

You're The One Newsletter

LESSONS FROM NARCISSUS!

Issue 6 Vol 5: May 2011

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Dear Karen,

What's New With Karen

Welcome to May 2011. During April I enjoyed the celebration and symbology of Easter; being a time of reflection, and a re-emergence of hope and excitement for fresh beginnings! With this in mind, I found myself prior to Easter, being privy to many media articles/shows/programs that talked about the 'rapid increase in narcissistic behaviour' in our society. I gleaned that the roots of narcissism are a lack of empathy for others, with a bias towards one's own self importance. Research shows however that with the increasing rise of narcissism there is also an increase in depression and anxiety. So, with the time of renewal post Easter, I thought I would explore how we can get back to a society in which we care for others again - and move away - from the indulgence of egotism. What I have discovered is amazing - and I believe we will feel much more fulfilled and happier human beings as a result. So, remember - to care - is one of the most important foundations of a healthy individual and society - may we go forth with a more caring and empathic attitude to those around us in the future and discover that our lives are fuller, richer and happier. Warmest Regards Karen

Mojo Tip: We Versus Me!



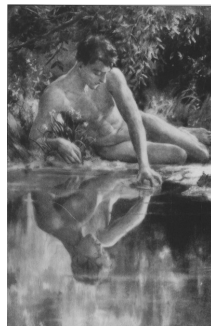
The fifth step on the path to your mesmerising Mojo mindset for 2011 is to live from a state of empathy for others. People with Mojo do not go about life thinking only of themselves. They move away from any excessive levels of vanity, self admiration, self absorption, egotism, conceit, self importance, selfishness and self centredness. If anything, they tend towards the antithesis: that of selflessness. They are examples of caring, sharing human beings in a world where we are all connected and equal. Being socially aware, those with Mojo, are informed of the rising levels of narcissism in our society. They know only too well the inherent dangers of a society slipping

into narcissistic decline - a deeply lonely society obsessed with rampant materialism, fame, notoriety, power, appearance (especially cosmetic surgery), where people manipulate others for their own personal gain, increased crime rates, and high rates of depression, anxiety and loneliness. People with Mojo don't allow themselves to slide into these extreme states of illusion - knowing it is a very empty road. They instead remember that a society based on caring for others is one where all flourish. And they are rich emotionally, spiritually, and physically because of this. People seek them out because they care about them - and in turn they are cared about!

Narcissism: (synonyms) vanity, self-love, self-admiration, self-absorption, egotism, conceit, self-importance, selfishness, self centredness.

Narcissism: (antonyms) selflessness.

Life Coach Tool: The Story of Narcissus!



Have you ever met a Narcissist? A Narcissist is a person displaying characteristics of Narcissistic Personality Disorder (NPD). These characteristics are generally demonstrated by a: pervasive pattern of grandiosity, need for admiration, and a complete lack of empathy towards others. People with this disorder often believe they are of primary importance in everybody's life or to anyone they meet. It is said that narcissists can be very difficult to have relationships with often displaying patronizing, disdainful or snobbish attitudes towards others. Ok, so you are probably thinking at this very moment - yes I know someone just like this!

Well, you may be interested to know that at this precise moment in time we are experiencing a Narcissism epidemic (particularly in our youth). This can be demonstrated by research from Professor Jean Twenge (Psychology Professor at San Diego University, USA), who has reported her findings in her book "Generation Me." Professor Twenge interviewed 16,000 university students across the USA. ***Her studies revealed 30% were classified as "narcissists" in 1996 as compared to 15% in 1982. That is a remarkable doubling of narcissism over the last 15 or so years.***

This study built further on a previous study based on interviews of 35,000 people of varying ages, who were asked if they had ever had symptoms of narcissism. 3% of those over 65 had had symptoms, while for people in their

20s it was 10%. These figures are shocking in light of the fact that according to DSM-IV between 0.5-1% of the general population are diagnosed with Narcissistic Personality Disorder.

A narcissist is a person displaying characteristics of Narcissistic Personality Disorder). A Psychologist/Psychiatrist makes this diagnosis based on a person 18 years or older who presents with 5 (or more) of the following 9 character traits on the DSM-IV scale.

1. Has a grandiose sense of self-importance (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements)
2. Is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love
3. Believes that he or she is "special" and unique and can only be understood by, or should associate with, other special or high-status people (or institutions)
4. Requires excessive admiration
5. Has a very strong sense of entitlement, e.g., unreasonable expectations of especially favorable treatment or automatic compliance with his or her expectations
6. Is exploitative of others, e.g., takes advantage of others to achieve his or her own ends
7. Lacks empathy, e.g., is unwilling to recognize or identify with the feelings and needs of others
8. Is often envious of others or believes that others are envious of him or her
9. Regularly shows arrogant, haughty behaviors or attitudes

I think we may all agree that the above traits are characteristics which would most likely make the person feel very isolated because they tend to find it difficult to keep relationships. To further exacerbate this, people may tend to move out of their life as they may find them difficult.

Exercise: How To "Be" When You Encounter Narcissistic Behavior?

So, what can we do? Here is the dilemma - we know the narcissist is difficult yet we want to stay true to being a caring person in this world (and take the higher road of empathy - the very quality they are lacking). My own belief as a Life Coach is that life is easier when we are armed with some knowledge and understanding. So next time you do meet a narcissist, take a moment to breathe, and understand that they are in fact coming from a place of deep insecurity and vulnerability. In a sense it is about firstly having empathy for them and their own suffering. Then, stay calm, do not react, carry on your communication, setting your boundaries assertively and staying true to yourself. However, if all else fails, there is something you can do!! I remember hearing this famous anecdote from a leading Psychiatrist who was asked, what should one do when they encounter a narcissist? And he answered simply

"Run." LOL!!

So, let's get back to some selflessness, caring and empathy in ourselves, our communities, and our world and make the world a better place! Say goodbye to Narcissism!

Be Inspired Article: 10 Questions with Michael Lusic!



Who Is The Real Michael?

I am Australian born and bred and my family is from Croatia I also have a younger brother, I travelled to Croatia last year and was amazed at how stunning the country is, my brother decided to go on a holiday over there 4 years ago and is still there living his dream - not to never forget our stunning beauties here in Australia, we truly are very lucky in this country. My hopes are that one day the world will have peace throughout and that we all can love and share compassion for each other. I love the ocean the most and the healing benefits it gives my body, mind and soul. I love going on a ride especially when we reach the ocean, it automatically restores. I am also in a rock band and have been for the last 10 years and have been playing guitar since I was about 5, I really enjoy playing music - it can give a sense of euphoria. *I have been competing in Triathlons for 3 years now and am currently training to complete a half Iron man Tri; then onto a Full iron man and maybe one day competing in the Hawaiian Iron man Tri. I have my own business called Concept Lusic www.conceptlusic.com.au which creates Graphic design, being brand building, photography, website design and other specialist projects. I love my family and friends and try to enjoy each and to enjoy life.*

Which five words best describe you?

Honest. Integrity. Compassionate. Friendly. Intuitive.

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

Waitering: to pay my way through studies. My path has been quite interesting and along the way my work experiences have been, Lecturing, Massage Therapist, and Graphic Design.

What's your proudest achievement?

Losing 50kg's many years ago when I was 19, carrying that crap around is hard, I really feel for those trying to lose weight - one of many also my first ever Olympic distance triathlon, after training 18 months for it. My best mate and I remember finishing and feeling an amazing rush of achievement, considering at first I thought anyone doing this sport have nuts in their heads!!! Also my best friend

opened a door for me and the sign on the door said "Welcome to the healing world come this way." Avatar - she know what this means.

What's been your best decision?

Listening to my intuition. Sometimes we can be quite present to our own intuition and can really feel what our senses are feeling within (my 'Spidy' senses are telling me something -Spiderman). It can be many things but when you hit that sweet spot and you and your intuition sees eye to eye; that's a pretty cool feeling knowing you have made the best decision.

Who inspires you?

Many of us have very challenging steps along our journey, and so many of us have different aspects of ourselves that we face. Seeing someone's joy when they have reached a major hurdle and getting something about themselves that they have never been able to get before; and after continuing to soldier on inspires me. But mostly I remember seeing a documentary in Africa and seeing a family of 5 with no father or mother and how the oldest brother must provide for his younger brothers and sisters every single day. He would have to miss his school most of the time to work anywhere and do anything to provide. All that this family have are each other and that is all that they have. This inspires me everyday. We all can sometimes forget how so fortunate we are and should have nothing to complain about in our lives when we have access to many points that can change the way we think and feel and do things. When someone must walk 15km everyday just to get fresh water to drink - this inspires me!

What are you passionate about?

Interesting question for me because, I am passionate about being passionate. I am passionate about my work, my music, my training. When I am into something I dive into the pool of passion and put everything into it which sometimes can be too much but hey, if something doesn't entertain me I won't be passionate about it and give full presence to it.

What's the best lesson you've learnt?

To be patient, let the clouds go by that are sometimes in my head and wait for them to clear before moving forward.

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

Well I have already met Gene Simmons from Kiss. Really really interesting man - so incredibly focused, but stubborn (ha ha!). Read his book it doesn't surprise me why he has achieved so much - the man never sleeps. But I would like to meet so many people - one would have to be Ali, Lance Armstrong, God - just one of many.

What dreams do you still want to fulfil?

Playing to a live audience at a stadium-what a buzz that would be, completing a full iron man triathlon, and continue to work for myself and continue to be successful at what I do and inspire and empower someone or people.

What are you reading?

At the moment, 'Triathlons Bible Guide' and 'Going Long'. At first I thought these books would be mostly about the physical coaching of

oneself for triathlons - but - reading the mental side to this sport needs an amazing strength and a can-do attitude. This naturally applies to and makes me aware of the other aspects of my life and it continues to refine the way I think.

Daily Hint: Understanding the Fate of Narcissus?

Thank you! Your Daily Hint this month is to take some time to reflect on the story of Narcissus and its lessons. *The story of Narcissus in Greek Mythology is said to be derived from the word 'narke' (meaning sleep numbness). The myth is one of Narcissus who was known to be both renowned for his beauty, and exceptional pride, disdaining those who loved him. Nemesis saw this and attracted Narcissus to a pool where he saw his own reflection in the waters and fell in love with it, not realizing it was merely an image. Unable to leave the beauty of his own reflection, Narcissus died.*

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am delighted to introduce you to Michael Lusic, a very talented graphic artist, and musician who after shedding 50kgs now is doing Triathalons. Michael is an example of a caring person whose journey is inspirational to anyone dealing with persisting with your dreams every day and overcoming obstacles. Michael brings you a special offer in Coupon Area below - so follow the link to his website!! Here's to caring for others!! Finally Happy Mother's Day to all the Mothers (and especially my Mum for May 8th). Love Karen x

"Narcissus does not fall in love with his reflection because it is beautiful, but because it is his. If it were his beauty that enthralled him, he would be set free in a few years by its fading."

WH Auden

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 Creative Consultation:

As a special offer for the month of May, I am delighted to introduce you to Michael Lusic of Concept Lusic. Michael would like to offer 'yto' friends a free consultation for yourself or your business if you are undertaking a creative project. To take up this great opportunity, please contact Michael via his email: michael@conceptlusic.com.au. May you be creatively shaken or stirred by Michael's concepts!

Offer Expires: 31st May 2011

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