

## *Alchemy of Love Conscious Parenting Gold*

### *30 Videos or 11 hours of Presentations that support the Course:*

We recommend that you use the following order while working on your Mindfulness Training during this Alchemy of Love Conscious Parenting Journey. However videos are done in such a way that they are independent units so you can listen to them at any stage while in search of inspiration.

<b>Conscious Parenting Gold Videos Can Be Downloaded At:</b>
Intro Video <a href="#">Intro to Alchemy of Love</a>
Interview with Nait <a href="#">Spirituality and Parenting</a> and <a href="#">Why Conscious Parenting Circle of Life</a>
Video 1 Module 1 <a href="#">Body is a Temple</a>
Video 2 Module 1 <a href="#">Mindful Eating</a> Perfect Nutrition
Presentation 3 Module 1 <a href="#">Drinking for Health</a>
Video 3 <a href="#">Mindful Eating Inspirations</a>
Video 1 Module 2 <a href="#">Feng Shui of Your Home</a>
Video 1 Module 3 Conscious Parenting <a href="#">Mothering as a Spiritual Quality</a>
Video 2 Module 3 Kids and <a href="#">Subconscious, Conscious Learning</a>
Video 3 Module 3 <a href="#">How to Meditate</a> Basic Steps
Video 4 Module 3 <a href="#">Yoga Breathing</a> Meditation
Video 5 Module 3 <a href="#">Divergent Thinking or How to Practice Creative Thinking</a>
Video 6 <a href="#">Yoga Science and Mindful Being Course</a> NetTV Interview with Nait
Video 1 Module 4 <a href="#">Secrets of Meditation</a>
Video 2 Module 4 Kids and <a href="#">Rhythm, Structure, Love</a>
Video 3 Module 4 <a href="#">Saying No to Kids</a> and Priorities
Video 1 Module 5 <a href="#">Towards Pure Mind</a>
Video 2 Module 5 <a href="#">Practicing Virtues: Assertiveness</a>
Video 3 Module 5 <a href="#">Dalai Lama and Practicing Compassion</a>

Video 4 Module 5 [Practice Truthfulness](#)

Video 1 Module 6 [Willpower Exercises](#)

Video 1 Module 7 [Love Your Kids](#)

Video 2 Module 7 [Cultivate Loving Relationships](#)

Video 3 Module 7 [Meditate on Love](#)

Video 1 Module 8 Circle of Life or [True Goals and Dreams](#) (the video from the 1<sup>st</sup> week of course)

Video 1 Module 9 [Right vs Left Brain](#) Development

Video 2 Module 9 Meditation [Expand Your Consciousness](#)

Video 1 Module 10 [Conscious Dreaming](#)

Video 2 Module 10 [Rhythm, Structure, Love Meditation](#)

Video 1 Module 11 [In Search of Truth](#)

Video 2 Module 11 [Ancient History and Spirituality](#)

Video 1 Module 12 Meditate on [Divine Consciousness](#)

Video 2 Module 12 [Divine Sound & Temples](#)