

Hi there!

How is your last week and did you get a chance to have that heart to heart conversation with your partner?

Did you ask if their emotional and physical needs are met in your relationship?

Continuing from last week's conversation regarding your perfect partner, thought of addressing one of the classic differences this week.

Barry & Kristal met twenty years ago and that was love at first sight.

Young, ambitious, spiritual and family oriented individuals who dreamt of being a husband and wife with kids, home, dog and stable income.



Today, they do earn quite well, fit & healthy, 3 kids, 2 beautiful dogs and a big home. Barry was Kristal's cheerleader and the biggest fan of Kristal that she can ever imagine.

Yet, they are now living separate and very close to divorce. What went wrong?

Who changed and who didn't or What has changed and what didn't?

On a separate note, I planted two beautiful plants a while ago. I planted them 30 cm apart.

They grew so beautifully and after a while they grew so big and so close that the sides touched and started drying and falling out.

I didn't know why they were wilting and then I realised, I should remove and replant them apart so they can get adequate sunlight and grow big.

I did and they again started growing green and lush. And they don't need as much water as they needed in the past.

Are relationships the same?

As we grow together, do we take each other for granted and blinded by our own expectations that we forget about the other person involved?

Coming back to Barry & Kristal, it was one of the interesting sessions.

Kristal is always in control because of her underlying subconscious fear of being rejected if she didn't perform. She is expecting Barry to take control and comfort her. Barry on the other hand was playing the role of a good man because he decided to be considerate and giving to his wife unlike his dad.

Now tell me, what/who should change?

Take this opportunity to revisit your roles and decisions that you took a while ago in relation to your relationship.

See if you can revisit, reflect and readjust to meet your partner's needs.

Love Manna

Maddie

Children Welfare

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.

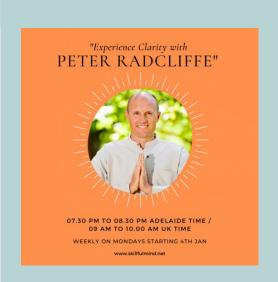
Book Now

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

Take this opportunity to revisit your roles and decisions you took a while ago in relation to your relationship

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





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



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/