

## MINDFUL LIVING AND CONSCIOUS PARENTING

### Self Development Creative Mindfulness Training

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## Nataša Pantović Nuić Alchemy of Love Mindfulness Training

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

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

## PROJECT MISSION

The mission of the project is to provide individuals and couples with high-quality self development online training that inspire them to live more mindfully. The training is based on the 2 Self Development Courses: Mindful Being towards Mindful Living and Conscious Parenting: Mindful Living Course for Parents.

Our value proposition comes from both the extensiveness of the Courses that we cover and the experience on the subject matter that we have within this area: self development, psychology, meditation and parenting relationships. Our aim is to promote Mindful living, Conscious Parenting and Eco Sustainability through Art, Music, and Self-Development Online Training.



## CONSCIOUS PARENTING AND MINDFUL BEING COURSES

Self-Development Journey is a most amazing Journey we will ever embark on. It never ends and it is always successful because an invisible driver (our soul) directs the Journey. Our commitment to grow as spiritual beings is always beautifully rewarded.

Learning the art of Self-Development we learn about power of mind, consciousness, mindfulness, true love, and we become aware of a possibility to live life in harmony with ourselves, our neighbors, our relatives, our parents, animals, plants, and the planet Earth.

Through a process of self-discovery, we learn mindfulness, and change our attitudes so that we are not ruled by instincts, habits and someone else beliefs.

We work with two Mindfulness Training Courses:

- Mindful Being and
- Conscious Parenting

## MINDFUL BEING

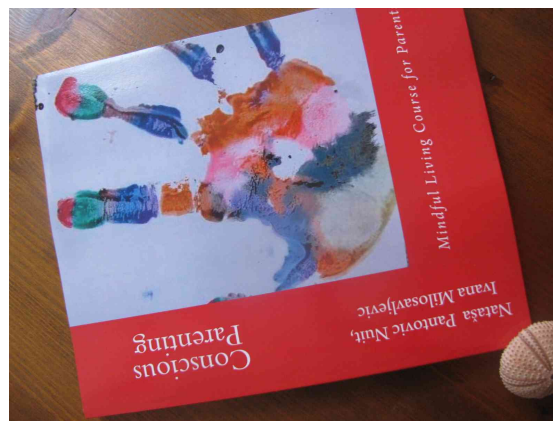
The course consists of 12 modules that are full of mindfulness exercises and transformation tools designed to help the audience understand the body, thinking patterns, core beliefs, relationships matrix and the magic of creativity.

During the 12 weeks, we will be using self-development tools of various philosophers of the past that will help the explorer examine the world of feelings and emotions; our greater surrounding; dreams, and true goals.

On this journey, we will be exploring: Weekly Nutrition Plan, Soul's Diary, Drawing Mandalas, Spiritual Diary, Meditations, Dreams World, Relationship Contract, Personal Development Plan, etc.

## CONSCIOUS PARENTING

Conscious Parenting is the Mindfulness Self-Development Course designed for parents. We use Transformation Tools and Self-Development Exercises to help parents get in touch with their Soul, with Love, and with Patience when dealing with kids. We explore the magic work of: Rhythm, Creativity Flow, Developing Parenting Virtues, Mindfulness, Day-to-day Routine, Happy Family Structure, Cultivating of Relationships, etc.



## MESSAGE FROM THE AUTHOR OF MINDFUL LIVING COURSES: NATAŠA PANTOVIĆ NUI

Dear Conscious Parents and Self-Development Explorers,

Tangible transformations can come into our lives only if we work on our self-development truly and holistically.

After many years that I've spent examining and studying children's psychology and exploring the wonders of pedagogy some essential questions kept following me and inspiring my journey:

Is there such a thing as an ideal parent and an ideal growing environment for our children?

What is it that our little ones need to grow into happy, independent and fulfilled human beings?

What is it that we (grown-ups) need to do so that our children stay stress-free and joyful?

How to understand the needs of these gentle and pure souls that are given to us for our guidance without suffocating their inborn happiness?

How to cultivate the perfect goodness that is a part of their being without distorting it into: anger, doubt, distress, unhappiness?

How to protect them and what is it exactly that we need to protect?

How to manage to fulfill all the numerous demands that parenting, as the most difficult and the most responsible profession in the world, carries?

The Conscious Parenting Course was born out of the questions that haunted me.

I believe the answers are within our eternal search, within our self-development and spiritual growth and development, within our efforts to become more conscious and within the main pillars of the Conscious Parenting Course.

Children need LOVE, unconditional, fully expressed, real LOVE. So love your little ones and allow them to be surrounded by FREEDOM, freedom to express, to explore, to think and form opinions, to experience the world around them without stereotypes and prejudices.

Children need Rhythm, Routine and Structure, they need Daily Plan of Activity, Weekly Plan, Monthly Plan, Yearly Plan, and even though this might sound boring the routine gives them stability and security.

Learning how to define True Goals and Dreams and Priorities we avoid missing on REALLY important activities and mile-stones that in a long run make you, your partner and your children happy.

Your children have given you the most precious gift, they chose you as their parents, in return, give them a world that they deserve. The path of love, peace and harmony is possible and we all aim to achieve it. Start your conscious parenting self-development journey, it is the most rewarding spiritual experience!

Do you know how to listen to your soul?

Would you like to maximize your potential using every-days tools that are easy to perform?

Do you want to learn mindfulness and how to use meditation to experience a higher level of happiness?

Do you want to further inspire your Creative Mind, allowing Creativity to become part of your Life Flow?



Within the 12 Modules Self-Development Course, we will help you examine your body, the food you eat, your home, the environment that surrounds you, your habits and patterns. You will examine your mind, your subconscious and conscious thoughts, your emotions, your relationships. You will look into your goals, dreams, and build your personal development plan.

## Your Highest Potential is Waiting



All through the exercises, we will help you learn how to listen to your Soul so that you can improve:

Your relationship with yourself and the world,  
Your capability to Love,  
Your capacity to stay Inspired, Creative and Full of Energy.

We will look into:

### **Body & Self-Development**

Health: Adopt healthy habits that empower your physical body (nutrition, exercise)

Daily Routine: Create a daily routine that will inspire your spiritual development

Treat your Body as a Temple, Train Your Willpower, Chose a Perfect Nutrition

### **Mind & Self-Improvement**

Concentration and Meditation: Learn to concentrate, it is an amazing tool for self-development

Will-Power: Build your motivation and 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

Relationships: Enjoy loving relationships that help you grow

## Soul and Self-Growth

Purpose: Discover your true goals and dreams, define your purpose in life

Listen to Your Soul: Learn how to listen to your Soul, and live within the Flow.

Oneness: Realize that we are all One

Spirituality: Become more mindful and live more consciously

## 12 MODULES WITHIN MINDFUL BEING / CONSCIOUS PARENTING:

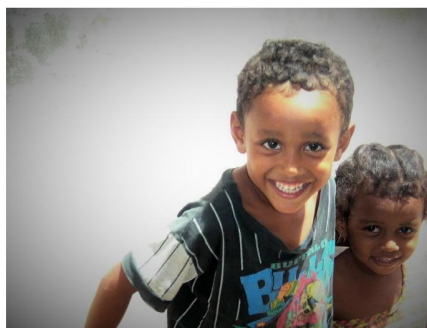
### MODULE 1: BODY AWARENESS

Within the first Module we will concentrate on Healthy Nutrition, Exercise and Vegetarian Diet. Participants will explore their-own physical world examining the relationship towards the body, its nutrition and exercise.

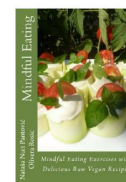
We will run Healthy Cooking workshops, encourage participants to artistically express their relationship towards their Body and Create a Dreamed Healthy Weekly Menu & Exercise Regime

## Mindful Eating by Nuit

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.



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with Delicious RAW VEGAN RECIPES

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### MODULE 2: HOME

Our home is an extension of our Being. Understanding Beauty that surrounds us is about the way we relate to our Environment. Our home is a reflection of our state of mind. Workshops will be focusing on the Contemplation of Beauty, Understanding the magic of some Japanese Art-forms implement some inspiring Feng Shui Tips for a healthier and happier surrounding.

## Beauty IS the Moment of Now



### MODULE 3: THINKING PATTERNS

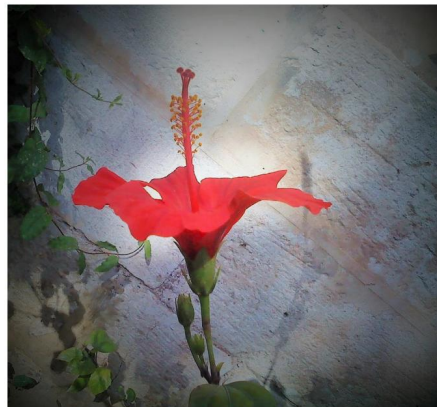
Within this Module we will tap into the Magic of Creativity. Exploring Creativity through Writing Poetry, expressing Inner Beauty, learning how to make use of the power of the **conscious and unconscious mind**. The exercises will explore various Creativity Tools, Divergent Thinking Methodology, Understanding the Art of Meditation..

Learning how to train one's Willpower, understanding the Thoughts Process, Transforming Anger are part of this Emotional Intelligence Training.

## 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**. '

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#### MODULE 4: TIME WASTERS

We often waste time unconsciously on Internet, Mobile, watching TV, and we need to apply a conscious effort to understand these activities, so that we become aware of the wasters of our life. How does Technology influence kids, society, relationships? We will encourage the Audience to give us their Art Interpretation of the changes that our Society goes through.

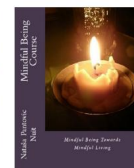
### Mindful Being by Nuit

#### How to Avoid Negative Impact of Technology?

- Stay in constant contact with **Nature**
- **Limit your time with TV, mobiles & computers**
- Spend **quality & creative time** with your loved ones: **re-invent** your time together: **sing, dance**, or explore learning a **new language**.



Alchemy of Love



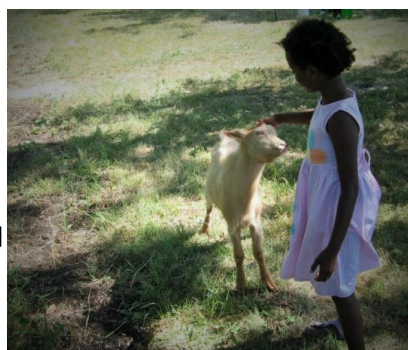
#### MODULE 5: FREE YOUR MIND

Within this Module we will help the Mindfulness Explorers examine their world of feelings and emotions. Using Art, and Dance, using Meditation and Yoga, we will explore how to Understand and Protect the Feelings, Exercise Awareness, Practice Virtues. Within the workshops we will experience Transformation Tools such as: Drawing your Mandala, Circle Dancing, Mantras Singing, Meditation, Conscious Use of Colors. Train Mindfulness, Understand Beauty, Work with Emptiness

Art and Meditation are closely interlinked. Art through Meditation is the simplest, and easiest way to access our mental energies and improve our physical well-being and health. Meditation is also used to improve our concentration and decision-making skills.

### Mindful Being by Nuit

It was during the **Renaissance** that creativity was first seen, not as a matter of **divine inspiration**, but as a gift of a great learned man to imitate **God's ability to create**. As **Prometheus** stole the fire of the **Gods** and brought it to the mankind, humanity needed to steal the secret of '**creation**' from Gods and understand its **essence**.



Alchemy of Love





## MODULE 6: CORE BELIEFS

Our enemy within are our core negative beliefs. Negative beliefs hide from the consciousness and they get exposed by the magic of mindfulness and awareness. Negative beliefs are within Individuals and Society. Working with Negative Beliefs we work with understanding our Neighbors, our Society, patterns within our Relationships. Explore through drawing, exercises and music the Core Beliefs, Challenge Existing Beliefs, Start Your Dreams Diary and work on other Mindfulness Exercises.

## Free Your Conscious & Sub-Conscious Mind



## MODULE 7: RELATIONSHIPS

The conscious relationship module is based around a variety of art and creative workshops that explore Love and Conscious Relationships with our kids, parents, animals, planet Earth, partner.

We will help the participants examine relationships, and the ability to love and tune into your-own and other people's wants and needs. The magic of Conscious Relationships is within the exploration of relationships patterns, introducing concrete changes, learning about true love, Design the Relationship Plan.

## Understand Conscious Relationships



## MODULE 8: OUR GREATER SURROUNDINGS

We live in our Greater Surrounding. Our capability for love grows and expands into our surroundings: Earth, animals, plants, our neighbors, strangers. This Module calls for the Audience Art Participation whereby we all explore our / human relationship to our Mother Earth. We will also explore Service as a virtue.

# Mindfully Living → Conscious Relationships



## MODULE 9: TRUE DREAMS

Turn away from your dream and it will come back to you. Follow your dream and it will give you a tremendous amount of pleasure and learning. Within this Module we will use different Art and Creativity techniques to Discover the True Dreams. We will be using the Stream of Consciousness Writing and the workshop will be about the magic of writing the Soul's Diary. Understanding the True Dreams and Learning to listen to the Soul is an Art Endeavor. We will focus on the True Dreams within this Mindfulness Journey.

# Create Reality of Your Dreams



## MODULE 10: TRUE GOALS

Within this Module we will be writing, drawing, contemplating the Power of True Goals and Actions to achieve them. We will be working on the Transformation Tools and Self-Development Techniques that would help us Listen to our Heart and follow our Mind!

What are Your True Goals, What is your Perfect Life Scenario, Design Your Personal Development Plan

## MODULE 11: ART AND SPIRITUALITY

We examine Spirituality and Spiritual Development through Art Workshops.

Draw own Mandala. Dance your Sacred Dance. Write Your Soul's Poetry

## MODULE 12: SPIRITUALITY AND YOU

### **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

We examine Creativity within Spirituality.