

Hi there !

How are you and how is your week?

Did you get a chance to evaluate purpose vs choice ?

I was watching the disney movie "Soul" on the weekend and Joe Gardner says "Your passion is your purpose".

Does that imply your purpose is in pursuing what you love to do?

Another client of mine who is a scientist and an inventor is so passionate about inventing new machinery based on the latest technology.



He shares his intellect for free to major corporates around the world for no consideration.

When I asked him why, his response startled me.

He said, "I am not attached to my inventions and neither I have expectations. Mere knowledge that my invention helped someone in the world gives me happiness".

My next question should be obvious to you by now!!

"What about monetary consideration? It is unfair that you don't get a share or get paid for it"

And then he quotes karma yoga " One should act selflessly and without being attached to the fruits or personal consequences"

And he believes, that state of mind will take care of his life and his family's.

And here are the 4 principles of karma yoga :

Do your duty (Either given to you or by choice)

Without ego

Without attachment and

Without expectations to get something back.

By no means, I am suggesting, one should work for free. That is a different state of mind and is an evolved mind.

But my question to you. Should you have a purpose to do something really well?

Should you be really passionate about what you do? Is it not enough to make a choice and live a meaningful life?

"When you are passionate about something, go for it.

When you run out of things that you are passionate about, make choices"

Enjoy your weekend. We will explore how duty and passion can help improve personal and professional life including relationships next week.

Luv
Manna

**Suzanne
Australia**

“ Alison, UK

Manna has the skill to listen with the insightfulness, to read between the lines and challenge the unsaid in an assertive and caring way. The listening coach guaranteed to transform your business, personal and challenging needs"

If you are lacking motivation or direction, like to get some clarity and insights in any area of your life - relationships, personal or professional life, health or business, feel free to book a FREE 45 min discovery session 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..
Should you have a purpose to do something really well?"***



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Dear All,

This is for the coaches, mindfulness and wellness practitioners who are either thinking about setting up/starting a business or in the business for atleast 12 months and not making \$10,000 per month yet.

What is important when you are starting up is not about doing..

It's about how to think like an entrepreneur and then learn how to execute.

There is a huge difference in that thinking process especially when you are coming from years of 9-5 grind.

Good strategy at this stage is to reach out and seek help instead of playing the age old age old pattern " I will give it a try or can do myself" and left with a feeling of overwhelm.

It's not the work you put in or social media or network that gives you success.. its learning how and what to think like an entrepreneur- period.

Next 90 days boot camp starting Saturday 20 March 2021 starts 07 PM Adelaide time/08.30 AM UK.

Think BIG

Limited to 5... 2 spaces left.

Reach out and we will hold your hand to get your business up and running in 90 days.

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

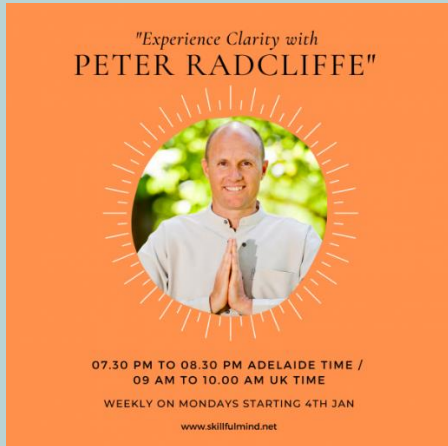
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

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>

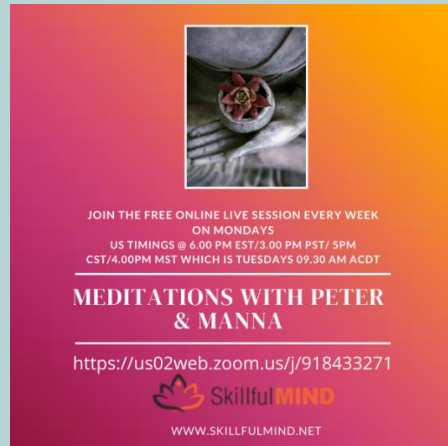


Every Monday
07.30 PM - 08.30 PM
ACDT

Topic: Rediscover
your sense of Humor on
08 Mar2021

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

Topic : Meditation on
Love - 09 Mar 2021

Meditate with
Peter Radcliffe

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**

Topic for Friday
05 Mar 2021 : The Law of
Polarity continuation. "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

