



one

**YOU'RE THE ONE  
LIFE COACHING AND PERFORMANCE CONSULTING**

Volume 3, Issue 9

- **A SPRING RE-BIRTH!!**
- **THE MAN IN THE WELL**
- **LETTING GO**
- **SURRENDERING TO DIVINE WILL**
- **ALAS THE RE-BIRTH**

## THEME FOR SEPTEMBER — A SPRING REBIRTH!

Welcome to September. I am so excited about Spring! For me it always symbolizes a time of moving out of the winter cocoon of hibernation and transformation into the light! Spring – aha yes – warmer days, longer days, love is in the air, flowers are blooming! As for last month, I am so happy with all your messages about how you have created forgiveness in your lives. I deliberately concentrated in winter on some strategies for moving you through the obstacles, and going through the transition and transformation, to forgiveness for a very special reason. Yes, to bring you out of the cocoon of winter to the newness of Spring with a fresh spirit. This month, I look forward to sharing with you ways to really kick start Spring with exercises for creating a month of freshness, newness, to spring clean and celebrate your blossoming and blooming and we do this with a series of powerful tools that assist you to create from your vision of your new life.

### THE PARABLE OF THE MAN IN THE WELL: A TALE OF REBIRTH

Leo Tolstoy, the famous Russian Writer, though rich and famous, was very depressed and having a midlife crisis, so he turned to the bible and the lives of saints and he came across the story of Barlaam and Josaphat below.

"There was once a wealthy young Indian prince by the name of Josaphat who gave up all his wealth and power, and abandoned his family, to embark on an urgent quest for an answer to the problems of old age, sickness, and death. During his search, the prince comes across a Christian monk by the name of Barlaam, who told him a story. It seems that once there was a man who fell into a very deep well, and was hanging onto two vines for dear life. As he was trapped in this precarious situation, two mice, one white and one black, came along and began to chew on the vines. The man knew that in short order the vines would be severed and he

would plunge to his death. The story was a parable of the prince's spiritual situation. Barlaam points out that the two mice represent the cycle of day and night, the passing of time that brings us ever closer to death.

*The paradox is that like the man in the well, Josaphat cannot save his life by clinging to it. He must let go of the vines, so to speak. He can save his life only by losing it. That is, if he lets go of his life now, no longer clinging to it, but surrendering himself completely to the divine will, this spiritual death will lead to a new life that transcends death. This story and its parable touched the deeply depressed writer and led him first to a spiritual surrender that brought about his rebirth. Out of this rebirth came a new Tolstoy, the author of "The Kingdom of God is Within You" which advocates a life of nonviolent resistance to evil based on the Sermon on the Mount.*

### Inside this issue:

**A SPRING RE- 1  
BIRTH!**

**THE MAGIC 1  
CREATION BOX**

**CREATING A VI- 2  
SION BOARD**

**CREATING A VI- 3  
SION BOARD**

**SPRING CLEAN 3  
MEDITATION**

**OSTARA SPRING 4  
MEDITATION**

**GOOD LUCK FOR 4  
SEPTEMBER!**

## EXERCISE 1: THE MAGIC CREATION BOX—THAT WHICH IS LIKE UNTO ITSELF IS DRAWN

Create your own Magic Creation Box. On the outside write these words:

**"Whatever is contained in this Box – IS!"**

Place inside this box pictures of travel destinations, homes, friends relaxing, the partner of your dreams, luxury hotels, whatever it is you truly dream of. Now this is the important part: If you have little or no resistance—in other words, if you have no doubt that you can achieve these things, the ex-

perience will feel invigorating to you. The more you clip, the better you will feel, and you will begin to see evidence of these things moving closer and closer into your experience. Doors will begin to open to make it possible for many of these things to easily come in right now. Feel the fun and joy of the process. Often, when you get something that you have been wanting, your feeling of elation is short-lived, but this game will give you the opportunity to savor the things that you desire

longer. And then, the thrill of the manifestation, even though short, will be all the sweeter.

(Ask and It is Given by Esther and Jerry Hicks, The Teachings of Abraham) "every thought vibrates, every thought radiates a signal and every thought attracts a matching signal back. So, as your experience causes you to launch vibrational rockets of desire, you must then find ways of holding yourself consistently in vibrational harmony with those desires in order to receive their manifestation.

# one

## EXERCISE 2: CREATING A VISION BOARD TO ACTIVATE THE LAW OF ATTRACTION

I like to start Spring with a Vision Board. What I have done is created my goal for the month of September and I have laminated it and hung it in my shower. Every morning as I am getting ready for the new day, I ready to myself and immerse myself in the feelings as if it is happening now. I invite you to create your own Vision Board or Vision Statement. Here are some ideas on creating 3 different types of vision boards:



### Vision Board One: "I Know What I Want" Vision Board

**Do this vision board if:**

- *You're very clear about your desires.*
- *You want to change your*

**environment or surroundings.**  
 - *There is a specific thing you want to manifest in your life. (i.e. a new home, or starting a business.)*

How to create this vision board:

With your clear desire in mind, set out looking for the exact pictures which portray your vision. If you want a house by the water, then get out the Vogue Living magazine and start there. If you want to start your own business, find images that capture that idea for you. If you want to learn to dance, then find that picture.

### Vision Board Two: "Opening And Allowing" Vision Board

**Do this vision board if:**

- *You're not sure what exactly you want*
- *You've been in a period of depression or grief*
- *You have a vision of what you want, but are uncertain about it in some way.*
- *You know you want change but don't know how it's possible.*

How to create this vision board:

Go through each magazine. Tear out images that delight you. Don't ask why. Just keep going through the magazines. If it's a picture of a cuddly toy that makes you smile, then pull it out. If it's a cottage in a misty countryside, then rip it out. Just have fun and be open to whatever calls to you. Then, as you go through Step 2, hold that

## EXERCISE 2: CREATING A VISION BOARD TO ACTIVATE THE LAW OF ATTRACTION

### ACT AS IF YOU HAVE IT NOW

**If there is something you want - really, really want -- see it, believe it, feel it, fire it up, and act as if you already have it. There will come a time when you will not be able to pinpoint when the acting left off and the real thing set in. ~ Nick Charles Nackos**

same openness, but ask yourself what this picture might mean. What is it telling you about you? Does it mean you need to take more rest? Does it mean you want to get a dog, or stop being around a particular person who drains you? Most likely you'll know the answer. If you don't, but you still love the image, then put it on your vision board anyway. It will have an answer for you soon enough. The Opening and Allowing Vision Board can be a powerful guide for you. Some people like it better than the first model because sometimes

our egos think they know what we want, and lots of times those desires aren't in alignment with who we really are. This goes deeper than just getting what you want. It can speak to you and teach you a little bit about yourself and your passion.

### Vision Board Three: "Theme" Vision Board

**Do this vision board if:**

- *It's your birthday or New Years Eve or some significant event that starts a new cycle.*
- *If you are working with one*

**particular area of your life. For instance, Work & Career.**

How to create this vision board:

The only difference between this vision board and the others is that this one has clear parameters and intent. Before you begin the vision board, take a moment to hold the intent and the theme in mind. When you choose pictures, they will be in alignment with the theme. You can do the Theme Vision Board on smaller pages, like a page in your journal.

## EXERCISE 2: CREATING A VISION BOARD TO ACTIVATE THE LAW OF ATTRACTION

**Note:** Supplies you will need for creating a vision board: a poster board/large selection of different magazines/glue.



**Note:** Before you begin start with a little ritual: sit quietly and set the intent. With lots of kindness and openness ask yourself what is it you want (maybe one word will be the answer) or maybe images will come into your mind. Just take a moment to be. This process makes it a deeper experiences and lets you step out of the go, so that you can more clearly create your vision. You may wish to put on

soft music.

**Step One:** Just go through your magazines and tear out images from then, no gluing just yet. Let yourself have lots of fun with whatever resonates with you, whether that be pictures, words or headlines. Have fun!

**Step Two:** Go through your images and begin to lay your favorites on the board. Eliminate any images that you no longer feel right - listen to your intuition. As you lay them on the board, you will have a sense of how the board should be laid out. For instance you might assign a theme to each corner, i.e.

health/career/spirituality/relationships, or it may just be that the images want to go all over the place. Or you might want to fold the board into a book that tells a story.

**Step Three:** Glue everything onto the board. Add writing if you wish.

**Step Four:** (Optional but powerful) Leave Space in the very center of the vision board for a fantastic photo of yourself where you look radiant and happy. Paste yourself in the centre of your board.

## EXERCISE 2: CREATING A VISION BOARD TO ACTIVATE THE LAW OF ATTRACTION

**Step Five:** Hand your vision board in a place where you will see it often.

Note: Some things to remember about vision boards:

- You can use a combination of all three types of vision boards as you create. Sometimes you might start out doing one kind, and then your intuition takes over and shifts into a whole different mode. That's called creativity. Just roll with it.

- Your vision board might change as you are making it. An example is a person who had been making a vision board for the New Year. The theme was all about what she wanted in this year. Then, as she pulled pictures and began to lay them out, the theme

changed into a simpler one about her everyday life and the moments in each day. It surprised and delighted her to experience that evolution. You might find that you have little epiphanies from making a vision board.

Note: You Can Also Make A Vision Journal. Another option is to use these same principles in a big sketch book. Get a large sketch book and keep an ongoing vision journal. This is especially effective if you're going through many transitions in your life.

**Suggested Spring Mantra:**

**Fresh Start**

**Suggested Spring Affirmations:**

**I live life without fear**

**My creativity is energized**

**I feel absolutely supercharged**

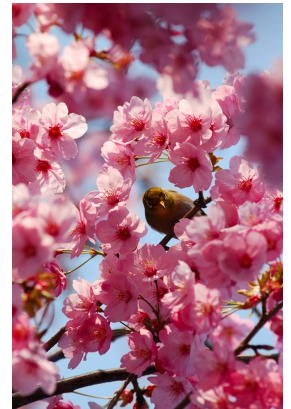
**Today is my chance to be healthy**

**My vital energy resurfaces naturally**

**I embrace life in its absolute fullness**

**I find my path following my inclinations**

**My whole being reaches for the new dawn**



## EXERCISE 3: MEDITATION FOR SPRING CLEANING OF YOUR LIFE

"Breathe in a fresh breath of spring. Exhale old, stale energy. Breathe in clarity. Exhale mental clutter. Breathe in calm. Exhale emotional disarray. Breathe in new possibilities. Exhale that which stands in the way of true love. As your lungs fill with fresh air, and you exhale tensions and stress, feel yourself coming into a state of relaxation where your heart, mind and soul are aligned. From this place, there is no conflict or worry. And you know that letting go of things you are attached to is sometimes the best thing you can do to free your

heart for love...And clear your space for a new relationship. It is time to recognize that you hold the key to transforming your love life...It could be the same key that opens your front door. Now, see yourself at the door to your home. Step in...it is filled with sunshine and brightness...and a sense of hope. Feel your heart and spirit lift as you walk through the door. There is a special pair of glasses waiting for you, and when you put them on you can see clearly through your spiritual eyes. Use those glasses to know what items in your home and

life support your journey toward love...and which are holding you back in history. Recognizing these items is the first step to clearing stale, or negative, relationship energy from your space. Now breathe in the sunshine and fresh air...as you scan the room...and allow your spiritual eyes to focus on an item that is calling for your attention. **As you identify it, ask yourself:** What does this item mean to me? How does it make me feel when I look at it? Is it holding me inappropriately to my past? **If the answer is yes, step up to the item or hold it in**

*The day the Lord created hope was probably the same day the Lord created Spring.*

*If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.*

*Spring has returned. The earth is like a child that knows poems.*

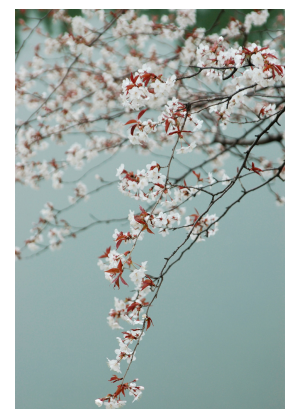
*No matter how long the winter, Spring is sure to follow.*

## EXERCISE 3: MEDITATION FOR SPRING CLEANING OF YOUR LIFE

**you hand and:** Thank it. Bless it. Prepare yourself to let it go. There is a beautiful, big box in the center of the room. It's surrounded by a halo of yellow sunshine. The inside is lined with healing, welcoming green color. It has a beautiful pink lid that represents the heart. It is a special box for items you like and love...but know you must release. When you are ready, take the item, big or small, and place in the box. It is large enough and expands as needed. **How do you feel once you have let it go?** Liberated and free? Sad but relieved? Or

Remorseful? If you feel remorseful, it could be you are not ready to let it go. It is okay to put it back in its place. But if you are ready, walk over to the box, close the big lid, and as you do...feel a fresh breath of spring rushing all around you. Cleansing you and setting you free. Feel the warmth of the sun streaming in from the open window. Congratulate yourself for your willingness to move on. Take a deep breath, and let it out with sigh with relief. Do this exercise over and over again, with any items in your home, or walk over to the box, close the

big lid, and as you do...feel a fresh breath of spring rushing all around you. Cleansing you and setting you free. Feel the warmth of the sun streaming in from the open window. Congratulate yourself for your willingness to move on. Take a deep breath, and let it out with sigh with relief. Do this exercise over and over again, with any items in your home, or in your life, that call to you for your attention. They each have stories to tell and may not be right for the new love life you have chosen.





you're the one  
the best. the one

WOW! I NOW HAVE SUCH AN OPTIMISTIC FEELING ABOUT YOUR SPRING. SO REMEMBER THAT WHAT YOU ARE SEEKING IS ALSO SEEKING YOU. YOUR THOUGHTS CREATE YOUR FEELINGS AND YOUR FEELINGS CREATE AN ENERGY FREQUENCY THAT GOES OUT TO THE UNIVERSE AND FINDS A MATCH FOR YOU FOR THAT FREQUENCY. SO REMEMBER TO "ASK" FOR WHAT IT IS YOU WANT IN THE PRESENT TENSE, (IMAGINE A MAGIC GENIE SAYS TO YOU "YOUR WISH IS MY COMMAND" ) (IE. I AM NOW IN A LOVING AND BLISSFUL RELATIONSHIP WITH MY SOULMATE). NEXT "FEEL LIKE YOU HAVE IT NOW " AND NEXT HAVE PATIENCE AND "BELIEVE YOU WILL RECEIVE IT" - BE IN A FEELING STATE OF BEING ABLE TO RECEIVE WHAT IT IS YOU TRULY DESIRE. FINALLY, BE GREATEFUL (ESPECIALLY GOOD TO DO IF YOU HAVE ANY UNRESOURCEFUL FEELINGS COME UP). THAT FEELING WILL GO OUT INTO THE UNIVERSE AND CREATE YOUR WISH. I AM SO EXCITED ABOUT WHAT SEPTEMBER WILL BRING WITH THIS NEW FEELING OF RENEWAL. I CAN'T WAIT TO CONNECT AGAIN WITH THE REBORN YOU. WE HOPE YOU ENJOYED THE NEWSLETTER AND HAVE LIVED, LEARNED, LOVED AND GROWN AS A RESULT OF IT....IF YOU WOULD LIKE TO EXPLORE LIFE COACHING, NEURO-LINGUISTIC PROGRAMMING, NLP COACHING, TIMELINE THERAPY OR HYPNOSIS..PLEASE CONTACT:

**KAREN ON 0419 570011 OR 03-9318 3711**

**TO ARRANGE A COMPLIMENTARY ONE HOUR COACHING SESSION**

WE LOOK FORWARD TO ASSISTING YOU IN YOUR DISCOVERY & BREAKTHROUGH

WARMEST REGARDS,

KAREN VELLA

YTO OWNER,

LIFE COACH & NLP PRACTITIONER (HYPNOSIS/TIMELINE/NLP/NLP COACH)

YOU'RE THE ONE

PO BOX 185  
ESSENDON, VIC  
AUSTRALIA 3040

Phone: 03-9318 3711

Mob: 0419 57 00 11

karen@youretheone.com.au

*We're on the Web!*

[www.youretheone.com.au](http://www.youretheone.com.au)



### EXERCISE 3:GODDESS OF NEW BEGINNINGS—OSTARA SPRING MEDITATION

"Close your eyes, relax and center yourself by taking deep slow breaths, now journey inward. Imagine that you are in nature before dawn at the beginning of Spring. Experience the beautiful colors of light that is the Dawn. Now, as the glowing disc of the Sun becomes visible above the hills, you see the Goddess Ostara, a beautiful maiden, appear on the land in the distance in the East & she is beginning to move toward you. As She moves, the land awakens with new life. You see Her radiant face and flowing gown & is carrying a golden basket filled with colored eggs. Beside Her is Her companion, a frisky magical Rabbit. As They come closer to you, you see that with each step that They take, the land around them bursts into new life and grow green. New grasses sprout from the ground. You call out a welcome to Them and to the

Spring they bring. As you meet face to face, you see that the Goddess Ostara and the Rabbit are both smiling a welcome to you. Ostara then holds Her golden basket toward you and invites you to choose one of the eggs in it as a gift of Spring. Each egg has a different color. You see the beautiful array of choices. You feel more drawn to one of the eggs and choose it and hold the egg in both your hands. Focus on its color and reflect on what that color means to you. Ostara invites you to ask this Sacred Egg to give you a message about personal growth. You ask this and then are quiet as you pay attention to whatever words, symbols, sensations, impressions, and/or other forms of message emerge. Ostara now invites you to take this Sacred Egg and its power of new growth into yourself. You hold it to your heart and as you do this, you absorb it into your

being. You experience the renewal of Springtime. You radiate vitality. Be immersed in this experience. Continuing to experience vitality within you, you prepare to end this meditative journey. You reflect once more on the color and message of the Sacred Egg. You bid Ostara and Her Rabbit companion farewell for now, knowing that they continue to live within your consciousness to guide you in your Springtime growth. When ready, take several deep, slow breaths to aid you in returning to waking consciousness. You now carry with you the memory of your experiences on the journey you have just completed. Take a few moments now and note down your experiences, including guidance you received for personal growth. Now, let the vitality of Spring renewal continue to be with you as you go about your daily life."