

# Conscious Parenting

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*Mindful Living Course for Parents*

Alchemy of Love

## CONSCIOUS PARENTING MINDFUL LIVING COURSE FOR PARENTS

Alchemy of Love Mindfulness Training

<http://www.artof4elements.com>

## INTRODUCTION TO SELF-DEVELOPMENT COURSE CONSCIOUS PARENTING

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

### **Conscious Parenting Mothering as Spiritual Quality**



We hope to help you discover Your Self; inspire you to live more passionate and sensitive life; helping you listen to your Soul, finding your-own space in this matrix of life, making a genuine contribution to humanity.

## PARENTING IS AN ART FORM

A very difficult one! We live surrounded by an increasingly complex matrix of impulses allowing strangers of all sorts (TV, media, Internet) interfere in our children's mental, emotional and spiritual development. Understanding this intricate network and how does the human brain interacts with it is increasingly becoming our door to happiness and health.

The self or the personality is a bundle of socially influenced traits that emerges and gets formed gradually. We are shaped by our parents and neighbors, by our religion, the media, by various marketing agendas of major corporations, by our state's politics, by the way we behave or misbehave towards our-own body, our mind, environment, animals and plants, and our planet Earth.

So, what would we need to do to understand the importance of a healthy body, to manage our emotions and nurture love for our friends and family, to become aware of how we can help ourselves and our children make a positive impact on our society or the environment, or discover the purpose of life and ways to be happy?

We hope to help you in your **Personal Development Journey** and encourage you to take full responsibility for your body and health, your mind, your emotions, your habits, your relationships, and your spiritual beliefs. We invite you to take the full responsibility for the growth of your children, and the happiness of your family.



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# Your Highest Potential is Waiting



'Hope you discover Your Self  
Get **Inspired** to Live more **Passionate**  
& **Sensitive** Life  
Learn how to **Listen to Your Soul**  
Finding your-own space in this **Matrix**  
of **Life**. Making a **genuine contribution**  
to **Gaia** and **Humanity**.' **Nuit**

**Start Your**

**A**lchemy  **L**ove

**Mindfulness Training**

## VARIOUS SELF-DEVELOPMENT FAMILY ACTIVITIES AND WORKSHOPS

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| Title                              | Description of Transformation Tools  |
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| MODULE 1 Attitude towards Body     | We will help you examine your body, your health, your exercise regime, the food that you eat, your habits and patterns.  |
| MODULE 2, Attitude towards Home    | We will help you examine your home, the environment that surrounds you, your habits and patterns.  |
| MODULE 3, Thinking Patterns        | Examine your Mind and your every-day thoughts. Look into your conscious and sub-conscious addictions, identify your strengths and weaknesses.                    |
| MODULE 4, Time / Life Wasters      | Often we waste time unconsciously and we need to apply a conscious effort to record this time and activities, so that we become aware of the wasters of our life |
| Module 5, FREE MIND: Your Feelings | We will help you examine your world of feelings and emotions.  |
| Module 6, Your Core Beliefs        | Your enemy within are your core negative beliefs. Negative beliefs hide from the consciousness and they get exposed by the magic of mindfulness and awareness.   |
| Module 7, Relationships            | We will help you examine your relationships, your <b>ability to love</b> and tune into your-own and other people's wants and needs                               |
| Module 8, Your Greater Surrounding | We live in our Greater Surrounding. Our capability for love grows and expands into our surroundings – Earth, animals, plants, our neighbors, strangers...        |
| Module 9, Your Dreams              | Turn away from your dream and it will come back to you. <b>Follow your dream</b> and it will give you a <b>tremendous amount of pleasure and learning.</b>       |
| Module 10, Your True Goals         | Identify your <b>True Goals</b> and Actions to achieve them... <b>Listen to your Heart and follow your Mind!</b>   |
| Module 11, Spirituality            | What is Spirituality for you? Start your <b>Spiritual Diary</b> and get inspired within your Spiritual Journey   |
| Module 12, Your Spiritual Journey  | Meditate, start your <b>Dreams Diary</b> , Read Spiritual Books, Seek Spiritual Company...   |

ALL THROUGHOUT THE EXERCISES YOU AND YOUR CHILD WILL BE EXPLORING:

**Concentration:** Learn the art of concentration and practice with your children 'focus' that will help you grow and do your day-to-day duties the best you can.

**Will-Power:** Work with the magic of discipline to create the life you desire

**Love:** Improve your ability to connect with yourself and others

**Creative Intelligence:** Live authentically, and express your creativity

**Listen to Your Soul:** Learn how to listen to your Soul' Whispers

**Oneness:** Realise that we are all One

**Spirituality:** Raise your awareness and live more consciously

# Stay Attentive to Your Soul's Whispers



## SO, WHY SELF DEVELOPMENT?

Self-development is a way of Life. **Our Self Development never ends.** We are never too young or too old for personal growth.

**We have an amazing potential to reach our highest potential,** to have truly inspiring careers and loving relationships.

**Unfortunately, often we walk through our lives asleep, we let our habits rule us, and find it difficult to change our beliefs.** Recognizing the power of our Mind and the power of our Soul, learning the art of Concentration and Love, we are learning to Live with the Flow, not against it.

It is in our **nature to learn and grow.** For happiness we need to learn to Love, we need to learn to Concentrate and we should keep the flow and energy of inspiration within our lives.

Taking a commitment to grow, work on Self, spiritually develop, we **take responsibility for our lives.**

Learning the art of **Self Development** we learn about **power of mind, consciousness, mindfulness, true love,** and we become aware of the possibility to live life in harmony with ourselves, our family, neighbors, our relatives, our parents, animals, plants, and the planet Earth. Through a process of **self-discovery,** we will learn mindfulness, we will get in touch with conscious behavior and change our attitudes so that we are not ruled by instincts, habits and someone else's beliefs.

Our Soul is the true driver of the chariot called our body and mind, and it is a source of an amazing inner knowing.

## WHY SELF DEVELOPMENT FOR PARENTS?

Because **the world belongs to our children** and we are their soil, their water, their air.

### BECAUSE THE PARENTING IS THE MOST DIFFICULT JOB IN THE WORLD

Because it is possible to get it RIGHT – our children need our Love, but also our support within this amazing matrix of choices. They need us to guide them towards healthy foods, healthy habits, inspiring activities, life enriching friends, etc.

Because it is easy for parents to lose themselves in RESPONSIBILITY, in day to day tasks, in screams of demanding children, within the piles of shit of their babies, within RULES they are supposed to follow and within ROLES they are supposed to play. It is easy for parents to lose the connection with **Her Majesty Love.**

Because no matter how much you try you will not get it RIGHT the first time, we (human beings) need to GO through an experience to be able to learn. Helping a sister, who just had a child, is still a completely different experience from having your own child. The one who has never been a parent

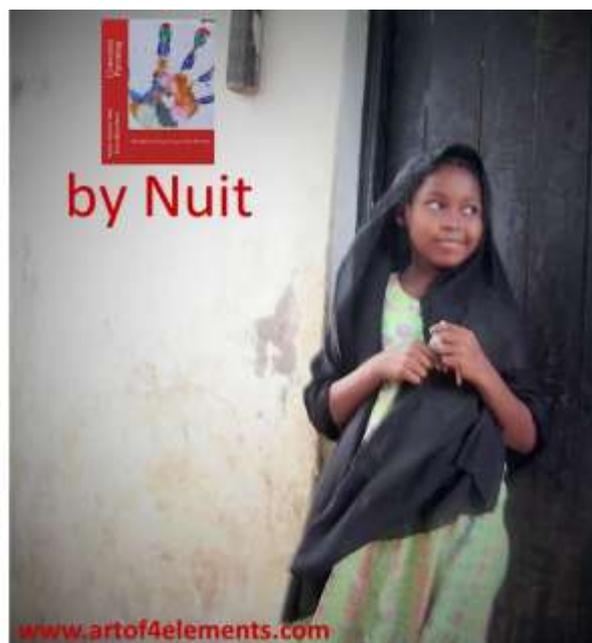
will have difficulties understanding all the struggles, traumas and complications, a parent needs to go through in his or her role of a Parent.

However, it is possible to get it RIGHT the second, the third or perhaps the twenty-fourth time round. It is important not to give up, get discouraged, or forget that we can aim to reach our highest potential even surrounded with screams, buttered with no sleep, exhausted with the utter lack of privacy, utter lack of space for one-Self, constantly challenged with various demands (for more and more chocolate, for more and more TV, for more and more games, for more and more expensive gifts, for more and more and more...).

It is possible to get it RIGHT if we stick to the very basic principle of **Self Development** and **Spiritual Growth** let Her **Majesty Love** rule sharing the throne with her lover **Willpower**.

## Conscious Parenting

'If we do not respect our **Earth**, the **World of Emotions & Mental** development will suffer. We all need **Rhythm** in our food consumption, sleep patterns, cleanliness & exercise regime. **This Routine does not come naturally** and it is learned and exercised from very young age.'



## CONSCIOUS PARENTING SELF DEVELOPMENT COURSE METHODOLOGY

### BALANCING FOUR ELEMENTS

The four elements within each one of us are: air, earth, fire, and water, four states of matter Life chooses to manifest on Earth: Jung describes them as four basic components of a personality: **intuition, sensation, thinking and feeling.**

In an attempt to deeper explore the infinite game of Life, together with you, we will explore:

- **Earth** that is fixed, rigid, static and quiet, and symbolizes your **world of senses**;
- **Water** that is the primordial Chaos, is fluidity and flexibility, and symbolizes your **subconscious mind**; **Intuition** is a deeper perception. Without clear evidence or proof, intuition perceives the subtle inner relationships and underlying processes creatively, and imaginatively.
- **Fire** that is boundless and invisible, and is a parching heat that consumes all, or within its highest manifestation, becomes the expression of Divine Love. It is a **symbol of your emotions**, and
- **Air** that has no shape and is incapable of any fixed form. It symbolizes **your world of thoughts**. It is a rational, systematic process, it is our intellectual comprehension of things.

All elements are bound by:

- **Soul** that stands at the center of the four elements as an Essence, an Observer, Consciousness coming forth to **experience the magic of Life.**



WE WILL NOT BE TALKING TO YOU ABOUT PARENTING BUT ABOUT HOW TO GROW AS A SPIRITUAL BEING TOGETHER WITH YOUR CHILDREN

Our intention is not to preach to you, to attack your ways of parenting, to blame you or highlight your mistakes, but to support you on your parenting journey, to inspire your higher self, to help you see and bring to consciousness the patterns that might hinder your growth.

Our intention is to help you constantly return to the energy of love no matter how much of a challenge parenting might be.

Our intention is to let you know that you are not alone in your parenting battle-field, within the arena of discomfort, sacrifice, and confusion that children might create and to help you see that your stage is surrounded with marvel, beauty, and plenty of unforgettable experiences.

The ancient truth is that no one can touch your buttons like your-own child can and no one can inspire within you so much awe, happiness, and wonder like your-own child.

We will try to help you potter each one of your and your children's days in such a way to create many moments of amazement.

We will help you at all time remember that you are a parent NOW and that this moment is unique and will never return.

Do not give up when you touch the door of awareness, frightened by its trap, but let it open wide giving your family a possibility to create reality of your dreams.

## Conscious Parenting by Nait

**'Every child is an individual with a different growth rate & a varied and vast potential. Respecting the talent that is hidden within each child, we respect their potential to become Kings of their Trade, or Saviors of the World to come.'**

[www.artof4elements.com](http://www.artof4elements.com)



# Spiritual Journey Learn to Listen to Your Soul



**Body Mind Soul**

**Train Love      Train Willpower**

**Respect Gaia      Respect Life**

**Respect Silence**

**Conscious Living**

**Mindful Eating      Mindful Being**

**Conscious Relationships**

*Alchemy & Love*

**Mindfulness Training**

## COMMITMENT CONTRACT

**Personal development is never ending work.** It takes commitment and patience. If you are serious about personal growth, we will be more than happy to share what we know with you.

### Commitment Contract

I \_\_\_\_\_

Undertake to work on my self-development during the next 12 weeks.

I commit to honestly and truthfully face my habits and beliefs, so that I can transform them into inspiring and enriching daily routines, and life-changing attitudes.

**My intention is to discover and live my highest potential working with my body, mind and soul.**

During these 12 weeks I commit to take care of my body giving it the adequate sleep, proper diet, and exercise. I will do my best to limit or avoid consumption of alcohol, drugs, cigarettes, and medications for the duration of the course.

I also commit to listen to my Soul's Whispers exercising daily meditation, writing Spiritual Diary, and creating my-own rituals for accessing the Power of Soul (contact with nature, music, dance, laughter, etc.).

I commit to experimenting, enjoying and exploring!

Let my Soul and Mind stay Inspired!

\_\_\_\_\_ (signature)

\_\_\_\_\_ (date)

## Rules of the Game

Listen to Each Other

Speak One by One

No Interruption

Right to Disagree

Respect One Another

All Ideas are Good

Questioning is Healthy

There are no Stupid Answers or Opinions

No Aggression

Do not Judge

Speak in Your own Name

Be Honest, Truthful, and Thoughtful

Listen Attentively and Practice Silence

Win Win Scenario is The Best

Switch Off Your Mobile Phones

When in Doubt, Ask Questions

Be Conscious of Words You Use

Add your own Rule 1 \_\_\_\_\_

Rule 2 \_\_\_\_\_

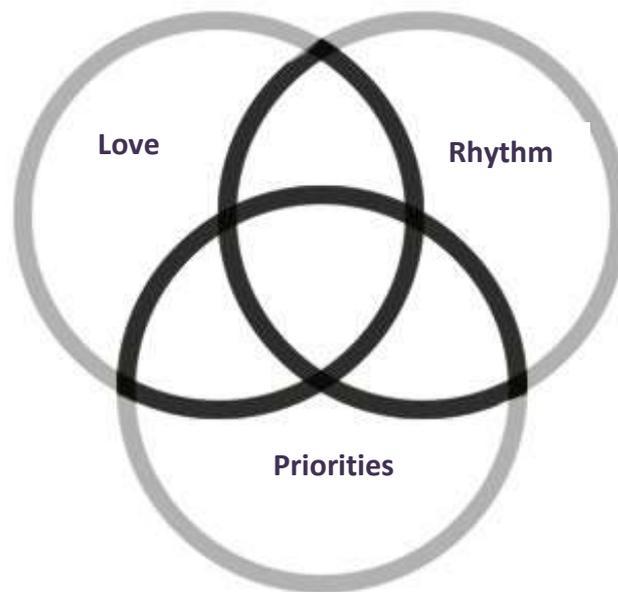
Rule 3 \_\_\_\_\_

Rule 4 \_\_\_\_\_

## CONSCIOUS PARENTING MAIN PRINCIPLES

The main principles of **Conscious Parenting** are based around 3 pillars:

- **Love**
  - **Train Love**
  - **Practice Freedom**
  - **Be Mindful**
- **Rhythm**
  - **Create Stability**
  - **Respect Routine**
  - **Build Structure**
- **Priorities**
  - **Learn to Discriminate**
  - **Define Priorities**
  - **Practice Self-discipline to Execute**

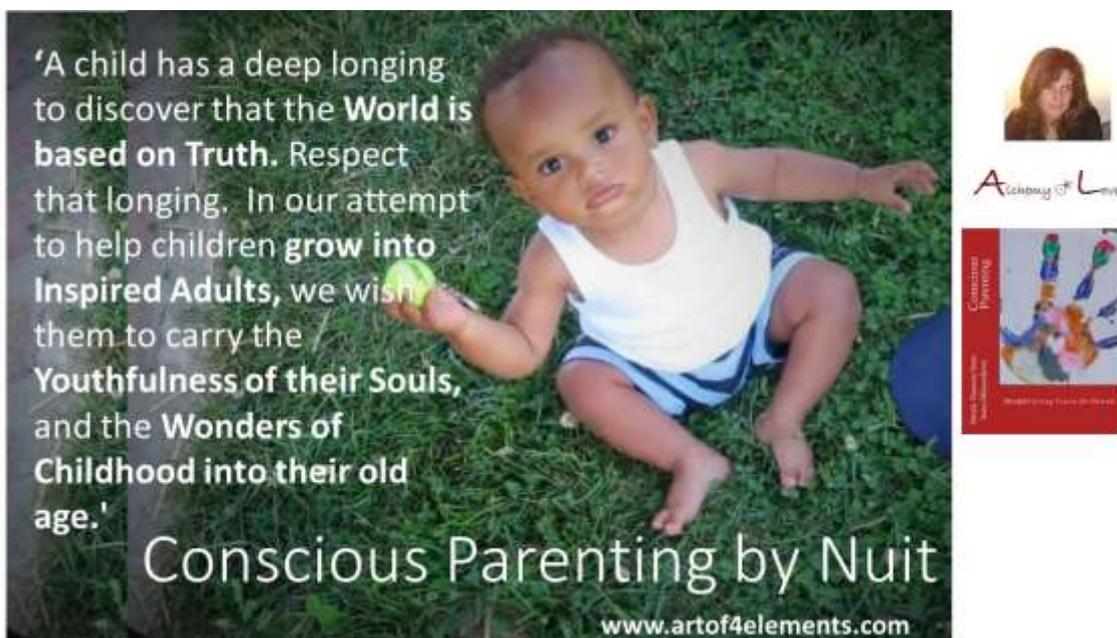


Through this process will help you further develop:

- Awareness of many stereotypes that cover your path and hinder your thinking process
- Open heart that is protected by inner strength,
- Open and **Free Mind** so that you can stay in-tuned with your soul, new experiences and ideas,
- An ability to stay true to your decisions and do your best to follow them.

Remember, this is your Journey, your course and your Life. We will inspire you and offer you various tools and techniques for your Spiritual Growth but you will most benefit if you give yourself fully to It.

## LOVE RHYTHM AND PRIORITIES



*"The need for imagination, a sense of truth and a feeling of responsibility – these are the three forces which are the very nerve of education." Rudolf Steiner*

Within the Artof4Elements Conscious Parenting Course Methodology, at all times, we are very attentive and careful about the child's evolving **world of senses** that needs stability, **routine, and structure**, that needs constant attention and care, **world of emotions** that needs **love, freedom and creativity** and **world of thoughts** that needs **Discrimination as an Ability to chose Right Thinking, Emotions, Behavior.**

**Soul** stands at the center of the children growth and development, as an Essence, an Observer, Consciousness coming forth to **experience the magic of Life.** Be tentative to the Soul's whispers.

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.

### **Listen to Your Child**

A child is a Soul, a unit Consciousness materialized on Earth to learn, fulfill its purpose and contribute within the matrix of society. Our parents and grandparents fought for 'freedom', 'expression of thoughts', 'equality', and we now have a task to fight for the supremacy of Love over Control within all areas of life. An ocean of human consciousness and sub-consciousness is vast and dynamic. It beautifully changes with every enlightened human being that walks the planet, with every enlightened couple that lives love and with every enlightened parent that can transfer the wisdom to his or her little ones.

Stepping into the foot-steps of our ancestors, dreaming a better world we walk our path fighting for the mental, emotional and spiritual freedom, and equality.

Every child is an individual with a different growth rate and a potential that is varied and vast.

Respecting the needs of our little ones from a very early age, listening to their unique voices, hearing their wants will assure them that no matter how tiny they are somebody will kneel down to Listen.

Respecting the potential that is hidden within each child, we respect their potential to become Kings of their Trade, or Saviors of the World to come.

### ***Kahlil Gibran on Children***

*“And a woman who held a babe against her bosom said, ‘Speak to us of Children.’ And he said:*

*Your children are not your children.*

*They are the sons and daughters of Life's longing for itself.*

*They come through you but not from you,*

*And though they are with you, yet they belong not to you.*

*You may give them your love but not your thoughts.*

*For they have their own thoughts.*

*You may house their bodies but not their souls,*

*For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.*

*You may strive to be like them, but seek not to make them like you.*

*For life goes not backward nor tarries with yesterday.*

*You are the bows from which your children as living arrows are sent forth.*

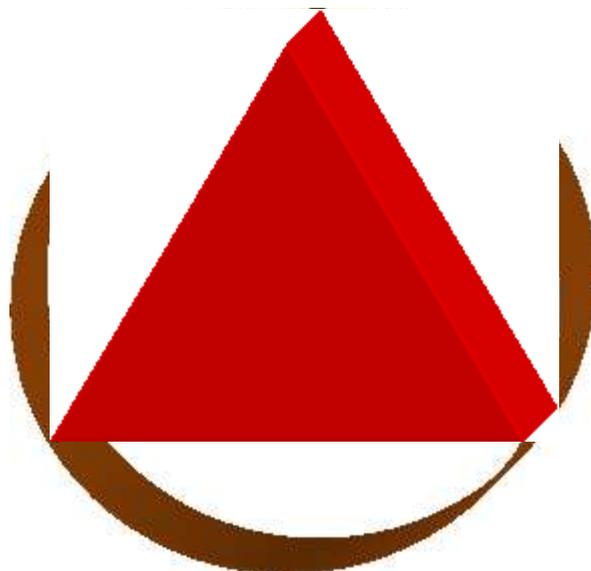
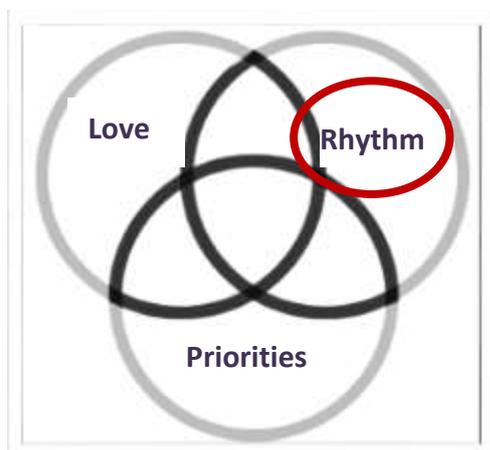
*The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far.*

*Let your bending in the archer's hand be for gladness;*

*For even as he loves the arrow that flies, so He loves also the bow that is stable.”*

## RHYTHM

RHYTHM IS ONE OF THREE PILLARS OF CONSCIOUS PARENTING



**RHYTHM IS BASIS OF ALL**

If we do not respect our **Earth**, the world of emotions and mental development will suffer. We all need **rhythm** in our food consumption, in our sleep patterns, in our cleanliness and our exercise regime. This routine does not come naturally and it is learned and exercised from very young age.

The Rhythm is carried and supported by our ability to:

- **Respect Routine**
- **Create Stability**
- **Build Structure**

THE KIDS NEED RHYTHM, THEY NEED STABILITY, ROUTINE, STRUCTURE

Without the **routine** our body suffers. It is a carefully structured activity that we follow. The routine is built around:

- Regular bed time, regular meal time, regular washing time, a set time for silence, a set time for creativity, a set time for play.
- The routine around food: at a set time, and place
- The routine around 'spaces': dinning at the dinning table, playing in the playing room, doing the home-work after school, etc.

# Mindfulness & Conscious Relationships



How long do I, my partner or my child spend sleeping, eating, exercising?

If we wish to have a beautiful, peaceful and safe home, we need healthy expanding roots that go deep into the ground. These roots are our routine, our stability, our structure.



The life with the **rhythm** will give us space and time for all the other activities. The life with the stability, structure and routine will give us time for ourselves, our children, cousins, friends, work, study, theatre, for all...

The rhythm is a movement and a flow. The flow can be expanding or directed from one side to the other. The directed flow secures predictability and stability to your family and your kids.

Even if they do not define it as such, children love when they are stable and secure.

## RESPECT ROUTINE, CREATE STABILITY, BUILD STRUCTURE

The children like to know that they will go for an outing with the family on Sunday morning and that this Sunday morning will actually happen. They also like to know that they will be fed properly daily and that you will together bake pancakes every Thursday afternoon. They like to know that they will play with their friends once they finish their homework and that they will return home for a warm home-made meal in the evening. They like to know that you will read to them before they go to sleep and that they will feed the cat first thing in the morning.

It is not easy to find the rhythm in today's world full of various distractions, and it is not easy to find 'time' when so much is spent in useless activities (TV and computers) but it is possible to do so, and if you manage your child will start thriving.

**Routine** and **structure** will build **stability** and help you gain a healthy attitude towards food, build positive habits, and know when to be active and when to withdraw.

It is often that children have problems expressing themselves within the families that find it difficult to connect with the rhythm and structure as a quality. Their parents find the rhythm boring and the structure suffocating and are incapable of planning their activities in advance. They allow other people to shape their day and they jump from an activity to the other, without any respect for their own needs for the rhythm and structure. This reflects on our children. It is believed that one of the reasons for AD/HD problem in early childhood is the lack of rhythm and structure.

**Rhythm** has a flow and like a river it carries us throughout the day.

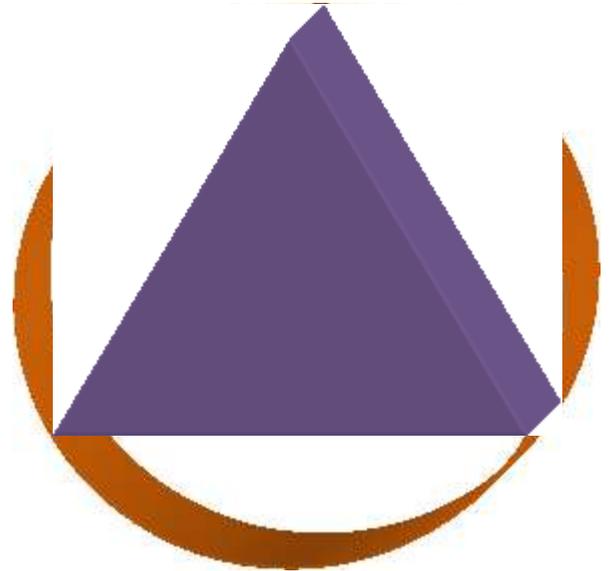
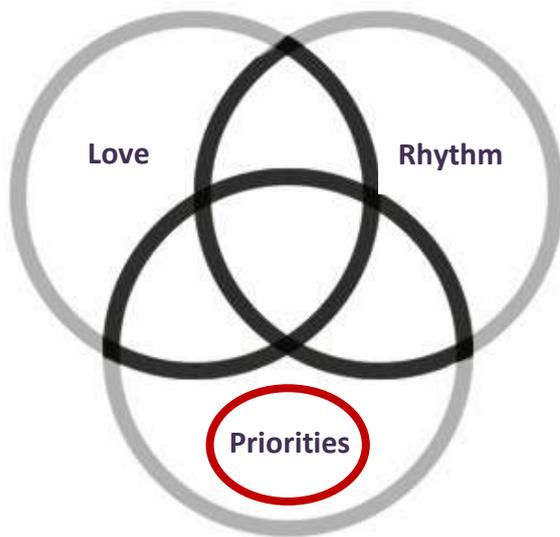
It is important for both us and our children that this flow is steady and **stable**, that we are sailing through the day peacefully, not jumping from an activity to the other, or staying 'dead' tired with no movement / stimuli. If we allow within our structure time for stillness and time for play, we will balance the two and enjoy them both.

**Rhythm** is everywhere, in nature, in seasons, it is constant and it changes at all times. The rhythm is within our body, within our breathing, heart beat, and menstrual cycles. The newborn has its-own rhythm of sleeping, eating, being. We are at all times surrounded with the rhythm and we at all times follow the **rhythms**.

***Socrates** about the youth of his time: "Our youth now love luxury. They have bad manners, contempt for authority; they show disrespect for their elders and love chatter in place of exercise; they no longer rise when elders enter the room; they contradict their parents, chatter before company; gobble up their food and tyrannize their teachers."*

## PRIORITIES

PRIORITIES IS ONE OF THREE PILLARS OF CONSCIOUS PARENTING



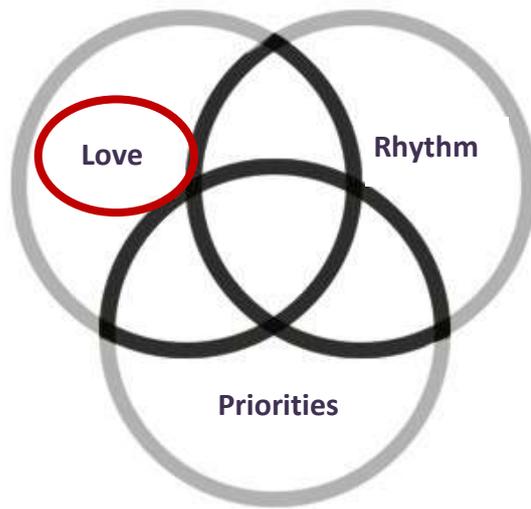
PRIORITIES ARE BUILT AND SUPPORTED BY OUR ABILITY TO:

- **Learn to Discriminate**
- **Define Priorities**
- **Practice Self-Discipline to Execute**

Defining **Priorities** and exercising **Self-discipline** will help us grow as **conscious parents**, help us get better organized and our happiness will multiply. When we plan our day we do not 'run around' the clock and live like soldiers, but instead, slowly, step by step, we bring our house in order.

## LOVE

### PRACTICE LOVE



LOVE IS ONE OF THREE PILLARS OF CONSCIOUS PARENTING

THE ENERGY OF LOVE EXPANDS WITH OUR ABILITY TO:

- **Train Love**
- **Practice Freedom**
- **Be Mindful**

Showing our little ones how to express love, we teach them emotional intelligence, we teach them to express, to recognize what is happening within them, and to live within their reach and expanding world of emotions.

Stop the world turning, stop your child, go onto your knees and look at your little one in the eyes, pick it up, give it a cures, a hug, a kiss, stop and say your child 'I love you'.

It is important to get out of the role of the 'mother' that constantly directs, controls, orders, and to come back to love that is the main natural flow between you and your child.

## TRAIN LOVE

### MEDITATE ABOUT LOVE

Think about the quality of love in relation to your life

Ask yourself a question:

WHEN DO I EXERCISE LOVE IN THE BEST POSSIBLE WAY?

For example: I can express love in the best way when:

- I honor my Self
- I am relaxed
- I am playful
- I know what I want
- When I am aware of the situation, surroundings and causes and effects. Awareness guides me through this matrix of karmic influences, subconscious chains, and invisible lies to the understanding of True Self.

The first encounter with a child's emotional make-up is fascinating. Children scream at all times, shout, and impulsively hit all around them. Often they complain about their surroundings. **We are quite frightened of children and we do our best to 'tie' them, to 'obstruct' them, to 'control' them.**

We have invented push-chairs to help us carry them, but children feel safest around their parents, listening to their heart-beat, and breathing with them. We have invented cots to separate the little ones from us while we are sleeping, but this scenario is very 'un-natural' for the new-borns. All the other animals keep their babies around them at that tender age. We invented baby-chairs and we tie them to the chairs while they are eating, instead of holding them in our arms and sharing food with them.

Children need to feel our **love** at all times, our **love** gives them confidence that they are heard, that they are present, and that they matter. A warm, loving and gentle environment is absorbed unconsciously and it gives children a wonderful start to life.



Children perceive our emotions and map them, so if we are angry, they will be frightened or chaotic.

- Carry your child, sleep with your child, do not tie your child down
- Play with your child. Invent stories for your child, and let your child invent stories for you
- Listen to your child. There is something s/he is trying to tell you with his/her screams
- Do not let your child get lost in the world of TV, computers, games, let him/her explore nature instead.

We are the first one to teach our children love and how to express it within the relationship with other human beings, with animals, with nature. If we teach our boy not to cry because he is a boy, we will teach him how to get a liver failure later on in life, because he will not be capable to express and live his emotions properly. This amazing world of emotional intelligence will help him or her clearly communicate his likes and dislikes later on in life.

SO, WHEN DO YOU EXERCISE LOVE IN THE BEST POSSIBLE WAY?

Once we learn how to abandon negative thoughts and feelings, polishing the mirror of our mind through meditation, and training of virtues, through living Love for all, the light from within becomes our reality.

**Discovering the Philosopher's Stone within, becoming a child once more, living Love every single day, are all the keys to this amazing door to Happiness.**

## EXERCISE FREEDOM

Exploring, experiencing and imitating the world of grown-ups through free play, children are given a chance to unconsciously learn and emotionally mature through their own games.

Too much of today's learning is structured, children are 'directed', 'instructed' and carefully 'followed' at all times, so they do not have a chance to experience learning through unobstructed observation.

Children have **deep devotion to life** and this devotion is beautifully expressed through the **free play**. Objects of play should be as simple as possible, to allow the power of imagination to flourish. Buying 'perfect', expensive toys, rob the children of an ability to see beauty in a stone or a shell.

**Freedom** should be an integral ingredient of your child's growth. **Children** learn **intuitively**, perceiving the subtle inner relationships observing nature. Free creative play is an invaluable gift that children need to start properly relating to the outside world.

Children first learn through **experimenting**, and the fascinating world around them, of flowers, animals, stones, has so much to offer, so there is no need to rush their thinking process / development. Once the thinking starts, it should be treated as the most fascinating activity completely supported with the world of images and emotions.

- Spend time in nature or go to a park and let your child play. Try not to interfere in the activity of the play. Let the child discover, explore, invent the objects of play.
- Children also learn beautifully when with other children. They learn not to scream, shout or hit, because other children at all times challenge their emotional make-up.

## BE MINDFUL

Mindfulness works with continuous awareness of body, breath; feelings, thoughts, intentions. Our state of mind, our positive or negative attitude towards the world, is closely related to our experiences of happiness or suffering. Mindfulness is awareness of everything that is happening in the moment of 'Now'. Mindfulness is a self-development technique that will change the focus of our mind towards happiness.

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.

Our mind is constantly busy with thoughts and feeling about our past, present and 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.

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. An ability to concentrate will give us an ability to transform a mundane situation into a very special one.

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

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...

Being mindful of our feelings we will get Delighted. 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. Pay attention to birds singing, to clouds formations, to flowers greeting you, to kids laughing, to a beautiful person that have just passed by. Be aware of synchronicity among all living beings and be alert for the presence of Divine in All.

## Mindful Being

by Nuit

'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.**'

[www.artof4elements.com](http://www.artof4elements.com)



Alchemy of Love



Children **love learning through rhymes**, they **love poetry**, painting, **story-telling**, cooking, knitting, and their thinking capability beautifully develops supported by music, arts, and sports. The development of thoughts should go hand in hand with the development of feelings and heart.

At the age of 7 to 14, our children are learning to have a beautiful **capacity for feelings** that will give them a rich soul experiences, and they are expressing a wonderful hunger for knowledge for Philosophia (love of wisdom). It is **love** and **wisdom** that are the two greatest gifts of mankind.

The children's imagination is a feeling force. Respect the world of images, avoid abstract and bloodless thoughts. Sarcasm can be most hurtful and destructive force

- **Use music, dance and painting** as tools for inner expression
- Allow your child to cook, wash dishes, take care of plants, take care of animals. These activities are extremely interesting and fulfilling.

*'No matter how new the face or how different the dress and behavior, there is no significant division between us and other people. It is foolish to dwell on external differences, because our basic natures are the same. Ultimately, humanity is one and this small planet is our only home, If we are to protect this home of ours, each of us needs to experience a vivid sense of universal altruism. It is only this feeling that can remove the self-centered motives that cause people to deceive and misuse one another.'* Dalai Lama

**'BECAUSE THE PARENTING IS THE MOST DIFFICULT JOB IN THE WORLD**

Our children need our **Love**, but also our support within this amazing matrix of choices. They need us to **guide them** towards **Healthy Foods, Healthy Habits, Inspiring Activities, Life Enriching Friends.'** **Conscious Parenting by Nait**

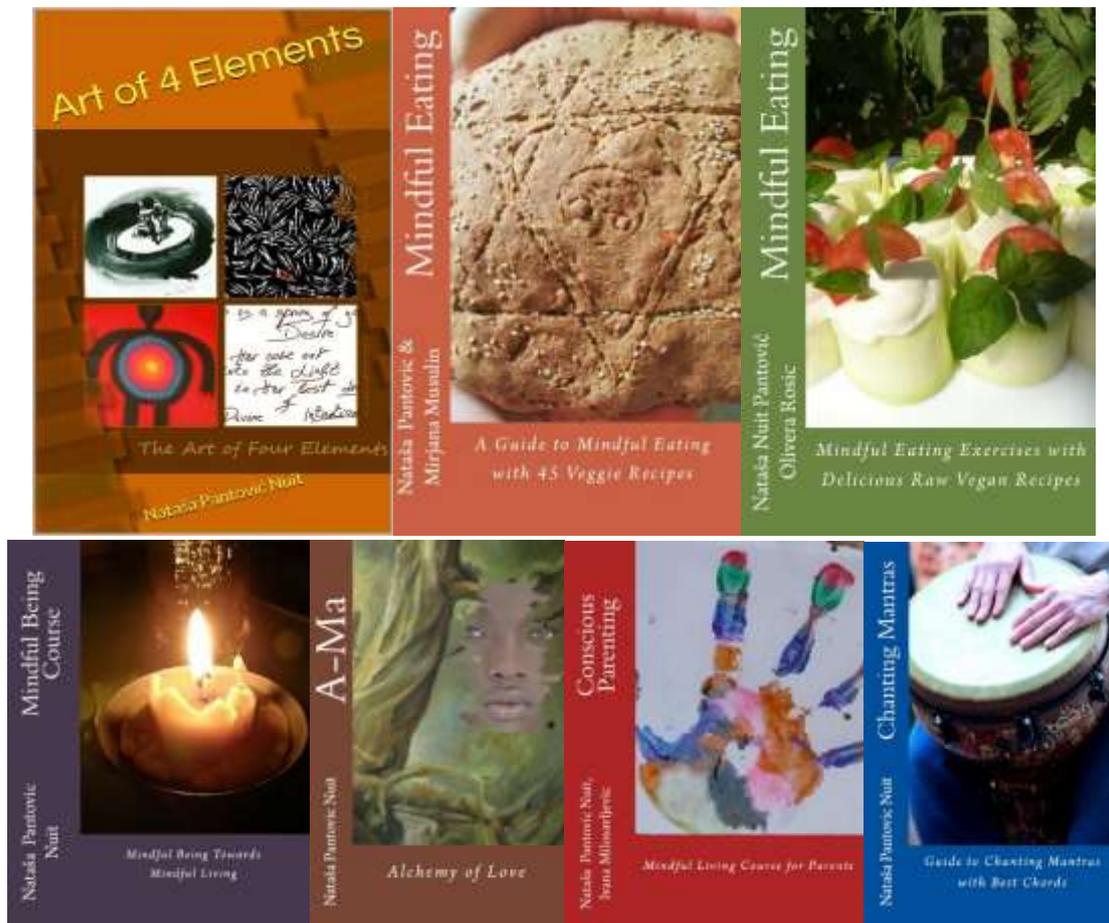


Alchemy of Love

Mindfulness Training



Alchemy of Love Mindfulness Training is published by: Art of 4 Elements. Alchemy of Love Mindfulness Training consists of:



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

## 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
- Traveled through more than 150 countries and lived in 5: UK, New Zealand, Holland, Serbia and Malta
- After helping to build a school in a remote area of Ethiopia, entered the most amazing world of parenthood adopting two lovely children from Ethiopia as a single mother (now imagine that!).
- 1991 published my 1st book: Contracts for Companies in Serbia
- 1993 5 years in Management Consultancy, Malta Office of the Prime Minister
- Never in life had a TV or a mobile phone and meditates twice a day
- 10 years Head of Business Development of an UK IT company
- Trainer and facilitator of Creativity Workshops in: Mindfulness, Goddess Within, Yoga
- 25 years of experience in yoga and meditation, 25 years of yogic life-style
- 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
- My children Ema and Andrej are my biggest Conscious Parenting teachers. They love and train basketball, play piano, act within a Music Theatre Group and were Chess Champions of Malta.
- My soul is the one of a nomad and during my life-time I visited more than 150 countries, & set foot on all the continents. I visited Rome more than 50 times and I hope to visit this magic city another 50 times, explored all the corners of Europe: visiting Spain, France, Switzerland, Germany 20-30 times. My friends are from all around the globe. My home is in Amsterdam, London, Belgrade, Sliema, Rome, Mostar, Sydney, Lisbon, Madrid wherever I found my heart beating the same rhythm.
- Designed Alchemy of Love Mindfulness Training and published 7 books

## Published by Artof4elements



**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.