
CONSCIOUS CREATIVITY

Mindfulness Meditations

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Alchemy & Love

Mindfulness Training Book #7

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DEDICATION

To Ema Sintayu and Andrey Million my constant Creative Inspirations

Contents

Can we Learn Creativity.....	8
Magic of Human Brain.....	10
Conscious Living practicing Arts & Sports.....	10
Ancient Spirituality and Modern Practices around the World.....	11
Why Spiritual Poetry?.....	12
Logic vs Wisdom or Yin and Yang Communication Choices.....	14
The Humanity / Gaia's Unconsciousness is Unavoidable Part of our Family Lives.....	15
Yin and Yang Balance at Home.....	17
Why is subconscious mind Amoeba covered in Mold.....	19
Researching Metamorphoses of Psyche, Un-consciousness and enlightenment.....	27
The History of Written Expression.....	31
Spiritual not religious.....	72
Conscious Creativity and Transformation Tools.....	74
How to Improve Creative Thinking Challenging Existing Beliefs.....	77
Mandala Drawing.....	79
Mindfulness exercises: BE MINDFUL.....	88
Yoga and Mindfulness.....	89
Exercise your Willpower.....	94
Daily Meditation.....	96

Love Meditation and Training Virtues.....97

In Search of Happiness.....99

 Inspired or Lost within Technology Matrix.....102

 Main Benefits of Meditation.....106

Prayer Room.....108

 Prayers in Judaism.....109

 Taoism and Prayers.....110

 Theosophy and Prayers.....111

 Christian Prayers.....112

 Buddhist Prayers.....115

 Islam: The Fatiha.....117

 Hinduism.....117

 Baha'i Prayers.....121

 Irish Blessing.....122

 Prayers From the Dead Sea Scrolls.....122

9 Most Important Tips to Cultivate Creativity.....123

INTRODUCTION

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

Creativity refers to the invention of any new thing that has value. Someone creative has the ability to learn from traditional ideas and create new ones.

To be creative we have to choose to be different from everyone else. Learning the skill of creativity is about learning to challenge the existing, learning to trust one's idea, and working hard to change the world that is by default stuck in the space of 'conventional'. Creativity is an essential ingredient of one's spiritual development.

Moving from imitating and copying, to innovating and using our talents can take time. First we need to master the particular skill: musicians know the rhythm, architects understand engineering concepts, artists learn about colors and shades. Then we need to open our minds to the possibility of being different accepting our uniqueness.

PLATO CAVE

In Plato's cave, prisoners are chained in a cave facing a wall, unable to turn their heads. Imagine, walking down a long dark cave that is turned into prison. Imagine at the end of it, you come across a wall in front of which on a stone bench sit people chained to each other and chained to the bench and they sit there living their lives day after day not being able to turn or move. Behind them burns a fire and puppeteers hold the puppets that cast shadows on the wall of the cave. The prisoners look at the shadows, observe their movements, believing that what they see is real. A shadow of a book is a book for them, a shadow of a chair is a chair for them and because that is the only reality that exists for them - they believe in it full-heartedly.

And after you have imagined all of this ask yourself: How much time in life I spend really feeling, seeing, hearing, tasting - really living, and how much do I spend observing the movements of the shadows on the wall in front of me?

How many hours of the day we spend passively chained to the chairs of our choosing and how many we spend running in the woods?

Can we Learn Creativity

Personal Development is a life-style. Constantly improving our mind, emotions, body, is a way to keep the link between our brain and our soul.

Personal Development starts with a million dollars question: Who am I? and it develops into 100s of creativity and transformations tools that we use during our day to reach our highest potential.

Me as an individual, me as a social being, me as a lover, as a mother, as a neighbour, as an inhabitant of Gaia... Who am I? The micro-cosmos and macro-cosmos of my existence all form part of this amazing web called: Life.

Giving respect to the constant growth that we as human beings can experience, opens an amazing door to: creative thinking, loving relationships, conscious parenting, mindful living, our spiritual well-being and it gives us a possibility to tap into the positive Force of Knowledge.

Balancing 4 Elements: intuition, thinking, emotions, sensation

The four elements within each one of us are: air, earth, fire, and water, four states of matter Life chooses to manifest on Earth. Jung describes them as four basic components of a personality: intuition, sensation, thinking and feeling.



Balancing our female and male side, our loving, meditative, artistic and intuitive Self with our intellectual, active and social Self is what brings us completeness and we hope happiness. Sages and gurus of our past talk about this balance. Taoists with their concept of Yin and Yang, Yogis with their belief in two opposite energy forces that flow through our body, calling them Ida and Pingala, and Jung that arranges the four components of personality into two pairs of opposites: sensations vs. intuition and thinking vs. feeling; Alchemists with their call to unite the opposites of: Venus and Mars, and Kabbalists with their ancient wisdom key called: Tree of Life and its magic dance of symbols and opposites.

Through the process of self-discovery, we learn mindfulness, and get in touch with our conscious behaviour and we start to understand the subconscious forces that form our personality and unconsciously change our attitudes. Understanding the side of us that is ruled by instincts, habits and someone else's beliefs is the first step towards more complex and beautiful existences.

Our Soul is the true driver of the chariot called body and mind, and it is a source of an amazing inner knowing.



Magic of Human Brain

Albert Einstein 'I must be willing to give up what I am, in order to become what I will be.'

Conscious Living practicing Arts & Sports

Back in time, that has changed only a 150 years ago, pre-electricity, our society was infected with inequality, injustice, and a thought that lived within 90% of us for many millennia's - the thought of Equality. The total population of the world, post electricity, rose dramatically from 1/2 a billion to 8 billions. During this time of learning how to live together we went through both the 1st and the 2nd World War.

Thanks to our learnings and to the modern technology, we now have an opportunity to study / practice ancient spiritual growth / self development practices from around the world. This exposure to the mix of East and West, South and North, gives us some very inspiring insights.

A grand piano recital of one of the best world pianist Grigory Sokolov that was entitled "The Legend is Back" took us onto a 3 hours journey through Haydn's sonatas and finished with 5 encores at midnight. While on this "single man on a piano" marathon, we as his audience stopped breathing with every pause he performed. He mastered his and the energy of entire Conference Centre crowd, taking us into the highest states of consciousness.

Both music and sports, fully intuitively connect with the mastery of breath and souls' meditations. There is no exceptional artists, sportsmen or dancer without the mastery of deep breath, circular breath, rapid breath, or deep understanding of the magic of concentration.

Ancient Spirituality and Modern Practices around the World

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 / divine

Being able to apply a “personal growth” system within all age groups – kids, youth, mature adults, both women and men, including the old, is a sign of wisdom within that system. While experiencing different Yin and Yang combinations of consciousness manifestations, we all seek the system that both grows within us and helps us grow.

Yoga and Tai Chi as products of Yin based minds

Yoga as a system of knowledge went into many details about how energies within our spines interact with the brain, involving drawings (mandalas), sounds (mantras), symbols (within each of 7 chakra). Yoga examines how the various physical, mental or emotional dirt within the body creates emotional blockages. Mastering concentration, meditation or breath, brings both: prolonging life or attaining what Yogis call enlightenment. Yoga has developed some interesting “solder-like” practices for the improvement of Willpower. It was designed for mainly men and learned from the childhood. It comes from a predominantly Yin environment where the state of chaos is a norm, so it required

discipline, as a male application of force. It assumed abstinence, the death of a practitioner came at the age of 39 anyway, so the time-span of temptations and the strength / ability of practice related to the amount of years of practice were very different.

Both Yoga and Tai Chi, coming from the East, products of Yin based minds, are meant to be practiced alone. Children because of their Yang nature are less attracted to these exercise systems.

Western Sports as products of Yang based Minds

The western sports were designed for our youngsters paying lots of attention to the competitiveness of our approach and the social aspect of the games, both a sign of predominantly Yang based minds. Applying the western sports to various age groups, we came across the regular nature walks, mountaineering, etc.

A tennis player has to play 6 hours straight within a tournament. If he does not have an inner strength and wisdom to perfect his/her breath there would be no possibility of success. Following the same knowledge, a Serbian top tennis player, Djoković, moved his diet into a vegetarian, gluten free one and later in his life into a raw vegan one, so he could gain benefits from the consumption of “live” foods. He comes from a Yang based culture, in today’s world meat dominated diet, where the ancient Yin knowledge is intuitive and hidden within the practices of Monks, within long periods of Orthodox Christian fasts, or remembered as the natural vow of austerity practiced amongst the poor.

Why Spiritual Poetry?

Applying the Alchemy of Love wisdom within the sphere of spiritual Growth we acknowledge that yin and yang forces within Gaia play an important role of how we “tap” into humanity’s for 1,000s of years executed patterns, do we do it with a “positive” charge or with a “negative” one.

Pure Logic and Wisdom Together in Unity, might help our journey.

Listening to our resonating souls we can either enter a spiral of negativity, medically called “depression” or enter into a contact with elements allowing Poetry, the Ocean or Gaia to heal us.

We intuitively use Poetry to Heal or express Joy!

Choosing to be alone is easier for a predominantly Yin based mind: a very young girl, a person that comes from a Yin based culture, like India or a Mediterranean country (a collective culture), or a Yin based profession - an artist, a doctor, a writer, a musician, physical worker, an old person, a sick person, in a Yin environment when it is raining or it is cold. A predominantly Yang based mind: a boy in his youth, from a more Yang based culture (an individualistic cultures), like an Englishman or a Dutchman, from Yang based professions that requires lots of work with people like Managers, Lawyers, or Salesmen, would happily relax or “drawn” their sadness within a Bar full of stranger or with a group of friends playing football or wrestling in the middle of the street, in Yang environment where it is warm.

Gardening or meditation walking next to the sea will all help us restore the Balance

Within a society of predominately Yang minds, where Logic is a natural teacher, Humanity finds it more difficult to master languages. Stronger the Yang mind, stronger the difficulties to verbally express the thoughts. How many English-men living in England do you know that have completely mastered a foreign language?

Within a society of predominately Yin minds, where Wisdom is a natural teacher, Humanity finds it easier to master this skill.

The Chinese as a language carriers within its beauty, the positive learning expressions of Yin minds, and has embodied mysticism, symbolic thought, and philosophy within their most amazing symbols.

The Ancient Chinese used the Poetry of Symbols to express Life, Ideas, God.

The Chinese characters or symbols (and they have 1,000s of them) are an expression of concepts not words, so a simple translation of a set of symbols into a sentence might become a complete adventurous journey of deeply understanding the intuitive thought of the philosopher drawing the text. While studying Chinese characters in Cambridge, I asked a Chinese artist, a friend of mine, raised in Taiwan and educated in US, why I cannot find a straight forward word for “beautiful” in Chinese. What he said, vibrates beautifully with the wisdom within this ancient culture, “beautiful” can be beautiful as a flower, or beautiful as a woman or beautiful as an art expression, why limit such an amazing feeling within a simplicity of a word.

Logic vs Wisdom or Yin and Yang Communication Choices

Our ancestors used to live much shorter, some 1,000s years ago, however our patterns are instilled within us as a natural ever-learning implant. A healthy person will see his kids grow to the age of marriage before dyeing that would be at the age of 39. Not much time to experience anything but sheer play of hormones within our bodies. At around half of our naturally to be lived life, we get edgy to see our kids grow into healthy adults. So we marry! Those days we used to marry at the age of 15, these days we marry at the age of 30, slowly moving this line to 40. If we are at all married in our 20-s with the age of 40 we wish to experience it ALL.

When it hurts, listening to our always resonating souls we chose to heal either being alone or confiding in someone we trust.

If deeply hurt we acknowledge that we are hurt.

Being a heart specialist, my uncle who once told me that all heart doctors die from a weakness of their heart, has died at the age of 70 from a heart attack, and my aunt was experiencing deep sadness following this loss. Afraid for her health to relax her, my uncle’s daughter, also a doctor specializing in sports medicine, gave her some sedatives. They have been teens left as orphans with 3 other siblings, at

her age of 13 and his age of 10. At that tender age, for three years, they were sent to an orphanage together. At all our family gatherings I clearly remember them frequently crying and laughing together. At the age of 73, after being sedated for the second day she refused the medicine saying: "This pill does not allow me to mourn my brother. I do not want to take them any longer. My deep sadness needs recognition." So, she stayed crying for some months to follow...

Many Yogis / Taoist / Buddhists / Christian Saints use Poetry to Communicate with God / Divine / Life

"The Brahman's education began even in his mother's womb. During the period of gestation she was soothed by songs and chants in praise of continence, which in proportion as they won her pleased attention beneficially influenced her future offspring. After the child's birth and as he grew in years he was passed on from one preceptor to another, until he was old enough to become an auditor of the philosophers. These lived frugally, abstained from animal food and women, and in a grove outside the city spent their days in earnest discourse, communicating their knowledge to all who chose to listen. But in their presence the novice was not permitted to speak, or hawk, or spit, under the penalty of one day's banishment from their society. At the age of thirty-seven his student life ceased."

Such was the ritual, and discipline needed described in Indian Travels, a manuscript written 2,000 years ago, to build a character of an Asian Yogi whose virtue and training equates the one of a Philosopher in Greece. Did you notice the life-expectancy note - at the age of 37 the life ceased...

The Humanity / Gaia's Unconsciousness is Unavoidable Part of our Family Lives

Gaia's environment is at all times either positively or negatively charged. Following the quantum physic logic, these states change randomly but in a typical cycle are distributed within the 50% - 50%

ration (a side of a coin will have 50% chance of appearing once you flip it). This law greatly puzzled our ancestors and Chinese, for example, while researching this phenomenon have created Calendars mapping all sorts of “Heavenly” influences onto Human Behavior Patterns.

Building their wisdom system, using both Intuitive Mind (developed through the practice of meditation) as a highest potential of Yin states of Being and Reason as a highest potential of Yang states of Being, they have created the most amazing Calendars that listen to the heart-beat of Universe and the elements (within their system they are 5 in number). They have designed a diet whereby each item of food is related to the state of health called Macrobiotics; or within the relationship world they speak of the exchange of female and male energy called Tao of Love, and their ancient Confucius thought gave their children a strong drive for goodness.

Some 1,000s of years ago, to prevent the negative manifestation of Yin & Yang states of consciousness they built walls around their Kingdom - the Chinese Wall – that for some centuries stopped Mongolians from various invasions. Their Kings who were respected as divine Leaders were separated from masses (where they thought Chaos rained) within a secluded environment that only cultivated positive Yang forces of manifestation – philosophers, artists, the best of warriors, all ready to serve the King.

Yin and Yang Boomerang

Experimenting, applying the quantum physics laws to psychology, we assume that the Gaia's environment & human behavior patterns carry within the law of polarization of atoms, the positive attracts negative and vise-versa. Building a highly positive charge with no Yin manifestations of Consciousness, creates reverse effects.

Within China this state of Being resulted in a strong build-up of many superstitions.

Imagine this one!

Feng Shui was a science of determining where to bury the dead ancestors so the good luck will follow the descendants.

Priests, who were carriers of “Divine Wisdom” got so corrupted, competing for more money, giving the oppose advises, caused that people in their confusion stopped burying their dead, keeping them rotting in the back-yards, spreading disease until Government introduced measures to stop the ignorant from their stupidity.

Businessmen and “good men” at work stopped acting when the days were not “beneficial”, causing the country’s collapse during the non-auspicious days. Recently, during the 20th century, within all that commotion Religion was banned.

Now, Chinese worshiped all sorts of Gods, ancestors, spirits, their worship is so profound that no Government intervention could possible change the way people relate to Divine. However, it was the Mother “Logic” that China needed as an input to their wisdom system. So they chose Communism to help in their over-all development, implementing among billions the equality of women, free education, free health...

The hermaphrodite Universe of each country changes at all times, breathing, constantly evolving while Humanity’s thoughts evolve.

Yin and Yang Balance at Home

While cooking we learned that a saucepan is easiest to clean when we have just cooked or when it is new. If the pot is already burnt, one needs to soak it for hours. Most of us are aware that within the mental and emotional sphere humanity follows the same pattern. We get worried seeing our kids aggressive fearing aggression in their adulthood. We get worried seeing our countries deteriorate with ignorant men or women.

None of us wishes our kids to grow within a disturbed environment.

None wishes to see kids lazy, attached to technology or lying, yet we see

our little ones surrounded by modern Influencers endlessly shaping our Minds.

In our ignorance, while setting a family, we believe that Kids fall from trees “perfect”.

The amount of work necessary to shape them into conscious human beings is HUGE!

These days, parents aim for much more than a “survival”, they fight for their kids’ emotional, mental and physical betterment aiming for the highest.

Conscious Parenting observing Yin & Yang within Kids

Parenting kids, we are at all times challenged within this matrix of Yin / Yang forces.

For example, a father with more Yang forces might act over-aggressively when faced with strong negative applications of Yin or Yang within his kids. Accepting this fact, men more-or-less left the early stage parenting in the hands of women keeping the task of a Knight safeguarding the environment, making the day-to-day decisions for the benefit of the family.

Animals act sub-consciously. A baby dog’s behavior is a perfect example of totally Yang states of consciousness manifestations.

Both kids and animals respect the balance of Yin / Yang **forces** within each one of us.

When taking care of a baby Labrador while my friend, the owner, was abroad I was amazed by the freezing instinct this dog had when meeting any baby human. A 1 year old baby approached, surprising us all, putting her hands directly into the dog’s jaw, before any of us grown-ups could react, yet the 6 weeks old baby Labrador did nothing to harm the baby staying super careful within their encounter. Needless to say that the Labrador was not yet trained. The story might have had a

different ending with a wolf, yet I had many peaceful and loving encounters with wolves when I knew they have already eaten.

In our house-hold my cat (that is always free to go wherever she wants) did eat our bird (always flying wherever she wanted), only because my kids unconsciously allowed the cat into the house before they fed her.

A naturally Yin girl with her imbedded aversion towards mathematics may make the father furious. If her mum has mastered this aspect of her-being (has developed the positive aspect of Yang – logic) she might become even worse in her “war” against her daughter’s natural aversion.

The best is to give this task to a teacher, we as parents, get too emotionally involved...

Important learnings from Yin and Yang balance of Nature is that using any sort of force, the girl will just go into a further revolt.

Remembering our not such a distant past, mathematics were reserved for the boys while the girls’ schools kept their learnings within the area of music, cooking, languages, sewing, etc.

A girl was drawing at all times. A music teacher told her to stop drawing during her class. The girl responded – “but this is my passion!” This intuitive logic resonated perfectly with the Yin nature of the teacher who also had to struggle to materialize her passion within her life.

Why is subconscious mind Amoeba covered in Mold

The Humanity / Gaia’s unconsciousness is unavoidable part of our family lives or Teenagers and Slowing Down

Within the Yin states of Consciousness “slowing-down” is our Guard from all sort of abuse (during the time of slavery) or over-work when cultivating the land or working within a service or product oriented businesses. Subconsciously remembering the horrors of the English Industrial Age, slave-drivers, or using kids as labor, when the working

day had 16 to 18 hours. In a natural environment, fishing or cultivating land, men slow-down in winter waiting for the land to rest, women slow down when they have kids, old people slow-down when sick. So nature takes care of our natural cycles.

Within the Yin and Yang states of Consciousness there are positive and negative applications of both slowing-down and laziness.

Within the “Logic” dominated society, one can become accustomed to ignoring the signals from the body. We may be slowing—down because we intuitively feel a sickness coming our way. How many times have you taken your holiday and collapsed? Within Yang states of Consciousness, a male who is a Manager collapses as soon as on Holiday. The “Yang” based minds have more difficulty to sense their “intuitive” mechanism sending signs to “slow-down”.

While exploring the negative manifestations of Yin state of Consciousness, we all know that the land that is not attended to will not give fruits, that a house that is not maintained will collapse under elements, that a child that is abused will not have an inspiring adulthood, that if our garbage is not-collected we will experience the spread of diseases. Our “logical” part is afraid of this “chaos”!

A woman more intuitively feels the need for “slowing-down” and she can direct the man within this cycle. This is why when Yin meets Yang in Harmony, Balance follows their lives. When they have kids this Balance is disturbed both when in a negatively charged environment, or with the inflow of a strong Yang (a boy) or a strong Yin (a girl) manifestation of unconscious behavior of Humankind.

"Within Gaia, this amazing breathing ever-changing hermaphrodite environment, that is on Her own sufficient, Life flourished. Within her ever-changing atmosphere resonance is supreme. We as human beings and souls materialized on Earth to experience various manifestations of Yin and Yang states of Consciousness inter-exchange with Gaia's environment." Nuit, Mindful Living

Walking this story, that has happened on the Full Moon in August, during the Festival of Knights, in the surrounding hills of Monastery Manasija in Serbia, we will explore the various manifestations of the states of consciousness, some geometrical figures and fairy-tales that whispered within my soul.

Old Greek Philosophers used mythology to pass the wisdom of many subconscious struggles we, mortals, experience, using the most gruesome story-telling tools to keep our memory alive. Fighting against a foggy existence of any words put together that needs a solid emotional platform to give us even a slightest chance to remember – this moment.

If subconscious mind is more powerful than conscious how to live Consciously?

The subconscious mind is an integral part of the mind that modern psychologists acknowledge as an invisible layer of human consciousness. My research suggests a form of an amoeba rather than a layer, a hermaphrodite, morphed amoeba that in some of its manifestations is covered in mold. I'll tell you in a minute why...

The subconscious mind patterns are programmed by repetition, soul-to-soul contacts and deep emotions. If the emotion is “fear” we run a risk of raising a child that will not properly develop Own-Self but stay in the shadows of the Parents’ Will-Power, or a soldier that stays overpowered with his King who consciously or subconsciously wishes him to stay mentally and emotionally weak, so he can kill for his King.

When East meets West within the same Research

While executing my humble research on Chinese writing characters, I came across some very inspiring findings passed to us “mortals” from Ancient Chinese philosophers. In their wisdom inspired Knowledge, they depicted the mind as both feelings and thoughts, flowing from one’s heart and brain. When I found out that if one is saying “I” he points at the tip of his nose, an inner smile symbolically connected the two

Eastern philosophies within me, an Indian Guru Sivananda claims that unit consciousness meets the Universal within the So-ham meditation, I am It, is what we repeat, exactly where the breath enters the body.

Today while meditating on the shores of the Mediterranean Sea facing the East, I let sun and water as the most immanent physical sources of life, whisper secrets of the life of the unconscious.

God, Shiva, Zeus, Yahweh, the divine attributes of omnipotence inspired me this morning using the tone of the voice of Tarantino's main black movie character Samuel L. Jackson who I've seen acting within the *Hateful Eight*, a film released in 2015. Tarantino is an American director, who in the early 1990-ss, as an independent filmmaker released *Reservoir Dogs* and who wrote the script for this film in three-and-a-half weeks, believe it or not... The voice of this black man stirring a deep emotional effect within me, for the sound altered mirrored all the Cosmos or the collective unconsciousness that represents Blacks', Maoris', Aborigines', Slavs' or American Indians' struggle against this molded ameba of the sub-consciousness of Humanity.

Un-Conscious Mind and Religions

Kabbalists use blessings and curses while addressing this Grey Egg, to use an allegory of an Alchemist, a Hermetic Vase or Philosopher's Stone, shaped as an egg symbolizing creation; Hinduists work with *tamas*, *rajas* and *satvic* behavior patterns; claiming that it is possible to control Kundalini, symbolically represented as a Snake, if and only if one is a Guru – the banisher of darkness. Christians and Muslims use Devotion, believing anything else to be a black magic act leading eventually to misuse of power in the exact same way Fascists have abused it, having an all “*satvic*” positive behavior patterns - causing mass murders, killing for Goodness, regardless of the “Do Not Kill”, the 1st ever principle we have learned as Humanity.

While exploring our concept of unconsciousness, Hinduists talk about belonging to a Karmic group or belonging to a Casta system, an

elaborate matrix of supposedly reincarnated behavior patterns. Within the same quest explaining types of human beings an Astrologer talks about signs of Zodiac, or a Gestalt Psychologist explores a family or a Nation constellations

“For indeed our consciousness does not create itself; it wells up from unknown depths. In childhood it awakens gradually, and all through life it wakes each morning out of the depths of sleep from an unconscious condition. It is like a child that is born daily out of the primordial womb of the unconscious. In fact, closer investigation reveals that it is not only influenced by the unconscious but continually emerges out of it in the form of numberless spontaneous ideas and sudden flashes of thought.”

Jung, Psychology and Religion: East

This multi layered animal, resonates with instincts, security fears and habits while in the 1st Chakra, ruled by “safety” fears – with small kids and their parents this would be – a fear of dying of hunger. While transcending into higher states of being, within the Hindu philosophy moving from 1st to the 7th Chakra, as patterns deepen and we insist on virtues such as: physical, mental and emotional cleanliness., rhythm, devotion to beauty, gratefulness, compassion, honesty, goodness and conscious behavior, we hope our little ones will stop manifesting unconsciousness in a form of rotten molded ameba, and become inspired conscious human beings.

“Everything subliminal holds within it the ever present possibility of being perceived and represented in consciousness. The unconscious is an irrepresentable totality of all subliminal psychic factors, a “total vision” in potentia. It constitutes the total disposition from which consciousness singles out tiny fragments from time to time.”

Jung, Forward to Introduction to Zen Buddhism

Mystical Christians and Muslims, Tibetan Buddhists and Alchemists all claim with almost certainty that the only way to salvation is to pass the knowledge gained for the benefit of all. Christians and Muslims believe

in the ultimate Christ's sacrifice for the benefit of All of the Humanity.

Alchemists symbolically represent this spiritual path towards enlightenment as a pelican feeding her baby birds with own blood represented in Ripley's scrolls as a dragon. On the other side of the world, Tibetan Buddhists devised an elaborative meditation practices where the practitioner takes the suffering of the rest of the Humanity as the Highest ever to spiritually experience goal.

My wish is not to convey nihilism; or "destiny pre-determined" thought forms. We as humanity have mastered these – just study any World's Religion or Jung to further understand these.

It is not "suffering" that has ever fascinated me, but the resurrection of Christ within the Universal Spiritual Growth Spiral.

It is not the circle but the spiral in my limited knowledge, I attempt to follow, through understanding the poetry of Humanity's Consciousness expressions, through respecting the East and West, Shiva and Shakti, Ancestors, Saints and Scientists, mythology and knowledge accumulated within the Humankind.

As within that old and for-ever abused book - the Old Testament mythology where Lucifer shines light through our understanding of pain, as Souls we wish to move out of our fascination with Pain, out of the predetermined Destiny path, out of constant Fear

As a billionaire manager in the US would do, with his knowledge embedded experiences, he would fully understand he knows nothing, but he will employ the best quality specialists to protect his processes, know-how, strategies, human resources, to perform his marketing, guide his finances and he will trust their abilities to execute this complex task of staying the best within the market

Or, as a billionaire manager in Italy or Japan would do, with his knowledge and experience, he would know with certainty he can trust none but his family members, and he will employ endless "family

members” to support him in his growth.

Yet we – Humanity - for their own sake, wish them not to kill all the others in this process.

Or the Law makers, who know they know nothing of how complex the Human Nature is because the circumstances constantly change, who inquire, examine, research, so the Humanity with all its animals, plants, rivers will benefit.

We will attempt to explore a spiral

In practice what does this mean...

That day, following the Trust in Goodness as Intention, I walked through the streets meeting people truly, Soul to Soul, not just slightly artificially gliding through our buyers-sellers relationships. My kids were with me, now teenagers subconsciously linked to that Karmic Group, creating a destructive smoke around my contact with others, forcing me to remember this lesson in Time and Space.

Knowing that each one of us connects with own family, serving the best possible food, or exhibiting that extra touch of care, I get truly interested in People with their inner smile when speaking to them. Applying my local experience, buying a pastizzi from a familiar place, with no intend to flatter him, but to convey appreciation for his hard work, I told the seller that he bakes the best pastizzis in the World. Listening to my sweet talk, my kids interrupted me with an unrelated chatter several times.

My Dear Conscious friends, you probably do recognize this impulse of an unconscious element within Human Nature as an unstoppable Urge to interrupt the Conscious Element from Expressing, and Manifesting towards all the Strange Others. Your sick mum will unconsciously interrupt any of your expression of Beauty towards others. It is within our willpower to go back to the Good Intend to re-act, re-turn to and re-exercise Love, Understanding, Beauty towards Strangers.

It is subconscious fear that fights against our re-focusing

Surely for a good subconscious reason, a Husband fearing his Wife leaving with the Best Man, or a Wife fearing her Husband going to War with friends for a Cause, or the fact that an unselfish element within the very best of us has led some to abandon families leaving own family to heal others, many a Saint has done exactly this.

Physically weaker or sicker we are, more we are attached to subconscious fears of Humanity.

When kids focus is within their hunger, there is nothing else that can entertain so good as food. Do you blame them? In our past, kids did die of hunger. Focusing was an important “keeping alive” instinct.

In our search for happiness, we are very efficient in this quest, we quickly glance from one item to the other, sometimes never truly realizing what a gem we have encountered. Whilst listening to a top musician from Senegal, playing his harp-like instrument, standing on a street corner, for around 20 minutes, I knew with certainty of an often theatre goer, that he compared with the best, from the Halls of London most expensive theatre venues. I felt deeply privileged to be experiencing this moment, truly stopping to listen to his voice creating a mystical experience. In my acknowledgement of this unexpected beauty, my son’s focus was on his hunger.

We still do carry a possibility to recognize profound beauty within a street performer having a choice to stop and listen to him creating magic or walk away distracted by some unconscious elements.

Later that eve, at Notte Bianca with friends, I experienced the same unconscious element manifested as a drive for fun and pleasure. If one is born within the Karmic circumstances, a family, or a city that has worked hard through centuries to uplift culture like London, Berlin, St. Petersburg, or we had the most amazing luck to have artists as parents we have more trouble understanding that culture needs money, huge effort and deep devotion. It is a taste that is trained, an effort that lives

with us constantly, the beauty that is not obvious. Born in Belgrade, City that sponsored culture left right and center, I have seen many lose the appreciation of how expensive and difficult is to create true art.

Exercising their unconscious element, seeking pleasure, 2 young Spanish ladies looking for a Flamenco show, approached our table in a Café on the Straight Street while we were absorbed in the most interesting performance of young ladies performing a Cabaret, on the balconies above our tables. Behind the Courts, prostitutes hid in these houses, about a century back in time. Valletta is a Capital of European culture this year, with huge amounts of money injected into every show. A foreigner invited to perform, these ladies were from Holland, would be an internationally acclaimed artist, who's past training and experience has been carefully researched. Seeking the ultimate pleasure, their Flamenco show, they interrupted our exploration of the performance of the Dutch Cabaret. Following their unconscious fear to miss pleasure they could not possibly interact with any beauty, and they did their best to disturb our experiences of the same.

Respecting the knowledge of our Ancestors, Saints and Scientists, applying Clear Reason and Intuitive Wisdom following this dynamic of fear, we now ask own Souls how to live life healthier, happier, stronger.

Researching Metamorphoses of Psyche, Un-consciousness and enlightenment

"Only by discovering alchemy have I clearly understood that the Unconscious is a process and that ego's rapports with the unconscious and his contents initiate an evolution, more precisely a real metamorphoses of the psyche..."

Jung quote about Alchemy

In our wish to relate to omnipotent, omniscience, and omnipresence God, we use art, music or poetry to express since Ratio has no unobstructed pathways towards divine.

The Mystical knowledge is gained through a life-long research and devotion to beauty, God, divine, through contemplating Universe or comprehending Air / Earth / Water / Sun as the most immanent physical sources of life. These are different spiritual paths to enlightenment from the Himalayan monk meditating, through the fisherman out in the open sea, to the artist composing a masterpiece.

Forgetfulness and Unconsciousness

Until recently we couldn't quite understand our neighbors even if we tried... the first Polyglot Bible was published around 1570 containing text in five languages: Hebrew, Syriac, Greek, Latin and Chaldean.

“For primitive man,..., His country is neither a geographical nor a political entity. It is that territory which contains his mythology, his religion, all his thinking and feeling in so far as he is unconscious of these functions. His fear is localized in certain places that are “not good.” The spirits of the departed inhabit such and such a wood. That cave harbors devils who strangle any man who enters. In yonder mountain lives the great serpent; that hill is the grave of the legendary king; near this spring or rock or tree every woman becomes pregnant; that ford is guarded by snake-demons; this towering tree has a voice that can call certain people. Primitive man is unpsychological. Psychic happenings take place outside him in an objective way. Even the things he dreams about are real to him...”

Jung, Lecture, Archaic Man, Collected Works, Civilization in Transition

A German Philosopher Goethe, so much loved and appreciated by Jung, has done his first novel at the age of 20, *The Sorrows of Young Werther* (1774). A literary celebrity by the age of 25, Goethe has written four novels; and treatises on botany, anatomy, and color, more than 10,000 letters, and nearly 3,000 drawings. The same constructive consciousness manifestation focused age happened to Nietzsche, who has also self-published all his work. Tolstoy had a family fortune supporting his knowledge, so his wisdom and beauty of expression kept enlightening

the Humankind even when he was very old. Giordano Bruno, for example, spent whole of his life researching and teaching Science as a Priest or Tesla pioneered the science of his and our time. Reading the works of these Saints, we must wonder can our intelligence even comprehend its wisdom and depth...

While raring our knowledge perhaps we shall be planting a walnut tree, instead of searching for instant grass gratifications. Trusting the local knowledge-build, with plenty time and space to express, choosing the best possible teachers, preferably poets as suggested by Jung, appreciating the wisdom of our ancestors, within this versatile Humanity, might help us enter the path of quantum Physics, Applied Psychology and deeper emotional comprehending of Ancient Philosophies.

Story of Isaac and Bartolomeo's Aurora

Exercising local Knowledge is like inputting various little known parameters into any picture, combining Gaia's wellness, health and pleasure, within a matrix of each and every one of us. The humanity's basket of experiences is so complexly bound together. We can see a spiral in all our progress including history.

When in my 30s I hated the story of Isaac, the son of Abraham and Sarah and Abraham's willingness to follow God's command to sacrifice Isaac as his new born baby boy; such a horrible myth where God establishes a relationship with Abraham through the sacrifice of his son. Much later, I learned that we all hate it, because no intelligent human being will ever rationally debate killing of own-son for any God's sake. It is a twisted mythological story of the Old Testament so that a natural parent's hatred will burn in our hears with a justified anger towards even a thought form that supports such sick thinking, with a strong drive to detest it, "remove it", collectively attack it.

Light as Symbol of Divine

In art, the light is used to symbolically represent the wisdom within this

versatile for ever changing Universe, so Christian Saints or Angels have light above their heads.

In common with both the other surviving early papyri of John's Gospel; P45. The manuscript contains, consistently, the use of Nomina Sacra.

The initial system of nomina sacra apparently consisted of just four or five words, called nomina divina: the Greek words for Jesus, Christ, Lord, God, and possibly Spirit.



Use of Nomina Sacra in the Orthodox Christian art, the opening verses of Revelation - Ἰησοῦς Χριστός (Jesus Christ) as IC XC

In movies, the light is used within films, like in the film Titanic, to increase the emotional intensity within audience when they are hearing of the old lady's splendid past. When watching the film, do notice how her eyes always shine, leaving us with this collective trust that she must be sincere. Within the Humanity's past we met these inspired eyes when Philosophers preached, or when artists expressed their love for God, but also when we listened to some inspired youths with their "Holy Spirit" blessed TV personality.

"... even the angels thought Adam the lord of all, and they were about to salute him with "Holy, holy, holy, is the Lord of hosts," when God caused sleep to fall upon him, and then the angels knew that he was but a human being. The purpose of the sleep that enfolded Adam was to

give him a wife, so that the human race might develop, and all creatures recognize the difference between God and man."

A Hebrew story, about family, a Priest explaining Old Testament

The History of Written Expression

Throughout the history of ancient Rome, the Greek was spoken by the well-educated elite, who acquired Greek tutors from educated Greek prisoners' slaves. Within the Byzantine Empire, the Greek was never replaced by Latin - also called Romanic languages.

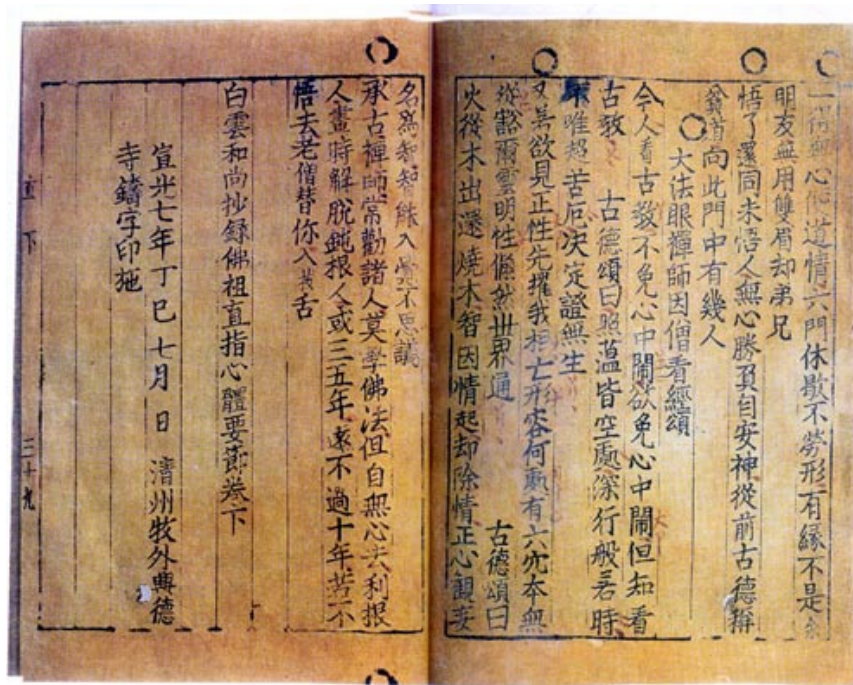
China led the books printing revolution. The first completed printed book on paper is the Diamond Sutra (in the British Library) of 868AC, during the ninth century. By the tenth century, 400,000 copies of some sutras and pictures were printed, and some other Confucian classics were in print.



A page from the Diamond Sutra, printed in the 9th year of Xiantong Era of the Tang Dynasty, i.e. 868 CE. Currently located in the British Library, London.

Around 1040, the first known movable type porcelain printing press was created in China by Bi Sheng. Copper movable type printing originated in China at the beginning of the 12th century. It was used in large-scale printing of paper money issued by the Northern Song dynasty.

Around 1230, Koreans invented a metal type movable printing using bronze. The Korean form of metal movable type was described by the French scholar Henri-Jean Martin as "extremely similar to Gutenberg's"



Selected Teachings of Buddhist Sages and Seon Masters-1377, Korean book, Bibliotheque Nationale de France

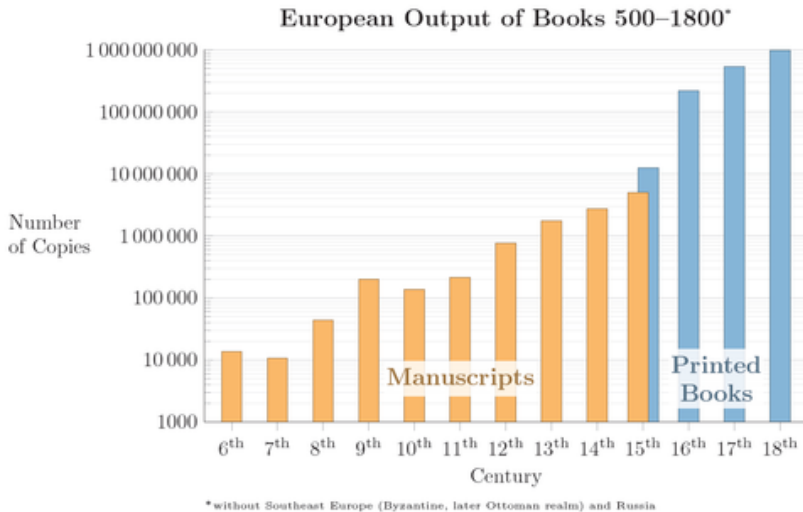
Christian Monasteries carried on the Latin writing tradition in the Western Roman Empire. Before the adoption of the printing press, books were copied by hand, expensive and rare. Smaller monasteries had only a few dozen books, at the end of the Middle Ages, the papal library in Avignon and Paris library of the Sorbonne held only around 2,000 books.

The scriptorium of the monastery was usually over the chapter house where artificial lights were forbidden done only in day-light by enthusiastic students...

	Proto-Canaanite	Early Phoenician	Greek		Proto-Canaanite	Early Phoenician	Greek
α			Α	ι			Ι
β			Β	μ			Μ
γ			Γ	ν			Ν
δ			Δ	ς			Ε
η			Ε	ο			Ο
θ			Υ	π			Π
ζ			Ζ	ς			Μ
η			Η	q			ο
τ			Θ	ρ			Ρ
υ			Ι	ς			Σ
κ			Κ	τ			Τ

Canannite languages: Greek alphabet charts

The history of printing in Europe from 500AC to 1800 follows an interesting line.



European output of manuscripts and printed books 500AC–1800AC

In mid-20th century, European book production had risen to over 200,000 titles per year. Throughout the 20th century, libraries have faced an ever-increasing rate of publishing, sometimes called an information explosion.

Do you ever wonder within this explosion, what is your truth?

Burning Books and Forbidden Books

According to Elaine Pagels, "In AD 367, Athanasius, the zealous bishop of Alexandria... issued an Easter letter in which he demanded that Egyptian monks destroy all such unacceptable writings, except for those he specifically listed as 'acceptable' even 'canonical'—a list that constitutes the present 'New Testament'"

When the burning is widespread and systematic, the destruction of books and media can be a component of cultural genocide. We all with pain remember the burning of the Library of Alexandria (c. 49), the destruction of Aztec codices by Itzcoatl in 1430s, and the burning of Maya's indigenous American civilizations manuscripts on the order of

bishop Diego de Landa in 1562.

According to a Wikipedia source “In 1244, as an outcome of the Disputation of Paris, twenty-four carriage loads of Talmuds and other Jewish religious manuscripts were set on fire in the streets of Paris.”

Forbidden Books

We still find the lists of forbidden books by Inquisition within the archives of Vatican. This section can be also called - my recommended books of wisdom...

Banned Name	Works
--------------------	--------------

Complete works 1585 Dante Alighieri	
-------------------------------------	--

Complete works 1600 Bruno, Giordano. The Inquisition's ban on reprinting was lifted in 1718	
---	--

Complete works 1616 to 1835 Nicolaus Copernicus	
---	--

Complete works to 1835 Johannes Kepler	
--	--

1663 Descartes, René Meditations (1641); Les passions de l'âme (1649); Opera philosophica.	
--	--

1679, 1690 Spinoza, Baruch, Tractatus Theologico-Politicus (1677); Opera posthuma	
---	--

1827 Kant, Immanuel, Critique of Pure Reason (1781; revised 1787)	
---	--

1841 Balzac, Honoré de Omnes fabulae amatoriae	
--	--

1894 Zola, Émile, Opera omnia	
-------------------------------	--

1948 Sartre, Jean-Paul	
------------------------	--

until 1959 Victor Hugo, Notre Dame de Paris (1831); Les Misérables (1862)	
---	--

A Subjective Truth

When discussing the Lady Truth, we acknowledge that it always connects to our subjective Soul's view of the world. The truth means "my Objective experience of Reality", so with this in mind, do you know why Germans have the best bread on Gaia and why does this matter?

If you are born German you might even ignore a need to debate this little so subjective truth, agreeing with a Reason powered with Intuitive Knowledge of a traveler who explored 50+ countries on all the continents and is Gaia conscious. Yours ancestors' 100s of years of baking research that has gradually improved a super unhealthy white bread into a super tasty healthy loaf is within your set of local knowledge and experiences. If you are in your 20s, you will see no value in this statement. If you are anywhere over 40, you will resonate with it, because your health research has already convinced you of how difficult it is to get rid of an unhealthy piece of bread, whilst getting rid of Gluten, claims Djoković, the World's Champion, got him his first Golden Medal in tennis.

When public libraries appeared, up to the 18th century, books were often chained to a bookshelf or a desk to prevent theft. As you can imagine it was not book lovers who would ever steal, for how many book lovers were poor or uneducated?

Jews didn't quite have public libraries where a "stranger" could possibly hope to learn Hebrew and explore the script within their local knowledge set-up. Judaism values the Torah scroll to such an extent that if placed in a synagogue it must be written by hand on parchment so a printed book would not do,

In the Islamic Golden Age, 8th century to 13th, Islamic calligraphy, miniatures and bookbinding flourished, yet none of the images within the books had any religious connotations. Yaqubi 9th century, says that in his time Baghdad had over a hundred booksellers. Today we find the most beautiful poems exploring God – Allah, yet the illustrations are

very generic: flowers, or simple decorations. Within Islam we find no images of Christ or Allah, so no idol worship could take place.

Listening to our historians, we know for certain that the destroyed books, and art works are irreplaceable, often changing history in various ways.

If you are a Head of your-own Pack whether living in a Forest of Amazonia or fishing through Oceans, you try hard to understand the World the best you can. It is not always easy for all the followers of the Pack to understand that Life is a complex venture, always demanding new learnings.

Being too busy arguing various points of views, philosophizing, or fighting own partner, we assume that somewhere else animals do not need rearing, plants watering, sick do not need care, and children fall perfect from the sky. Within this life-long quest, so many of us create our-own little Universes, marrying and building own “perfect” families, yet the reflection inside the life-mirror says over and over that we err, especially when expressing judgments too hasty...

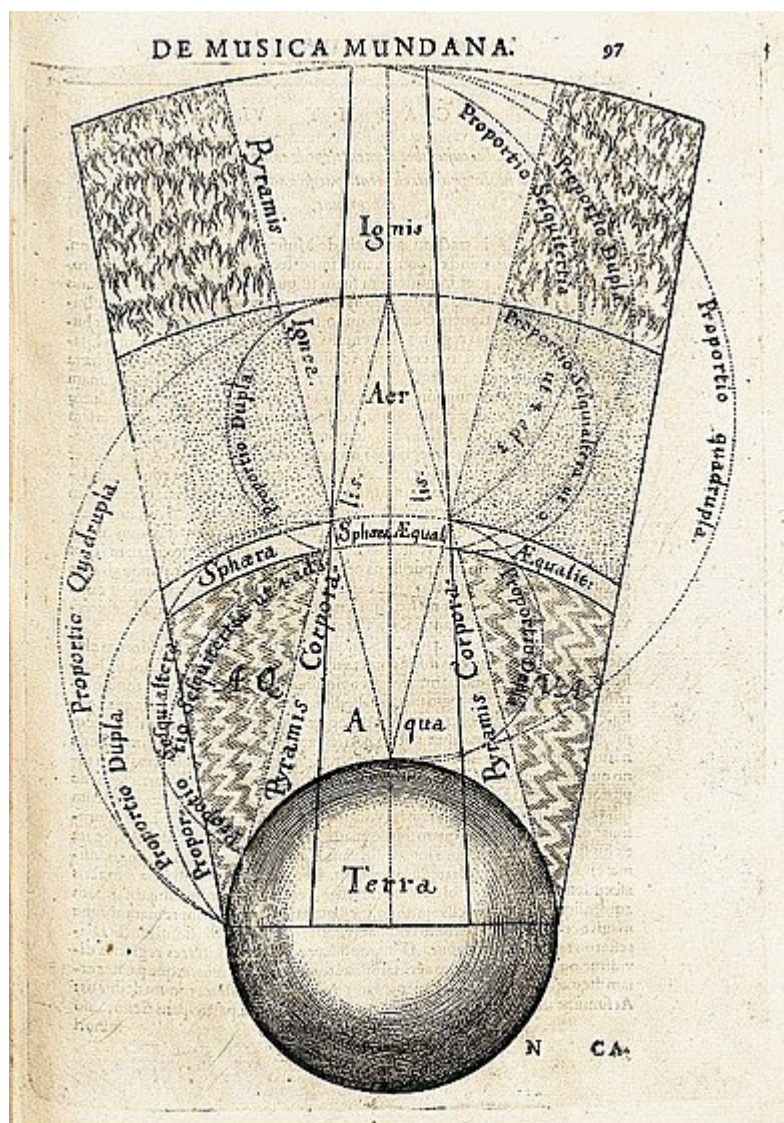
Respecting the knowledge of our Ancestors, Saints and Scientists, applying Clear Reason and Intuitive Wisdom within this dynamic orphic, hermaphrodite Universe of Unconscious mind Manifestations, at this stage of our evolution, we ask own Souls how to live life healthier, happier, or stronger.

Ancient Alchemy Exploration and George Ripley within Ripley's Scrolls

Respecting the knowledge of Alchemists, within this dynamic orphic, hermaphrodite Universe of consciousness manifestations, we now examine the mysticism within teachings of the 16th / 17th century Ripley's Scrolls.

At the top of the Ripley's Scrolls, a large, robed, bearded figure greets

the researchers wishing to enter this magic dance of words and drawings. Identified as an Egyptian God of Healing Thoth or Hermes Trismegistus (thrice-greatest), the legendary figure of Alchemists, is the first one we meet holding an egg-shaped vase and observing seven alchemy processes, used in transformation of metals into gold.



Quelle: Deutsche Fotothek

George Ripley was a sovereign in Yorkshire living from 1415 to 1495, Poet, Alchemist and Author of *The Compound of Alchemy*. The Alchemist George Ripley was in a pursuit of the Philosophers' Stone.

Satisfying yours forever thirsty curiosity, this story travels through the channels of Cam, ascends the hills of Edinburgh and enters Oxford's castles, exploring very rare Ripley's Alchemical manuscripts that use both verses and images to portray ancient esoteric teachings.

For all the mystical researchers, apparently there are only 21 in total, 16 of these alchemical manuscripts are in the UK; inside the Libraries in London, Oxford and Cambridge.

Type A known as 'Hermes Trismegistus design' are MS 93 (late 16th century), MS 276 (16th century), MS 693 (c. 1600) in Oxford, Bodleian Library, Bodley Roll 1 (mid-15th century) is in Cambridge, Fitzwilliam Museum, MS HM 30313 (2nd half of the 16th century) is in New Haven (CT), Beinecke Rare Book and Manuscripts Library, MS 41 (c. 1570; late 16th century) is in Princeton (NJ), Princeton University Library, MS 52 (late 16th century), MS 32621 (16th century) and MS 692 (late 17th century) are in London, Wellcome Institute, Ashmole Roll 40 (17th century) is in Edinburgh, Royal College of Physicians, MS 95003 (undated), The Sotheby Scroll was sold in December 2000 to a private buyer, untraced.

Type B, 'Reclining Monks Design' is in Oxford, Bodleian Library, Ashmole Roll 53 (c. 1600) and MS 5025 (late 16th-early 17th century) and Type C, 'Rose or Rosicrucian Design' is in London, British Library.

Four of these precious artifacts are in the US bought from London and if any of you wish to conduct any further research they are at Yale and Princeton University; Ashmole Roll 54 (mid-16th century) is in San Marino (CA), in Huntington Library, and Sloane MS 2523B (16th century) is in Los Angeles, at the Getty Center for History of Art and Humanities.

For the visual lovers, the Ripley's scrolls we find today, are sized around 5m x 55cm, made of smaller squares, often printed and compiled much later than their originals, sometimes as late as 1800s, based on someone's trusted memory and detailed description. The smallest Scroll measures 1.25m x 14cm, while the largest is in Cambridge, Fitzwilliam Museum, and it extends to 5.5m x 60cm

They are for the first time printed in Germany in the eighteenth century, with text in Latin phrases, they contain poetry verses and images of the process involved in acquisition of the Philosophers' Stone.

Esoteric Christian Mysticism within Art

Dozens of alchemical drawings accompany Ripley's poems "Verses upon the Elixir", "Boast of Mercury", "Mystery of Alchemists", "Liber Patris Sapientiae", "Exposition", "Wind and Water", "Richard Carpenter's work", "Trinity".

For today's researchers, it is images that pass the message of our hermaphrodite Universe, of Kundalini awakening, of Life going forth seeking to materialize in all possible forms, of the sacred movement towards perfection.

Meditating on the images entering a journey of encountering various mythological creatures, we are shown a processes for the production of the philosopher's stone in pictorial cryptograms.



Ripley_Scroll (1) Hermes with egg shaped vase and 7 stages of transformation

Figure 1: Ripley Scroll (The Yale University version, one of 21 extant Ripley scrolls, section 1, with egg shaped vase and 7 stages of transformation by George Ripley

Meditating on images, with our knowledge of applied psychology and philosophy, emotionally receiving impressions of the 16th century artists, we hope to comprehend -

An egg shaped vase grey in color, possible of becoming any shape, color or form, full of sperm like tadpole released by a huge green frog presumably in water, as eggs that hatch and through its growth develop limbs and lungs undergoing the most amazing metamorphosis.

Eight of the mandalas, seven depicting alchemical experiments; while the eight is a Biblical scene of Adam and Eve and Tree of Knowledge.

In the center of eight circles are two men, a Pope and a King holding a large black book, most probably a Bible, to which the connecting bands are attached. Surrounded by a mandala repeating words "Soul" "Spirit" "Body". Forming an inner and an outer circle. The line around the outer

circle talks about “The Black Sea. The Black Luna. The Black Sol.”



Ripley Scroll 2 Adam and Eve and Tree of Life with Serpent Kundalini

Esoteric Teachings of Adam and Eve

The scroll continues exploring the story of Adam and Eve, they stand in water surrounded by 7 alchemists with their transformational processes.

At the top of the tree of knowledge is a naked dragon tailed woman with “Speritu” encrypted on her, holding a child with “Anima” hanging from the branches caressing the naked boy; followed by Adam with a sign of Sun and Eve who worships Moon, standing beside the Tree of Knowledge, observed by the serpent and alchemists.

This scene is in the center of Sun and Moon, facing each other, each with feathers.

Tree of Life and Four Elements

The Tree is held by a strong Man with “Corpus” scripted who stands in the middle surrounded with an angel that is “Spiritus” and an enchained “Anima” (Soul). The man is in a fort with four corner stones: depicting 4 elements: Earth, Air, Fire and Water.

At the very foundation of the image is a dragon eating the frog.

Ripley’s words are “The Red Lune. The Spirit of Water. Red Sol. The Red Sea.”

Note the eagle has a man’s head, and is crowned as a King. Above the eagle is a sun image. Between them drops of water.

Ripley’s poetry tells us of:

“The Red Lion. The Green Lion. The bird of Hermes.”

“The Red Sea. The Red Sol. The Red Elixir Vitae.”

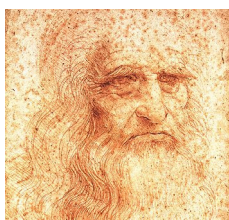
“Red Stone. White Stone. Elixir Vitae. Luna in Crescent...”

“You must make Water of the Earth, and Earth of the Air, and Air of the

Fire, and Fire of the Earth...”

Placing Ripley in time and space of the 15th century you will forgive him for the obscurity of his poetry, since he tried to depict the mystery of an alchemy process of transforming Metals to Gold, at the time when Alchemists were totally impressed by evolving chemistry, observing reactions of various elements to each other. The most amazing science of chemistry evolved while these researchers were in the midst of their various alchemical experiments.

Mysticism within Art Leonardo da Vinci as Role Model



Leonardo da Vinci, the Portrait of a Man in Red Chalk, painted in 1512, when Leonardo da Vinci was 60+ and living in France, in Biblioteca Reale, Turin

If you know anything about true art or mysticism, you will know that both are synonyms for a life-long research and devotion to beauty. There is no way to make a child or a lay man “mentally” appreciate a perfect glass of wine or a tea spoon of perfect honey that is from the best organic lands, since they yet do not have training and patience necessary to comprehend the complexity behind its making. This is why there is no money in true art. It is our Kings, Governments and Churches that have in the past sponsored true art praying their fame will stay with us for eternity.

Following our drive for goodness and consciousness manifestations, we are 100% sure that if we follow the Role Models our lives will flourish

Humanity has developed a strong forceful urge to follow the best in the class: the best of scientists, the best of educators, the best of ancestors,

the best of the religious followers, Gurus – an Indian man would tell you. Abusing this noble urge many Kings, read: Churches have offered us (Humanity) a number of lunatics to follow confusing them with “Saints”, so our kids will go into wars while they were able to use “killing” as a hypnosis tool with the best of our youths.

Acting as behavioral models, the role models do influence our goal setting and represent the highest potent possibility within our lives. Within our minds they create an inspirational force that influences us throughout our journey, increasing our motivational drive.

Manipulating our drive towards goodness, towards the Role Models, now we have our children following Pop Stars, Actors and TV personalities, whose job is presenting oneself in the most likeable of ways. If the most likeable way is rebellion, they shall give you rebellion, if the most likeable way is truthfulness (God bless the likes of John Oliver, whose opinion I deeply respect) they shall give you truthfulness.

If we consciously understand this huge drive to follow Role Models, we will be following the likes of Socrates, Plato, Yogananda, Pythagoras, Rumi, Dante, Giordano Bruno, Bach, Nikola Tesla, Leonardo da Vinci, Patanjali, Leo Tolstoy, Jung, Sri Aurobindo Lao Tzu and St Teresa but following their lives was at times hugely difficult

Spiritual Role Models and Leonardo da Vinci

“During the time of Leonardo... we officially as lunatics marched into the Age of Reason. Our Universities flourished, manuscripts that were for centuries exclusively passed from one monk to the other, were finally discovered, and freely or in secret passed amongst the geeks thirsty of knowledge. In Leonardo. we meet an ideal 'Renaissance man', an all-round genius, a painter, a sculptor, a scientist, an architect, a philosopher and a spiritual teacher with ideas that are far ahead of his time. Leonardo is an inventor with the mind set deep in the future...”

***A conversation from A-Ma Alchemy of Love, historical spiritual novel
set in 17th century China by Nataša Pantović***

Leonardo was the illegitimate son of a respected lawyer, Messer Piero Frosino di Antonio da Vinci, and he was raised within his household since he was five years old.

At the time of virtually no Universities, his father's home schooling gave him an amazing training in music, art, biology, Latin and mathematics, and when he was 14 he became an apprentice in the studio of the prominent Florence artist Verrocchio, a dream training opportunity of all the artists of his time. His studies with the best in the Europe's center of art Florence, lasted seven years giving him a full exposure to drawing, painting and sculpting. Apart from being a scientist, a researcher, Leonardo was also an accomplished musician playing the lyre and the flute.

Leonardo was famous for drawing forward and backward with opposing hands simultaneously, he left many backwards written texts notebooks that could be read only with a mirror. Bill Gates owns the only copy of da Vinci's 72 page manuscript known as the Codex Hammer. The notebook was sold in the mid 1990s for nearly \$40 million. The topics within the hand-written manuscript include - the diffusion of light, a study of hydrodynamics, etc.

In art, exploring the portraits of various geniuses whose consciousness manifestations are divine, it is the soul's contact we seek when we look into the eyes of a portrait.

Mystical Art of Leonardo's Monna Lisa

Leonardo was commissioned to do this work in 1503. A contemporary researcher has discovered a note in a 1477 printing of the ancient Roman philosopher Cicero, a note written by Leonardo's contemporary Agostino Vespucci, saying that Leonardo was at that time working on a portrait of Lisa del Giocondo. The Italian name for the painting, was La Gioconda, meaning "the joyful lady". Although da Vinci began the work on this masterpiece while living in Italy, he did not finish it until he moved to France in 1517 at King Francois I's request. The French king

acquired the portrait and displayed the painting in his Fontainebleau palace. The painting is now on permanent display at the Louvre Museum in Paris since 1797.



Mona Lisa by Leonardo da Vinci 1517 Louvre Museum Paris



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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)

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"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 Nuit, 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, 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 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 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

A-Ma is listed within some interesting Goodreads Lists of Best Reads / Books! Best Spiritual and Metaphysical Books 2018



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