

'yto - one'

Newsletter – December 2006

Hi All Our Valued Friends, Partners, and Clients

December 2006

Welcome to our first newsletter of 'yto - one'.

Thanks for Your Support

Firstly, thank you to each and every one of you who has supported us during the time of creating our new website and starting our business. We have been out of touch with some of you during this time – however please know that you have been with us during the planning of the website (just like our muse) and we're truly looking forward to spending more time with you over Christmas/The New Year and 2007. A big thank you goes out to Colin Cruickshank and Duane Allam of the Aussie Internet for assisting me with my vision of creating the yto website. I initially gave Colin a brief, of exactly what I wanted, based on who I am, and what my vision is for my clients, and between the three of us our collaboration has proved to have surpassed my greatest dreams! Thanks also to Eddie from Vogue Signs for his patience and great service in producing my business cards. Thanks guys – you rock!

Theme for December – Paradox

Oscar Wilde said "The Way of the Paradox Is The Way of Truth." As Christmas is upon us, I wanted to share a little story about life with you that I recently read. Christmas is traditionally a time of loved ones spending time together and celebrating the birth of Christ on the 25th December. However, often, during the Christmas time, some people feel alone, isolated, sad, and depressed. As we embrace the uncertainty, and paradoxes of life, here is a little story for you to reflect on over the Holiday Season.

The Man Who Lived in Crete

Once upon a time on the beautiful island of Crete, locals remember an old man who lived upon his land with a beautiful intensity. When he was about to die, the old man ordered his sons to take him outside and lay him on his beloved earth. He reached down by this side and clutched some earth into his hands. He died happy. Later, when he arrived at heaven's gates, God welcomed him. "You've been good; come into the joys of heaven," God said. But as the old man started through the gate, God said, "Please. You must let the soil go." "Never," said the old man stepping back. "Never." God departed sadly, leaving the man at the gate. A few eons went by and God came out again. They had a few drinks, told some stories and God said: "All right, now its time to enter my friend, let's go." As they started for the gate, God once more requested the old man let go of his soil and once more he refused. More eons rolled by God emerged again and said: "Please come inside." As they moved towards the gate, the old man's strength gave out. His gnarled fingers could not longer stay clenched and the soil sifted out until his hand was empty. He then entered heaven, and the first thing he saw was his beloved island.

The Moral of the Story

We sometimes clutch at what we think we have and miss what we really have waiting for us. It's hard to let go of our preconceptions. It's unsettling. But we have to experiment with letting go because life is all about paradox. In his book, "Sailing Between The Stars," Steven James urges us to embrace the spiritual paradoxes instead of trying to stuff faith into little boxes. "Release your grip," James advises. "It's humbling and exhilarating to live in the middle of a riddle."

Wishing You A Merry Christmas and Happy New Year and A Prosperous and Successful 2007

So, as you embrace any uncertainty in your life, we wish you and your loved ones a Merry Christmas, and Happy New Year. May you enjoy peace, harmony and contentment over this time. We look forward to serving you in 2007 to make it your most outstanding year ever and assisting you in the transformation of you into the best you possible. Can't wait to catch up soon!

Warmest Regards, Karen Vella

yto Performance Consultant, Life Coach

yto Owner and Founder

I have found the paradox that if I love until it hurts, then there is no hurt, but only more love.

Mother Theresa