



## Love Your Life Unconditionally



Hi there !

How was your first week of 2021?

Last week to me was very reflective personally and professionally.

Coaching a client who is not sure how many more months or days left for her on this planet earth left me to ponder what is motivating her to seek coaching now.



Her response "I would like to let go anger and accept me as who I am and not who I thought everyone wanted me to be"

She acknowledged that she always identified herself as a man right from her teenage and is forced by her own conditioning and the society's to live the so called normal life of getting married, being a good wife, kids, family, friends and so on.

Is it too late? Perhaps Yes, it is too late.

What can I tell her. To be detached and talk about suffering as part of the life?

And then it struck me, love and detachment are two extreme polarities and both can lead us to where we want to be.

Why are we so attached to the so called label of spirituality, equanimity and detachment?

Instead, can you love your life so much that good and bad, suffering and joy – they are part of your life.

Love your LIFE not people, unconditionally.

Then I came across this word "Amor Fati" which means love of fate and it goes like this:

*"Amor fati- used to describe an attitude in which one sees everything that happens in one's life, including suffering and loss, as good or, at the very least, necessary"*

How true!! You don't have to be religious or spiritual to embrace life fully.

Just be human and beyond.

Take a moment now and ask yourself " What am I choosing to be because of what I think others want me to be instead of what I want to be?"

*"My formula for greatness in a human being is amor fati: that one wants nothing to be different, not forward, not backward, not in all eternity. Not merely bear what is necessary, still less conceal it—all idealism is mendacity in the face of what is necessary—but love it" - Friedrich Nietzsche*

Love

Manna

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 be who you are and not what you think others  
want you to be?**

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ANDREW KEATING

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## **BUSINESS INA BOX**

Get your business up and running in just 90 days

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.

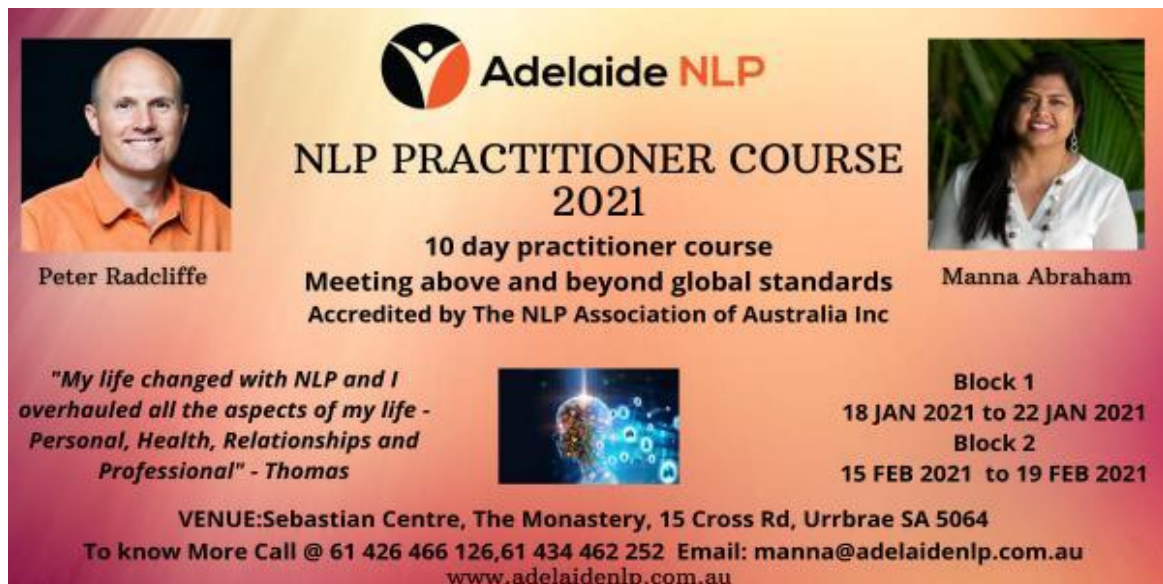
It usually takes 12 months to get a business up and running but the strategies and customised solutions that we provide in this boot camp will help you to take your business idea to fruition in just 90 days, provided you stay committed to your idea and passion.

## **What do you get?**

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- 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](#)



**Adelaide NLP**

**NLP PRACTITIONER COURSE 2021**

10 day practitioner course  
Meeting above and beyond global standards  
Accredited by The NLP Association of Australia Inc

**Peter Radcliffe**

*"My life changed with NLP and I overhauled all the aspects of my life - Personal, Health, Relationships and Professional" - Thomas*

**Manna Abraham**

**Block 1**  
18 JAN 2021 to 22 JAN 2021  
**Block 2**  
15 FEB 2021 to 19 FEB 2021

**VENUE: Sebastian Centre, The Monastery, 15 Cross Rd, Urrbrae SA 5064**  
To know More Call @ 61 426 466 126, 61 434 462 252 Email: manna@adelaidenlp.com.au  
[www.adelaidenlp.com.au](http://www.adelaidenlp.com.au)

If only we were taught about our own Minds early on as kids, we could have saved at least 2-3 decades of agony and misery as a result of our own inability to understand ourselves and therefore others, healed traumas and become better individuals.

NLP the language of excellence - A structure that everyone should know for their own betterment as a foundation and a language every young man and woman should learn even before starting their careers or life.

The wisdom that you cannot share as a parent inspite of your life experiences, NLP can equip your children with that knowledge and awareness to be their own coach and navigate through life's adventure.

Neuro Linguistic Programming also called NLP - The best gift you can give to someone and yourself for your personal and professional success.

You could have made better decisions. The life you experienced could have been more meaningful and your learning could have been much much faster, you could have been wiser exploring the depths and experiencing success.

10 days of your life is worth spending learning NLP than experiencing 10 years of pain and frustration.

Empower yourself and empower someone you love, for life.

[Know More](#)

## 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>

*"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](http://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 TUESDAYS  
09.30 AM ACDT

**MEDITATIONS WITH PETER  
& MANNA**

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



[WWW.SKILLFULMIND.NET](http://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](#)



The logo for 'The Listening Post' features the text 'The Listening POST' in white and orange on a dark blue, textured background. 'The' is in a smaller font, 'Listening' is in a large, bold, white font, and 'POST' is in a large, bold, orange font.

## The Listening POST

**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](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

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

