



CHRISTINE CUTAJAR



NATAŠA PANTOVIĆ

is a spring of yo
Desire
Her come out
into the Light
in Her best dr
of Intention
Divine

JENI CARUANA



JASON LU



The Art of Four Elements



CHRISTINE CUTAJAR



NATAŠA PANTOVIĆ



JENI CARUANA

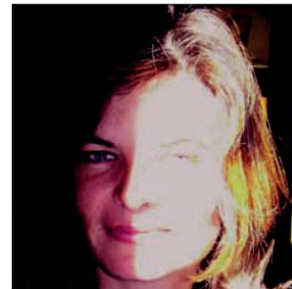


JASON LU



The Art of 4 Elements

elements



Nataša Pantović Nuić

Transforming the visible into words,
and words into images,

we stumbled upon the four elements, and upon each others' expression of Love, Joy, Suffering, Compassion, Curiosity, and most of all, Wonder towards the Forces of Nature. The poetry, photography, drawings, all, attempt to deeper explore the infinite game of Life...

We invite you to do the same - dive into your Being and grow with us Inspired...

The poetry represents the element of Earth, that is the Mother of All that we know and experience, that within its existence allows Spirit to go forth into the magic of manifestation.

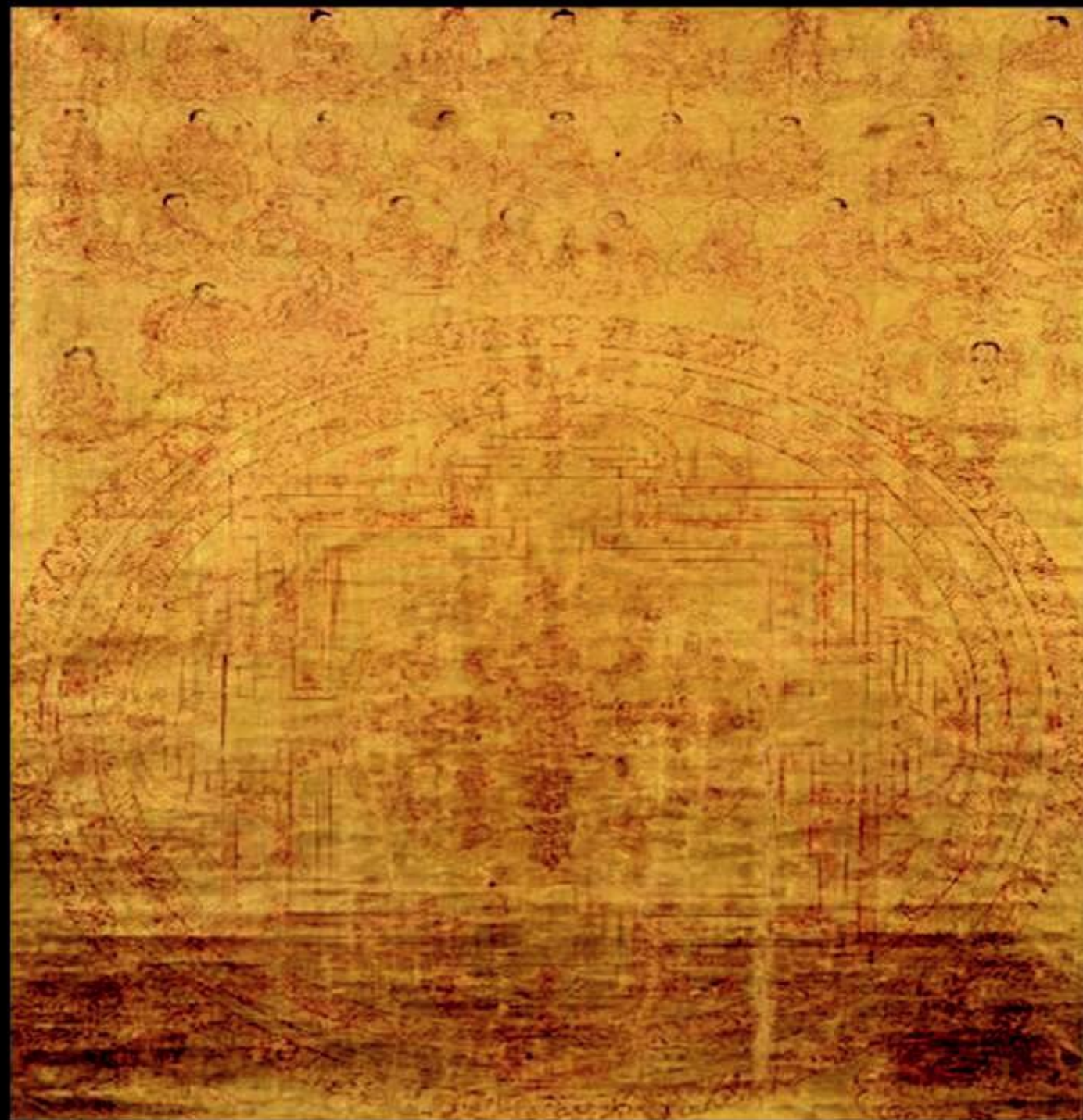


Jason Lu

Describing himself Jason once said that his inspirations are continuously changing and evolving. They vary from Psychology, Cosmology, to Art of Living and Spirituality.

Jason believes that everything is an illusion, and that his life - his art, his philosophy, his projections - follow the pattern of continuous change. Maybe that is why Jason was so attracted to the element of Air while creating the art-work for this book. Air has no shape and is incapable of a fixed form.

It is a symbol of thoughts.





ADVAITA

A baby-boy looked at me
- straight into the eyes
- he would not
blink for a while
spreading the sense of
Non-Duality

Open
Present
Flowing
A-wake not A-sleep

Fully
Still
Without seeking
Absorbing
Crystal clear

With great Lightness
I accepted his gift

of Oneness **13**
realising Life
through the Stillness of
Self





ONLY ON THE PLANET EARTH

An angel was looking
down through the clouds
into the pile of rubbish
accumulated underneath

No human could spot it
Only angels did that is
why they did not
descend in the last 2000 years

It stank, it was dirty with
re-cycled emotions with
overly-used words with in-
destructible beliefs from
the past and other parts
of the universe

And yet they used to gather above the
Earth Dancing, bathing, rejoicing, because
they could smell the most amazing scent
they could sense the most amazing energy pattern

with intricate designs and beautiful colours **15** spreading
around itself healing properties
with word 'Eternity' written all over it.

It was the flower of **Human Divine Thoughts...**



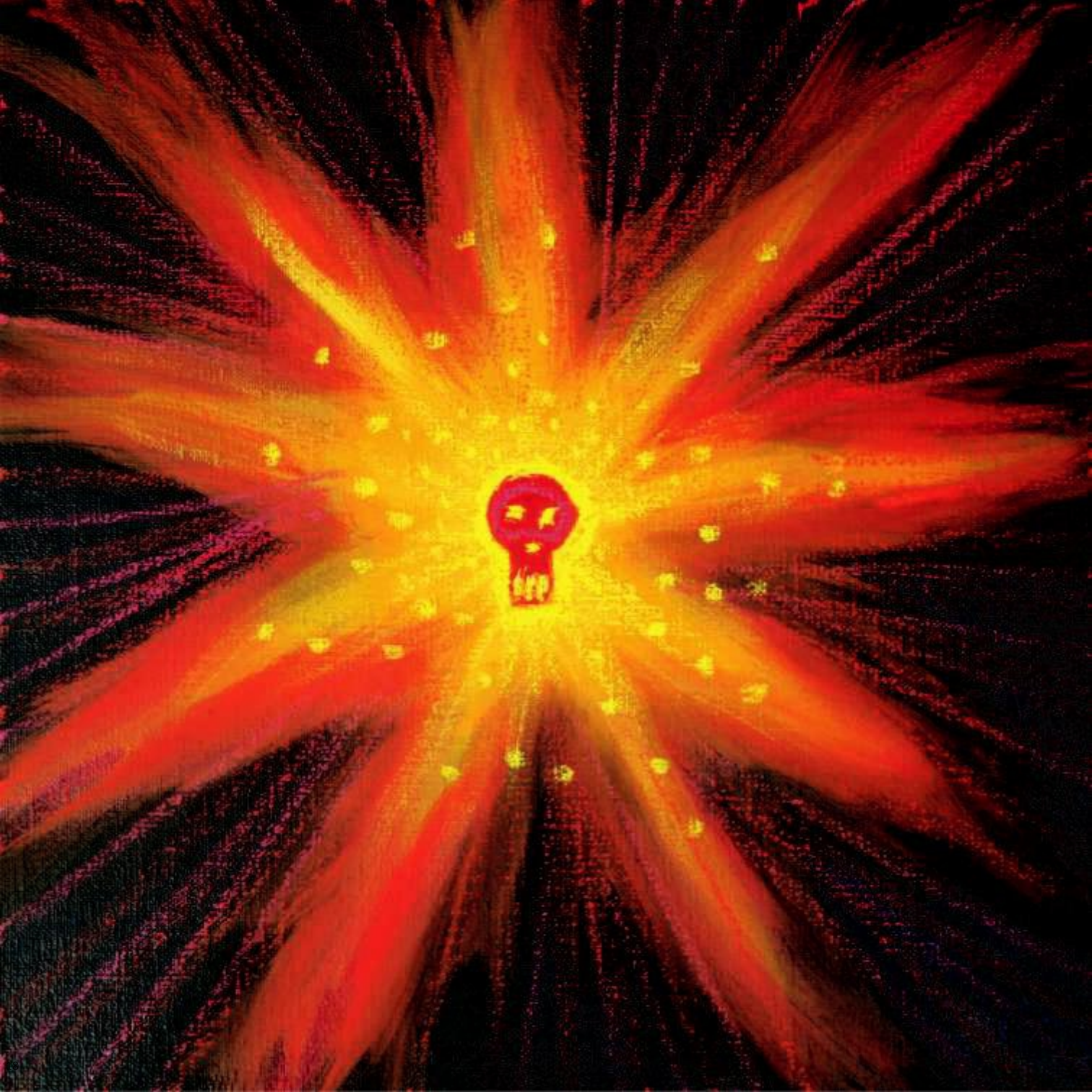


THE POWER OF PRAYER

Inward movement
whisper a bird flew onto
my palm to fulfill a child's
dream

Inward movement **scream** connecting to
Aliens, Gods and Super-Humans to unleash
the reasons why

Inward movement **prayer** a
foot breaks with full force
to get us where we wanna
be



SILENCE

There is Silence within us that is more powerful than any
thought and as water is stronger than the strongest stone so is
its Wisdom
that creates without efforts and moves without movements
that gives without limits when you open the Doors of Being

Step in It living Trust and you will Know It!





After hours and hours of waiting
in silence
a glimpse, a sight, a breeze
takes me in
closer
to where we could be
if we just try a little harder...

It takes me to the depth of the Oceans
where Blue dives with Infinite

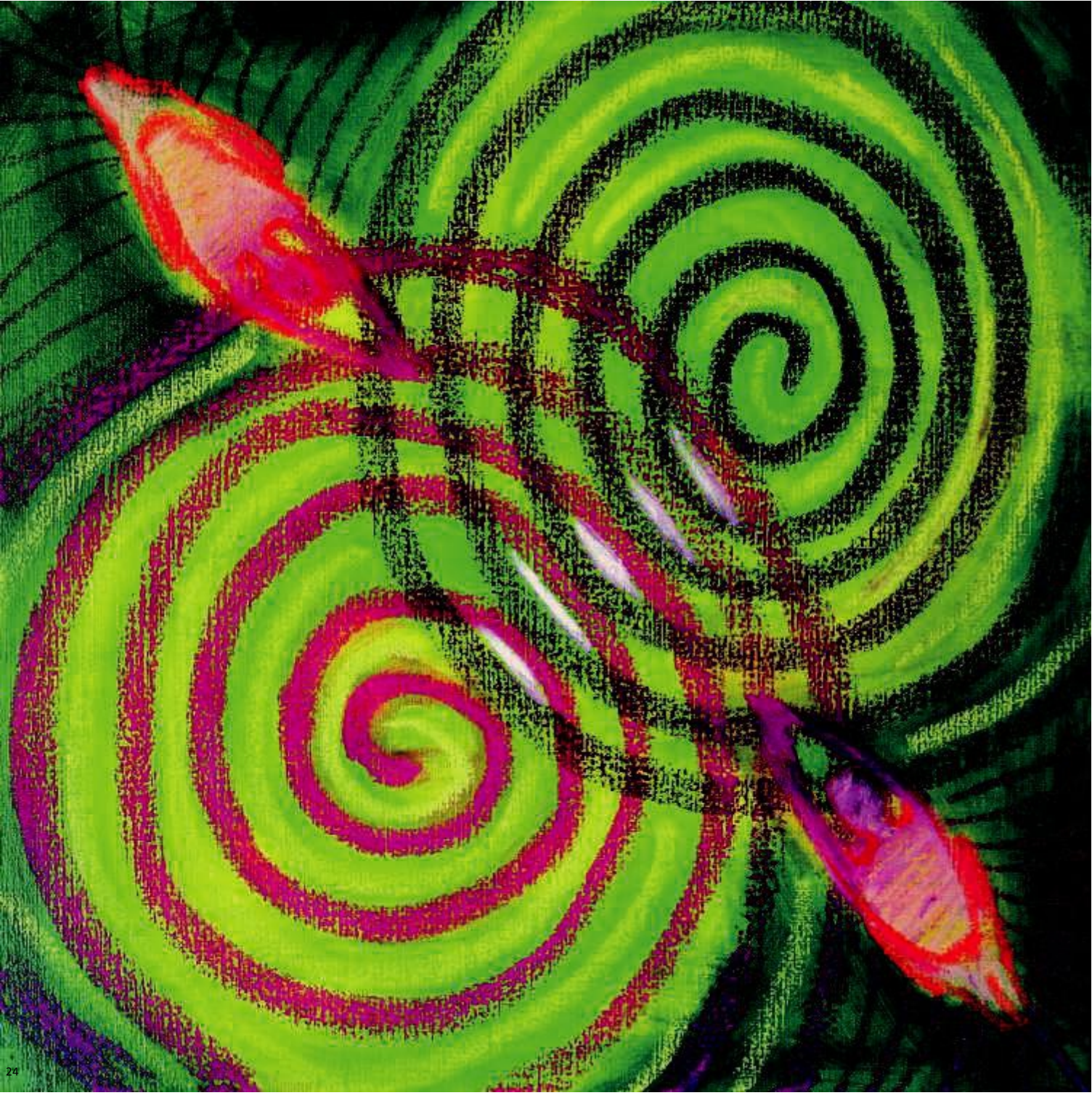
It takes me to the centre of myself and Universe
to the Nectar
that is sweeter than the sweetest fruit
on Earth
that flows
that heals
that IS



TRUTH

Within the Silence
I've heard
The bells of Joy
Celebrating Life





NOTHINGNESS

Embedded within rocks Hidden
amongst star clusters Your Holy
Presence is so close to mine

Like in a dream, I see You
Even though
You are Not

I hear You
Touching the spiral of Life & Death

	I stay
One amongst thousands of	2
corpses One amongst thousands	5
of newborns	

H
e
r
e

Within Your Kingdom





LOSING YOUR 'I'

whether you will get lost in an
amazing vastness of the sea or in
the whisper of the tree tops
deep inside the forest
or in the snow covered mountain
heaps or within the warmth of a body
in the morning mist

just get lost

It is sooooo worth it!!!



LIFE PRAYER

May I be Eternal Consciousness
Aware and alert at every point
Of this cyclical existence

May I expand like a space Absorbing
the great elements Earth, Fire, Water
& Air into my being

May I always support
Life and its manifestation
Growth and its beauty

And the boundlessness of this creation



ABYSS OF SHADOWS

My bird keeps flying directly towards my cat she
comes to me only when the cat is in my lap she exits
her nest only when she hears the cat purring

and yesterday I saved her from the cat's jaws - will she learn?

or will she stay flying towards the deadly embrace

over-and-over-again

choosing a completely un-fair fight over her deepest fears

will she burn sacrificing her fragile
body within the same attraction a
butterfly suicidaly enters a flame...



SELF-REMEMBER

When Life on Earth reminds you:

Of a theatre performance
that you have performed a thousand and
one times

Of wearing shoes
that belong to someone else

Of living in Africa
surrounded with immense wealth – but starving

Of trying to reach and never
managing 'cause the goal is invisible

Of circling endlessly day after day
and reaching the same bloody useless
spot over and over

Of words that are never said
'cause the moment got lost in an explosion
of self-importance

Of a hand that longs for a hand-shake
in a land where all creatures have four feet

Of a life of a battery grown chick
that ate its feet thinking they are food

Of a homeless child's face
that is searching for his family just after Tsunami

Stop

To hear the clatter of cutlery just before
lunch carefully prepared by a grandma
waiting for the reunion of her family

Stop

To breathe the air that smells of jasmine
in early spring and disappears in the eyes
of a 6 year old that tells you she is in-love

Stop

To touch the fur of a cat that keeps coming to
you no matter how long you've been away

Stop

To see the balcony of the 18th century building
you pass by unnoticed on your way to work

Stop

To see the faces in a crowded bus
reading their stories one by one

Stop

To watch the sea as it greets the land
in an endless rubbing of noses

Stop

to Self-Remember



TO MULTIPLY THE LIGHT

And she dived in and
recognised The womb of her
mother Within the voice that
whispered 'We are all One'

And she knew instantly
that Unity is the key
to the Secret of Time

to the Sparks that were sent forth
to multiply the Light





I DO NOT DO ORDINARY

Somebody called me today and
said: I am just a normal bloke,
I am just a very ordinary chap but I love you

He must have dialled a wrong
number Or just got terribly confused

Because
I don't do ordinaries!

Ordinaries do not play with love
Ordinaries do not touch with care
Ordinaries do not work with fun

They love
Only:

When they get up on the right foot

When their girlfriend is angry with them

When their children are healthy
or perhaps exceptionally sick

When they have no other worries
or perhaps an exceptional worry

When money is not an issue

When their ex-wives do not shout at them

and of course

When the weather is good ...

Extra-Ordinaries sense the beauty in any wind

And they move with gentleness with much ease

They listen to their Souls and other people's Souls

Taking every single day

As though it is the last one

Beauty is their armour
Love - their sword
Truth - their shield

They love because they worship love

And no girlfriends,
Money or
Thoughts

Can stop them from their quest

The ones I love and the ones who love me

Are extra-ordinaries

Love has a natural affection – it sticks only to them

So, sorry, wrong number - I do not do ordinaries

They are not fun!



BUDDHA MIND

It is so vast
I can feel It
Expanding
Exploding
Exploring
Every cell of my body

It is so vast
I entered It
And
It left me
Broken
Into millions of pieces

It is so vast
Without time
Without space & essence
It has never begun
And will never end
Like an Orgasm

That laaaaasts for-ever

∞ Like the Universe
In a grain of sand

Like Light
Within my DNA

Love

Movement
In between two breaths

Silence

Like Death giving birth to Life
Like you and me in my dreams





BIRTH-PLACE

I have this **Urge**
To live as a speck of dust
Within Your pocket
And to dis-appear
Every time you touch me
Getting re-born
Within the softness
Of the middle of Your palm

I have this **Urge**
To be close to You
To breathe
Your breath
Just for another second
Or a minute
Or another lifetime within
The Mayas of different Realities

I have this **Urge**
To jump into the motion
Of clouds, waves, and cat's purrings
To take you in
Sensing the pause
That exists in between
Your in and out breath
Diving into Your Birth-place

I have this **Urge**
O, please take me in!



NOW IMAGINE WHITE LIGHT

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

And now imagine white light...



TO LIGHT, CONSCIOUSNESS, BLISS

I reach for you in the darkness of
my empty room Hoping you will
take me into the worlds of One

into the worlds of Consciousness
into the worlds of Bliss

After I tasted your lips there is nothing else I could long for After
you embraced me there is nothing else that could warm me After
you desired me

there is nothing else I could ask for

Take me Let no atom in my body Feel anything else but
your Light

Take me Let no breath I take Stay uninspired by your
Wisdom



Take me
Let no heart beat
Ever beat without Consciousness of You

Take me into your arms and let
me become - your flame - your dust - your wind - your wave



ANCIENT STORIES

Whenever I step into the world of ancient
stories I feel my heart uplifted Entering
dimensions of mysteries and mist

Spirits made to shine enter my mind
Leaving traces of our eternal dreams
Connect me to me-without-ends

Instantly healed I choose my paths
With eyes closed and heart open

To highest
To brightest
To clearest



TANTRIC LIGHT

We became one body, one aura
growing immeasurably

We stayed within the spectrum
that melted borders and
thoughts that opened horizons
unknown to the human mind and
we were not alone all the
sentient beings joined us in this
cosmic dance

We were all One
immersed within the Tantric Light





VISION OF A WIZARD

How many of you wish to be Wizards when you grow up?

How many of you want to fly?

I wished to become a dragon – he said
And he looked at us with eyes filled with fire

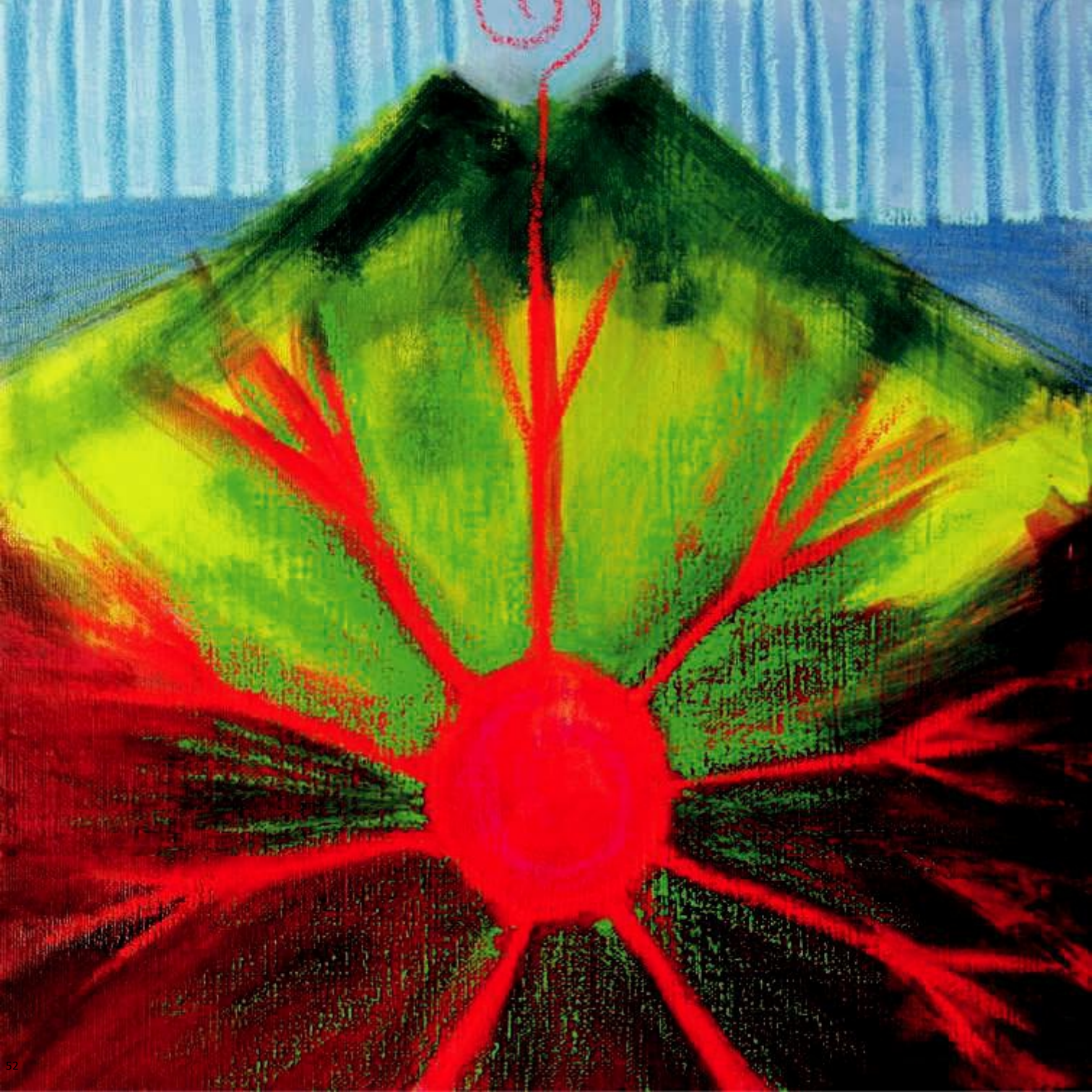
The Wizard of Earth's Sea
Descended to tell us the secret of
ABRACADABRA
Get to know – he said – God's true name

The word will initiate Power
Gate keepers of Ancient Knowledge
Will open their doors
Mythological Archetypes will start their dance
Leading you to your tribal egg

Skeletons scattered over the burial grounds
Ancestors with their weapons and spears
Saints and Demons
Doctors and Gypsies **51**
Healers and Witches
Will join you to celebrate

The Birth of Self
Power of Mind over Body
The Vision of the Dominion of Light





LIVING WATERS AND TANTRA

I am moving through the Living Waters

That IS the main difference
between mine

and other Spiritual Paths

From one bank to the other
up and down the stream
through the moving rivers
wild and fast

Accepting challenges, taking more
through the fire of the centre of the
flow climbing the mountain tops
descending the Earth's womb

Through the torrent and whirl-pools
& calm, expanding seas

receiving the pure, celestial touch
moving through the Living Waters

53

I am





SHINING LOVE

Today I pray

May I be Shining Love to all I meet May I be
Consciousness with every breath I take May I carry
within my actions Your Wisdom and Your Joy
May I have courage and trust to take on all Your Paths May I live my
Highest Self, even within the shadows of my lower ones May I be
buried within Your Grace and May all else melt away



YIN AND YANG

Did you know that the DNA of
a caterpillar and the DNA of a
butterfly are completely
different?

In the process of transformation from one to another, the cells change to
that extend that no similarity could be traced back for centuries

Death of one identity dissolves one reality into another

Our Enlightened Self could become a product of
our wildest fantasies an un-imaginable

&
un-breakable,
an un-disturbed
Life Force



THE JOURNEY

Once upon a time there was a forest spirit
That descended onto the Earth

She needed to learn the ways to Be

With love for challenges
She was given a chance to become an Empress

And the training began
The Lioness sat on her throne
The Strength was gained

She mastered the art of the glass-beads game
Of Love, compassion, and worldly fame
Reigning over her many 'I's
emotions, body, mind, Gods and human-made-shrines

And she moved, and she ruled, and she pushed
For the benefit of all

Until she was forced to stop

To listen to the birds' song
To learn and realize
That there is no more, nor less...

The enlightenment as not a goal but a
journey The Kingdom - in the Heart Of One
and All and One as All and All as One

The One can rest



LET'S BECOME SAINTS

a moment of reflection
to see the tears in your eyes
to feel the fear in your bones
that is engraved within our code
from the very start of life

a moment of reflection to mould destructions,
reflections, disturbances into creative impulses
that will lead you to an enlightened Self

and an admirable human being that will shape the World

a moment of reflection to understand the balance
between love and strength to uncover the stage
where the shadows play and give you a chance in a
million to become a saint



STREAM OF CONSCIOUSNESS

Gently down the stream

of ConSCiouSness

Feeling the Flow

of Life

Vibrating through the cells

Mindfully Awake and Aware

Understanding

Accepting

Loving

Directly through the Centre

Connected to the Self

ceaselessly, effortlessly moving

mirroring the Law

- as above - so below

- as within - so without

Are we ready to hear?



90 million years old taken from the
bottom of the sea with its opaque
crust freed from the matrix of
forget-ness
in its centre hides leaves, flowers, fruits
spiders, frogs and butterflies
a resin from an injured tree
that caught in its tears a life-
frame of past so distant and yet
so near
does it also in its depth hide
our eternal stride?



THE MAYA'S GOLDEN DUST

Within the darkness
every place is just a
playground of images
Let me fire your imagination

I know you enjoy the golden dust

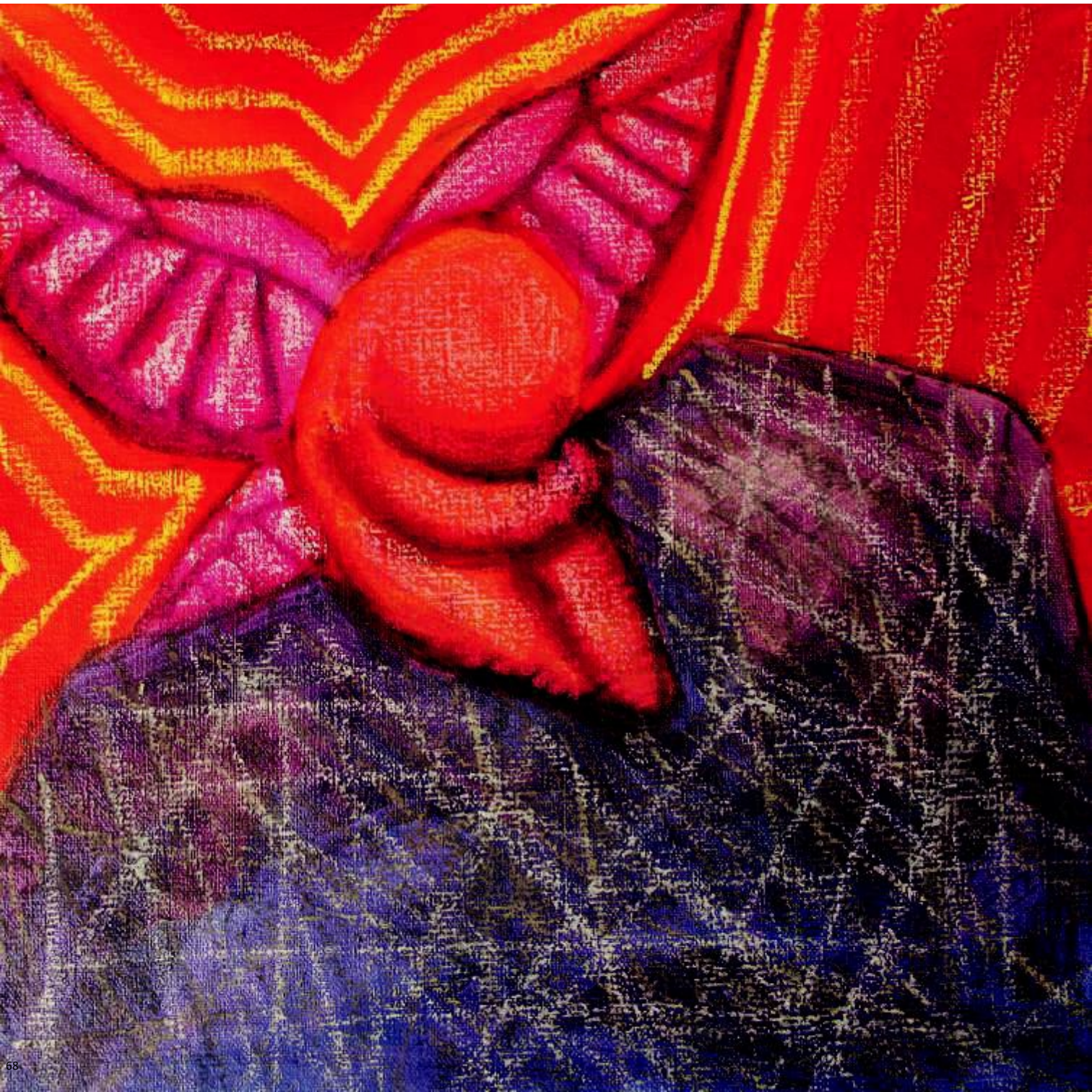
Within the darkness
everything is possible that
is why we get stuck and
the light becomes so blinding

Let me give you some hope
it will keep you going

Life-After-Life-After-Life
Life-After-Life-After-Life
Life-After-Life-After-Life
Life-After-Life-After-Life
Life-After-Life-After-Life
Life-After-Life-After-Life

Life-After-Life-After-Life
Life-After-Life-After-Life
Life-After-Life-After-Life





MAGIC OF CHANGE

If you keep your imagination locked-up
You can not change the world

Release it &
A caterpillar will become a butterfly

In a second



DARE TO DO IT

She said - keep it simple
that is the secret!

De-tach

De-tox

De-rail

Nothing more, nothing
less De-tach from -
resentments, - repulsions,
- run-downs, - revulsions
De-tox from - animosities,

- antagonisms,
- antipathies, -
aversions De-
rail from -
malevolence, -
malice,
- maliciousness,
- malignancy⁷¹

And be **Determined-in-Love**
And **Dare-to-Do-it**





About the Author

Nataša Pantović BSc Economics, Management Consultant, Adoptive Parent, Consciousness Researcher, is a Maltese Serbia Author of 9 Books called AoL **Mindfulness**.

AoL (Art of eLements) Research into Mysticism Art and Ancient Worlds. Applied Psychology & Philosophy from Tao to Neo-Platonism to Jung to deeper understand Intuitive Wisdom & Pure Ratio. In search of Language of God exploring symbols & sound frequencies

Applying Quantum Physics to manifestation of Consciousness researching Ancient Psychological aspects of Alchemy & Chinese, Greek, Hindu Philosophers, the 9 AoL books: 2 fiction and 7 non-fiction explore Symbols, Mysticism, Arts, and Creativity in both Eastern and Western Ancient Traditions. Developing both Left and Right Brain could be essential for Creative Thinkers of our Future. To purify mind we start with the consciousness that energy follows thoughts and we use Quantum Physics Logic using spiritual exercises Taoism, Christianity, Hinduism, Shamanism to enter Creative Flow.
Size 8,000* pg

AoL publishes books, audio, and video materials in the areas of Ancient Worlds, Comparative Religion, Symbolism, Spirituality and Art, Inner Alchemy, and Consciousness Research We have published the AoL Mindfulness Series of 9 fiction and non-fiction books by 7 authors focusing on spiritual growth, creativity and higher states of consciousness. A series of many genre's, including poetry, personal development, historical fiction, the world of "AoL Mindfulness" explores numerous self development themes.

== Nataša Pantović Nuit ==



A-Ma Alchemy of Love
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A 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>

Conscious Creativity <https://www.amazon.com/Conscious-Creativity-Mindfulness-Meditations-Training/dp/9995754118>

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Ama Alchemy of Love <https://www.amazon.com/Ma-Ms-Natasa-Nuit-Pantovic/dp/9995754193>

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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 Mindfulness Training?

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 Serbia in 1991.

Author of 9 AoL Mindfulness Books.

"Pulsation, vibration, rhythm exists everywhere as Akasha / Sound / Waves and we hope to reach the vibration of Wisdom embedded Logic or Love Enlightened Intelligence transcending our microcosmic limitations understanding the macrocosms." Nataša Pantović

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, Nuit entered the most amazing world of parenting adopting two kids from Ethiopia as a single mum. Nuit 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 of Ama Alchemy of Love, 5 out of 5 Stars

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 Nuit-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 bbook 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!

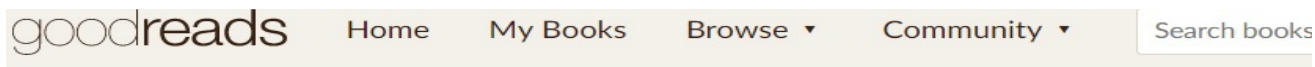
Art of 4 Elements is listed within some interesting Goodreads Lists of Best Reads / Books!

Esoteric wisdom sources Goodreads best books list with Ama and Art of 4 Elements 2018

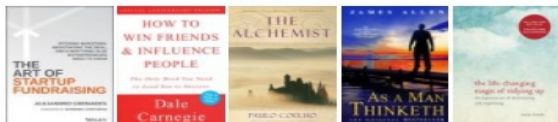
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