

'tis the season to revisit, reflect and readjust



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

“ 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! ♥

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**



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/>

