WHAT'S ON @ SKILLFULMIND

Nov 2020-Monthly wrap up from the SkillfulMIND group

"We are here to support your journey whether that be through Meditation Classes, Retreats, NLP Training, Coaching, Personal Breakthrough or supporting you to turn your passion of becoming a coach into a profitable business"

A message from Peter Radcliffe:

"In your 20's you worry what people think, In your 30's you try to change what people think. In your 40's you change yourself to what people think, In your 50's you stop caring what everyone thinks. And In 60's you realize no one was ever thinking about you in the first place"

So when I officially turned 50 on Oct 30th I ordered the book "Subtle art of not giving a F*ck" and am looking forward to reading it and share some ideas.

November was a very reflective month for me with the last 12 months being significant due to the loss of my dear mum, starting a new decade and COVID 19 to name a few.

****Can you guess the costume?*
Jetsun Milarepa, a tibetan siddha whose life is an example that even a murderer can transform into a Buddha through meditation and can achieve enlightenment in one life time.

It made me to think deeply and reflect on the meaning of relationships, impermanence, suffering and attachment. (which by the way is the topic of tomorrows clarity session).

And my take away was to really make sure we enjoy each new activity and to not wait before jumping in with something new that might benefit ourselves or others. Thats why we are doing the new webinar sessions and planning to celebrate the year with a Xmas party.

So if you are in Adelaide - lock in December 10th for our Skillful MIND team Xmas party @ The Grange Golf Club.

Enjoy what is out there - and what is inside too. Hope to see you soon through blogs and webinars.

Enjoy what is out there - and what is inside too. Hope to see you soon through blogs and webinars.

Dear SkillfulMIND Family,

It is a pleasure to introduce the new skillfulmind meditation leaders who joined the family in November 2020!

Congratulations for taking that step to work on your mind and share our vision with others in your community:

"A meditation centre in every suburb around the world"

- Dean Hollands
- Linda Garner
- Amanda Berry
- Suzanne Pfitzner
- Erin Gerst

UPCOMING EVENTS

READ MORE

Leaders Induction Call

If you are thinking of becoming a SkillfulMIND Meditation Leader, be sure to do so before our next Induction call on December 8th! You can find more information about it by clicking the button on the right and booking a call with us.

READ MORE

Leader Meditation

Our leaders hold free meditation classes on Zoom weekly, they love seeing new faces! There are sessions every Thursday with Dinesh Desai and Friday with Dee Shepherd (and co-hosts!)

We also have a monthly calendar of other online (Zoom + Facebook Live) meditation sessions which our leaders run - they are in all time-zones and corners of the world. Click the 'read more' button to check the calendar to find the perfect class for you!

Weekend Meditation Retreat

04-06 Dec 2020

We have a couple of spaces free for our December retreat which will be held at the beautiful Nunyara Centre in Belair. While there was a moment of uncertainty with COVID cases on the rise in South Australia, we are confident that it will go ahead as planned and are looking forward to our last retreat of 2020!

If you want to join us act quick!

Get in touch with Sarah here to book your spot before it fills up.

Weekend Meditation Retreat

05 - 07 Feb 2021

Would you like t deepen you understanding o meditation and you own mind?

What if in a weekend yo could learn beneficia skills and techniques t increase your happines and fulfillment of life? We are now takin reservations for ou February Meditatio retreat in Adelaide.

More info here.

Bali Inner Growth Retreat

10-15 Aug 2021

On our six day inner-growth retreat, Peter will be combining personal development and coaching along side meditation and yoga to bring about a huge shift in your being. You'll be empowered (post COVID) to reach out and achieve a fulfilling life for yourself, and experience lasting tranquility.

This retreat may be moved to Australia due to COVID restrictions

SPOTLIGHT - OUR SKILLFULMIND MEDITATION LEADERS

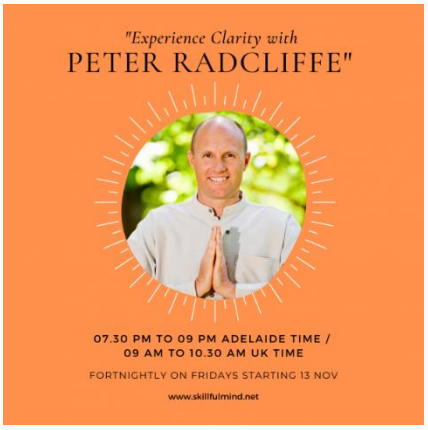
Rebecca Williams
ACT, Australia

> *I'm Rebecca and I have been a Skillful MIND Meditation Leader since 2018. I have been running weekly meditation classes since then.*
> *One of the things that I am really enjoying about being able to present this meditation program online is that it helps me to get a sense of usefulness. Its good for me to know that I have a skillset that other people can benefit from.*

Listen to Rebecca's experience here and how she pivoted her meditation classes online to feel useful, to give and to help others especially children stuck at home, not to feel alone...

Listen to Rebecca's experience

"Experience the Clarity with Peter Radcliffe"



Wait is over and launched new program which will run each fortnight at Friday 7.30pm Adelaide time (9AM GMT) primarily focused on understanding the mind and understanding meditation. There will be 2 formats within each episode - A new topic will be discussed, and this will be followed by question and answer on anything to do with the mind and meditation.

It was amazing to see 24 like minded people who came together for the very first webinar on 20 Nov and shared the depth of conversation with equivalence and embraced impermanence, suffering with such an open mind.

It takes courage to embrace impermanence and overcoming aversion towards the pain to realise suffering is another label.

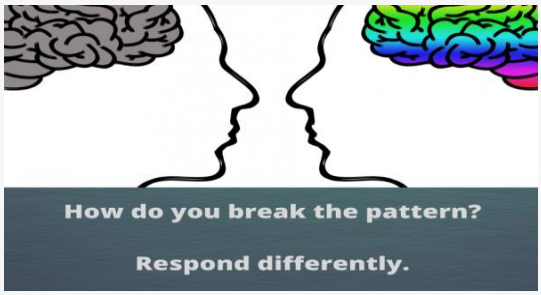
You will be surprised to realise that you can see your patterns in the stream of ants and a million dollar project .

Enjoy the little things in life and think about what patterns are you holding now that you can let go?

*Next session will be this Friday, the 27th November - **Does Meditation play a role in finding true love? If so, how?***

Look forward to see you there!!

Adelaide NLP



CONGRATULATIONS !

Congratulations on successfully completing the second block of Online NLP Practitioner Course.

You exemplify state management staying focussed online on Zoom and truly demonstrates your thirst for personal growth.

Excited to launch another 6 amazing coaches into the world to make a difference in a months time.

Are you interested in learning Neuro Linguistic Programming?

Did you know

NLP Online Practitioner course is now temporarily approved by The NLP Association of Australi.

Contact us for more details.

ADELAIDE NLP EVENTS

Annual Calendar 2020-21

Hypnosis – Jan 2021 Adelaide NLP

All hypnosis is self hypnosis !! Think about it.
This 2.5 day learn hypnosis course starting 27 Nov 2020 is the perfect introduction to this exciting field and will give you exposure to the possibilities of hypnotherapy.

READ MORE

NLP Practitioner Course – Jan 2021

10 Days course lead by Peter Radcliffe and Manna Abraham to allow you to learn, assimilate, reflect , apply the knowledge that you gained and experience so that you can be a better coach and a new person as you step out, instead of crashing it in few days at once.

READ MORE

NLP Master Practitioner Course – May 2021

If you are already an NLP Practitioner and confident with the skills, it is time to become an NLP Master Practitioner and classes commence 10th May 2021.

READ MORE

Online NLP Master Practitioner Course – July 2021

10 Days course lead by Peter Radcliffe and Manna Abraham to allow you to learn, assimilate, reflect , apply the knowledge that you gained and experience so that you can be a better coach and a new person as you step out, instead of crashing it in few days at once.

READ MORE

Our Students Feedback:?

Listen to our latest NLP Practitioner, Sava Politis :

Sava is inspirational in his life's trajectory and is on a mission to empower young men to lead fulfilled lives through "Live your life now"

Congratulations Sava !!

Listen to Sava's NLP Journey Here

MANNA ABRAHAM
Growth Catalyst, Breakthrough Coach,
Healer & Mentor

Quickest path to discover yourself is to observe your own mind chatter.

Tuesdays Newsletter “Art of Self Discovery” is exactly that- My Mind Chatter. It is the summary of every thought, every conversation, coaching session, patterns resolved, breakthroughs and reflections that I love to share with you.Trust me. What you find here will fascinate you.

Feel free to **SUBSCRIBE** here and join your tribe.

How personal breakthrough session can help you?

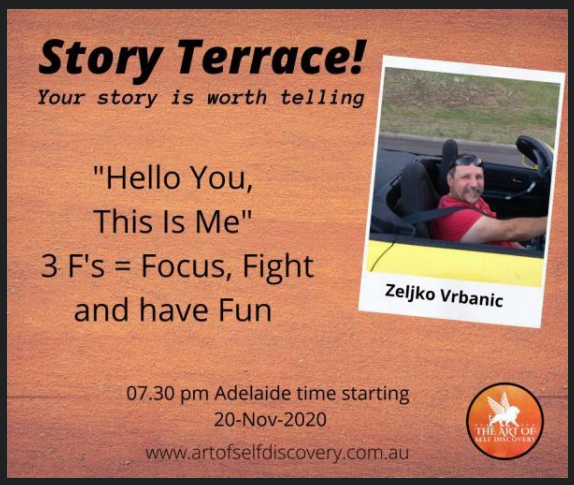
"I’m feeling really content with my past and can now acknowledge it’s in the past. This is something I have battled with for many years now, so I really appreciate your support in helping me move forward from this! ♡".

- Maddie, Adelaide

Know More...

Story Terrace

Everyone has a story and your story is worth telling



STORY TERRACE @ THE ART OF SELF DISCOVERY

Much awaited "Story Terrace" is launched in November.

Your Life is someone's story and Metaphors are one of the most powerful tools. They can inspire and transform lives.

Every third friday of the month on The Listening Post, we love you to share your story, share your message and promote your product or service.

Feel free to invite your family and friends.

You are the star of the month when you are sharing your story and a message.

Watch this space for December month updates.

Violence against women is as serious a cause of death and incapacity among women of reproductive age as cancer and a greater cause of ill health than traffic accidents and malaria combined.

It may be you who is silent for years in the fear of shame or you may know of someone who is a victim or a survivor.
Please be informed that help is available and any trauma can be dissolved in less than 5 hours.

1 in 3 women and girls experience physical or sexual violence in their lifetime, most frequently by an intimate partner or a close relative/acquaintance.

Why we must eliminate violence against women?
Violence against women manifests in physical, sexual and psychological forms and today remains unreported due to the impunity , silence, stigma and shame surrounding it.

This results in complex trauma, affecting generations including their kids and their kids. It shows up in every aspect of their lives, such as struggling to bond in a social environment, lack of confidence and trust in the people and community and creates disengaged adults.
The United Nations General Assembly has designated November 25 as the International Day for the Elimination of Violence against Women.

So if you are seeing this email and just feeling sad , know that there are ways of changing this,not just living with it.

And one of the best parts is that it does not require that you re-tell or re-live a horrible memory. It is shown over multiple studies to have a 90% PLUS recovery rate (Recovery means no longer has symptoms of PTSD) from Post Traumatic Stress. Usually called a disorder but I dont think so. It is just post traumatic stress.

Opening up next 45 days for anyone who makes that choice to dissolve trauma and move forward with clarity to start a new life.
You can dissolve any trauma in one session and you are less than few hours away to step into your zestful life. I reiterate that you DO NOT have to repeat your story and relive the trauma.

" *You really didn't let me get away with anything!! You reached into my soul and shifted stuff about!? I think you are an amazing interior designer!!*

One lesson I learned today,

"Your future needs you,
Your past doesn't".....so I let go....
Thank you so much for returning deep in my life right now – I just appreciate your presence so very much".

- DV Survivor

Do you know someone who is a survivor of Domestic violence or Are you the Survivor?

25th November is the International Day for the Elimination of Violence Against Women

You are only few hours away to dissolve any past trauma and live a zestful life...??? with NLP.

Make a Choice, Take a Decision and Act NOW

Book a 45 min confidential session here with Manna Abraham worth $275 offered FREE :

BOOK NOW

Happy International Men's Day

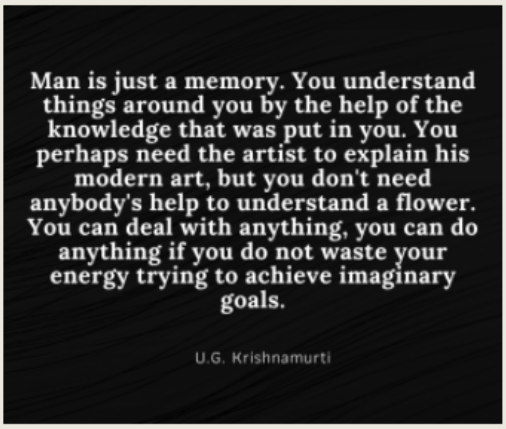
It saddens me when I notice that International Mens' Day almost goes unnoticed while all other women related international days get all the attention and acknowledgement.

What message are we giving to the men and boys in our families and in the community?

Thank You to all the men for fighting wars, bringing civilisation in to the world, for supporting families, for being a protector and a provider and a role model for your kids.

Congratulations and I celebrate your existence. You definitely make this world a better place.

Reflection



Can we ever see things as they are without filters?

Are we just mere puppets of knowledge and memory thriving in personal significance?

Everything in life is a label and referenced against the knowledge we accumulated or conditioned to believe.

Therefore we are classifying ourselves as intellectual beings by constantly striving to compare everything we are experiencing against everything we are conditioned to believe and taught.

A constant pursuit of validation without knowing we are doing it. Stepping out of comfort zone...is there anything really like that? Or is it you stepping into what your knowledge says you should be doing to fit into another box? Paradox!!

Love, Happiness, Sadness, Gratitude so on...they are just labels. ⚡ Where there is no love there is no hatred. ⚡ When you don't have a label for happiness, there is no unhappiness. This is bit hard to digest and yet yes, they are just labels. What if we can remove the constant need for personal significance?

What if we stop comparing anything against the knowledge we are drilled to believe is true ? Can we start seeing things as they are without filters?

Simply put, a fresh bloom is a fresh bloom. What you feel or associate with it is your comparison against the knowledge you accumulated. 🌼🤔.

Manna

You are Invited!

Dear Past & Present Adelaide NLP Students, Coaches, Masterminds, Meditation Leaders, Bali Inner Growth & Meditation Retreat Participants, Friends & Well-wishers.

Thank you for witnessing the journey of SkillfulMIND, you are an integral part of our Skillful MIND family. This wouldn't have been possible without YOU!

The end of year, specifically end of this historic 2020 is a perfect time to come together. It is always good to celebrate with your family and set intentions for the new year ahead.

Come and join your tribe on Thursday 10th Dec 2020 and share the vision, explore the opportunities to connect and collaborate.

Yet another great opportunity to share your story and listen to the amazing journeys of inspiring people with delicious finger food and drinks..

So looking forward to see you on 10 Dec 2020, 06 PM @ The Grange Golf Club, Adelaide.

If you are not in Adelaide, we want to ensure you don't miss out, so we will stream it live on FB for you.

Love
Peter & Manna

Your Free Resources

For your personal growth and personal evolution

All sessions starts @ 07.30 PM Adelaide time which is 09 AM UK, 2.30 PM India, 05 AM Canada, 08.00 PM NSW, 10 PM NZ, 07 PM QLD and the duration is 1.5 hr and here is the **Zoom invite:**

https://us02web.zoom.us/j/918433271.

Every Friday 07.30 PM – 09.00 PM ACST

Powerful and Impactful Group Coaching facilitated by Manna Abraham every week and the cost is on us. Join your tribe on **Fridays and make connections.** Manna Abraham will give you access to some of the most powerful mind mastery and self discovery tools in a judgement free community addressing your deepest emotions and fears .

Know More

Every Wednesday 07.30-PM – 09.00 PM ACST

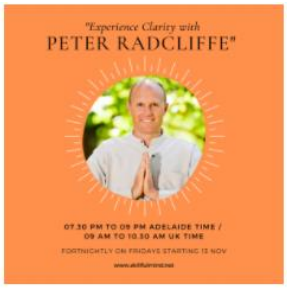
The objective of **"The Goal Post"** is to empower you to live with Authenticity aligned to your Values. Find your values , set your goals, be accountable and accomplish them. We catchup every wednesday to celebrate and reflect. Stay accountable to each other in messenger.

Know More

Fortnightly on Tuesdays
07.30 PM – 09.00 PM ACST

The Lamp Post for Aspiring and Established Coaches. Mastermind group to help coaches illuminate their way to a more successful practice. It provides a combination of masterminding, peer brainstorming, accountability, and support in a group setting to create the success you want…

Know More



Fortnightly on Fridays
Tuesdays 07.30 PM – 09.00 PM ACST

Does meditation play a role in finding true Love?
Peter holds fortnightly live sessions via zoom on Fridays where you have a chance to ask all those questions you have been wondering about for years.

Know More

Other Free Resources for your personal development:

Join "The Art of Self Discovery" Facebook group ***Here***

45 Minute Growth Potential and Discovery Session valued at $275 for **FREE** with Manna Abraham and limited to 6 per month only. - Check availability
Book a session here: https://calendly.com/manna-artofselfdiscovery/appointment-with-manna

SKILLFUL MIND

We are here to support your journey whether that be through Meditation Classes, Retreats, NLP Training, Coaching, Personal Breakthrough or supporting you to turn your passion of becoming a coach into a profitable business.

GET IN TOUCH

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