

# You're The One Newsletter

YOUR LIFE TAPESTRY!

Issue 6 Vol 4: April 2011

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COMING SOON TO THIS SPACE!

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2011 - Webinars

2011 - New Products

2011 - 1 on 1 Life Coaching

And more....

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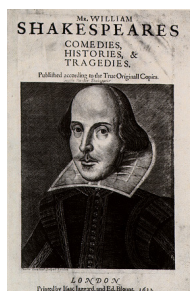
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Dear Karen,

## What's New With Karen

Welcome to April 2011! March was a month where I experienced the variations of the rich tapestry of life. There were moments where I courageously attempted and risked and dared myself into unknown areas like a character from one of Shakespeare's plays! However, with deep sorrow, only to find out days later, of the passing of my Aunty Judith, at a very young age. This made me think about life's rich tapestry and how perhaps we are meant to understand the concept that life is made up of many highs and many lows and it all gives texture and meaning to our lives. So, I, as a relative newcomer to Shakespeare, decided to invite his works into my world as a way of understanding the texture and tapestry of life! This newsletter is dedicated to my Aunty Judy - a wonderful, warm, loving, and kind person (with a mischievous sense of humour that Shakespeare would have delighted in) Rest in peace Aunty Judy.(PS you could have graced the cover of any Vogue magazine during your younger years!!) Warmest Regards Karen

## Mojo Tip: The Texture of Your Life!



The fourth step on the path to your mystical Mojo mindset for 2011 is to embrace the fact that your life will be made up of the highs and lows. Your life will be one of happiness, excitement, sadness, grief, pain, closure, disappointment. These experiences all combine to form the texture of your life. Without these ups and downs life would lose its meaning. During these times we are blessed with ways to understand and give meaning to our lives, and build character. That is why it is so important to respect the ageing as we see and experience their stories in their faces. Remember a person with Mojo will accept the fact that every great success story will have disasters and triumphs that create the texture and story of life. It is important however to know, that this is a natural part of life, if you like, and there are ways to turn these times into insights so that you can return to a life with your Mojo intact and your character

strengthened and beautified! Here's to your beautiful life!

### Life Coach Tool: Lessons From Shakespeare!



Shakespeare may be as relevant to modern life now as he was back in the 16<sup>th</sup> Century! We are still as much moved by his themes that have not dimmed with the passing of time. Today we are faced with the same interplays of emotions of inner/outer world/reality - culminating in a rich tapestry of conflicts, desires, anxieties, challenges and resolutions. Psychoanalysis is concerned with: loss, grief, mourning, guilt and also with reparation and creativity with death and rebirth - as is the work of Shakespeare! Therefore, it is no surprise then that many psychoanalysts, scholars, authors, and coaches are now turning to the wisdom of the bard for insight! Even Freud was fascinated with Shakespeare!

Laurie Maguire, a Shakespeare expert at Oxford University in the UK, in her book, "Where There's a Will, There's a Way: Or, All I really Need to Know I learned From Shakespeare," shares her personal crisis she went through in the late 90's - whereupon after reading almost the entire self-help section of her local book-store - discovered that she had read it all before - in Shakespeare! Maguire suggests that the 16th Century saw the start of the self help literature in works by such writers as Machiavelli, Castiglione, and Shakespeare. In fact she refers to Shakespeare as one of the first "self help guru/life coaches." In her book she delves into Shakespeare's insights about love, grief, forgiveness and the power of imagination and that overall Shakespeare can help you through the toughest times and help you appreciate the best.

Finally, as a thought to ponder, throughout his own life and reflected in his plays, Shakespeare faced loss and death repeatedly. It is said that his genius lay also in the fact that his creativity was enriched by the losses and not diminished. In a sense he wove this into his rich tapestry of life. Just like Shakespeare, loss and the thought not just of death, but of our own death is something we all have to come to terms with.

#### Exercise:

So, the exercise this month, is to pick up a Shakespeare movie - perhaps an old classic with Sir Laurence Olivier and Eileen Herlie as Hamlet and Gertrude (as in the photo above), or read a play or some of the sonnets of Shakespeare and look for the wisdom you gain! And enjoy whatever discovery you may find!

### Be Inspired Article: 10 Questions with Ben Angel!

**Who Is The Real Ben?**

I'm Ben Angel, an author, speaker and visual communications specialist. I have worked with companies such as; Toyota, Australia Post, Rebel Sport, Origin Energy and Australian Institute of Company Directors. I turned 30 on March 30<sup>th</sup> this year (releasing my second book written within 30 days to signify closing one chapter in my life in view to open up a new one for others via the very personally revealing and sometimes shocking content in the new book).

**Which five words best describe you?**

Adventurous, Daring, Passionate, Driven, Perfectionist.

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

My first job / business was running a metal sculpture business. I used to take scrap metal iron from around the farm that I grew up on in country South Australia and turn it into sculpture. I'd drive once a week to Adelaide and drop it off to over 12 retail stores I'd managed to convince to stock my work including Myers at the time. Since then, I have worked in music stores part time, renovated property, became an accredited life coach, invested in a personal development business, ran a speed dating business, a business networking group to now consulting and speaking full time on the 'Science of Marketing' and personal achievement.

**What's your proudest achievement?**

Writing my first book, self-publishing and making it profitable within a year after I had an American bestselling author tell me that I would never make money from my book.

**What's been your best decision?**

Stepping out onto the threshold of change...and keep going.

**Who inspires you?**

Lady Gaga. She is a master at marketing and a creative genius. A now, almost 25 year old who has over 30 million fans on Facebook and can deliver a concert up to Madonna's standards and beyond deserves credit. She pushes the boundaries and does not compromise her work. Beyond the clothes there is an incredibly intellectual individual who is shaping generations within a few short years.

**What are you passionate about?**

Continual learning and continual challenges. I try and do 'one' big challenge each year to stretch myself, previous years have included; skydiving, bungee jumping, radio course to be a radio host, writing my first book, writing my second book within 30 days in time to launch on my 30<sup>th</sup> birthday. Next in line are; stand up comedy course and travelling overseas speaking.

**What's the best lesson you've learnt?**

This lesson is from my dad - "Just get on with it!" Whenever I get stuck I still hear his voice repeating this phrase. It keeps me focused.

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

Lady Gaga hands down.

**What dream do you still want to fulfil?**

Travelling the world and experiencing everything life has to offer, then writing about it for my next book - I need new material and need to put myself into some very challenging situations to get it.

**What are you reading?**

"In Our Time - Speeches that shaped the modern world," Hywel Williams. If we want to be inspirational we must look at those that shaped the world more than anyone else on a 'mass' level if we want mass conscious change.

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**Daily Hint: What Legacy of Shakespeare Inspires You?**

Thank you! My Hint this month is to ask you to reflect on one of Shakespeare's legacies. *Ask yourself which lesson inspires you the most or what insights did you gain from the life and legacy of William Shakespeare?* ie importance of a legacy of honesty is one lesson that we could all take away from the Bard. There is a power in honesty and truth that will live on forever, which is proven by the fact that 400 years later the works of Shakespeare still resonate with us just as strong.

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am thrilled to introduce you to Ben Angel. Recently I read that Ben, at only 23 lost his Father at aged 52 from a brain tumour, and it was during the next year of soul searching that things started to "click" in his life! His journey is inspirational for anyone who has faced loss and grief! Ben brings you a special offer in Coupon Area below - so follow the link to his new book!! May we all live each day as if it were our last! Love Karen x

***"Death is a fearful thing."***

***William Shakespeare***

Sincerely,

*karen vella*

*yto owner & founder, performance consultant & life coach (cert iv)*

**yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching**

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**Free  
\$397  
Bonus:**

As a special offer for the month of April, I am thrilled to present you with an exciting offer from Ben Angel! Ben's new book "Bigger, Better, Harder, Faster," is \$34.95 and comes with a \$397 bonus for yto readers when you purchase online. The link to the offer is; <http://www.benangel.com.au/Bigger-Better-Harder-Faster> . May you be inspired by Ben's ideas, thoughts and inspirations!

**Offer Expires: 30th April 2011**

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