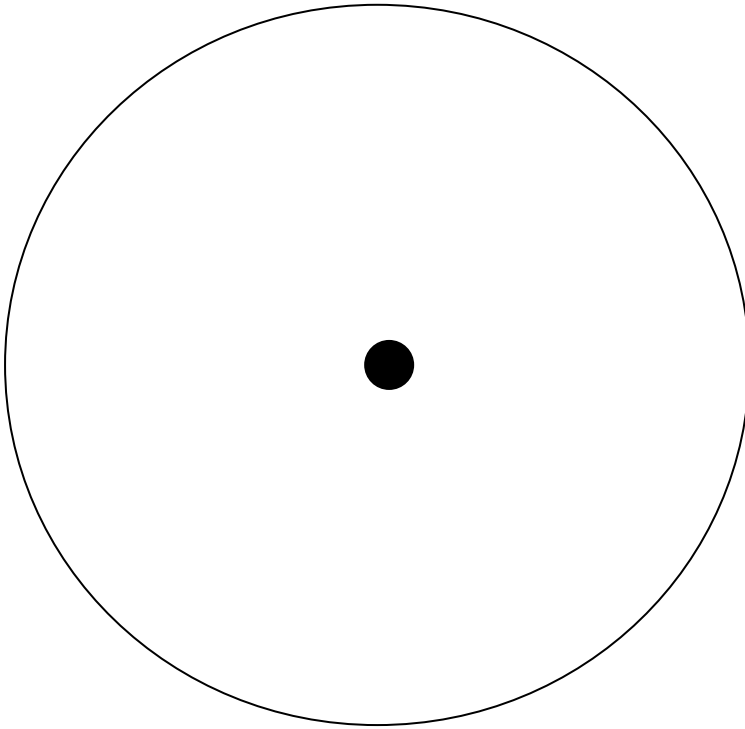
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## MINDFULNESS EXERCISES: PRACTICE CONCENTRATION

### FOCUS ON A DOT IN A CIRCLE

On an A4 paper draw a circle with a dot on it.



Put it in front of you and observe the dot.

Imagine that the dot changes its colour.

At one point of your concentration exercise, you will have a feeling that the dot has truly changed its colour.

Practice this exercise standing straight with the right leg in front and later with the left leg in front opening Ida and Pingala, working with the **Moon Breathing** and the **Sun breathing**. Practice the full **abdominal yoga breathing** while you are concentrating on the black dot in front of you.

Do concentration on the dot with the **Moon Breathing for 5min** and do the concentration on the dot with the **Sun Breathing for another 5min**.

## PRACTICE CONCENTRATION: FOCUS ON A CANDLE LIGHT

Do this exercise in the evening.

Sit comfortably and lit a candle just in front of you.

Observe the flame without moving.

Fix your gaze on the flame. Do not blink.

Stay observing the candle as long as you can.

The flame will keep this effort alive for quite a long time.

When you feel that your eyes are tired, close them, and see the candle within your third eye.

It will be as alive as the real candle, continue focusing on its flame. Repeat the exercise once or twice. End this concentration exercise in about 10-15minutes.

THIS EXERCISE CAN ALSO BE DONE IN A GROUP. FORM A CIRCLE AND PUT A CANDLE IN THE MIDDLE OF 4-5 PEOPLE. DO NOT MOVE, DO NOT TALK, JUST OBSERVE THE FLAME.



PRACTICE YOUR CONCENTRATION...

## MINDFULNESS EXERCISES: START WITH YOUR DAILY MEDITATION

**Silence is healing. Silence is creative.** Silence is necessary. **Regular meditation** is a way to clear your mind from clutter of thoughts, a way to train **concentration** and to focus on specific themes.

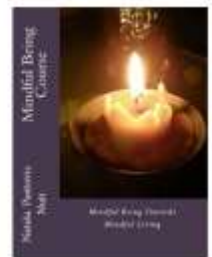
### CONCENTRATION

## Mindful Being

'Our **mind** is constantly busy with thoughts and feelings about **our past, present or future**. To stop it from **useless chat**, we must learn how to hear this noise, become **aware of it**, and transform it through **concentration into mindfulness.**'



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Our **Mind** is constantly active. Seeking **stillness** within the Mind that is in motion is impossible if you do not use the motion itself. When the surface of a lake is still, we will be able to see, experience, intuitively sense the ocean of our sub-conscious and to tap into the magic of super-conscious. This is impossible when the surface is agitated by waves of our thoughts, emotions, habits, fears.

In order to still our mind we will learn how to understand the body and the influence it has on our mind. The art of meditation is the art of stillness, the art of motion within no-motion, action within no-action, visualization and concentration.

Chose an object of **Beauty** that inspires you and use it as your object of **meditation** – a rose, a tree, a crystal, light...

Concentrating our mind on light, love, peace, or pure consciousness, we allow the mind to keep 'busy' while we connect with the source of power, love, peace and knowledge using powerful imagery of **positive imagination**.

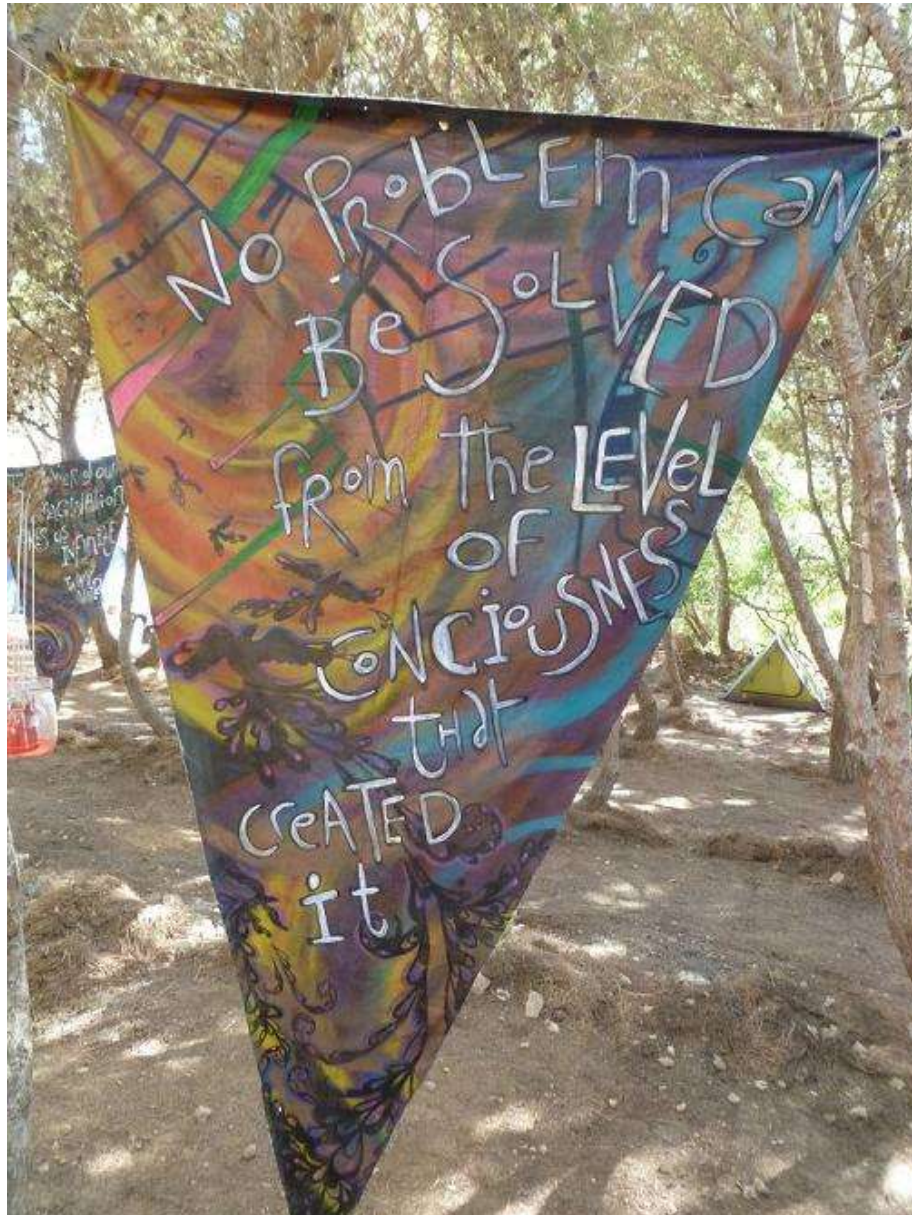
Create your own **meditation**, and follow it!

## MINDFULNESS EXERCISES: EXERCISE LOVE

The quality of life is in proportion of our **capacity to get delighted**.

The capacity for delight is within our capacity to pay attention to things around us. So, during this week pay attention to birds singing, to clouds formations, to flowers that greet you, to kids laughing, to a beautiful person that has just passed by.

Be aware of interconnectedness of all living beings and be alert for the presence of **Divine in All**.



## PRACTICING VIRTUES

For a week at a time, cultivate a single **noble quality**: love, honesty, clarity, tolerance, non-violence, or positive thinking. **Read about this quality, meditate** on this quality, **do art works related to this quality**, talk to people about it, work with it, let IT becomes you.

‘IF YOU REALISE YOUR TRUE SELF, YOU WILL NOT NEED SUFFERING, YOU WILL UNDERSTAND WHAT A WASTE OF TIME SUFFERING IS, WHEN CONSCIOUSNESS CAN BECOME YOUR CHOICE. ON THE OPPOSITE SIDE OF SUFFERING YOU FIND LOVE. SO, TO STOP LONGING FOR THE STATES OF SUFFERING, WE NEED TO ACTUALLY TRAIN OURSELVES IN LOVING! WE NEED TO LEARN TO BREATHE LOVE, SPEAK LOVE AND BE LOVE EVERY SINGLE MOMENT OF OUR LIVES. LOVE CONTROLLED BY WILL.’



*Nataša Pantović* **Nuit**

from Spiritual Novel **A-Ma**  
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If you are **practicing virtues** – you will observe your actions in thoughts, words and deeds.

Thoughts are very potent. Do not ignore them. If you think negative of somebody, that thought will poison you and you will turn it against yourself, soon you will be thinking negative thoughts about yourself. That's the law of nature.

But, most of all: **Practice Truthfulness**

**Be truthful.** With the truth you will get other virtues. Don't tell lies. The lies stick onto you, they become a habit and the mind starts uttering them before you are aware of consequence of lying.

Find an example of the best follower of this virtue.

For example, **Dalai Lama is embodiment of Compassion.**

If you are practicing **Compassion**, read his work about **Compassion**, introduce **Compassion** in your every-days life.

Write about **Compassion**.

Watch films that inspire **Compassion**

**Meditate** about **Compassion**.

**Feel the Compassion** within your heart.

Wake up with a Compassionate thought.

Go to sleep with **Compassion** within your heart.

Talk to people about **Compassion**.

**Live Compassion!**

**Practice Compassion!**

## Evolution

**Idea Perspective Word**

Breaks into our **code**

Per-mutating atoms

Of our **Evolutionary Self-s**

Our **sensory navigating device**

Accepts or rejects the **Impulse**

Creating **Realities of our Choice**

A **natural drift** takes us

from an **amoeba** to a **human**

A **very determined choice** takes us further

Allowing us to squeeze our way through

To **Awake-n to God** and his **gift of**

**Aware-ness**

## Art of 4 Elements by Nait



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**Alchemy of Love Courses: Mindful Being and Conscious Parenting**

## Message from Nait

**Dear Spiritual Traveller,**



Nataša Pantović Nait  
BSc Management  
Author

Tangible transformations comes into our lives only if we work on our self-development truly and holistically.

During my **Spiritual Journey**, during 25 years of **Meditation, Yoga and Tao** exploration, I came across **Alchemy of Love**. In an attempt to expand the Wonder of **Meditation, Mindfulness, Consciousness, Bliss**, I created the Alchemy of Love Courses: **Mindful Being** and **Conscious Parenting**.

Exploring the **Alchemy of Human Being**, we examine Human Brain and **Mind Powers**, tools to increase **Creative Thinking**, ways to achieve **Free Mind**. The courses are inspired by sages and gurus of our past from **Hindu to Buddhist, Christian to Tao**, by **Life, Love, Alchemy, Divine**.

The alchemy of this mixture is there to keep me inspired and to inspire you to further create, going back to Life re-newed, shining Love...

*It is My Pleasure to Share with You the link to this Precious Course:*  
<http://www.artof4elements.com/entry/111/alchemy-of-love-course>

The Alchemy of Love **Mindful Being Course** works with the full range of transformation tools that examine your body, your emotions, your thoughts, your relationships, your surroundings, your goals and your dreams.

All throughout the course we will look into the development of your strengths, virtues, positive attitudes, talents, and we will give you tools to develop both spiritually and as a human being

You will ask yourself questions about your life and habits: Is it Self-discipline that you need, and strengthening of your willpower to tap into your highest potential? Are there habits that suffocate your development and the expansion of the life-force within you? Is it the endless chatter within your head that kills your initiatives and disturbs the Flow? Are you ready to live your Highest Potential?

You will examine what are the negative beliefs that might disturb your Journey. What do you really want to live? Do you live your dream life? Isn't it happiness that we are all ultimately after? We will help you understand your body, mind and soul connection and help you start listening to your soul all throughout Your Journey.

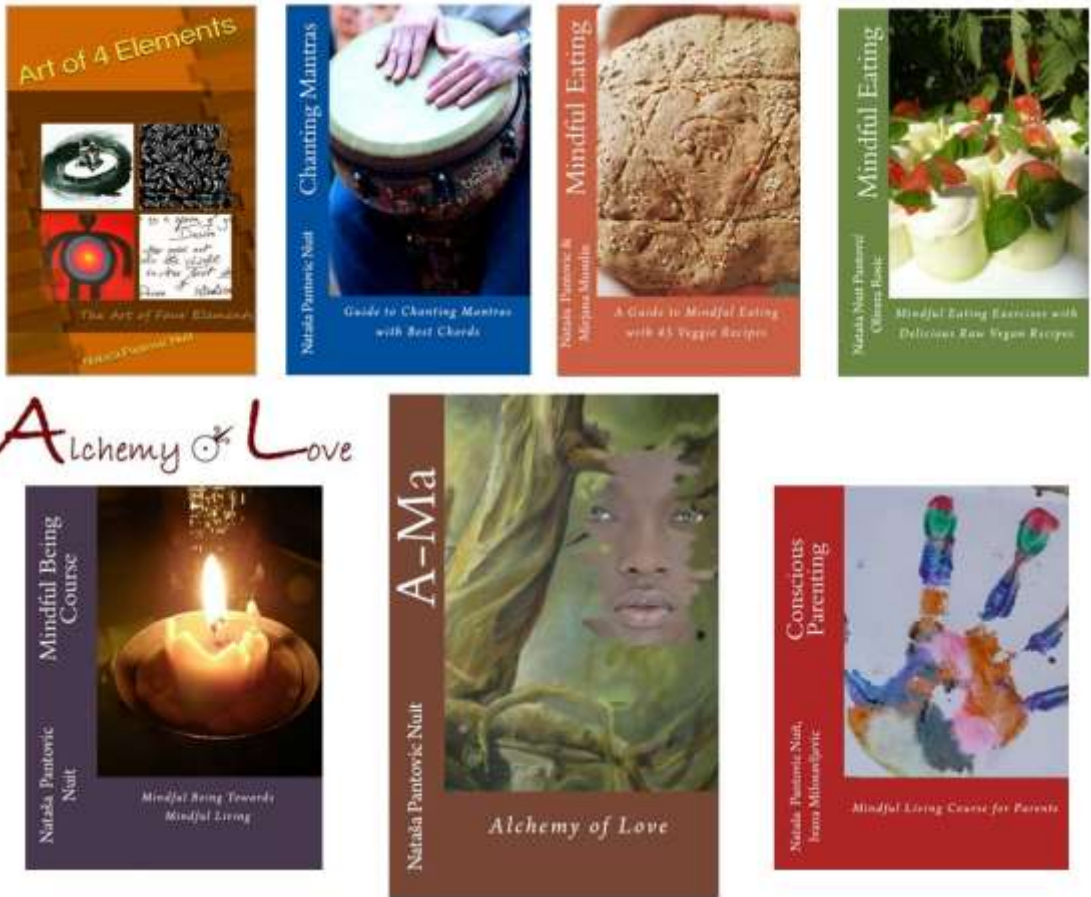
Starting your journey with us, you will work on your Short and Long Term Goals understanding the True Values that surround you and your family. Transform your Life Journey into a Self-Development Journey that is full of Learning, Love and Laughter. Take concrete actions that will help you be more Mindful, Aware and Conscious.

Understand your True internal drive, your passion, your calling. Allow your Soul to direct your Journey. Become a creative genius that is connected with his or her heart, intuition and inner wisdom.

Achieve peace of mind and happiness, following the path of Mindfulness through all the actions you take.

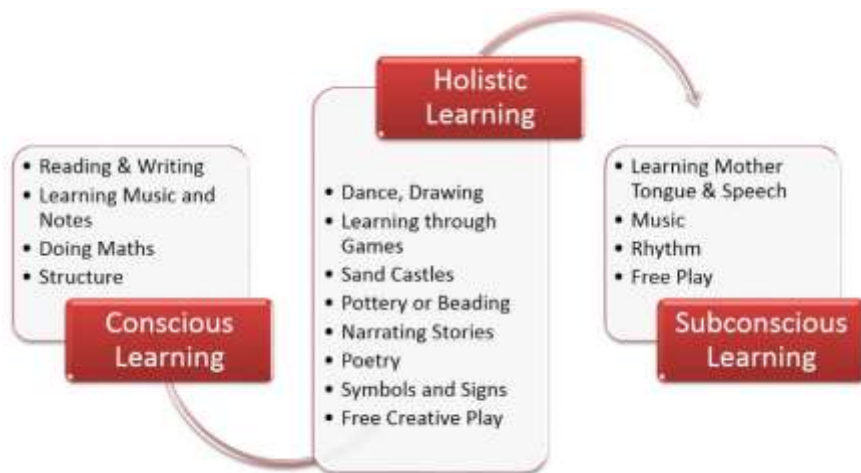


**Conscious Parenting Course**



**Parenting** is the most amazing spiritual experience one can go through. It exercises our Will Power, and strengthens our capability to **Love**. It is free, it is constant, it challenges our existing beliefs, and breaks our Ego Structures. And it is always extremely rewarding! We have designed Self Development Course called: **Conscious Parenting**, to help you focus on Love and Beauty of Parenting.

It is in our nature to learn and grow. Taking a commitment to grow, spiritually develop, we take responsibility for our lives. We also help our children grow into inspiring adults.



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**Our commitment to grow as spiritual beings is always beautifully rewarded**



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**Exploring the Alchemy of Human Being we examine Human Brain and Mind Power, tools to increase Creative Thinking, ways to achieve Free Mind...**



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**To live life in *harmony* with ourselves, our neighbours,  
 our relatives, our parents, animals, plants, and the planet  
 Earth**

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**12 Weeks full of Spiritual Transformational Tools**  
 Combines **meditation, mindfulness** exercises, **soul's diary, spiritual diary, relationship contracts**, and many other daily spiritual transformation tools

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*Our purpose is to help you grow as  
a conscious human being...*



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**Self Development Journey** is a most  
amazing Journey we will ever embark on



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Through a **process of self discovery**, we learn  
**mindfulness**, and become **consciousness**,  
**awareness, love.**



## LIST OF FREE ARTICLES THAT MIGHT INSPIRE YOUR JOURNEY



[HEALTHY BODY AND HEALTHY FOOD ARTICLES HTTP://WWW.ARTOF4ELEMENTS.COM/PAGE/FOOD-FOR-HEALTH](http://www.artof4elements.com/page/food-for-health)

Inspiring articles about [nutrition](#) to keep your body healthy and fit!

- [REAL FOOD FOR HEALTH](#)  
<http://www.artof4elements.com/entry/25/real-food-for-health>  
A steady diet of real food is needed to sustain good health.
- [WHY VEGETARIAN](#)  
<http://www.artof4elements.com/entry/21/why-vegetaria>  
Vegetarian Diet is a Conscious diet...
- [YIN AND YANG OF FOODS](#)  
<http://www.artof4elements.com/entry/24/acid-or-alkaline-foods>  
Acid versus Alkaline Foods, Yin and Yang of Foods
- [WATER AND HEALTH](#)  
<http://www.artof4elements.com/entry/22/water>  
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- [FRUIT & VEGGIES](#)  
<http://www.artof4elements.com/entry/23/fruit-vegetables>  
10 miracle fruits and vegetables - best for your [nutrition](#)
- [HEALTHY SNACK](#)  
<http://www.artof4elements.com/entry/44/healthy-snack>  
The [healthiest snacks](#) you can take during the day



INSPIRED AND CREATIVE MIND ARTICLES

We have an extraordinary potential to transform ourselves and become [creative](#) and inspired individuals tapping into our [highest potential](#)

- A HUMAN BRAIN IS TRULY EXTRAORDINARY! <http://www.artof4elements.com/entry/38/brain-and-its-magic> A human being has 70,000 thoughts per day. Conscious mind controls our brain only 5% of the day.
- [THE NATURE OF MIND](#)  
<http://www.artof4elements.com/page/free-mind> or the matrix of various patterns that forms around a soul is closely related to the Buddhist concept of karma.
- [WHAT IS CREATIVITY?](#)  
<http://www.artof4elements.com/entry/31/what-is-creativity> To be creative we have to choose to be different from everyone else [challenge the existing](#)
- [DIVERGENT THINKING](#)  
<http://www.artof4elements.com/entry/35/divergent-thinking> is an ability to see lots of possible ways to interpret a question
- POWER OF MIND: WE ARE WHAT WE BELIEVE WE ARE <http://www.artof4elements.com/entry/67/power-of-mind>



LOVE AND RELATIONSHIP ARTICLES <http://www.artof4elements.com/page/love-and-sex>

Learn more about sex and [sexuality](#), how to distinguish between [love](#) and sexual attraction, about [falling in love](#), and our chemical responses to the love game, and learn more about sexual energies and its use to stay healthy and happy.

- SEX AND LONG TERM RELATIONSHIP <http://www.artof4elements.com/entry/49/sex-and-long-term-relationships>

The sexual game, excitement, passion, and bliss of '[falling in love](#)' are in all our fairytales, and a part of our conscious and sub-conscious make-up waging chemical wars within our brains.

- [LOVE AND CHEMISTRY OF CONNECTION](#)

<http://www.artof4elements.com/entry/46/chemistry-of-connection>

**Love with its sexual, spiritual energy** is an amazingly precious energy and with its proper use **we can enter the space of inner peace, passionate creativity, sparkling health, and life balance.**

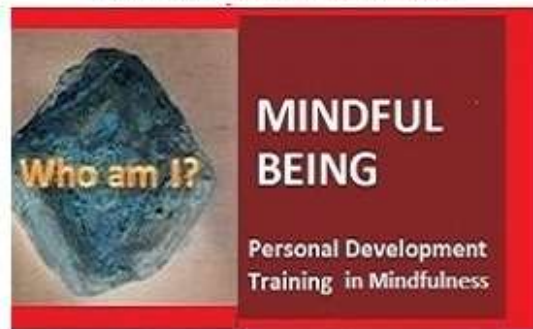


[What is Spirituality](#) Articles <http://www.artof4elements.com/entry/53/what-is-spirituality>

Our [soul whispers to us](#) constantly. [what is spirituality?](#) [What is spiritual life?](#) When we understand the power of the mind and the way the soul communicate with us, we can help ourselves live in harmony.

- [What is mindfulness](#) <http://www.artof4elements.com/entry/52/what-is-mindfulness> Mindfulness is at the heart of many **meditations**.
- [What is alchemy](#) <http://www.artof4elements.com/entry/50/alchemy> **Alchemy** is based upon the natural phenomenon of growth.
- [What is a mantra](#) We sing devotional songs with deep feelings, and full faith, letting the transcendental beauty enter our souls.
- [Prayer Room](#) All the major world religions use prayer as a ritual or spiritual method to experience God.
- **MANDALA MEANING** [HTTP://WWW.ARTOF4ELEMENTS.COM/ENTRY/105/MANDALA-MEANING](http://www.artof4elements.com/entry/105/mandala-meaning)
- [What is Spirituality?](#) <http://www.artof4elements.com/page/what-is-spirituality> *'Before enlightenment he gathered wood and carried water; after enlightenment he gathered wood and carried water.'*
- [How to meditate? Quiet Mind](#) <http://www.artof4elements.com/entry/42/how-to-meditate> Benefits of Meditation **Silence** is healing. **Silence** is creative.
- WHAT IS UNCONDITIONAL LOVE [HTTP://WWW.ARTOF4ELEMENTS.COM/ENTRY/51/WHAT-IS-UNCONDITIONAL-LOVE](http://www.artof4elements.com/entry/51/what-is-unconditional-love)
- [The Mystics](#) <http://www.artof4elements.com/entry/78/the-mystics> Mystics Magic, the Guardians of the oracle mysteries acquired **deep knowledge** of the laws of the **spiritual world** and **their interaction with the sense world**.
- Goddess Worship
  - <http://www.artof4elements.com/entry/77/goddess-worship>
  - <http://www.artof4elements.com/entry/111hz>

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100s of Transformation Tools to Help  
You Live Your Highest Potential

## About the Author

Nataša Pantovic Nuit is a poet, a writer, and a spiritual researcher that lives and works in Malta.



Nuit has designed the **Alchemy of Love Mindfulness Training Courses**.

**The Alchemy of Love Mindfulness Training** is about the alchemy of love, the alchemy of soul, our everlasting quest to find the gold within, discovering the stone that transforms metals into gold.

Personal Highlights or some weird and wonderful things about me:

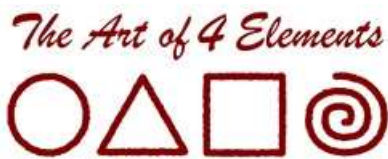
- BSc Economics from Belgrade, Serbia
- 1991 published my 1st book: Contracts for Companies in Serbia
- Moved to Malta in 1993 and worked for 5 years in Management Consultancy, Malta Office of the Prime Minister
- I never in my life had a TV or a mobile phone
- I meditate twice a day
- 10 years Head of Business Development of an UK IT company
- Trainer and facilitator of Creativity Workshops in: Mindfulness, Goddess Within, Stress Management, Communication
- 25 years of experience in yoga and meditation, 25 years of yogic life-style, Sivananda Certified Yoga Teacher
- Organizer of 6 Body, Mind and Spirit Festivals in Malta
- Keen interest in exploring Megalithic Temples, Meaning of Symbols, Goddess Rituals
- Regularly publish articles on Self-Development and Spirituality
- Designed Alchemy of Love Mindfulness Training and published 7 books
- Entered an amazing world of parenthood, adopting two lovely children from Ethiopia



Alchemy of Love Mindfulness Training consists of:

1. Art of 4 Elements, Spiritual Poetry Book, by Nataša Pantović Nuić, Jason Lu, Christin Cutajar, Jeni Caruana
2. A Guide to Mindful Eating with 45 Veggie Recipes by Nataša Pantović Nuić and Mirjana Musulin
3. Mindful Eating with Delicious Raw Vegan Recipes by Nataša Pantović Nuić and Olivera Rosic
4. Mindful Being Course by Nataša Pantović Nuić. Also available as Mindful Being Gold supported with 25 presentations, 11h video material
5. A-Ma Alchemy of Love Spiritual Novel
6. Conscious Parenting Course by Nuić and Ivana Milosavljevic, also available as Conscious Parenting Gold supported with 30 presentations, 11h video material
7. Chanting Mantras with Best Chords by Nuić

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