



Hi there !

What tap did you open the most last week?

People and behaviours around you are a direct reflection of your inner world.

And quite often the tap you open in others is the one you identify with.

If you want some one to change, there is only one solution. You must step up and raise your frequency.

"Experience Clarity with Peter Radcliffe" last week was very interesting and we talked about True Love and role of meditation in finding true love.

And interesting how each one of us have different view about attachment. Enjoy the article below on attachment.

**Luv
Manna**

Insights & Clarity Zone

Are you attached to attachment?



What is True Love? Isn't it constantly changing as we grow ♥

Starts with changing nappies and holding hands while learning to walk and strangely also ends with changing nappies, holding hands while trying to walk..as strange as it sounds.

It meant holding hands once and later it meant letting go your control and merely watch the journey.

But, when do we fail to stop and realise that true love is in freedom?

When do we stop realising how attached we have become to the roles that we had to play just to meet a specific need for some point of time?

Nature exemplifies true love and yet we separate our human existence from nature with our attachments, fear of losing and the constant need to belong just because we seek validation and approval through belonging.

And do you realise, attachment or the need to be wanted or need to belong stems from memory and is not necessarily true?

As the fruit drops from the branch when ripe, attachment drops from you the moment you are aware and realise your identity is not dependent on someone or their opinion or their validation.

Is it the branch holding the fruit or fruit hanging on to the branch?

Are you the fruit or the branch?

When do you forget that you only belong to the outside world as much as you belong to yourself?

So the question is do you really need to belong or is it a question of your own self worth and lack of confidence?



Is true love in oneness and knowing that you belong to the oneness without attachment but that oneness is incomplete without you?

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 are you really attached to"

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.

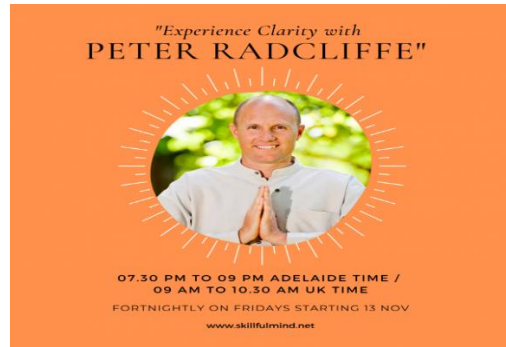
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Fortnightly on Tuesdays 07.30 PM – 09.00 PM ACST

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**

Have you ever felt a physical release when you have let go of an emotion? How meditation can help release emotions from your body. **watch this space on social media for the next session's topic**

[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

<https://www.artofselfdiscovery.com.au/>

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