

# *Mindful Being towards Mindful Living Gold Course*

## *25 Video Presentations that support the Course:*

We recommend that you use the following order while working on your Mindfulness Training during this Alchemy of Love Self Development 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>Mindful Being Gold Videos Can Be Downloaded At:</b>
Intro Video <a href="#">Intro to Mindfulness Training Courses</a>
Mindfulness Training <a href="#">Why Mindful Being</a> <a href="#">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 <a href="#">How to Meditate</a> Basic Steps
Video 2 Module 3 <a href="#">Yoga Breathing</a> Meditation
Video 3 Module 3 <a href="#">Divergent Thinking or How to Practice Creative Thinking</a>
Video 4 <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 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>
Module 6 <a href="#">Willpower Exercises</a>
Video 1 Module 7 Kids and <a href="#">Subconscious, Conscious Learning</a>
Video 2 Module 7 Conscious Parenting <a href="#">Mothering as a Spiritual Quality</a>
Video 3 Module 7 <a href="#">Cultivate Loving Relationships</a>
Video 4 Module 7 <a href="#">Meditate on Love</a>
Video 1 Module 8 Circle of Life or <a href="#">True Goals and Dreams</a> video repeated from the 1 <sup>st</sup> week of Mindfulness Training

Video 2 Module 9 <a href="#">Right vs Left Brain</a> Development
Video 3 Module 9 <a href="#">Meditation Expansion of Consciousness</a>
Module 10 <a href="#">Conscious Dreaming</a>
Module 11 <a href="#">In Search of Truth</a>
Module 11 <a href="#">Ancient History &amp; Spirituality</a>
Module 12 Meditate on <a href="#">Divine Consciousness</a>
Module 12 <a href="#">Divine Sound &amp; Temples</a>
<a href="#">Spirituality and Parenting</a>