



Hi there!

How did you go last week and what are you attached to? Any reflections?

This week, we will explore a little deeper into that attachment.

Attachment is not necessarily to the person. It is to what you derive or make meaning out of.

Are there times when you felt hurt or emotionally distanced because of someone's deliberate or involuntary response?

Last week listening post was on obsessional thinking which is again another form of attachment or addiction.

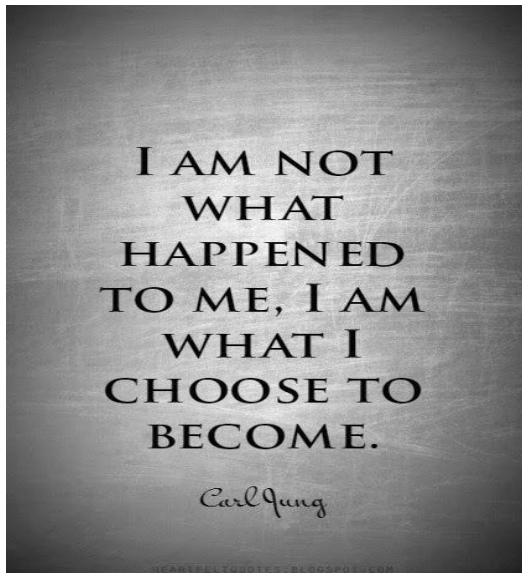
Trust this weeks article in Insights & Clarity zone gives some clarity!!

Luv

Manna

Insights & Clarity Zone

Elephant in the room - Abuse



Sexual, Physical and Emotional abuse : Elephant in the room

And many of you are suffering in silence.

This is for all the women who are abused sexually, physically or emotionally:

This is the true story of 2 women. One in her early forties and another in her fifties.

Issue : I do not like intimacy with my partner because he is not clean.

Hidden Fear : If I go too close, people whom I love will hurt me

Facts : Abused and abandoned as a child.

Issue : I am very contented and peaceful but dont have a direction

Hidden Fear : Not being heard

Facts : Abused as a child and no one acted on it when she took courage to talk to her parents about it.

They never spoke to anyone since their childhood and the burden of keeping that a secret is unimaginable.

- When you feel left out
- When you get annoyed for not being heard
- When you get frustrated for not being recognised or acknowledged
- When you get upset for being lazy or not being productive
- When you get upset that someone didn't give you an eye contact
- When you feel the compelling need to hold it all together
- When you think twice to ask help for the fear of being seen weak or dependent
- When you feel overwhelmed with slight changes and minor surprises
- When you feel anxious everyday inspite of the routine daily tasks
- When you feel discriminated for your skin colour or how you look
- When someone's voice makes you feel small and powerless or fearful
- When a simple NO can trigger your ego and make you defensive
- When you cannot sleep for months or years for the fear of being beaten up or attacked

Realise, that is a pattern deeper than you think or you are consciously aware of. It's not about the subconscious or conscious..that is much deeper than that.

You may be trying hard to hold it all together, to make your marriage work and reacting to your partner's irrational behaviour.

You must be obsessively thinking how loving you are and how unloving your partner is inspite of your love, affection and attachment.

Time to let go, heal and start living your life being "YOU" which you must have forgotten.

There is freedom in knowing you are caught in that pattern and releasing that pattern. All it takes is just one session of 45 - 60 Min..

Take that decision, make your choice and get out of that prison NOW. Feel the freedom and live being just YOU without any labels of mum, friend, colleague, partner so on.... Trust me it is liberating🦋🦋

Book your FREE 45 minutes growth potential session (valued at \$275) with **me** here if you have just had enough and are ready for a breakthrough or if you just want to clear your head space!! Know that you are with me in a trusted space. But please note spots are limited.

[Book Now](#)

Here is the challenge for you till we meet again

"Observe what annoys you?"

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



**Every Friday 07.30 PM –
09.00 PM ACST**

“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 emotions and fears .

[Know More](#)



**Every Wednesday 07.30
PM – 09.00 PM ACST**

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.

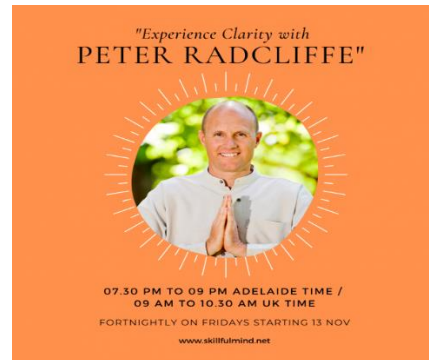
[Know More](#)



Fortnightly on Tuesdays 07.30 PM – 09.00 PM ACST

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](#)



**Fortnightly on Fridays
07.30 PM - 09.00 PM ACST**

Topic for this Friday 11th Dec ; Peter's experience on " How Meditation can help release emotions from your body?" is a gem and not to be missed.

[Know More](#)

Feel free to reach out to me with your questions, concerns, feedback – 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 [The Listening Post](#) on Fridays and The Goal Post on Wednesdays.

See you soon :) **Just BE YOU and Live in the NOW!**

Manna

www.artofselfdiscovery.com.au

