



Hi there!

How was your last week?

And did you get a chance to ask yourself who do you want to be?

What is stopping you to be who you want to be?

Busyness, giving too much, giving too little or control ?

They all stem from the same underlying unresolved need.

Last week's goal post, we were discussing the culture of busyness.

Thought of sharing this conversation with one of my clients, that I thought very relevant.

Giver : I am always busy, giving and cannot stop

Coach : Why do you give always?

Giver : Because giving is sharing. Universe will give me when I give, not necessarily the same person.

Coach :Then why do you complain?

Giver : I am not my priority any more and others don't seem to share with me as much as I do.

Coach : So what is your expectation?

Giver : Nothing. Just want them to share with me too.

Coach: What do you feel when they don't share with you?

Giver: I am not loved and wanted

Coach :So, does sharing means loving and belonging to you?

Giver : Yes

Perhaps, busyness is an act of giving with the underlying fear that when you stop being busy, you go unnoticed and may not get that love and attention that you believed you were EARNING all these years.

What if you can tell yourself NOW that you don't have to EARN love and sense of belonging. That may be a childhood story and is no longer relevant.

Giving in itself is a noble act as long as there are no subtle expectations.

However, when the giving is an expectation to get , as big or small, as objective or subjective it can be, then that giving is not a giving at all.

A giver can only ask "why I do continue to give" only when they decide to pause that giving.

Here is the challenge for you this week? Can you pause your giving and ask " Why do I give?"
See you next week.

Love

Manna

PS :Love is unconditional and you are always more than enough

Morgan

“ Dear Manna,
Eternal gratitude for your kindness, generosity and wisdom. Thank you for holding space for me while I began examining the story of my ego”

It is never too late to reach out and seek help to start living a fulfilled life without regrets.

The key to accomplish your goals and live with ease is to acknowledge and identify who you are and find your values. Book your FREE 45 minutes growth potential/breakthrough session (valued at \$275) with **me** here.

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..

Can you pause your giving?c

BUSINESS IN A BOX

Get your business up and running in just 90 days



BUSINESS IN A BOX

TAKE YOUR BUSINESS IDEA
FROM CONCEPT TO FRUITION
IN 90 DAYS



MANNA ABRAHAM



ANDREW KEATING

90 DAYS BUSINESS BOOT CAMP

- ATTRACT MORE LEADS
- CONVERT MORE CLIENTS
- TRANSFORM MORE LIVES

STARTING 30 JAN 2021

CONTACT US

Email : manna@skillfulmind.net
+61 426 466 126

If you are a wellness practitioner, coach or a healer, have an idea and the zeal to help others with your passion, Business in a Box-90 days boot camp is for you.

It usually takes 12 months to get a business up and running but the strategies and customised solutions that we provide in this boot camp will help you to take your business idea to fruition in just 90 days, provided you stay committed to your idea and passion.


What do you get?

- Personal strategy
- Business Strategy
- Revenue Models
- Business Plan
- Vision, Mission and Purpose statements
- Designing your program, course or workshops
- Strategies to generate leads
- Introduction to social media platforms
- How to make videos and video presentation strategies
- Marketing Templates and
- Much more...
- Book your 45 min session here to know more :

[Call Now To Know More](#)

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

 <p>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</p>	<p>MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY</p>	<p>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</p>
---	--	--

Join Virtual meeting here  <https://us02web.zoom.us/j/918433271>

"Experience Clarity with
PETER RADCLIFFE"



07.30 PM TO 08.30 PM ADELAIDE TIME /
09 AM TO 10.00 AM UK TIME
WEEKLY ON MONDAYS STARTING 4TH JAN
www.skillfulmind.net

Every Monday

07.30 PM - 08.30 PM ACDT

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
related to meditation and mind.

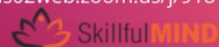
[Know More](#)



JOIN THE FREE ONLINE LIVE SESSION EVERY WEEK
ON MONDAYS
US TIMINGS @ 6.00 PM EST/3.00 PM PST/ 5PM
CST/4.00PM MST WHICH IS TUESDAYS 09.30 AM ACDT

**MEDITATIONS WITH PETER
& MANNA**

<https://us02web.zoom.us/j/918433271>



WWW.SKILLFULMIND.NET

Every Tuesday

09.30 AM - 10.30 AM

ACDT/6.00pm EST/3.00 pm

PST, 5.00 pm CST, 4.00 pm

MST.

Meditation with Peter Radcliffe
and Manna Abraham
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**

“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

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