



Hi there !

How did you go last week with accepting compliments with a smile and thank you?

Take more opportunities to accept with a smile till that is built into your muscle and your response is voluntary.

I had couple of interesting sessions last week and felt compelled to share this message with you this week because it is Christmas week and more over a time for family and friends.

Many people suffer in silence not just because of lack of love but also waiting to hear that from their loved ones.

Yes, we all make mistakes, we learn by making mistakes and grow out of it but sadly many of us tend to not grow out of the shame or guilt from that experience. Sometimes decades pass by.

So, please take every opportunity this season to say the following three statements to YOURSELF and to YOUR LOVED ONES :

- 1. I Love You**
- 2. I am Sorry**
- 3. I Forgive You**

And take that decision today to say NO when you have to/ want to say NO.

Yes, It matters.

Do not harm yourself because of your inability to say NO or express yourself.

More to follow in the "Insights & Clarity" zone.

Happy Christmas and wishing you a great time with your family and friends!!

Luv

Manna

Insights & Clarity Zone

Honour yourself

Say No when you have to say NO. Period

**"What you can't say owns you.
What you hide controls you."**

Lark in her early fifties gave up the thought of pursuing what she loves to do and is burnt out because she searched enough for her purpose and spent years on personal development, healing and therapies to find her mojo.

Feeling stuck.. yes that's the reason she came to see me few days ago and that's just a symptom.

☑ She never wanted to fit in but did it anyways.

☑ She does not identify with any social norms, but she did it anyway.

☑ She is not a woman who prefers dresses and feminine clothes, but she did it anyway.

☑ She does not want to be in a typical family system, but she did it anyway.

And you may be surprised to know what she did instead.. 🖱🖱

● She created uterus cancer and got her uterus removed because she cannot say no to her partner for the fear of not being a good wife.

● She chose to make herself look unattractive because she cannot say NO.



● She created pain which is her way of saying NO but that pain is created in her body.

● And if she didn't realise she is creating it, she can go further and harm herself because your body is your best friend and whatever you can't express or don't want, it will start shutting down.

Body does not know the pain. It is only acting in your best interest and is very similar to a machine.

Just like your mind, it is listening to your fears and thoughts and is your dedicated loyal friend.

How are you harming yourself because of your inability to express yourself and say NO?

Observe and Reach out before it's too late  

Book your FREE 45 minutes growth potential/breakthrough 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!!

[Book Now](#)

Know that you are with me in a trusted space. But please note spots are limited.

Here is the challenge for you till we meet again

Say No when you have to say NO!!

Story Terrace Your story is worth telling

The Listening Post-18 Dec 2020

Jacqueline Mitrovic - You are a fire brand and your story is inspirational.



- Constantly changing and moving places leaving behind friends and familiarity
- Not knowing your biological father
- 5 Miscarriages
- 3 Relationship breakdowns
- Domestic Violence
- Chronic Fatigue
- And an accident....

Many can give up at any time thinking there is no tomorrow but Jax, your story is inspirational. You rose from the ashes and continue to shine like a star.

Yes, there is no lotus without the mud and change is not scary.

If there is one message that we can take away :

" Yes, it didn't go well. What's next? "

And for many who believes biological family is the true family, yet again another profound message, true love is unconditional and you are a living legend giving and

sharing that unconditional love mentoring young women and fostering children.

****** Write to us or let me know if you would like to share your story and reach out to many with your life's message. I love to know more about you and you never know how many lives you are about to save with your story!!**

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.

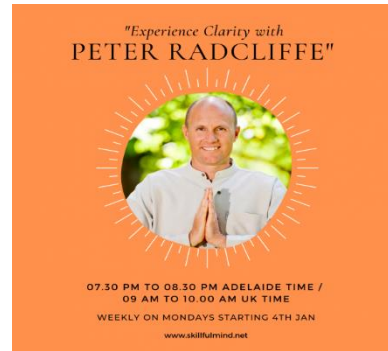
[Know More](#)



**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](#)



**Weekly on Monday's
07.30 PM - 08.30 PM
ACST**

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.

[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/>

