

Spiritual Symbols with Their Meaning



Nataša Pantović Nuit

*A*lchemy  *L*ove

Mindfulness Training Book #8

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DEDICATION

To all Mindfulness and Alchemy Explorers who see the beauty in every-day
Nature & Universal sacred language of symbols and signs. We will not talk
about spiritual symbols worshiped by major religions but about trees,
numbers, spirals that we meet daily.
Through symbols to mindfulness meditations.

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INTRODUCTON

Symbols and signs are the languages of the soul. Symbols and signs are the language of dreams. Occultists believe that signs and symbols are given a supernatural power at their creation. Words, signs and symbols, images, colors, light, are all used for eons to convey a spiritual meaning.

The Mystics, the Magi initiates, the guardians of the oracle mysteries acquired deep knowledge of the laws of the spiritual world and their interaction with the sense world. Some of them worked hard all through their lives to decipher the spiritual forces behind the forces of nature and to learn how to control the elements.

The Mystics of India

In ancient India the philosophers and the yogis observed the world as an illusion. Yet, the magic of the spiritual world stayed deeply connected to the sense world. Within the science of yoga, the science of mind, body and soul is beautifully correlated. The way we breathe influences the world around us, our perception of the worldly phenomena, our happiness. The way we treat our spine influences our health and wellbeing. Finally the way we treat our thoughts, or the science of mindfulness and meditation influences our current incarnation and the incarnations to come.

Patanjali, within his Yoga Sutras, gives a foundation of the science of Yoga, or the 'Kingly Science of the Soul', mapping the step by step rules, and methods, to make a man perfect, leading him or her from an average person, through to initiates, to a master yogi. A yogi aims to free him / herself from the moods, longings, desires, and emotional reactions that are ruling the life of an average person and has arrived at the point of peace.

The Mystics of Greece

For the philosophers of ancient Babylonia and Greece the sense world was not considered an illusion.

In the search for Divine, they turned towards art, towards symbols and signs within myths and legends. They created such a marvel of art that every detail became an expression of the spiritual. In mysterious ways the wisdom of the initiates poured into poets, artists, and thinkers. They awakened powers of thought and feeling that are not directly stimulated by the spiritual world. Manipulating the elements, they turned towards the Lady Science and carried her principles to the point that we are now able to manipulate the sound, the light, the matter and its manifestation.

The Mystics of China

Chinese created I Ching that within its symbolism reflects the universe in miniature. The book is at the heart of Confucian thought and Taoism, but also a common tool amongst the fortune tellers that use it as a divination text and a roadside oracle. Longmei zi, early 13th century, depicts Qian and Kun.



The I Ching starts with the hexagrams Qian and Kun. Qian is heaven and Kun is earth. Qian (☰) and Kun (☷), the male and female principles.

When heaven and earth are born, the whole of creation comes into being. All the lines of Qian are masculine, its symbol is the dragon. Kun is earth. It is purely feminine. Earth creates the world and the whole of creation counts on it for nurture and growth. Kun is the female horse.

The Mystics of Kabbalah

Kabbalists designed the Tree of Life and the Tarot symbolism followed it. Kabbalah is an esoteric teaching, a science that explores metaphysical principles of the universe. Any material object and action from both the micro and the macro world is controlled by the spiritual forces.

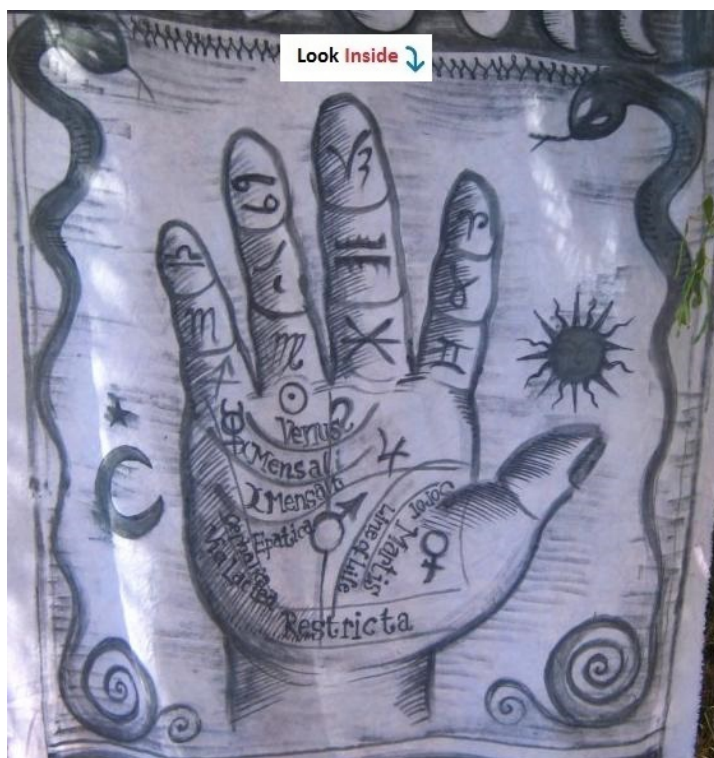
Kabbalah attempts to understand these spiritual sources, to know their nature and properties. Within the basic structure of the Tree of Life we find the ten Sefirot, each corresponding to a divine quality. They divide into masculine and feminine qualities. The Sefirot are a blue-print of all

the phenomena from cosmic forces to human relationships. The Sefirot are linked together in precise relationships and governed by the three divine principles: balance - Will, expansion – Mercy, and constraint - Justice.

The Tarot is used as a symbolic reflection of the Tree of Life, a remarkable repository of esoteric knowledge and a powerful tool for spiritual and psychological exploration.

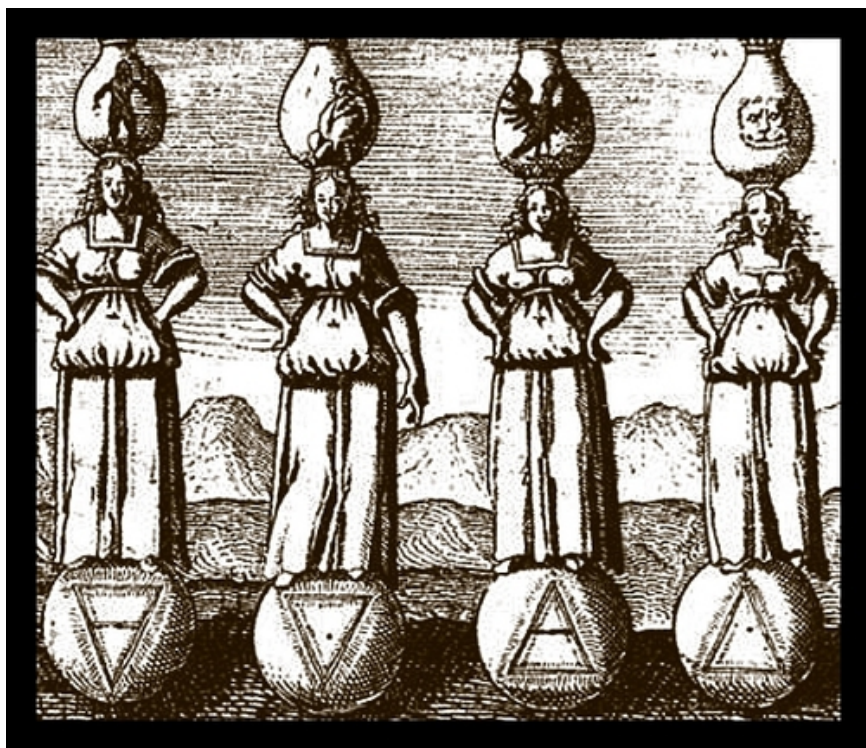
Mystics Magic and God

To a Chinese sage, a Yogi, and a Cabbalist Mystic, the earth is a field of activity that has to be transformed, so that it carries an imprint of human will.



Just as God is hidden, so are the inner secrets of Her divine message. We read about them, hear them uttered, but we cannot possibly

comprehend their meaning unless we have a direct experience of their truth. That is why to be able to talk to our souls we use meditation, we use rituals, symbols and signs, we use dreams and careful observation of souls' subconscious messages. The mystics of our past help us in this quest. From Zarathustra who comes from the ancient Persian spiritual culture, to Pythagoras who comes from the Greco-Latin cultural epoch, to Lao Tzu, Buddha and Christ, they all carry the keys to the secrets of the most varied mysteries.



Heres Four Elements Symbols Alchemy

Alchemy Symbols

'Khem is an ancient name for the land of Egypt, and alchemy is one of the two oldest sciences known to the world. The other one is Astrology.'

Manly P. Hall about Alchemy

According to an old Rabbi legend, an angel gave Adam the mysteries and secrets of Kabbalah and of Alchemy, promising that when the human race understand these inspired arts, the curse of the forbidden fruit would be removed and man will again enter into the Garden of Eden.

The earthly body of alchemy symbols is chemistry.

The Phoenicians, and Babylonians were familiar with alchemy. It was the most prized of the secrets of the Atlantean priest-craft, it was practiced in China, Greece and Rome; and it was the master science of the Egypt. The most powerful of the alchemical organizations were the Rosicrucian, the Illuminati, and certain Arabian and Syrian sects.

We will not research the alchemy symbols in depth but attempt to understand its main messages across the cultures, the goals of this sacred science, its practices within the daily life.

What is Alchemy and Nature

Alchemy is based upon the natural phenomenon of growth. According to Alchemists through the self-development the consciousness of man can be transformed from base animal desires (represented by the metals) into a pure, golden, and enlightened consciousness; ignorance can, through proper endeavour and training, be transmuted into wisdom; metals can be transformed into gold.

What is Alchemy?

What is Life according to Alchemy?

What is intelligence? What is the essence? What is Nature of elements?

Nature manifests through growth, it is an urge from within outward, a force that drives expression and manifestation.

It is invisible, it is life found in bodies, animated by the divine breath.

How does the Nature manifest?

Nature manifests as male and female, as Yin and Yang, as Left and Right Sephirot within the Kabbalah's Tree of Life.



Yin Yang Manifestation of Consciousness within Indian Traditional Art

Alchemist must first know the Nature

An alchemist knows that all substances grow from seeds, and that these seeds are already in the body of the substance. Nature transforms the black carbon into diamonds, through millions of years of natural hardening. Alchemy is the Art of increasing and bringing an element into perfection with the greatest possible speed.

The Alchemist must be able to discriminate between the male and female qualities and manifestations. The matter must be separated from its impurities.

Alchemy Symbol, can we give Nature a chemical symbol, a sign, an element?

Nature can be compared to Mercury. Mercury is a chemical element with the symbol Hg and atomic number 80. It is also known as quicksilver. It is highly toxic. Mercury is dual - fixed and volatile, it ascends and descends. Ascending, it seeks to purify.

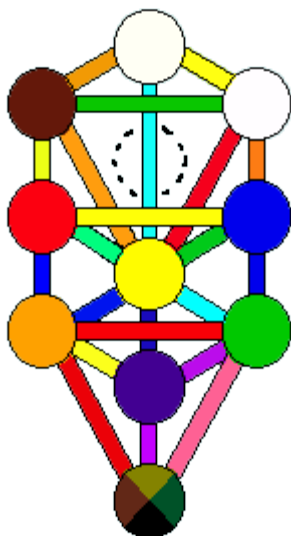
Alchemy Symbols and Kabbalistic Tarot



Kabbalistic Tarot painted by Oswald Wirth

The stages through which matter passes in its journey towards perfection can be divided into twenty-two parts, the twenty-two major cards of Tarot, twenty-two paths of Kabbalah, and the Twenty-two letters of the Hebrew alphabet.

The Tarot cards are an Alchemical Formula of manifestation.



Kabbalah Image of Triad

Alchemy Symbols manifesting in three Worlds

Alchemy preserves the triple key to the gates of eternal life. It is a mystery of manifestation in three worlds: the divine, the human, and the elemental.

The table showing the analogies of the three principles across different cultures and religions from all around the world.

Three principles across different cultures / religions:

Timeless & Eternal	Dynamic & Expanding	Multiplying & Dying; Contracting
Father	Son	Mother / Holy Ghost
Tao	Yang	Yin
Brahma (Creator)	Vishnu (Preserver)	Siva (Destroyer) / Shakti
Kether	Chokmah (Wisdom)	Binah (Understanding)
Spirit	Soul	Body / Mind
Not an element: Life Force, Kundalini, Tao	Fire and Air / Water and Earth	
Philosopher's Mercury	Sulphur	Mercury or Salt

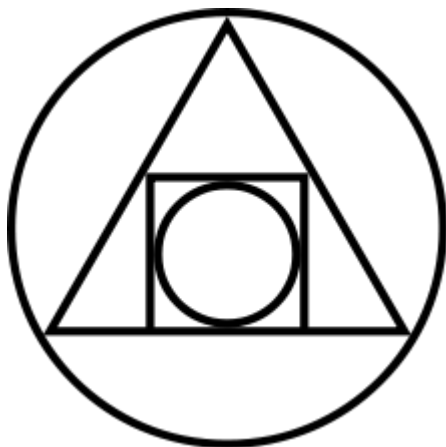
The Alchemist starts with a good seed, puts it to its proper earth, and when the seed is ready s/he rarefies it so that its virtue is increased and indefinitely multiplied. According to Alchemy the Nature should be assisted, so the Alchemist works according to the laws of Nature, recognizing that the Art is merely a method that copies Nature. Within the process of purification the Nature ends...

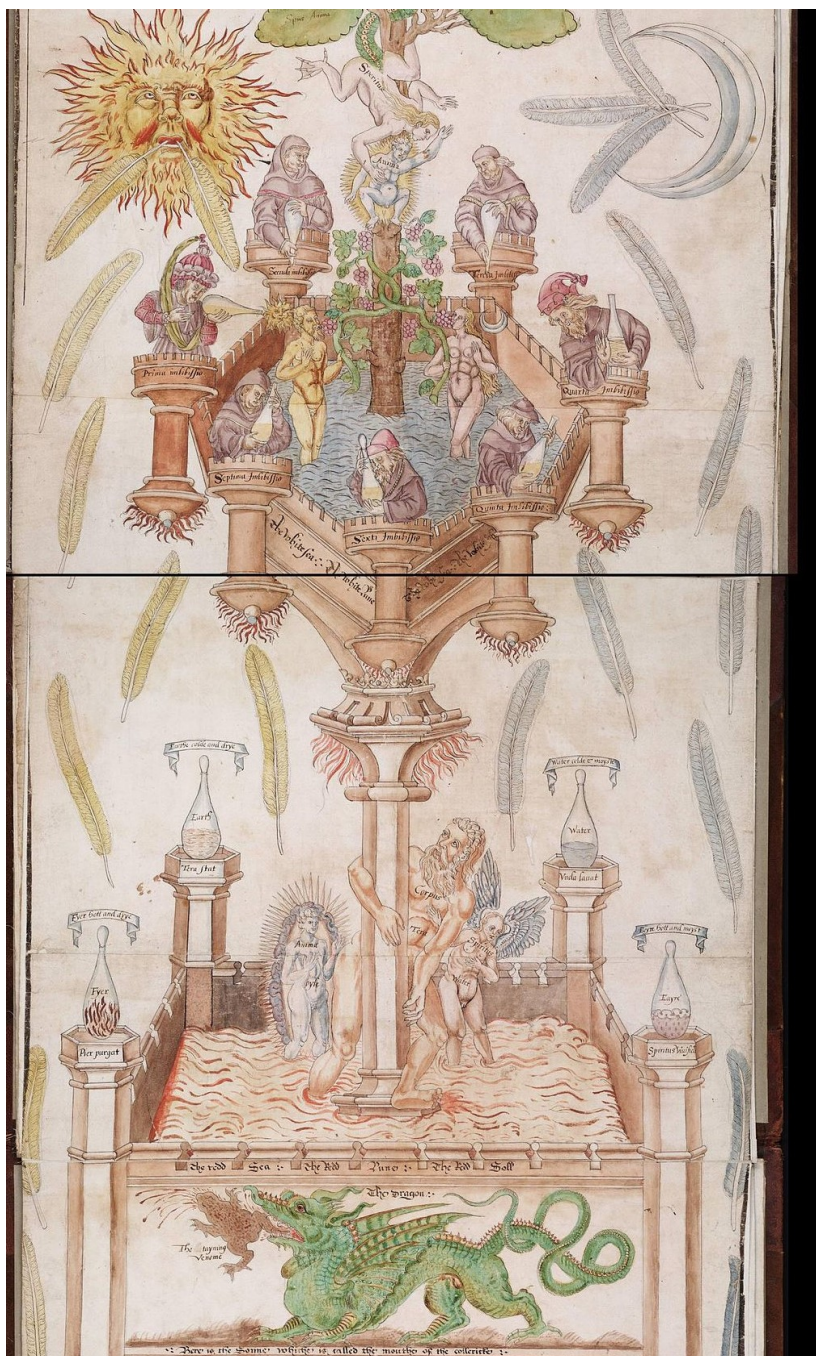
Alchemy Symbol of Gold



An Alchemist would tell you that all the beings contain in their inmost centre a precious grain of the elementary gold. The nature of man reflects the entire universe in miniature.

According to Alchemy, One is developed into Two, and the two are merged into one. Elementarily and symbolically Sulphur is the living male, and Mercury is the living female. Female and male must be joined together, so that they form a germ. The Alchemist should separate the light from the darkness. Both must be purified and putrefied and joined a-new together. Their merge results in an Egg (Philosopher's Stone) with the four elements joined together. The shell is Earth, the white is Water, the skin between the shell and the white is Air, and the yolk is Fire. In the middle of the yolk there is the 5th element that is the Life Force.





Four elements Ripley Scroll 16th century Alchemy

After the purification, a perfect equilibrium of the four elements enters into the Lapis creating the Philosopher's Stone, the Mercury of the Philosophers, or the Philosopher's Medicine that gives health and cures diseases, perfects metals changing them into Gold. Long life, health, and happiness are all within the promise of this true AURUM, the most powerful and most precious Gold.

Symbolism of Gold

"The golden rule of true occult science: For every one step that you take in the pursuit of higher knowledge, take three steps in the perfection of your own character."

Rudolf Steiner, Knowledge of the Higher Worlds

We constantly seek to materially, mentally and emotionally 'better' ourselves, our-family dynamics, and our society and within this journey we learn about the interconnections of all things, about short-lived happiness and long-term fulfilment, about the ways to treat our Mother Gaia and all the ones that share our little and wonderful planet with us: animals, plants, stones. We constantly learn how to live in harmony with ourselves and the world around us.

Alchemy and Gold

Gold is formed in the centre of the earth, when passing through warm and pure places.

Gold's atomic number is 79. It is a chemical element with the symbol AU (or perhaps AU(M)?) the Latin 'aurum', meaning 'shining dawn' because of its colour.

Gold does not oxidize in air or water and it is one of the least reactive chemical element. Alchemist would say that it contains no life, that it is dead. Gold is entirely free from imperfections. Gold is highly conductive to electricity.

It is believed that most of the Earth's gold lies at its core, the metal's

high density made it sink into the Earth's centre. All of the gold found on Earth was deposited later by meteorites that contained Gold.

Spiritual Meaning of Gold

Perfection of own character, whether towards more kindness, more truthfulness, more knowledge and wisdom has been with us humans as our noble goal for 1,000s of years. Excellence is our Inner Gold.

Jung on Alchemy and Gold

"My studies of alchemy may seem obscure and baffle many people, but taken symbolically - the symbolic gold of great worth, or the transforming philosopher's stone 'lapis philosophorum' hunted for centuries by the alchemists - is to be found in man." **C.G. Jung**

"Alchemy represents the projection of a drama both in cosmic and spiritual terms. The opus magnum had two aims: the rescue of the human soul and the salvation of the world..." **Interview of C. G. Jung by Mircea Eliade**

The unique prima materia, the chaos, or the life force from which the "gold" is produced Jung equate to an unconscious content

"The psychological equivalent of this theme is the projection of a highly fascinating unconscious content which, like all such contents, exhibits a numinous – 'divine,' or 'sacred' – quality." **C.G. Jung**

"Practical experience shows us again and again that any prolonged preoccupation with an unknown object acts as an almost irresistible bait for the unconscious to project itself into the unknown nature of the object and to accept the resultant perception, and the interpretation deduced from it, as objective." **C.G. Jung**

The Ancient Egyptians also had a deep connection to Gold. They referred to Ra as a mountain of gold. The Royal Tombs were known as the "Houses of Gold" and the Pharaohs were called the "Golden Horus".

Chinese Alchemy

The ancient science of alchemy still influences the contemporary spiritual theories, and stays shaping the spiritual philosophies of our time.

The whirlpool of its magic at one point became madness for the alchemists who tried to decipher its secret language of symbols and signs, and for the ones who managed to just bath in the beauty of its images, it stayed full of blessings. The desire to knock on the door that promises eternal life and eternal youth returns through centuries to haunt the alchemists with their quest to know the lapis philosophorum, the philosopher's stone - the legendary alchemical substance capable of turning base metals into gold.

Secret of Golden Flower - Merge of Male and Female Energy

It is the merge of male and female that fascinates us so much, it is the White Queen and the Black King that unite to give a birth to a child that is perfect and immortal. It is Taoist Yin and Yang that when circling in perfect harmony create balance and harmony within a Human Being, on Earth and in Universe.

It is Male that is our Collective Consciousness, that is Sun, Reason, Science, Law & Order.

It is Feminine that is symbolised by Moon, or Earth, that is the Ocean of our Collective Sub-Conscious, it is our Dream Consciousness, our shadow existence, trance, dragon and the snake, siren and medusa, that is Life that creates and destroys itself.

The Mind as an unusual Son of Chaos

Mind is symbolised by Mercury, and when Master of its Destiny, his spirit is a hermaphrodite that stands on both: the Sun and the Moon.

Extracts from the Secret Of The Golden Flower

In an attempt to further understand this symbolism within our lives we came across an ancient Chinese Alchemy text: The Secret Of The Golden Flower, Tai Yi Jin Hua Zong Zhi 太乙金華宗旨, a Chinese Taoist text about meditation, translated by Walter Picca in 1964. The following are some extracts from this holy scripture.

It is said that Lao Tzu became one of the Eight Immortals using the methods within this book. The ideas have been traced back to Persia and Zarathustra and the Egyptian Hermetic tradition.

'Master Lao-Tsu said: That which exists through itself is called the Way (Tao). Tao has neither name nor shape. It is the one essence [Hsing], the one primal spirit. Essence and life cannot be seen...



Lao-Tsu

The Golden Flower is the Light. What colour has the light? One uses the Golden Flower as an image. It is the true power of the transcendent Great One...'

About Gold from the Secret Of The Golden Flower

'The power of the seed, like Heaven and Earth, is subject to mortality, but the primordial spirit is beyond the polar differences. Here is the place whence Heaven and Earth derive their being. When students understand how to grasp the primordial spirit, they overcome the polar opposites of Light and Darkness and tarry no longer in the three worlds.'

About Duality from the Secret Of The Golden Flower

'In the body is the anima. The anima, having produced consciousness, adheres to it. Consciousness depends for its origin on the anima. The anima is feminine, the substance of consciousness. As long as this consciousness is not interrupted, it continues to beget from generation to generation, and the changes of form of the anima and the transformations of substance are unceasing. But, besides this, there is the animus in which the spirit shelters. The animus lives in the daytime in the eyes; at night it houses in the liver. When living in the eyes, it sees; when housing itself in the liver, it dreams.'

About Consciousness from the Secret Of The Golden Flower

'The one effective, true essence (logos united with life), when it descends into the house of the creative, divides into animus and anima. The animus is in the Heavenly Heart (Mind*). It is of the nature of light; it is the power of lightness and purity. It is that which we have received from the great emptiness, that which has form from the very beginning. The anima partakes of the nature of darkness. It is the power of the heavy and the turbid; it is bound to the bodily, fleshly heart. The animus loves life. The anima seeks death.'

*** Chinese Symbol for Heart and Mind is the same**

About Anima and Animus from the Secret Of The Golden Flower

The core Chinese concept is Xin that means both Heart and Mind. This insightful fact shines a wonderful light on any Chinese ancient text and philosophy. The Mind that represents ideas, cognition, and reason, and Heart that represents desires, and emotions, are coming from the same

centre and are directed by the same forces. The Xin guides both beliefs and desires. It is the Heart, rather than the brain that is responsible for the belief systems. The Heart is the centre of emotions and desires, or tranquillity and calmness, but also of intellect and understanding.

'Understanding and clarity, knowing and enlightenment, and all motion (of the spirit), are likewise this Light; therefore it is not just something outside the body. The Light-flower of Heaven and earth fills all thousand spaces.'

About Light from the Secret Of The Golden Flower

'The heart / mind* cannot be influenced directly. Therefore the breathing power is used as a handle...

While sitting, one must, therefore, always keep the heart (mind) quiet and the power concentrated. How can the heart (mind) be made quiet? By breathing. The heart (mind) alone must be conscious of the flowing in and out of the breath; it must not be heard with the ears. If it is not heard, then the breathing is light; if light, it is pure. If it can be heard, then the breathing power is heavy; if heavy, then it is troubled; if it is troubled, then laziness and absent-mindedness develop and one wants to sleep...'

About Breathing Exercises from the Secret Of The Golden Flower

'If, when there is quiet, the spirit has continuously and uninterruptedly a sense of great gaiety as if intoxicated or freshly bathed, it is a sign that the Light principle in the whole body is harmonious; then the Golden Flower begins to bud. When, furthermore, all openings are quiet, and the silver moon stands in the middle of Heaven, and one has the feeling that the great earth is a world of light and brilliancy, that is a sign that the body of the heart (mind) opens itself to clarity. It is a sign that the Golden Flower is opening...'

About Meditation from the Secret Of The Golden Flower



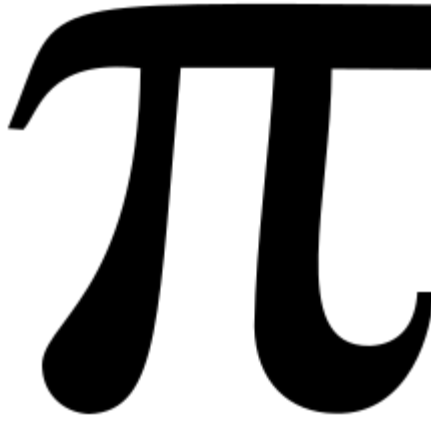
'The most important thing in the Great Meaning is the four words: non-action in action. Non-action prevents a person from becoming entangled in form and image (substantiality). Action in non-action prevents a person from sinking into numbing emptiness and a dead nothingness...'

About non-action in action from the Secret Of The Golden Flower

'As soon as these two substances meet each other, they unite inseparably, and unceasing life begins; it comes and goes, and rises and falls of itself, in the house of primordial power. One is aware of effulgence and infinity. The whole body feels lighter and would like to fly. This is the state of which it is said: Clouds fill the thousand mountains. Gradually it (life) goes here and there quite quietly; it rises and falls imperceptibly. The pulse stands still and breathing stops. This is the moment of true creative unity, the state of which it is said: The moon gathers up the ten thousand waters. In the midst of this darkness, the Heavenly Heart suddenly begins a movement. This is the return of the one Light, the time when the child comes to life.'

About Merge of Yin and Yang from the Secret Of The Golden Flower

Alchemy and Philosophers Stone Lapis



In search of perfection Mathematics Pi

According to alchemists, the Philosophers' stone (lapis philosophorum) is a substance capable of turning any metal into gold. Also called, the Elixir of the alchemists, it carries the promise of immortality.

Many have tried to find this sacred substance, searching amongst stones, liquids, air, or deep within their soul. The stone that turns metals into gold, the energy that transforms any fire into 'living fire', any flow into 'Divine flow'.

Lapis and VITRIOL

The alchemical motto is: 'Visit the interior of the earth and rectifying (purifying) you will find the hidden stone.'

They sum their knowledge of the 'Path' and the magic of **VITRIOL** within the sentence: "Visita Interiora Terra Rectificanto Inveniens Occultum Lapidem'.

L'Azothe des Philosophes, Basil Valentine, Paris, 1659.

Alchemy was given a title of an 'Art' and alchemists were the supreme 'Artists' and many gurus and sages tried to decipher the Sacred Art's higher meaning.

Seeking immortality, seeking perfection, Alchemists, Cabbalists, Taoists, Yogis, Mystics of our past experimented with physical manifestations, with their bodies, emotions, thoughts, offering formulas hidden within a veil of images, symbols, mantras, for mystics of the future to contemplate and discover.

VITRIOL by Nuit

How high do we need to climb to reach it?

How deep do we need to dig to find it?

Hidden at the very top of the highest Cathedral

Buried at the very bottom of the deepest cave

Concealed at the very top of the Sacred Mountain

Veiled at the very bottom of the Temple's path

Waiting at the very top of the largest pyramid

Rooted at the very bottom of the sacred search

Within the Holy of Holies Sleeps untouched a sparkling pearl

Find it, swallow it & become it and each drop of your blood

Will become a star

Jung, Introduction to the Secret of the Golden Flower

'I know a series of European mandala drawings in which something like a plant seed surrounded by its coverings is shown floating in water, and from the depths below, fire penetrating the seed makes it grow and causes the formation of a large golden flower from within the germinal vesicle. This symbolism refers to a sort of alchemical, process of refuting and ennobling; darkness gives birth to light; out of the 'lead of the water-region' grows the noble gold; what is unconscious becomes conscious in the form of a process of life and growth. (Hindu Kundalini yoga affords a complete analogy.) In this way the union of consciousness and life takes place.'



Tibetan Sand Mandala

Ancient Rome, Wisdom as Lapis

Within this beautiful Latin poem 'Verba Aristei Patris ad filium'

a Roman nobleman Aristei talks to his son about the Art and its Magic Promise:

'What is the use of wealth, when one is liable to be afflicted with human infirmities? Where is the advantage of treasures, when death is about to destroy us? There is no earthly abundance which we are not bound to abandon upon the threshold of the tomb. But it is no longer thus when I am possessed of this Key. Wealth is ever at my command, and I no longer want for treasures; weakness flees away from me; and I can ward off the approach of the destroyer while I own this Golden Key of the Grand Work.

It is by the life that we discern the principle of things; the life of things is the Air, and by consequence Air is their principle. It is for this reason that Air corrupts all things, and even as it gives life, so also it takes it away. Wood, iron, stones, are consumed by fire, and fire cannot subsist but by Air. Now, that which is the cause of corruption is also the cause of generation. There has Nature stored up all her treasures, establishing therein the principles of the generation and corruption of all things, and concealing them as behind special and secret doors. To know how to open these doors with sufficient facility so as to draw upon the radical Air of the Air, is to possess in truth the golden Keys.'

The Secret of Lapis

BY THEOPHRASTUS PARACELSUS: The Aurora of the Philosophers, 1659

'ADAM was the first inventor of arts, because he had knowledge of all things as well after the Fall as before

...they held these arts to be the highest philosophy, to be learnt by their chief nobles and priests. So it was in the time of Moses, when both priests and also physicians were chosen from among the Magi

... Magic, indeed, is an art and faculty whereby the elementary bodies, their fruits, properties, virtues, and hidden operations are comprehended. But the cabala, by a subtle understanding of the Scriptures, seems to trace out the way to God for men, to shew them how they may act with Him, and prophesy from Him; for the cabala is full of divine mysteries, even as Magic is full of natural secrets. It teaches of and foretells from the nature of things to come as well as of things present, since its operation consists in knowing the inner constitution of all creatures, of celestial as well as terrestrial bodies: what is latent within them; what are their occult virtues; for what they were originally designed, and with what properties they are endowed.'

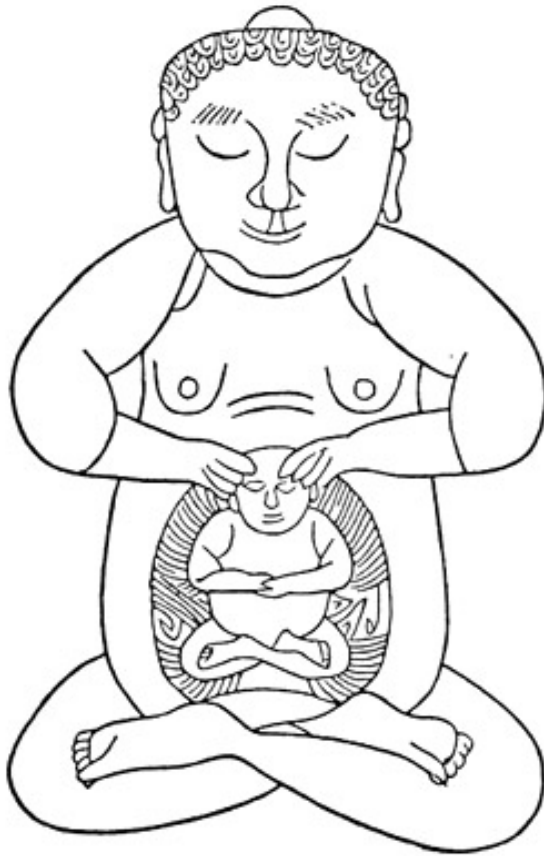
Lapis in Kabbalah, Taoism and Yoga

Lapis, philosophers stone and Kabbalah, Tree of Life The Esoteric practices of the West mapped within the Kabbalah's Tree of Life were given to posterity in the form of Astrology and Tarot.

Cabbalist Middle Pillar offers the direct path to Divine. The mystics practice various exercises that involve imagination, breath, and concentration, to purify and circulate the life force to be able to better reflect the cosmic energy forces.

In the East, yoga practices were designed to awaken 'Kundalini', the 'Serpent Fire' that sleeps within the bottom of the spine and in China, Taoist experimented with Tao, the Vital Energy, in an attempt to balance Yin and Yang energy manifestation within all the aspects of creation. Taoists Qigong practices work with the human bodies to purify, and circulate the life force.

圖胎道



Ancient Chinese Drawing of Chi Gong Practices

Whether Yogis, Cabbalists or Taoists, mystics of our past tried to manipulate the chemistry of a human body and create reactions within the mind, offering variety of breathing exercises, yoga exercises, qigong exercises, using sound, symbols and signs, to reach Higher States of Consciousness.

Emerald Tablet of Hermes or Tabula Smaragdina Hermetis

Lapis and The Emerald Tablet of Hermes

The Emerald Tablet of Hermes 'Kitab Balabiyus' is the earliest of all the alchemy works that survives. Hermes, by the Greeks called Trismegistus, an Egypt's King, most probably lived around 400 years before Moses, or around 1900BC.

'This prince, like Solomon, is highly celebrated by antiquity for his wisdom and skill in the secret operations of nature, ... he is called the Thrice Great Hermes, having the spiritual intelligence of all things in their universal law.'

Mary A. ATWOOD, Introduction to 'Hermetic Philosophy & Alchemy'

The wisdom from the Tablet reached the Western Kings within a Syriac 'Book of Treasures' (9th century) and the 12th century Book of Advice to Kings 'Kitab Sirr al-Asar'. This unique and authentic stone engraved with sacred writings, might be all that has remained from Egypt of her Sacred Art.

The Golden Treatise of Hermes Trismegistus, Concerning the Physical Secret of the Philosopher's Stone, (Excerpts) Translated by A.E. Waite, 1894

"True, without error, certain and most true; that which is above is as that which is below, and that which is below is as that which is above, for performing the miracles of the One Thing; and as all things were from one, by the mediation of one, so all things arose from this one thing by adaptation;

the father of it is the Sun, the mother of it is the Moon; the wind carries it in its belly; the nurse thereof is the Earth.

This is the father of all perfection, or consummation of the whole world. The power of it is Integral, if it be turned into earth.

Thou shalt separate the earth from the fire, the subtle from the gross, gently with much sagacity; it ascends from earth to heaven, and again descends to earth: and receives the strength of the superiors and of the inferiors - so thou hast the glory of the whole world; therefore let all obscurity flee before thee.

This is the strong fortitude of all fortitudes, overcoming every subtle and penetrating every solid thing. So the world was created. Hence were all wonderful adaptations of which this is the manner.

Therefore I am I called Thrice Great Hermes, having the Three Parts of the philosophy of the whole world. That which I have written is consummated concerning the operation of the Sun".

Lapis and Purification

All of the Mystics recommend that practitioners must purify their emotional, mental, and moral forces.

Purifying, strengthening, and increasing Vital Energy brings a promise of health, wealth and lightness of being.

Lapis, Spiritual Poetry by Nuit

To release the power of Lapis

Make the fixed one volatile

And the volatile fixed

Break Ego and its walls

Cleanse it

Boil it

Soften it

Disperse it...

And strengthen the Will

Descending Divine Qualities

& your Soul will shine Gold

Light and Divine

Like bees and butterflies around a candle light during a dark night, our bodies, minds and souls get attracted to the 'light'. The symbolism of Light around the world is mapped within our spiritual practices that use 'Light' as a medium and our spiritual experiences of Divine that often have 'light' as the central point.



We use words like: 'divine light', 'clear light', 'enlightenment', 'pure light', 'light body', 'astral light' to express our highest meditative states, prayer contemplations, and our overall connection with what we call 'Divine'.

Symbolism of Light

Even though we see God as encompassing, omnipotent and omnipresent, we prefer to meet Him or Her diving into the qualities of 'light' rather than 'darkness'. Light attracts our souls' imagination and our symbolic spiritual journey is the one of: 'lightness of being', 'light carriers', 'light diamond body'.

The symbolism of 'light' all across the cultures connects us with consciousness, wisdom, moral purity, intelligence, angels, beauty.

Light and Various Religious Practices

The worship of light in the form of sun worship or fire worship is one of the earliest form of worships.

The Hebrew saw the very beginning of creation as: 'God said: Let there be light, and there was light'

Zoroaster, in ancient Persia, called the principle of light, Ormuzd, that was born of the purest light, and the principle of darkness, Ahriman, that sprung from utter darkness.

Pythagoras also believed that two antagonistic principles rule the creation. The first one was unity, light, the right hand, stability, symbolised by a straight line; the second one was darkness, the left hand, instability, symbolised by a curved line.

The Cabalists say that before the creation of the world, existed only Aur en soph, or the Eternal Light, and when the Divine Mind willed to become Nature, the Eternal Light emanated its radiance from a central point.

Inner Light

It is the inner light that comes forth from complete darkness, from silence of meditation and contemplation that is the true light of wisdom.

Spiritual Quotes About Light as Divine Force

The Symbolism of Freemasonry, by Albert G. Mackey, 1882, The Masonic Rite of Intrusting

'It (This rite of intrusting) begins, however, with the communication of LIGHT, which, although but a preparation for the development of the mysteries which are to follow, must be considered as one of the most

important symbols in the whole science of masonic symbolism. So important, indeed, is it, and so much does it pervade with its influence and its relations the whole masonic system, that Freemasonry itself anciently received, among other appellations, that of Lux, or Light, to signify that it is to be regarded as that sublime doctrine of Divine Truth by which the path of him who has attained it is to be illuminated in his pilgrimage of life.'

Rudolf Steiner Spiritual Poem about Light and Archangel Michael, the ruler of Cosmic Intelligence

The importance of Light within the Taoist Spiritual Practice

The Chi Kung exercises are based upon the circulation of the imaginary Light through the different energy centres. According to Taoists, Light cleanses and gives the practitioner an amazing source of Strength.

'The Golden Flower is the Light. What colour has the light? One uses the Golden Flower as an image. It is the true power of the transcendent Great One...'

Light and Sun-Gazing

Some ancient spiritual practices use sun-gazing to feed neurons and cells within the body transforming this light into nourishment. Sun gazing is often practiced with the bare feet on the earth. Safe hours for sun-gazing are half an hour after sunrise and half an hour before sunset. Manek, 69, from India, claims that since 1995 he has lived only on sun-gazing and water.

Light and our addiction to Screens

All our 'screens' radiate light. TV, computer, mobile screens, all first communicate with our eyes through the light.

Our fascination with 'light' could be one of the sub-conscious reasons to our addiction to screens.

Gratefully Giving & Receiving Divine Flow



Now imagine White Light, Spiritual Poem by Nuit

'Light waves are waves of energy in the form of electric and magnetic fields. The amount of energy in a light wave is proportional to its frequency: high frequency light has high energy; low frequency light has low energy. The frequency of visible light is: colour, and ranges from low frequency red, to high frequency violet. The combination of every colour in the visible spectrum produces white. The full range of frequencies extends beyond the visible spectrum, so we have radio waves, ultra violet rays, etc. Light waves move at their maximum 300,000 kilometres per second which makes light the fastest phenomenon in the universe...'

by Nuit from Art of 4 Elements Book of Spiritual Poetry

The Caduceus



A wand with two serpents twined around it, surmounted by two small wings. the caduceus or magic wand of the Greek god Hermes, Roman Mercury, messenger of gods, protector of Alchemy. The wand represents power and the two snakes wisdom. The Greek Hermes found his analogue in Egypt as the ancient Wisdom God Thoth, as Taaut of the Phoenicians, all linked with the magic rod with twin snakes.

The Rod of Asclepius and Medical Symbolism

The Rod of Asclepius is a rod with one snake coiled around it and it belongs to the god Asclepius. Asclepius is described in Homer's Iliad, so he was most probably a physician who practised in Greece around 1200BC. Later he became known as the Greek god of Healing. Around 300 BC the cult of Asclepius was very popular and healing temples were many. A particular type of non-poisonous snake was used in healing rituals and the ritual purification.



To heal the sick would spend the night in the holiest part of the temple. Asclepius is traditionally depicted as a bearded man holding a staff with one sacred serpent coiled around it. The worship of Asclepius spread to Rome and continued to the sixth century.

Occult Hermetic Symbolism

Alchemists became known as the sons of Hermes or 'practitioners of the hermetic arts'. By the sixteenth century, the study of alchemy includes medicine, chemistry, and the knowledge of metals.

The caduceus represents the integration of 4 elements: the wand for the earth, the wings for the air, the snakes for the fire and serpents movement for the water.

An occult description refers to Hindhu Yogic knowledge of Ida and Pingala, male and female kundalini force as it moves through the chakras and around the spine to the head represented by wings of Mercury. The central rod is Sushumna passing through the spine to the pineal gland into altered states of consciousness. The symmetrical arrangements of two snakes symbolize the moving opposing forces balancing one another creating a higher static form.

Nagakals in India: Healing Snakes

Nagakalas are sacred snakes worshiped as a symbol engraved on stones in India. Intertwining serpents are considered to be a symbol of the god who cures all illnesses. Note the stone on the left and how closely it resembles the Caduceus with 2 snakes rising in between a wand and a bird like wings on the top of the wand.



Symbolism of Caduceus in Bible: Old Testament

“And the Lord said unto him [Moses], What is that in thine hand? And he said, A rod. And he said, Cast it on the ground. And he cast it on the ground, and it became a serpent; and Moses fled from before it. And the Lord said unto Moses, Put forth thine hand, and take it by the tail. And he put forth his hand and caught it and it became a rod in his hand.” Exodus 4:2-4

And the Lord said unto Moses, “Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten [by a

serpent], when he looketh upon it, shall live.” Numbers 21:8.



Cadmus fighting the dragon Amphora from Euboea 550 BC Louvre

To the Serpent, by Nuit

So much celebrated, so much cursed
Serpent of Garden of Eden
Life that goes Forth
With the Knowledge of Good and Evil

Life that multiplies and destroys everything It touches
Life that is: Consciousness
That goes forth to-wards Divine
Through the Tree of Life and its Sefirot
Through the Yi Jing transformations
Through Shiva and Shakti's dance on the floor of Maya

To the trinity of Father / Son / Holy Spirit
To Sat / Chit / Ananda
To Kether / Binah / Chokhmah

To the ascent above the Abyss

The Serpent that flows through
Sushuma-to-Sahasrara
Kundalini, Qi, Life Force

I follow Your Wisdom



Mellieha chapel Madonna

Spiral Symbolism

Spiral is mystical, spiral is magical, spiral is an ancient symbol of Divine.



Embedded within the Universal pattern of Galaxies and also engraved within each tiny shell, it fascinated many from the beginning of times.

The spiral is within the strands of our DNA, flower petals, the branching of trees, a spiral shell, and the shape of our galaxy.

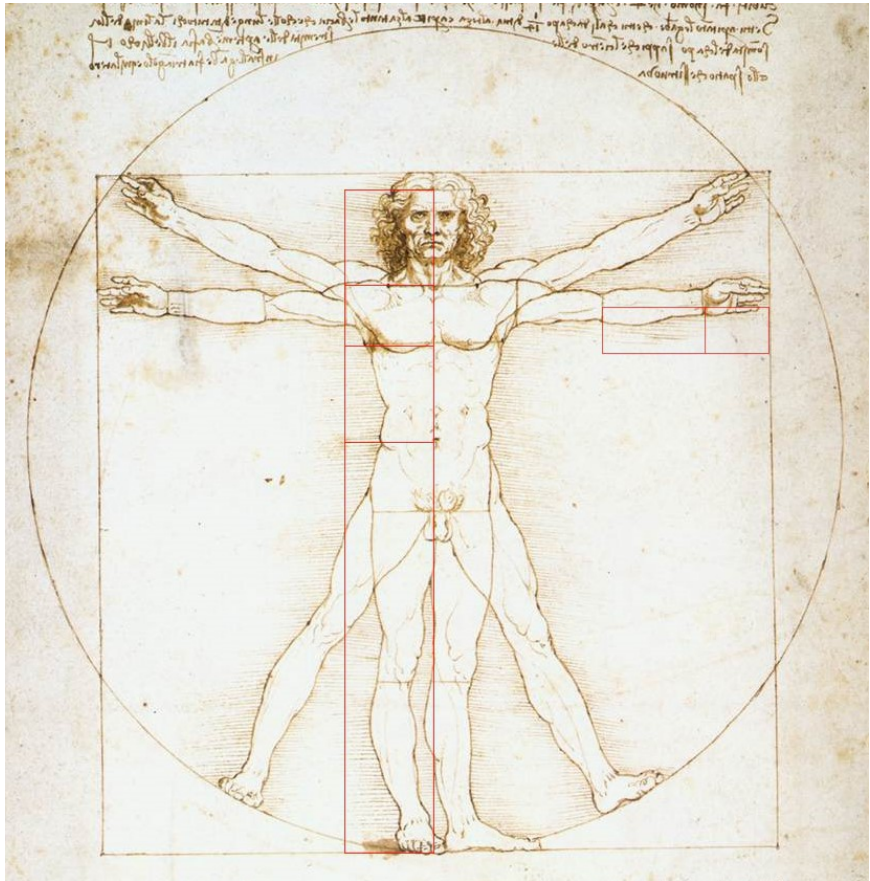
Spiral and Golden Ratio

The Golden Ratio, roughly equals to 1.618, was first formally introduced by Pythagoras. Plato (428 B.C. - 347 B.C.) considered the Golden ratio - Fibonacci numbers - to be the most universally binding of all the mathematical relationships.

The Golden ratio, the Fibonacci sequence runs 1, 1, 2, 3, 5, 8, 13... (each subsequent number is the sum of the two preceding ones) is found everywhere in nature and it is related to the Golden spiral, that often shapes our concept of proportion and beauty. The Golden Mean represented by the Greek letter 'phi' is one of those mysterious natural numbers that appears regularly when life grows and unfolds in steps.

The pattern can be found in the placement of the leaves on most plants,

in a pine cone, in the shape of our DNA, in distant galaxies reflecting the magic interconnectedness of our micro and macro cosmos.



Leonardo da Vinci's 'Vitruvian Man' (1487) illustrates the Golden ratio.

The drawing is based on the correlations of ideal human proportions with geometry. He examined the human body in relation with the square (material existence) and the circle (spiritual existence).

Da Vinci deliberately used the Golden ratio to define all of the proportions in his Last Supper and his Mona Lisa.

Ancient Spiral and its Cosmic Symbolism

Ancient spirals are engraved in Ancient Mayan Temples, in Temples found in Malta that are the oldest free-standing temples on Earth (built around 5,000BC), in Egypt, in India as engravings of Kundalini serpents spiralling up, in China as a symbol for the sun.



Malta Neolithic Temples Tarxien Spirals 2,700 BC

Found within the oldest temples across our little planet it narrates a story of our search towards infinite, our path to consciousness.

From the centre to the infinite end, looking at the spiral we see and feel the expansion that spiral carries within its symbolism.

From unit consciousness to divine consciousness, from point to infinity symbolising the journey of our souls.

'The spiral is a spiritualized circle. In the spiral form, the circle, uncoiled, has ceased to be vicious; it has been set free.'

Vladimir Nabukov, About Spiral

‘Progress has not followed a straight ascending line, but a spiral with rhythms of progress and retrogression, of evolution and dissolution.’

Johann Wolfgang von Goethe

‘The spiral is an archetypal symbol that represents cosmic force.’

Carl Jung

Seashell Spirit Wish, Poem by Nuit

And on the 7th day Seashell Spirit made a wish
To be One and All With God
Either as a dot or an infinite end...

And God was so touched
That She said:

Ocean frames your beauty
and sea whispers in your depths
Your spiral will be the code of knowing me

That is why I will:
- Give you birth within a man -
Circling endlessly through life and death
In search of the key to my Heaven's door

And I will:
- Give you birth as Universe-
Spiralling freely through space
Mapping my wisdom through its dance

And I will:
- Give you birth as Self awareness -
Hidden within the DNA of all my Life

And through it you will stay

My secret, my seed, my tetragrammaton

Spiral of Life or Trinity

Trinity Around the World: Symbols for Trinity

The principle of trinity is found in all the world's religions.

Spiral of Life and Trinity Spiral are mystical symbols of trinity

'Spiral of Life' represents:

- Unity of body, mind and spirit.
- Interplay of birth, growth, and death

It is a symbolic representation of primordial forces that materialize in magical, mysterious fashion while obeying precise universal laws.



Ancient Spiral found in Temples

Ancient Tree of Life starts with a Triad

From this primordial triangle proceed all of the other figures, shapes, forms, all other numbers, the magic of manifestation.

Christian Holy Trinity

The Christian Holy Trinity is seen as: God the Father, God the Holy Spirit, God the Son or Christ Consciousness



Symbolism of Trinity in Christianity

Within the Christian teachings Holy Trinity is worshiped through a number of rituals:

Worship and praise are offered 'to God through Jesus Christ in the Holy Spirit'

Blessings and baptisms are given 'In the name of the Father and of the Son and of the Holy Spirit'

Prayers are given to three-in-one. 'Glory be to the Father, and to the Son, and to the Holy Ghost; As it was in the beginning, is now, and ever shall be, World without end. Amen'

The Trinity also expresses the way Christians relate to God:

- worshiping the Father
- following the example given by the Son

- acknowledging the Holy Spirit that lives in each and every of us

It is interesting that the Muslims see the fact that the Father is God, the Son is God, and the Spirit is God can only mean that Christians believe in three gods. In fact the concept of Trinity is in their view heretical for God is One God.

The doctrine of Christian Trinity resembles the Hindu Trimurti where Brahman is also Brahma, Vishnu and Shiva, yet all three are ultimately Brahman.

Hindu Trinity Doctrine: Trimurti



Trimurti Hindu Trinity Traditional Image

The three major Hindu Gods are Brahma, Vishnu and Siva - Creator, Sustenance and Destroyer.

The Hindu Trinity represents the Divine in its threefold nature.

Each part of the Trinity contains and includes the others.

Each God in the trinity: Brahma, Vishnu and Shiva has his Goddess. Brahma's consort is Saraswati, the Goddess of knowledge; Vishnu's is Lakshmi, the Goddess of delight, beauty and love, and Shiva's is Parvati (or Kali or Shakti), the Goddess of transformation, and destruction.

The Hindu trinity's origin can be also found in Babylon, where it might have been incorporated into the Kabbalah, with the Jewish names of the 'sephiroths'.

Supernal Triad within Kabbhala

The Supernal Trad within Kabbhala's Tree of Life of Kether (Divine Consciousness), Chokmah (the Son in relation to Kether as its Father, it is the active, male principle of existence) and Binah that embodies the primal female energies. Under this trinity is the Abyss with the rest of the manifestation.

Above the Abyss is the realm of ideas. Kether represents the initial spark, Chokmah is the flame that extends out, and Binah holds the flame. Chokmah and Binah are El and Eloha, the creator God and Goddess of Kabbalah, together in Divine Union they are Elohim. Kether is neither masculine nor feminine, it just is.

Before the beginning of creation there was only En Sof. En Sof was everything, and no-thing. As the energy of En Sof became a concentrated spark of light, it became Kether (the Source). In the same instant, there was energy moving in all directions (the Big Bang). This dynamic expansion is Chokmah (Life Force). The energy is channelled following precise Universal laws towards manifestation. This womb that channels and directs the light is Binah (Primordial Mother).

Other Trinity Dc / Doctrines

We find the concept of trinity in many other beliefs systems:

- the Egyptian Trinity of a transcendental god Amun that also manifests as Ra and Ptah. Of God Ra that has a daughter Maat (Wisdom, Knowledge) that is a consort or sister of God Thoth (Divine Word or Logos of Ra). This was soon replaced with Osiris, Isis and Horus.
- the Greek Trinity consisting of Zeus (the God), Hera (the

Goddess) and Hercules (their son) / Athena (their daughter)

- the Babylonian Holy Trinity consisting of Ninkī (later became Ishtar) the mother, Enki (later became Namakh) the father, and Marduk the son. Three animal icons associated with the three Sun 'gods' are: the lion for the goddess, the bull for the father, and dragon for the son.

The three sacred Vedic energy manifestations – Tamas (inertia, darkness, destruction), Rajas (preservation, movement, dynamic), and Satvas (creation, existence, order, purity)



Tao that manifests as Yin and Yang and self-development topics.



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An Interview with Nataša Pantović

AoL Mindfulness is my latest personal growth project of 9 fiction and nonfiction books, that through the use of ancient worlds' techniques, give the explorers a box full of inspirational spiritual but not religious tools to achieve good physical, mental and emotional health.

The titles of the AoL Mindfulness Series include:

Ama Dios (9 AoL Consciousness Books Combined)

<https://www.amazon.com/gp/product/B07NL6WBFR>

Mindful Eating <https://www.amazon.com/Mindful-Eating-Exercises-Delicious-Mindfulness/dp/9995754029>

Conscious Parenting <https://www.amazon.com/Conscious-Parenting-Mindful-Mindfulness-Training/dp/9995754045>

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Tree of Life <https://www.amazon.com/Tree-Life-Spiritual-Mindfulness-Training/dp/9995754134>

"Applying the Laws of Quantum Physics to Philosophy Mother of all Sciences and acknowledging that Micro Cosmos is deeply connected to Macro Cosmos we acknowledge that...

Yin and Yang Consciousness States of Universe are NOT positive nor negative. There are only negative and positive applications of Yin and Yang states of consciousness within Yin and Yang charged environment. Each one of us, as a soul incarnated to experience different states of Consciousness Manifestations, tries to understand the positive applications of Yin (Intuitive) combined with Yang (Reason) states of Consciousness."

Nataša Pantović, Mindful Being

AoL Mindfulness books offer tools that explore the power of mind, creativity, consciousness, and mindfulness. The courses work on developing the qualities of both heart and intellect, exploring virtues or ethical values, inspiring the inner growth. A spectrum of ancient world exercises enhances both cognitive and emotional development enhancing Divergent Thinking.

What is Conscious Parenting?

Within the parenting world, the goal is to promote: unobstructed learning from nature and freedom in the learning environment. We encourage families to adopt healthy diets that have the least ecological foot-print, to avoid using plastic, to spend time in nature, grow own vegetables adopting a sustainable life-style, to work with habits that empower the physical body: mental body, and emotional wonder-land exercise regime daily.

How does it differ from unconscious living?

"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." Nataša Pantović, Mindful Being Course

Consciousness explorers have the courage to take the life journey as the self-development journey, to experiment, and acknowledge that we are all souls incarnated to learn.

How does Mindfulness Training work in practice?

Mindful Being and Conscious Parenting Courses are 12 Modules Courses, examining body, nutrition, home environment, relationship with Earth, the "Eco" habits, and our set behavior patterns, examining subconscious mind through the use of drawing mandalas, exploring various emotional responses, and training the mind powers. Looking into goals, dreams, and building the personal development plan does empower habits that strengthen the physical body and the mind training. The daily routine includes practices of concentration, tools to increase creative intelligence, creative thinking, and the art of the day-to-day mindful living.

When and how did you develop the AoL Mindfulness?

The series is inspired by yin and yang, by mythology, alchemy, and within the parenting world by simplicity parenting, and alternative teaching educational models. The Mindfulness Training Series of 9 fiction and non-fiction books by 7 authors focusing on spiritual growth, creativity and mindfulness was launched in 2015. The world of "AoL Mindfulness" explores numerous self development themes.

A little bit about Nataša Pantović, your background?

Nataša Pantović Nuić, BSc Economics, is Serbian / Maltese Author, Management Consultant, Adoptive Parent, and Spiritual Researcher into Higher States of Consciousness.

Published my first book in Yugoslavia in 1991 called Cooperative Law Interpretation with Contracts for Companies and Individuals.

Author of 9 AoL Mindfulness Books.

The early eMalta years saw a heavy investment by Government in its ICT infrastructure to transform Malta into an Information Society. As Management Consultant working within the MEU, in the Office of Prime Minister, Nataša worked on large number of management and HR consulting projects throughout the various Ministries and Government Institutions.

After helping Father George build a school in a remote area of Ethiopia, Nuić entered the most amazing world of parenting adopting two kids from Ethiopia as a single mum. Nuić left her Management Consultancy job to follow this amazing journey into the parenthood. At the moment she says that her kids are actively teaching her how to be a more loving, mindful and conscious parent. Ema and Andrej love and train basketball, play music, act within a Music Theater Group and were Chess Champions of Malta.

While heading a large UK IT company (Crimsonwing, later KPMG) that has set-up its operations in Malta, she was in charge of its Management Consultancy, Training, and Business Development, expanding the company's markets in Europe, and has been invited by Malta Enterprise, to promote Malta as a European near-shore IT outsourcing destination. As a woman, and an IT Executive, travelling around our little planet, her memory recalls many venues in London, Cardiff, Manchester, Milan, Brussels, Rome, Amsterdam, presenting the company's large UK IT case studies (Safeway, Banks, etc.) while at the

same time promoting Malta IT, but the most impressive was the Euro-Med Summit in Marseille (France) where Nataša was a Guest Speaker in an Experts Panel Discussion addressing Ministers and Business Heads from around the Euro-Med region with the Presentation Strategies for Growth in the Euro-Med Region Euro-Mediterranean Business Summit 2006.

Nataša has traveled through more than 50 countries and lived in 5: UK, New Zealand, Holland, Serbia and Malta. As a volunteer she organized six Body Mind Spirit Festivals in Malta, an International Vegetarian Festival, a Children Festival, and 10 days Temples Conference. She regularly writes about variety of self-development topics with Times of Malta.

Who seeks out, and/or needs, this approach and why?

Within the spiritual growth arena, in our drive for goodness, humanity used to exercise tremendous efforts to transform Yin into Yang, searching for Balance within Order, applying force to guard "chastity", "honor", or "inner laws".

Within our understanding of the "wisdom" system, like in any learning, we pass through a spiral, slowly climbing up its various levels – physically, mentally and intuitively mastering the tools, comprehending its more subtle wisdom and beauty. Exercising Tai Chi, for example, takes us into a journey that as a gift combines breathing, movement, and the energy flow.

Watching a Master exercise the Art, we watch him / her exchange with Tao.

Customers Reviews 5 out of 5 Stars for Ama Alchemy of Love, Sue Andreas's review Feb 27, 2017

Historical Fantasy, Historical Fiction, Historical Mystery book set during the Age of Enlightenment. A novel about China, eastern philosophy, enlightenment, love, magic, Gods, Ama, Portuguese priests, the settlers of Macau (Macao) during the 16th and the

17th century.

Beautifully written wisdom of ages.

Alchemy of soul within the alchemy of love.

Through the eyes of 12 narrators: Ama-s friends, Gods, & spirits, Historian, Lover, Alchemist, Reuben, Father Benedict, etc.

A-Ma explores the human and social alchemy through the historical events in Macau: Dutch Attack, Chinese Calendar Reform, missionaries work, Witch Hunt, through the eyes of Gods, Goddess, Amas father De-Nobille, a Portuguese Alchemist, her mother spirit, her lover.

We also follow a universal spiritual journey that is within each one of us: the path from suffering to love. Each character chooses their-own path to God and each path leads to Divine, whether it is called Christ or Buddha or Tao.

Must read at least once!

Elena Trintas's review, Mar 05, 2017

Loved this deep and intriguing novel!

Back into the 17th century, gliding through Amas life, exploring the wisdom of China (such a fascinating culture) and multi-leveled dimensional stories of Reuben, the man with no name, tales of Macau, A-Ma goddess, Father Benedict, and Lilith was a very special experience. Within my own life I already had a fascination with Chinese I Jing, Feng Shui, the Chinese most fascinating character writing, so I found my own sanctuary within the setting of Nuit-s 17th century story.

An uproar of wisdom that can not be contained by religious dogmas, I was re-incarnated within such a complex setting working with enlightened minds of the time. I felt that this is exactly what Nuit wanted us to do, take an active role, worship the Temple of Ama, return to own quest to follow the river to its ocean, become one of many that instigates the change.

Beautifully written, with a strong spiritual message, I also deeply connected to the alchemy thread within the story. I am very blessed that I had a chance to come across Nui's work at the time my focus is within further understanding of Yin and Yang balance, within the understanding of Kundalini, understanding of Goddess, and our, Christians (but also humanity) focus with suffering.

Ama and her friends, lovers, family told me a story of "change", story of "alchemy", story of "transformation" and the book has a deep message for every day of the journey. Yet this is not a book for all. The special, who have the opportunity to come across it, will understand all the levels of the story and get in touch with the feminine eternal wisdom within.

Must read!

Mario Johns's review, Feb 26, 2017

Deep profound reading.

Following a very interesting story set in the 16th century of Alchemy, magic, Chinese I Jing. The dance of Yin and Yang, rational and intuitive is very obvious within the chapters of the book. A female dreamy approach to life versus a male, an energetic and scientific approach. Ama lives during the scientific revolution of Age of Reason, during the time when missionaries tried to convert Chinese to Christianity finding a rich, advanced, intriguing culture, and philosophical approach to Life and God that is amazingly different from our Western one.

Learning from the Chinese that during the centuries lived in a huge land surrounded by a wall is just an attempt to bridge two sides of the world, two ways of thinking, two approaches to spirituality, art, music, the Yin and Yang of energies manifestations, creating an Alchemy of Humanity and witnessing an alchemy of souls.

The book is multi-leveled and I enjoyed following Amas life,

learning about different African / Chinese customs, exploring spiritual stories of different eras and moving through the historical events of the time in Macao and in China: the Dutch attack, Building of the annual Chinese Calendar, Father Schall appointment to the Board of Mathematicians, first Universities in Macao translating manuscripts from Chinese to Portuguese and Spanish, witch hunt, and scientific revolution that moved the centuries ahead.

Ama puts us in the main seat. We feel like we are driving the history of humanity together with Gods, spirits, and enlightened people of the time. We are the alchemists who work on the personal transformation and lovers or confused souls that are too attached to the idea that we all need suffering to grow. In fact there are many messages reoccurring through this work: it reflect the wisdom of today's search. What is the alchemy of love? What is God? How to live Divine in all the areas of life. Soul and spirit, spiritual not religious, deep and complex, interesting and playful.

Aurora Zora's review, Apr 05, 2017

Ama. Who is Ama?

I asked when I saw her eyes for the first time looking at me from the cover of the book. She intrigued me instantly. I know Nuit and her work, from the moment of her first exhibition launch of Art of 4 Elements poetry and art book in 2012, when a group of artist exhibited 120 works (photos, painting, pastels) inspired by Nuit's 120 poems of elements, and I was looking forward to hold this beautiful book /novel in my hands. I know that Nuit was writing Ama for more than 10 years and I was aware of some of her writing anecdotes. Ama had a life and personality of her-own and the most amazing one. For example, Ama as a protagonist of the story, was black before Nuit has decided to adopt her two kids from Ethiopia. Her deep connection to the African story and wisdom is completely fascinating.

At one point I remember Nuit recalling, she has decided to remove Ama's love-life from the book. After she did all the edits, she forgot about this little crazy episode. She did not touch the book for a while and when returning to it she mistakenly returned to the previous, un-edited version of the story, the one with Ama's love-life intact. Nuit said that Ama did not want her to do anything so stupid as to remove such an important part of the story.

So who is Ama? A divine female incarnated within a setting of the 17th century Macau (China). A most amazing female protagonist whose wisdom is vast and moving. I read about Tao, I read about alchemy, I read about love, and China and its amazing esoteric knowledge. I think Ama will be something else for each one of us. I will not spoil your story. I will let you do your-own discovery. I personally was impressed with what I got from the novel. Best reads!

Kristina's review Mar 25, 2017

Ama as a virginal youth, or fully blooming female, or as a Goddess herself.

This book transferred me into a journey to another sphere, time, through foreign lands, mix of cultures, perhaps even through different spiritual dimensions, still touching upon questions we all ask even today. Is it religion, or magic or heart we ought to follow? Love that is in its pure simplicity the essence of the path to highest spirituality, through the deep respect of life elements: water, fire, wood, metal and earth.

Inside of your eternal search perhaps you will find the answers exactly within this book. Do Gods and Goddesses face the same dilemmas as we pure mortals and how different we are truly from the Creators? How one contains the magic of two and One is mirrored in all.

How often the differences between us divide us and how often do they bring us together. In an attempt to solve the secret of life and death, do we come across the stage of the Creator Herself? Where is the harmony and how to live it? When is the moment when "The Essence became Now, past and future disappeared."

A-Ma Alchemy of Love, the spiritual book that I sincerely recommend to all, the book you will return to always learning something new, with the questions that are at that moment within you. "Everything in Nature manifests either through Heavenly Father or through Mother Earth." A-ma Alchemy of Love

Sharing a mile-stone!

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