

My Manifesto

Create - simply because

By Michael Opoku-Forfieh

Contents

1 [The Now](#)

2 [The Future](#)

3 [The Past](#)

[Endings](#)

[Acknowledgements](#)

[Share](#)

[About](#) Michael Opoku-Forfieh

The Now

The aim then, is about **sharing** experience

I am a psychotherapist,

I recognise now that really I am an **Artist**

Something that I always [dreamed](#) of becoming

My **paint** - the human experience

The **canvas** – life

My now is filled with collaborating amongst

Clients, Students, Colleagues and Supervisees

For growth, learning, purpose and fulfilment

And your **nOW?**

Peering beyond

Daring the unknown

**Trusting that journeying is
The **gift** once sought**

**The knowing about
Unity of self, offers release**

Rewind the spool

The release was necessary for learning

Gather to review, revise, plot anew.

The experience of **being**
Human
A Londoner,
A citizen of the world is mine.

What is yours?

The Future

Sharing as an artist is to be my *journey*.

Will you?

Can you?

Writing as a way to express, expose, and expand *awareni.

Little else is simpler and yet more complex. Therapy speak?

There are many routes in we can take.

Paint

Sing

Design

Play

Draw

Write

Psychotherapize

Educate

Walk

Engineer

Listen

Love

Dance

Socialise

Meditate

Climb

Ride

Run

The route out – One

Between then and now choose to **Live**

Putting pen marks around ideas



Redrawing resilience and make arrow headed links to everything else.

The invitation

My invitation for you, to you...

Create

Inspire self, inspire another, inspire others like fire – warm with light.

Quick. Captivating.

Warming.

Dangerous.

The Past

Memories can drive thought and choice and action and behaviour.

Choose wisely.

Use intellect to determine

Best.

Listen - the **heart** speaks a lot

Know, take heed and follow

Will you?

Can you?

Writing to support growth,

to share insights,

to enable: you, me, **US,**

to evaluate critically - all that is encountered, witnessed and felt...

Honestly

Artfully

Let go

Endings

The first manifesto,

Offering the promise of change.

I doubt it to be the last ever penned.

An invitation...?

Acknowledgements

Arike

Ian Thompson

Charlotte Forfieh

Jamil Ali

N G

Emmanouela Kladouchou

Victoria Kelly

Daniel Kahneman

Professor Steve Peters

Jeff Goins

Clare Warner

Heather Richards

Anne Willoughby

Celia Valiente Aguado

Dionne Sutherland-Davies

Irvin Yalom

Joshua Foer

Inviting thought and inspiration. All...

Sharing

I am happy for you to share this manifesto in any way that you would like. My only ask, is that the information in this manifesto not change or be sold in anyway.

I have followed Jeff Goins advice to arrive at this auspicious point. Join him at <https://goinswriter.com/resources/>.



About the author

Michael Opoku-Forfieh is a Counsellor/Psychotherapist/teacher, supervisor, lecturer, writer, thinker, Artist. He trained as an integrative counsellor over 10 years ago and views therapy as a bridging link to becoming...

He lives in South East London with his life partner and their 2 children, and every once in a while can be seen climbing off of his soap box after discussing: lives affected by mental illness, criminal justice, education, and the magic of therapy.

He can be found: [Facebook](#), [Twitter](#), [Blog](#), [Email](#), [about.me](#)

Let the last words/art/creations be yours, mine, ours

Don't wait

Perfection is achieved along the way.

Now, begin...