



Manifesto Musing

How are you going with your manifesto?

While I was poring over wonderful handmade craft ware in my neighbourhood café, one of our **my manifesto** mates greeted me. In chatting, they said, “You know I have finished my personal manifesto, and it is up on my wall!” Well, no, I didn’t know that and told them that the only way Justin and I would know that is that if they (and you) told us! (Please do. There is nothing more gratifying to us than hearing your story of your personal manifesto journey). And they said that something very interesting had happened. An insight surfaced, which had been buried deeply within her psyche, for many, many years. They said they recognised the truth of it immediately and going through the 7 steps of our book had revealed it. What a revelation for them and what a gift to us!

Justin in a previous blog (Floored by an 11-year-old!) has written about the touching and telling letters we received from year 6 students of Tarneit P-9 school on the occasion of our author visit to their school. Allow me to share another example than the one he quoted: “the quote from your book, *My Manifesto*, ‘Seeing my dreams and ideas in writing makes them feel more achievable’ (p 31,) makes me feel like I can do anything I can put my mind to.” How marvellous for us to have had this empowering effect upon another human being, and particularly to inspire such a young person in this way.

A 40 something year old shared with me their story: “I have been going through one of the most challenging times of my life. I had so many fronts to attend to and felt myself ‘derailing’ on a number of occasions. I have just started the new career position I have won after months of seeking opportunities. During this wait, I have had to hold fast to my emotions – particularly fear – as the bills mounted. I have held a number of income-earning jobs to pay those bills. All the while I held fast to my belief that I would gain a position which was congruent with my personal manifesto, but the ‘tide of my emotions was rising.’ Now I am so grateful that I held out. Having worked in the position only a short time, I already feel so content and validated.” Sometimes we have to hold firmly to the hope of the life we wish to create even while we navigate turbulent waters. When we reach the shore, the victory is sweeter.

And another 40 something sent me a message: “It is an absolutely beautiful day at the park; a crisp wind but glorious sunshine. I am grateful.” They too have their personal manifesto completed. They too have their daily challenges and the times when they are pulled out of their centre. But they also have times like these. Knowing who you are, what you stand for and the life you choose to lead, allows you to be present in the moment and experience gratitude for the beauty of the everyday.

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