

You're The One Newsletter

DISCOVER THE UNDISCOVERED

Issue 5 Vol 7: July 2010

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Dear Karen,

What's New With Karen

Welcome to July 2010! June I set about making some new discoveries. The most powerful discovery was of a man who is no longer living - Yasujiro Ozu. "Ozu" was a Japanese Film Director, during Japan's Golden Era of Cinema (1930's-1960's). His film "Tokyo Story" has been hailed by some movie critics to be the best movie of all time. His films are like watercolor paintings with poetry caught on camera, filmed from a fixed low position (a tatami mat view) so that the viewer feels he/she is sitting cross-legged engaged directly with the characters. Plot was never the main point for Ozu - he totally invited the viewer to explore the character of those in his stories- their quirks, daily habits, routines. His films explore themes of kindness, understanding, loss, separation in family relationships and the concept of "mono no aware" (which is a Japanese term for the tears we spread over the transience of things). My discovery is that life is so much more beautiful when we discover the unknown each day. So I invite you to actively seek out new discoveries daily in July. Enjoy this month's newsletter in the spirit of "mono no aware." Warmest Regards Karen

Mojo Tip: Discover the Undiscovered!



The seventh step on your path to your amazing Mojo mindset is to start discovering something new each day. How do you go about discovering something new every day. It all starts with shaking up your mindset and shifting your thinking. I encourage you this month

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to consciously start doing things that you have never done before. When you stretch yourself beyond your boundary conditions of your thinking, you will discover things about yourself that will surprise you. I invite you to not only try things that may involve new physical activities but to also explore new and different ways of looking at life. and perhaps to view life from a viewpoint of more sensitivity. An example is to discover life from someone else's perspective. Perhaps just as I discovered Ozu, you too, can start watching some films by him, or other film directors who inspire you. Or start reading some novels of authors you have never read! Or listening to music you have never heard! And find out what your new discovery brings to your world and what you find out about yourself, and life.

"By watching an Ozu film one learns about oneself and life. Ozu was a man who never married, nor had children. Yet he was able to write, and direct masterpieces about the intricacies of characters in varying relationships and their daily lives. To do this, involved such an intricate sensitivity to others. Sensitivity to others is a wonderful thing. Think about people watching from a perspective of non judgement and simple curiosity. There is a beauty and an art about living life from this perspective. Rather than judging, condemning, criticizing or comparing - we are simply observing with compassion, understanding and kindness. And becoming better human beings in the process. With the spirit of "mono no aware" life is appreciated as transient and beautiful at once. What I discovered about myself from watching Ozu, was my love of order, of simplicity, and the beauty that comes out of true kindness in people." Karen

Life Coach Tool: Do Something New Daily!



So, to program your conscious mind for some new discoveries, I'd like you to remember the last time you came back from that fabulous holiday feeling toned, tanned, and terrific. Well, people with Mojo have that kind of feeling on a daily basis. Here are 7 hints from people who have the daily Mojo juices working daily - the tool this month is about doing these 7 things that assist you to get that "holiday feeling" each day/week/month of the year - not just when you are on holidays.

The 7 Keys to Do Something New Daily:

1. Change your Schedule
2. Take a Power Nap
3. Read something New
4. Create a Healthy Habit
5. Connect with Someone New
6. Find a New Path
7. Do One Thing You've Always Wanted to Do

One: Change Your Schedule

You might want to work extra hours so that you can take a full day

or half day off and leave early on the weekend so that you can have extra time out and make it a memorable weekend!

Two: Take a Power Nap

Have an early night during the week, or take a power nap on the weekend. Shake up your sleep hours so that you give yourself permission to break your routine and do as you do on holidays! It's good for the soul.

Three: Read Something New

Go to the library, borrow that new best-seller, and go outdoors, find a tree and sit down and read. Or find a cafe/bookshop combination and go and indulge and read and discover something new in that book! You will be changing the neural pathways.

Four: Create a Healthy Habit

The body needs a rest from the toxins. So change your diet for a day! Perhaps try something new - seaweed, or spirulina, eat only green apples for a day, or fast on brown rice. You'll get that zap back.

Five: Connect with Someone New

Connect with someone new! Just like being on holidays when we are relaxed we are open to new people, ideas, and we feel inspired. Start to reach out and connect in new ways each day.

Six: Find a New Path

Discover a new way to drive to work, a new trail to ride your bike on, a new place to take your lunch! Your mind needs a change and scenery is a wonderful way to kick start the mojo.

Seven: Do The Thing You've Wanted to Do Today

On holidays we try out new activities! So start today with a new activity! Explore a place of Worship, go take that Vikram Yoga Class, enrol in that One Day Meditation Retreat, go to that fabulous Restaurant, Go do that Dance Class, Take that Acting Lesson! Do it Now! And your Mojo will be sure to be moving!

Be Inspired Article: 10 Questions with Val Lord!



Who Is The Real Val?

Hello, my my name is Val Lord. I live on the beautiful Sunshine Coast in South East Queensland. I am 62 years young and was born in Colac Vic. Many people my age are looking forward to retirement, I am looking forward to reirement. There is much I still want to do and I know I will do it. I live a peaceful and happy life with my husband Gary [Christian Counselor and Artist] surrounded by faithful, wise friends and lots of family. We have five children and three grandchildren and are expecting two more this week; grandchildren are such a joy. As well as locally,

sometimes I go to Fiji and minister there. We have devoted our lives to helping others, that's why we are happy, not because of our circumstances.

Which five words best describe you?

Faithful, merciful, phlegmatic, encourager, defender [of those being treated unjustly or unfairly]

What was your first job and what path have you taken since then?

My first employment was a holiday job in sales at Woolworths. My first real job was in the office of Myer. Then in Pharmacy until I had children. Most satisfying job is the current one as Christian Counseling assistant with my husband Gary.

What's your proudest achievement?

Easy...My three children. We have a good relationship and I am proud of them for who they are and what they do

What's been your best decision?

Becoming a Christian: it has changed my life. My second has been marrying Gary: that's changed my life also.

Who inspires you?

God. No doubt about that. My greatest inspirations all come from God's word. It's safer to follow Jesus than anyone else. His truths and principals still are relevant and apply to today's world.

What are you passionate about?

I hate seeing people feeling hopeless about themselves or their situations. I want to encourage them and give them tools to help themselves. It's a real joy to see people healed of their emotional pain and their physical ailments. I have seen hips, hands, knees, headaches, backs, feet etc. healed when I have prayed for them. I am a peacemaker and love to see relationships reconciled.

What's the best lessons you've learnt?

Whatever you sow; so shall you reap. That is, if you do what you know to be wrong, it will come back and bite you. Treat others as you would like to be treated; with love, understanding, encouragement, grace and truth. Learn from those who are wise and of good character.

Which person, living or dead, would you most like to meet?

Bill Johnson; because he is out there doing it. Learn from the wise. <http://www.bjm.org/home.html>

What dream do you still want to fulfil?

I look forward to going into places where major disasters have struck and bring healing and the love of God to the traumatized and physical healing to their damaged bodies. I have experienced this, but there is so much need, I **will** do this when the time is

right.

What are you reading?

Unlocking Heaven, Keys to living naturally supernatural'. by Kevin Dedmo.

Daily Hint: Contemplate "mono no aware"....

Thank you! I'll leave you to contemplate the meaning of the Japanese term "mono no aware" (see below). And I'd love you to start exploring life and diving into new ways of sensing and being in the world. In essence, to discover things about yourself that until now have remain undiscovered. It is said the greatest things we discover are those within us..I'm glad to hear you loved the Newsletter's new format. I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am sure our interview with the empowering and life-changing Val Lord, whom I had the pleasure of meeting, along with her husband Gary, on the Sunshine Coast in June (thanks to my friend, Andrew, for our long-awaited meeting). Val, and her husband Gary, live life "devoted to helping others" and I can attest to the joy one feels in their presence, and hearing their powerful messages of hope! Thanks Val (and Gary)!

Mono no aware: Meaning literally "a sensitivity to things"

*"The phrase is derived from the word *aware*, which in Heian Japan meant sensitivity or sadness, and the word mono, meaning things, and describes beauty as an awareness of the transience of all things, and a gentle sadness at their passing. It can also be translated as the "ah-ness" of things, of life, and love. The fleeting nature of beauty described by mono no aware derives from the three states of existence in Buddhist philosophy: unsatisfactoriness, impersonality, and most importantly in this context, impermanence. According to mono no aware, a falling or wilting autumn flower is more beautiful than one in full bloom; a fading sound more beautiful than one clearly heard; the moon partially clouded more appealing than full. The sakura or cherry blossom tree is the epitome of this conception of beauty; the flowers of the most famous variety, somei yoshino, nearly pure white tinged with a subtle pale pink, bloom and then fall within a single week. The subject of a thousand poems and a national icon, the cherry blossom tree embodies beauty as a transient experience. Mono no aware states that beauty is a subjective rather than objective experience, a state of being ultimately internal rather than external. Based largely upon classical Greek ideals, beauty in the West is sought in the ultimate perfection of an external object: a sublime painting, perfect sculpture or intricate musical composition; a beauty that could be said to be only skin deep. The Japanese ideal sees beauty instead as an experience of the heart and soul, a feeling for and appreciation of objects or artwork-most commonly nature or the depiction of-in a pristine, untouched state."*

Sincerely,

Karen Vella

you're the one owner & founder, performance consultant & life coach (cert iv)
you're the one nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching
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Free Mini Ebook

As a special offer for the month of July, any one who shares my newsletter with friends, family & associates who decide to subscribe to my newsletter on a regular basis, will receive a free mini E-book on "The 5 Keys For Believing In Yourself!" for themselves and also their referral as a gesture of thank you! So please be sure to pass on this newsletter to all your contacts. You never know who may benefit? (Just ask them to mention your name when subscribing to the newsletter thanks). Note: forward email block at end of this newsletter on bottom left hand corner.

Offer Expires: 31st July 2010

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