

## *How to live a motivated and meaningful life without purpose?*



Hi there !

How are you going and how is your week so far?

Have you asked " What is it that is keeping us together in this relationship?"

What did you find?

Before going any further, I will deviate from that discussion for this week and talk about purpose and choice instead.

Autumn has started officially 01 March in Australia and I was wondering what should I let go this season.

February has been a massive month of declutter.



Decluttered my mind by decluttering my home and detoxed my body and gut with 14 days of Ayurveda-Panchakarma.

And the feeling I am left with was exhausting and rejuvenating at the same time.

Now that I made space by letting go of things that I consciously didn't accumulate, I started to think how consciously can I now fill that space.

***"So now what? Where do I go from here? Is there a purpose? What motivates me?"***

And when you ask the right question, answers will appear and it happened through one of my clients last week.

Meryl is 45 and single, questioning her identity as mum and a strong, independent woman.

Kids left home and all of a sudden, she lost her purpose, motivation and direction.

Her job does not attract her anymore because she suddenly realised that was only a means to an end but never was her passion.

And an hour long conversation led to this epiphany.

Society created structure and a system to lead the human mind through different phases of life without boredom.

We all boarded that bandwagon.

But if you are an out of box thinker, you will question that system at some point when your so called purpose or identity is lost.

Now, let's talk about purpose.

When you are in this position questioning what's next, the answer lies in making choices instead of questioning the purpose.

Choosing to do what you love to do gives you purpose.

Purpose is not out there and perhaps you may never find your why.

Doesn't matter.

Your purpose will evolve from the things that you love to do than being imposed upon you.

And when you get bored of this choice, you make another choice and another purpose will evolve.

Ask yourself these two questions now.

1. What do I love to do?
2. Am I doing what I love to do?

Next week, we will discuss and explore if it is necessary to choose something you love to do or can you still choose to do something as a matter of duty or a responsibility?

What role will your expectations play in that choice?

Enjoy your week and look forward to read your feedback and views.

If you are in the pursuit of discovering yourself and if you didn't join The Art of Self Discovery facebook group yet, here is the invite:

<https://www.facebook.com/groups/theartofselfdiscovery>

See you online soon

Love

Manna

**Suzanne  
Australia**

“

*Hi Manna,*

*I wanted to thank you for the incredible 1-1 session in which you helped me reframe a past traumatic experience. Having been triggered by a current life*

*challenge, I found myself reliving the same thoughts and feelings I had from over 10 years ago, but in under an hour, you helped me transform my emotional state in an instant. It was just like a wizard with a magic wand- it was that powerful and that transformational.*

*I have used the technique you shared with me on a number of occasions since our session and it works every single time, getting me out of a low/sad mood and instantly changing that so I shift into a better emotional state immediately.*

*There are no words to express my heartfelt thanks. You are my inspiration, my role model and my soul sister. Thank you from the very essence of my being" Manna, you have 100% changed the trajectory of my life and I really feel this is my year. Your impact on that cannot be understated.*

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\*\*](#)



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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 at least 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

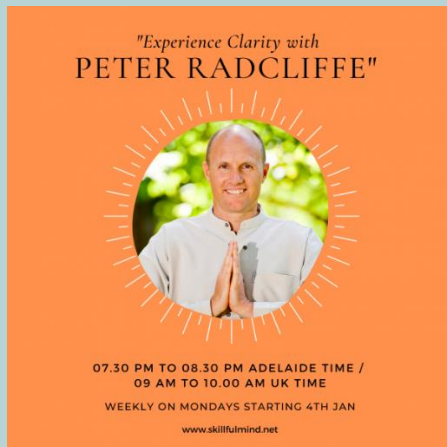
MONDAY  
TUESDAY  
WEDNESDAY  
THURSDAY  
FRIDAY

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>

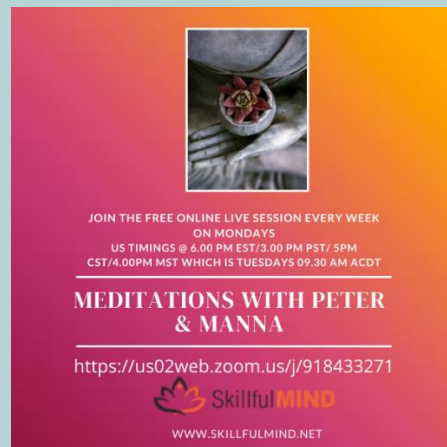


**Every Monday**  
**07.30 PM - 08.30 PM**  
**ACDT**

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](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 one or all of the platforms.

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

**Manna**



