



Hi there !

Last week was an eventful week with the skillfulMind family end of year catchup and it is the connection that keeps us thriving and motivated to move forward.

Loved seeing you and look forward to meet everyone in person at some stage. Euphoric to know there is so much unconditional love in the air...

Great conversations, sparkling company and nice to see kids too who lightened up the evening.

How did you go with the last week's challenge?. Did you get a chance to observe what annoys you ?

Have you identified any of your triggers?

Remember, Awareness precedes Change and Change precedes transformation.

This week, we will explore the power of acceptance.

This is something we all struggle with, yet don't give enough importance. We do seek validation and approval and on the flip side, we don't accept when we do get it. What is this dichotomy?

This came up from a conversation with a very good friend of mine who observed me that night and mentioned that this is my another super power.

More to follow in the "Insights & Clarity Zone".

Luv

Manna

## ***Insights & Clarity Zone*** **Compliments!! - Can you receive with grace?**



When someone compliments you as to how good you look in that picture. do you say " So do you" or "It's because of the light" ?

Or when someone appreciates you for your organising skills or negotiating skills, do you respond with "Ahh,, this is nothing compared to what you do"?

Or in response to a compliment on your beautiful scarf, do you respond with "It's just \$10 from xxxxxx"?

Isn't it interesting to observe that majority of the individuals suffer from the fear of rejection or isolation and when someone does compliment, they deflect with laughter or a silly joke or a comment?

If only, we were taught acceptance as much as we were taught humility!!

Following on from what I mentioned in my message above, I never realised or acknowledged my transition from deflecting/underplaying a compliment to the point of acceptance with a smile and a thank you until last thursday till my good friend brought it to my attention.

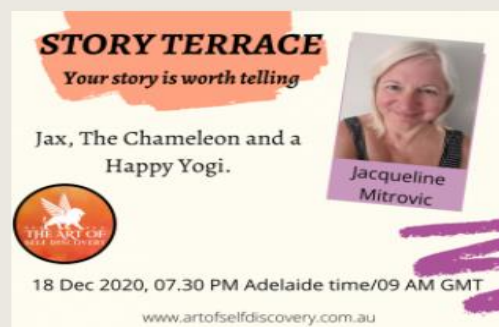
Take this moment to accept yourself as you are and acknowledge you are worth all the appreciation.

Nothing to Lose!!

**Here is the challenge for you till we meet again  
"Receive and accept compliments/words of praise with a smile  
and thank you"**

### **Story Terrace**

Here is the champion who survived and rose up as a victor, embraced change and turned every piece of adversity into gold knowing that really doesn't matter and is now a living legend practicing what she teaches – Yoga & Meditation and for fun, she organises weddings and events.



This is Jacqueline Mitrovic and we are so proud that she is one of our Skillful Mind Meditation Leaders besides various other things she is passionate about.

1. A successful marriage
2. Knowing your biological parents
3. Healthy Life
4. Decent education

If you ever thought any of the above are your life's milestones, Jax's life story proves otherwise and beyond.

Listen to her life story straight from Jax on the story terrace – 18 Dec 2020, 07.30 PM Adelaide time/09 AM GMT via Zoom

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

Book your FREE 45 minutes growth potential session (valued at \$275) with **me** here if you have just had enough and are ready for a breakthrough or if you just want to clear your head space!!

Know that you are with me in a trusted space. But please note spots are limited.

**Book Now**

## Your Free Resources @ The Art of Self Discovery For your personal growth and personal evolution



**Every Friday 07.30 PM – 09.00  
PM ACST**

“The Listening Post” facilitated by 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 give you that little nudge to achieve your goals in a no judgement space and provide you a platform to be accountable.

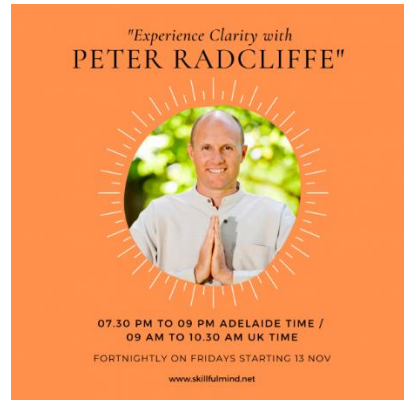
[Know More](#)



**Fortnightly on Tuesdays 07.30  
PM – 09.00 PM ACST**

The Lamp Post is a Mastermind group to offer coaches a combination of peer brainstorming, masterminding, accountability and support in a group setting to create the success you want.

[Know More](#)



**Fortnightly on Fridays  
07.30 PM - 09.00 PM  
ACST**

Watch this space for dates and topics effective 01 Jan 2021. 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](#)

Feel free to reach out to me with your questions, concerns, feedback – [manna@artofselfdiscovery.com.au](mailto:manna@artofselfdiscovery.com.au) or join The Art of Self Discovery face book group by clicking [here](#).

Also we can catch up every week on [The Listening Post](#) on Fridays and The Goal Post on Wednesdays.

See you soon :)

**Just BE YOU and Live in the Moment!**

Manna

<https://www.artofselfdiscovery.com.au/>