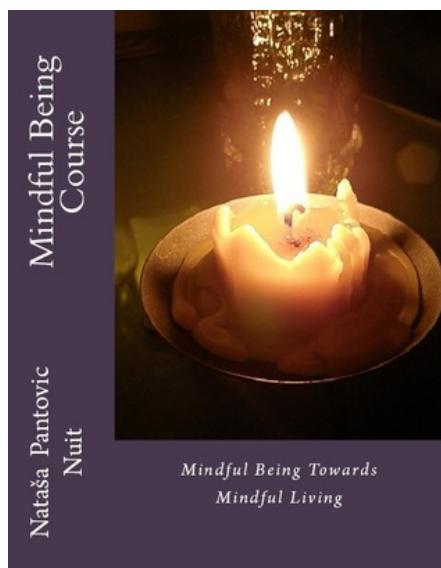




## Mindful Being (Alchemy of Love Mindfulness Training, #4)

*Nataša Nuić Pantović*

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## Mindful Being (Alchemy of Love Mindfulness Training, #4)

*Nataša Nuit Pantovi?*

### **Mindful Being (Alchemy of Love Mindfulness Training, #4) Nataša Nuit Pantovi?**

Mindful Being Personal Development Course is a 12 Modules Mindfulness Training Course with 100s of Spiritual Transformation Tools that combines meditation, mindfulness exercises, soul's diary, spiritual diary, relationship contracts, circle of life, creativity tools, and many other daily spiritual transformation tools to help the explorer live his/her highest potential. Alchemy of Love Mindfulness Exercises are exploring:

1. Body - Health: Adopting healthy habits that empower the physical body (nutrition, exercise) - Daily Routine: Creating a daily routine that inspires creativity and personal growth.
2. Mind - Practicing Concentration and Learning How to Meditate - Exercising Will-Power: Building the motivation and discipline - Exploring Love and Relationships: Improving the ability to connect with one-self and others - Nurturing Creative Intelligence: Living authentically, and expressing the creative flow.
3. Soul - Understanding Purpose and Core Beliefs - Learning how to listen to the Soul - Learning Mindfulness through Self-Awareness, Self-Remembering and Mindful Conscious Living

### **Mindful Being (Alchemy of Love Mindfulness Training, #4) Details**

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Author : Nataša Nuit Pantovi?

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## From Reader Review Mindful Being (Alchemy of Love Mindfulness Training, #4) for online ebook

### De Ge says

#### Inspiring Writings

I purchased Mindful Being Gold that gave me an opportunity to experience all of Alchemy of Love courses.

Inspiring writings from:

1. the spiritual poems that inspired me to take out my art brushes,
2. through the mindful eating with recipes that gave me a lovely urge to examine my diet, experiment with raw and vegan, and re-design my menu, to
3. the Mindful Being Course that touched almost all the aspect of my life. I felt I was on a crossroad so this re-design was highly appreciated. I felt as though I am in a garage repairing the bits that need a repair that could have gone un-noticed for many moons.

Some lovely exercises observing both wakeful and dreamy states.

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### Sneza says

Simple, powerful, practical. a great collection of spiritual exercises that I used daily. walking bare-foot, showering with cold water, preparing little secrets for my friends and family, going back to writing, drawing mandalas, meditating with inspiring guided meditations, exercising concentration, etc. If you want to learn more about walking a spiritual path or self-development, this is a great course and Nuit is a great Coach. I was surprised by the spectrum of exercises: we covered a personal plan, goals' setting, life cycle, relationship contracts. Some of the best self-development tools done in do it on-your-own mode. This has its disadvantage 'cause I had to go back to my self-discipline to complete the 12 weeks modules on my-own, but since I loved the subject and the writing style I continuously returned to the exercises.

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### Kamala Azzopardi says

beautiful, inspiring. A special book full of self development tools.

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### Jadranka Cuculovic says

Consacious parenting is a basis of self development of any human being. How our parents behave form the way we think, act, and that is why it is so important to understand how to properly educate our kids.

Conscious parenting book is a must to read, examine, and deeper explore. I am an educator interested in Waldorf methods of education and I found the exercises to be practical, inspiring, motivating, full of day-to-day tips, wisdom and learning activities. Must read!

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### Nataša Pantovi? says

I would quote the Message from Ivana, co-author of the Book

'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 these Magic Questions

I believe the answer to them, is within our eternal search, within our self-development journey and spiritual growth and development and within our constant effort to become more conscious.'

Other books from Alchemy of Love Mindfulness Training:

Mindful Being

Art of 4 Elements

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## **Nataša Pantović says**

Alchemy of Love Mindfulness Training is designed by Natasa Pantovic Nait. The Mindful Being Course: Mindful Being

explores mindfulness through 100s of spiritual exercises and transformation tools. The Mindful Being Course is available as:

- an instant download from the publisher: Art of 4 Elements
- a printed paperback copy from Amazon Books
- as a supported course run by Alchemy of Love supported with 11 hours of video and audio materials.

So what's inside *Mindful Being* :

### **Module 1: Body Awareness**

Discover more about yourself and your own physical world examining your relationship towards your body, its nutrition and exercise.

Create a Dreamed Healthy Weekly Menu & Exercise Regime

### **Module 2: Your Home**

Your home is an extension of your Being. Your home is a reflection of your state of mind. Implement easy Feng Shui Tips for a healthier and happier surrounding.

### **Module 3: Your Thinking Patterns**

Learn how to make use of the power of your conscious and unconscious mind. Look into your conscious and sub-conscious addictions, identify your strengths and weaknesses.  
Train your Willpower, Understand your Thoughts, Transform your Anger

#### Module 4: Time 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  
Train Mindfulness, Understand Beauty, Work with Emptiness

#### Module 5: Free Your Mind

We will help you examine your world of feelings and emotions. Understand and Protect your Feelings, Exercise Awareness, Practice Virtues, Experience Transformation Tools such as: Daily Meditation, Conscious Use of Colors, Enter Your Dream World.

Meditation is the simplest and easiest way to access mental and spiritual energies and improve your physical well-being and health... Meditation is also used to improve your concentration and decision-making skills.

#### 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.  
Explore Your Core Beliefs, Challenge Existing Beliefs, Start Your Dreams Diary and work on other Mindfulness Exercises.

#### Module 7: Relationships

We will help you examine your relationships, your ability to love and tune into your-own and other people's wants and needs  
Explore your relationships patterns, introduce changes, learn about true love, Design Your Relationship Plan.

#### Module 8: Your Greater Surroundings

We live in our Greater Surrounding. Our capability for love grows and expands into our surroundings: Earth, animals, plants, our neighbours, strangers...  
Explore Service as a virtue, Start working on Your Spiritual Diary  
Module 9: Your 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.  
Discover Your True Dreams, write Your Soul's Diary

#### Module 10: Your True Goals

Identify your True Goals and Actions to achieve them... Listen to your Heart and follow your Mind!

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

#### Module 11: Spirituality

We examine Spirituality and Spiritual Development across the ages.

What is Karma? What is Alchemy? What is Meditation and Yoga?

Module 12: Spirituality and You

We examine Spirituality and Spiritual Development in today's world.  
Divine Focus, List of Recommended Books, Alchemy of Love

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## Sue Andreas says

### **Mindful Being Book Review: Powerful and Practical Course. Must experience!**

Mindful Being towards Mindful Living by Natasa Pantovic Nuit is a simple, powerful, and amazingly practical **mindfulness training** course.

I love self-development books and I try to go to a lot of courses that are about conscious living, meditation and spirituality so this was not a new subject for me and I very much looked forward to this experience. I started my exploration journey last year, during the winter of 2015 and within the course materials I found a great collection of spiritual exercises that now I use daily. walking bare-foot, showering with cold water, preparing little secrets for my friends and family, going back to writing, drawing mandalas, meditating with inspiring guided meditations, exercising concentration, etc.

If any of you want to learn more about walking a spiritual path or self-development with a very 'spiritual not religious' approach, this is a great mindfulness training to attend and Nuit is a great Coach. I was surprised by the spectrum of exercises: we covered lots of inspiring tools: a personal plan, goals' setting, life cycle, relationship contracts. These were for me some of the best self-development tools explored within 'do it on-your-own mode'. This has its-own disadvantage 'cause I had to go back to my self-discipline to complete the 12 weeks modules on my-own, yet since I loved the subject and the writing style I continuously returned to the exercises. Lots of wisdom within this course.

I would end this review with the quote from Nuit's article: Is Mindfulness for You? An Honest Look into a Mindfulness Journey.

The self-development journey is a beautiful life-long journey. It takes an effort to be commitment to the beauty of life and a courage to fall in love with practitioners of this amazing wisdom. We call them yogis, sages, poets, and feel inspired by their words. Yet, a word of warning, Mindfulness cannot be learned but only inspired.

Nuit

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## Sneza says

Conscious Parenting courses is a great course and I highly recommend it  
I enjoyed working with my kids on creativity exercises of various sorts. My kids are hyperactive and detached from the contact with nature so seeing my little ones working on some simple but inspiring exercises from the course, enjoying their creativity time, and preparing little surprises for us, parents, made

us feel more as a family. The course is fun, full of exercises and tips for kids development. 12 modules try to cover all the areas within one's life, so there is much to enjoy but I would highlight: anger management, understanding core beliefs and of course relationships. Worth going back to it at different stages of life! I will probably re-do it again in a couple of years. Must try!

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### **Draganadjokic343gmail.Com says**

Mindful Being Course is full of useful exercises and great self development tools. The mindfulness course is divided into 12 modules and full of tips about spiritual work. It reminded me of many spiritual tools that I used during my life time of meditation and yoga. A systematic approach that covers body, mind and soul 'work' is inspiring. Highly recommended!

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### **Mario Johns says**

Mindful Being from Natasa Pantovic Nuit is a self development course that kept me inspired and engaged for a long time. I am into meditation and spiritual work for the last 20 years and I came across many self-development books. The Mindful Being is very well structured, straight forward and full of useful exercises and tools. I very much appreciated the spiritual not religious approach to the subject of spiritual self development because my experience is that a lot of value is lost within the groups that push their religious beliefs.

The Mindful Being Course is a real treasure for all the students of self development, mindfulness and spiritual growth. It has a mix of mindfulness tools that are distributed within 12 modules of the course. The course left me with the Spiritual Diary and Soul's Diary, two tools I wish to keep writing all throughout this year.

Inspiring, valuable guide and if taken seriously can be the most beautiful companion within one's spiritual journey.

Try it! I highly recommend it!

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### **Milica Mica says**

An amazing course full of exercises tailored for parents. I am into Waldorf education, green parenting, simplicity parenting, so this was a lovely inspiring course to follow.

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### **Elena Trintas says**

Mindful Being Course is a remarkable work of someone who spent 20 years researching the subject of spiritual development. I am so happy I came across this work from Nuit and that she inspired me to implement some simple and powerful exercises within my life. Defining true goals is always a challenge and returning back to the 'real values' with very practical tools is something that I find very valuable within this Course on Mindful Living. Inspiring and deep work!

