

Hi there!

How are you ?

And did you get a chance to pause and think why do you really give and what will you miss if you stop giving?

Giving and living without expectations may sound very utopian yet a meaningful pursuit that can lead to mindfulness and self-discovery.

Life presents the opportunities to constantly push the boundaries of thoughts and understanding to those who are willing to question the boundaries.

One of those boundaries that I questioned last week with a client was about a perfect partner.

Do you find one or do you mould one by moulding yourself?

Is this entire pursuit of finding a perfect partner, a disguise to mould yourself to be the "one".

What if your physical and emotional needs are different from that of your partner's?

And what if you grow up to be two different individuals in your life's journey?

Is it wise and is it possible to expect to get everything we need from one person?
Don't we change as we experience life?

Emotional intimacy and Physical intimacy are very interdependent.

Yet, many women I coach choose to separate from their partners inspite of brilliant physical chemistry because their emotional needs are not met.

And most of them compromise because of the conditioning, definitions, beliefs, kids, society, family etc etc.

Will you choose to separate if your emotional needs are met but your physical needs are not met?

And what options do you have? If you do, will they be different for men and women?

What will you advise your loved ones if they come to you with similar questions?

Will this expectation from your so called partner change once you realise you are always more than enough?

Look forward to hear your views and more to discuss in the next week's newsletter!!

Luv
Manna

Megan
Life Coach

“ I cannot thank you enough for bringing so much joy back into my life. Meeting you has been such an immense blessing, not just for me, but for my family. Thank you for your kindness and your beautiful and important work.

If you like to talk about anything in relation to your relationship or if you feel stuck, feel free to book a FREE 45 min discovery session (valued at \$275) with me, Manna here.

The worst that can happen is you will get a new perspective and fresh insights.

[Book Now](#)

Here is the challenge for you till we meet again..

***All it takes is one heart to heart conversation.
Take time to ask your partner if their emotional and physical
needs are met in your relationship?***

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



07.30 PM Adelaide time
which is
09.00 AM UK
2.30 PM India
04.00 AM Canada
08.00 PM
NSW/Melbourne/Tasmania
10.00 PM NZ
07.00 PM QLD

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

EXPERIENCE CLARITY WITH PETER RADCLIFFE
MEDITATION WITH PETER & MANNA@ 9.30 AM ACDT
THE GOAL POST FOR ACCOUNTABILITY
THE LAMP POST - FORTNIGHTLY MASTERMINDS
CATCHUP (private group)
THE LISTENING POST - EXPLORE THE UNEXPLORED

Join Virtual meeting here



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

"Experience Clarity with
PETER RADCLIFFE"



07.30 PM TO 08.30 PM ADELAIDE TIME /
09 AM TO 10.00 AM UK TIME

WEEKLY ON MONDAYS STARTING 4TH JAN

www.skillfulmind.net

Every Monday
07.30 PM - 08.30 PM
ACDT

Watch this space for dates
and topics effective 04 Jan
2021

Peter holds weekly live
sessions via zoom on
Mondays where you have
a chance to ask all those
questions you have been
wondering about for years
related to meditation and
mind.

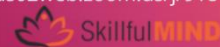
[Know More](#)



JOIN THE FREE ONLINE LIVE SESSION EVERY WEEK
ON MONDAYS
US TIMINGS @ 6.00 PM EST/3.00 PM PST/ 5PM
CST/4.00PM MST WHICH IS TUESDAYS 09.30 AM ACDT

**MEDITATIONS WITH PETER
& MANNA**

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



WWW.SKILLFULMIND.NET

Every Tuesday
09.30 AM - 10.30 AM
ACDT/6.00pm EST/3.00
pm PST, 5.00 pm CST,
4.00 pm MST.

Meditation with
Peter Radcliffe
and
Manna Abraham
We invite you all to join
free online live session.

[Know More](#)



**Every fortnight
Thursdays 07.30 PM – 09.00
PM ACDT**

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](#)



**Every Wednesday 07.30
PM – 09.00 PM ACDT**

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](#)



**Every Friday 07.30 PM –
09.00 PM ACDT**

“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 thoughts, emotions and fears .

[Know More](#)

Feel free to reach out to me with your questions, concerns, feedback and if you love to share your story –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 one or all of the platforms.

Just BE YOU and Live in the Moment!

Manna

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

