

## 'yto - one'

### Newsletter – February 2007

Hi All Our Valued Friends, Partners, and Clients

February 2007

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

#### Theme for February - Loss

Now that the Festive Season is over and we are back into the swing of things at work, and the kids are heading back to school, I really wanted to share something with you that I learnt over the Xmas/New Year Break. It happened rather spontaneously – that is I had been thinking of Justin Timberlake's new CD – Future/Sex/Love Sounds – however I hadn't got around to buying it. One day I asked my Mum to meet me for a coffee at a local coffee shop, and she had just been to her letterbox and as we sat in the coffee shop, Mum opened up the wrapper on her mail and the package was from a Record/CD Club that she had recently joined. And what fell out of the package was that very CD I wanted to buy. What was synchronistic was that Mum had written to the Record/CD Club stating that she did not want this particular CD, however, it had shown up. I offered to buy it straight away and Mum and I shared our thoughts on how strange this was. I couldn't get this thought out of my head - just the thing you need shows up just when you need it. Some hours later, or maybe it was the next morning, I decided to go for a walk, and I loved the CD. I could honestly say that every song resonated with me, which as we know is rather unusual when it comes to CDs – often we find one or two songs we love and sometimes we discover the rest we would never listen to again!! However, this whole CD touched me. The particular part of this story I really want to share is that I kept rewinding one song and playing it over and over again. And as I walked and listened to this particular song, I felt as if I was being guided by some divine power, and there is a slight gospel feel in the chorus. Anyhow, I would like to share the words with you – here they are – the song is called "Losing My Way".

#### What We Can Learn From Justin Timberlake – Losing My Way

"Hey excuse me. Hi my name is Bob and I work at my job. I make forty-some dollars a day. I used to be the man in my hometown 'til I started to lose my way. It all goes back to when I dropped out at school. Having fun, I was living the life. But now I got a problem with that little white rock. See I can't put down the pipe. And it's breaking me down, watching the world spin round, while my dreams fall down, is anybody out there? It is breaking me down, no more friends around...and my dreams fall down...Is anybody out there? Can anybody out there hear me, because I can't seem to hear myself? Can anybody out there see me? 'Cause I can't seem to see myself...There's got to be a heaven somewhere. Can you save me from this hell? Can anybody out there feel me, because I can't seem to feel myself? Losing my way, Keep losing my way...Keep losing my way...Can you help me find my way? Losing my way, Keep losing my way, Keep losing my way...Can you help me find my way? Now you got to understand I was a family man. I would have given anything for my own. But I couldn't get a grip on my new found itch. So I ended up all alone. I remember where I was when I got my first buzz. See I thought I was living the life. And the craziest thing is I'll probably never know the color of my daughter's eyes. Oh my god please forgive me (father hear my prayer). 'Cause I know I've done some wrong in this life. If I could do it all again, have just one more chance, to take all those wrongs and make them right. Can anybody out there hear me? 'Cause I can't seem to hear myself, Can anybody out there see me, because I can't seem to see myself? There's got to be a heaven somewhere. Can you save me from this hell? Can anybody out there feel me, because I can't seem to feel myself? Losing my way, keep losing my way. Keep losing my way; can you help me find my way. Losing my way, keep losing my way. Keep losing my way. " (Justin Timberlake)

#### Can Anybody Out There Hear Me, Can Anybody Out There See Me, Can Anybody Out there Feel Me?

What I loved in particular about the song was that there was a type of surrender to it. If you get a chance to listen to the music, you will get a sense of what I mean. When Justin sings, "Can anybody out there hear me? 'Cause I can't seem to hear myself, Can anybody out there see me, because I can't seem to see myself? There's got to be a heaven somewhere. Can you save me from this hell? Can anybody out there feel me, because I can't seem to feel myself? Losing my way, keep losing my way. Keep losing my way. Can you help me find my way? Losing my way, keep losing my way. Keep losing my way. " And as I walked, I felt as if my arms were stretching out with a type of surrender, that my neck was being stretched up to the heavens, and that there was a guiding force shining down from above, saying 'we've been trying to get this message through to you for so long and we are so glad you have it now – please share it with others.' And as I rewound the song again and again, I felt even more uplifted; I began to think about

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people I had known who had felt like this, and then about people I knew in my life right now that were feeling like this, and then about the people I had never met that would be feeling this.

#### What Do You Do When You Feel Lost?

So, what do you do when you feel lost – the answer I believe is to surrender! OK, we may have lost some people from our lives. Some people may have disappeared without saying goodbye. Others may have left us to pass on to another world. Others may be in our lives but we've lost that same connection or respect or whatever it was that made us feel so good when with them. Others may have misconstrued our messages and so stayed distant. Loss can be all around us. When we embrace the loss that is when the learning's take place.

#### A Lesson from Bob – the Guy in the Justin Timberlake Song

Just like Bob in Justin's song "he was living a life addicted to something." We all have our ways of running from pain – some people do it with drugs, alcohol, food, sex, people, work. Whatever it is that we are running from the substance is just the symptom of something else. We need to get to the bottom of what is causing us pain. So, if we can stay still and embrace the pain, then we can learn from it. It is trying to tell us something. If you are assisting someone in your life who has an addiction to anything, keep in mind, that you cannot save anyone. In Coaching we are not our client's saviors – it is up to our clients to learn their lessons and we are there to assist them in their transformation – but we are never there to save them. And that is something to remember in life. If you want to dive in and help a friend by lecturing them or punishing them for their addiction, think about the Justin Timberlake song. Bob, found his salvation – he surrendered when he was so lost – and he asked God for help. My way to assist anyone in this situation is with compassion, understanding and clear boundaries. I believe by being there for our loved ones and supporting them and understanding them, we are more able to assist them when they are ready to ask for help. But we cannot do the lesson for them. We cannot prevent them from their own pain. And we can never control them.

#### The Moral of the Story – When We Stop Running From Loss and Pain We Get To The Truth – Going Back to the Core

A few weeks later, I started a Meditation Course. I am in my second week of it and for me I was resistant at first, thinking that Meditation was so basic, and that I was more enlightened, I mean meditation was for beginners! However, how wrong was I!! The realization that sometimes with all our sophistication, we need to go back to the core, to the basics of who we are. I invite you all to start some form of meditation or "you time" as a way of really getting to the truth of what is causing you to run from the pain. Meditation is a tool that will have little value if only done every now and then. In fact it is best done twice per day, or at least one every day. I am seeing amazing results and if you want to embark on that as part of your Coaching, I would love to assist you in doing so. I have faith that just like Bob; people will surrender when they are so lost and then they will ask for help. And remember we are never alone! I believe there is a guiding power that looks over us – whether you would like to call that God, a Higher Power, or Your Angels!

#### It's Time To Get To The Core Of Who You Are - What An Amazing Place to Start Your Transformation

As you now spend time reflecting or spending "you time" in meditation each day, I invite you to truly get to love and accept yourself once again, and do your "letting go" on your own in your silence and I can assure you the pain will start to disappear, in fact it will be replaced with an inner strength that you may have not ever known before. You are rebuilding yourself from the inside out. And from there is the starting point to find real love, happiness, and peace! I look forward to getting to know the "real beautiful you" even more!

Can't wait to catch up soon!  
Warmest Regards, Karen Vella  
yto Performance Consultant, Life Coach  
yto Owner and Founder

*Stand still. The trees ahead and bush beside you are not lost.*

*Albert Einstein*