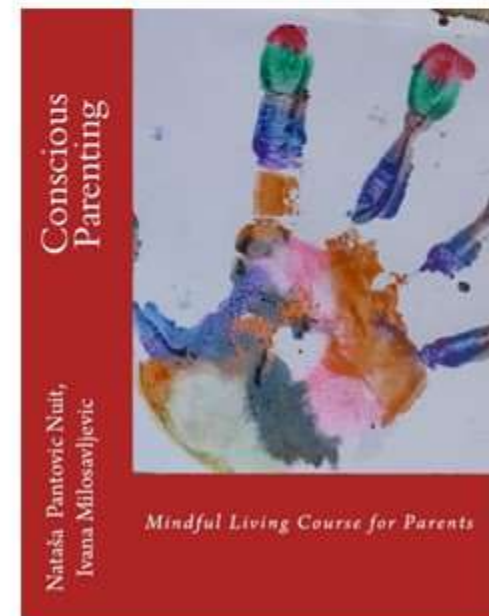
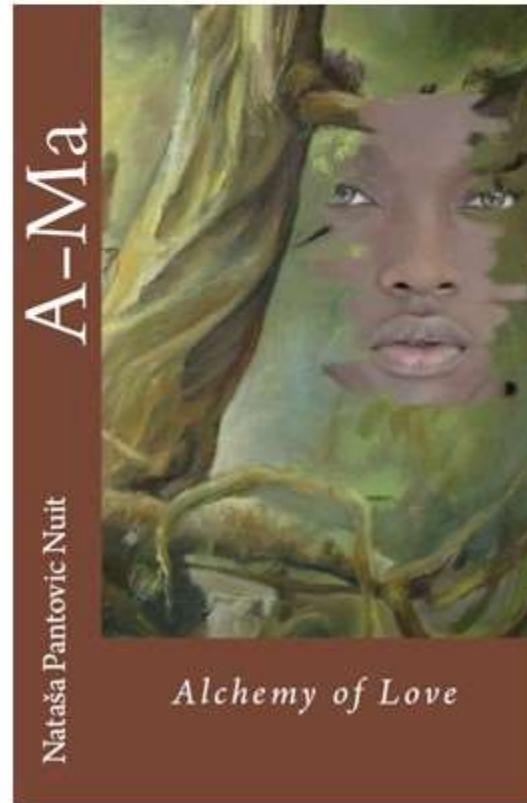
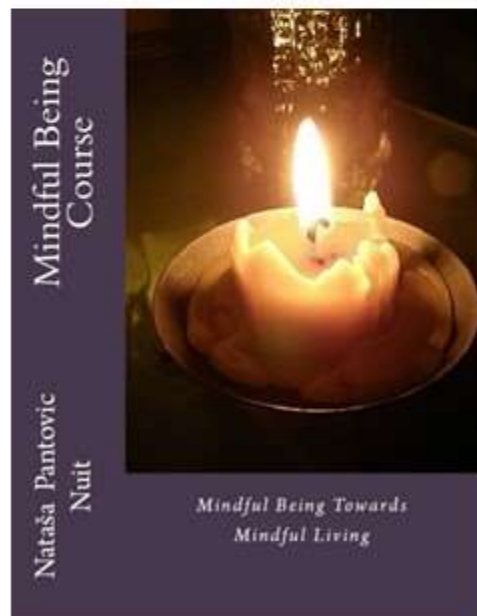


Alchemy & Love



‘ALCHEMY AND ITS SYMBOLISM LIVES WITHIN THE SHADOWS OF OUR CONSCIOUSNESS. ALCHEMY SOURCES ITS INSPIRATION FROM OUR EMOTIONAL, DREAMY STATES, WITH ITS SYMBOLS, SIGNS AND IMAGES THAT EXPLORE SPIRITUALITY, IT EXPERIMENTS WITHIN THE WORLDS OF UNKNOWN, INVISIBLE, GUESSED. ENTERING THE WORLD OF SOUL, IT DARES TO ASCEND TO GOD CREATING A SCIENCE OUT OF THESE DREAMY EXPERIMENTS.’

Alchemy & Love

Nataša Pantović **Nuit**

from Spiritual Novel **A-Ma**

www.artof4elements.com



**'Once we merge with the Core
Trusting the efficiency
Of our Soul's Intent
The Flow becomes
The only possible
Direction.'**



Alchemy & Love



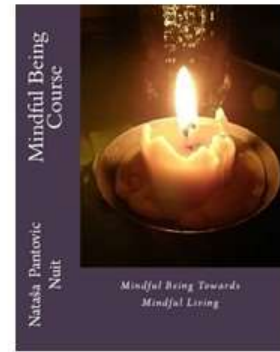
Art of 4 Elements by Nuit www.artof4elements.com

Mindful Being by Nuit

‘**Mindfulness** increases the awareness of the **Nature of the Mind**. If we learn to Control our Mind and **Listen to our Souls** we can consciously choose to be **Joyful** instead of sad, **Peaceful** and **Loving, Alert** and **Relaxed**.’



Alchemy & Love



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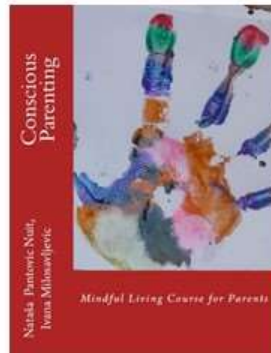
‘A child has a deep longing to discover that the **World is based on Truth**. Respect that longing. In our attempt to help children **grow into Inspired Adults**, we wish them to carry the **Youthfulness of their Souls**, and the **Wonders of Childhood into their old age.**’

Conscious Parenting by Nuit

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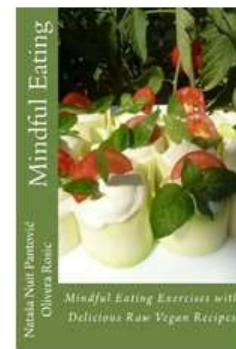
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Mindful Eating by Nuit



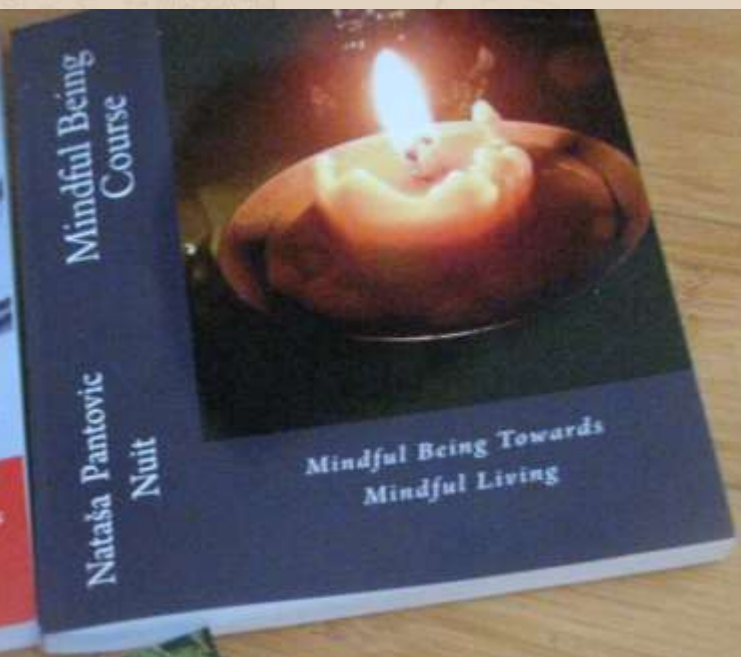
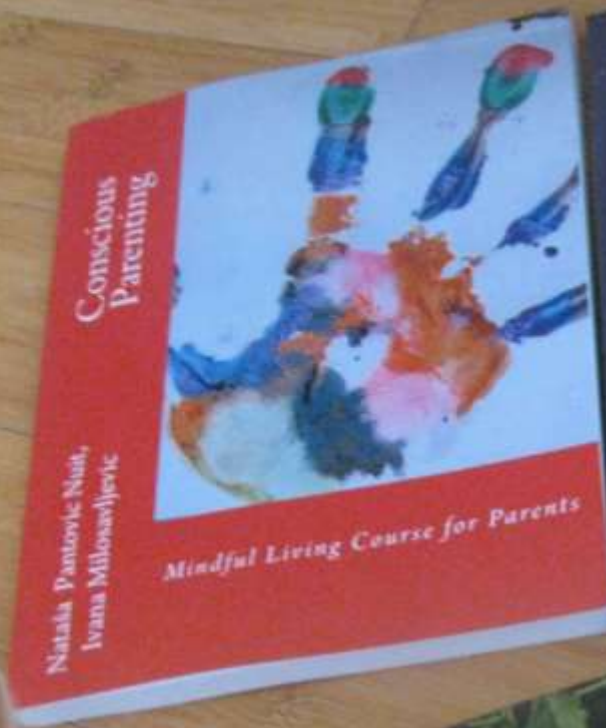
Alchemy & Love



'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.'



with Delicious RAW VEGAN RECIPES
www.artof4elements.com



Message from Nuit



Nataša Pantović Nuit
BSc Management
Author

Dear Spiritual Traveller,

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>

VARIOUS SELF DEVELOPMENT TRANSFORMATION TOOLS, ACTIVITIES AND WORKSHOP

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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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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.





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 and 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



Art of 4 Elements is a Mindfulness Training and Self-help publisher that publishes books, audio, and video materials in areas of Mindfulness, Meditation, Self-Help, New Thought, Alternative Health, Vegetarian and Vegan Food and Nutrition, and Conscious Parenting.