



Hi there !

How are you!!

Received amazing feedback regarding the recent newsletters discussing " Who is your perfect partner?" and received a few requests to continue sharing insights on this topic. So I decided to continue with this topic for another two to three weeks and here I am.

Last weekend, I was on a meditation retreat coaching some fabulous women who are so accomplished, strong, resilient and self-aware.



Humbled to get a glimpse into their journeys and how awesome they chose to be in spite of all the odds and difficult childhood that they had to face.

Hats off to your strength and hats off to who you are and who you turned out to be.

As I was coaching, I couldn't stop wondering if their partners knew how privileged they are to have such beautiful and self aware women in their lives.

If only they can see what I could see in these beautiful women. And the control they exercise in their relationships is a call for help. It goes both the ways.

Not just women. Men too are playing out their patterns and trying hard to live by the definitions that they took on while growing up.

Sharing this conversation here hoping this will shed some light on your patterns and blocks:

Rod and Megan, beautiful loving couple with young kids.

Reason why they are seeing me : Lack of emotional intimacy and very different physical needs

Rod: She is very controlling. Takes all the decisions. I don't have a role to play.

Megan: That's not true. We take every decision together and I ask you before I finalise

Rod: I acknowledge we take decisions together. But I am forced to say YES to minimise your stress because what bothers me more is to see you stressed out than the actual outcome. So I compromise.

Megan : Silent

I ask what will happen if you don't take that decision

Rod: Nothing really!! Life will move on and we will have other options to explore.

Megan: No,, This is our family. We have young kids and we have to put this together. Why do we have to waste time?

Rod: We are still a family. Life will move on and we dont have to make everything happen NOW.

Megan: You don't understand (Read disappointed and frustrated).

What do you think is happening?

Behind the scenes :

Megan: Trying hard to fulfill her dream that she always wanted. She was inspired to be like her grandparents who were loving, raised a family and stayed together for life. And apparently she didn't get any of that from her parents. (Mind you: This is very subconscious)

Rod : Trying to relax and live life because he was always under pressure from his dad to prove himself growing up. So he want to be a great dad and a husband who can show his kids and wife "real life" with fun and laughter without having to prove anything.

Quite often, the differences that couples experience stem from their past. May be difficult childhood or trauma or some fear or pain that they could never share.

It is not your fault and not your partner's either.

It is startling to know that 9 out of 10 clients share something for the very first time in their life during the coaching sessions, in spite of having family and best friends.

Can you ask your partner what do they really want from life?

And if you find them too controlling or too submissive, please have empathy and ask what is their fear if they don't make it happen(if controlling) or if they stand strong in their opinions (if submissive).

See you next week and I would like to discuss about meeting your needs outside the relationship while staying committed and when single.

Love
Manna

Leah Moss

“ How can we move forward if we are always looking behind’

Coaching is absolutely vital for me, it helped me identify and remove deep rooted patterns and beliefs which I was holding for more than 20 years, so I may now live life with love and freedom. Manna is gentle and encouraging, and provides a safe and supportive environment. I feel very much at ease in her presence

If you like to talk about anything in relation to your relationship or if you feel stuck, feel free to book a FREE 45 min discovery session (valued at \$275) with me, Manna here. The worst that can happen is you will get a new perspective and fresh insights.

Book Now

***Here is the challenge for you till we meet again..
Please have empathy and ask your partner what is their fear if they don't make it happen (if he/she is controlling) or if they stand strong in their opinions (if he/she is submissive).***

Release trauma and heal yourself in less than 45 Minutes

This is the life of Louise (name changed):

● Visiting psychiatrists for 5-6 years.

● Experienced extreme Trauma and was abused as a child.

● Young Mum and Single

● Suffers from severe migraine and headaches

● Not ready to share her story or experience.

All it takes to release a trauma is less than 45 minutes. 100

And No Story. You don't have to relive any of those experiences to get healed.


And here is the feedback from Louise:

" Manna, I'm feeling quite perplexed as I feel I have more freedom and a lot less tension. Amazing what one session can do. Thank you very much for your time today".

The intention behind this post is to let you know you don't have to relive the memories of any past trauma, accident or abuse for life.

You can experience freedom in just 45 minutes.

This is not one of those airy fairy stuff or weirdo stuff. This is for real. Your brain weaves magic and years and years of trauma can be released in less than 45 minutes.

Reach out and share .

Please help yourself and free yourself from that prison. You are only an hour away from freedom.



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**Growth Potential/Breakthrough Session with Manna -
Manna Abraham**

[Book Here](#)

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

**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>

 SkillfulMIND
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/>

