Alchemy of Love

Mindful Being Towards Mindful Living Course

Nataša Pantovic Nuit

Mindful Being Towards Mindful Living

Alchemy of Love
Mindfulness Training
http://www.artof4elements.com
INTRODUCTION TO SELF-DEVELOPMENT COURSE ALCHEMY OF LOVE

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

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.
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.
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

Alchemy of Love Mindfulness Training
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List of Articles
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.

Taoists with their concept of Yin and Yang, Yogis with their belief in two opposite energy forces that flow through our body (Ida and Pingala), Jung that arranges the four functions (intuition, thinking, emotions, sensation) into two pairs of opposites – sensations / intuition and thinking / feeling that form our personality;
Stay Attentive to Your Soul’s Whispers
Photos and Videos could be a wonderful tool that will increase your self-awareness and inspire your self improvement journey. We encourage you to make a video of your Journey from Week 1 to Week 12 of the Course. You could record inspiring moments, quotes that intrigued you, poems that you’ve created, people that gave you strength during this journey, messages that you’ve received from Divine through the books, through the synchronicity, all through your day.

If you are using photos, you could photograph your particular habit / state of body / state of your home, etc. during Week 1 / Week 6 / Week 12 of the course. This will give you a wonderful collage that will remind you of this little Journey of Self Discovery.

If you have a video and want to share it with others, create a 10min version, and send it to us, because this will be a way to spread your inspiration further and the way to learn from you. And remember: ENJOY YOUR JOURNEY!
**Individual or Group Work**

You could be following this course individually, with your friend or a partner, or in a group. While individual work gives you all the freedom you want to adapt the exercises to your own needs, the group work will give you inspiration and steady flow.

If you work as an individual you will be tempted to rush through the exercises, go to the next questionnaire without following the instructions for the week, reduce the time you spend in self-observing, or forget about the weekly tasks. To follow the self development course properly you will have to strengthen your Will Power. Your curious self will want to rush through all the exercises, your Ego will try to ‘protect’ you from any changes in your life, your lazy Self will get bored practicing virtues, etc. If you are working in a group, you will be reminded to keep up the schedule and every week you will be inspired by other people’s self development work.

If you are working in a group, we recommend that:

- you meet at least once a week,
- you chose a different facilitator for each week (a week before), and have a task for all to share insights, inspirations, and go deeper into the essence of each exercise during the meeting,

However rewarding a group work is, you will also find challenges while working in the group. The group work has its own dynamics and one person’s agendas can ruin the self development work of the whole group. If you chose to work in a group, make sure that you are aware of the groups’ dynamics and that you protect all the members from any type of ‘abuse’. If you are working in a group we recommend that you set the rules at the very beginning of your self development work. The example of the rules could be:

- Honesty & Trust
- Confidentiality
- Do not share your Soul’s Diary or Spiritual Diary or share just snippets or inspiration that you got from it
- Do not compete
- Respect for all

You could also set a Group Motto (for example: Reaching the Highest Potential), and the conditions of attendance. For example, if one wishes to attend the group work, s/he commits to: Openness and Trust, Truthfulness, minimum of 30min of daily meditation, Work on the Spiritual Diary, Reading of 30 pages of spiritual literature a week, work on Unconditional Love, etc.
The main tools we will be using within Alchemy of Love Course are:

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<th>Title</th>
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<td>We will help you examine your body, your health, your exercise regime, the food that you eat, your habits and patterns.</td>
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<td>MODULE 2, Attitude towards Home</td>
<td>We will help you examine your home, the environment that surrounds you, your habits and patterns.</td>
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<td>MODULE 3, Thinking Patterns</td>
<td>Examine your Mind and your every-day thoughts. Look into your conscious and sub-conscious addictions, identify your strengths and weaknesses.</td>
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<td>MODULE 4, Time / Life Wasters</td>
<td>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</td>
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<td>Module 5, FREE MIND: Your Feelings</td>
<td>We will help you examine your world of feelings and emotions.</td>
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<td>Module 6, Your Core Beliefs</td>
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<td>Module 7, Relationships</td>
<td>We will help you examine your relationships, your ability to love and tune into your-own and other people’s wants and needs</td>
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<tr>
<td>Module 8, Your Greater Surrounding</td>
<td>We live in our Greater Surrounding. Our capability for love grows and expands into our surroundings – Earth, animals, plants, our neighbors, strangers...</td>
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All throughout the exercises you 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
We will help you look at:

- Your habits, stereotypical behaviors, prejudices
- Your dreams, & goals
- Listen to your Soul:
  - Learn Meditation & Mindfulness
  - Increasing Your capability to Love, Stay Inspired, Creative and Full of Energy
  - Using Your Soul’s Diary & Spiritual Diary
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

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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)
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 were 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.
Mindfulness & Conscious Relationships
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 Nuit, Jason Lu, Christin Cutajar, Jeni Caruana
3. Mindful Eating with Delicious Raw Vegan Recipes by Nataša Pantović Nuit and Olivera Rosic
4. Mindful Being Course by Nataša Pantović Nuit. 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 Nuit and Ivana Milosavljevic, also available as Conscious Parenting Gold supported with 30 presentations, 11h video material
7. Chanting Mantras with Best Chords by Nuit
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

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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.