

You're The One Newsletter

TRANSFORM CONFLICT - GO IN PEACE!

Issue 6 Vol 6: June 2011

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Dear Karen,

What's New With Karen

Welcome to June 2011. During May I immersed myself in watching a lot of Roman History films - I witnessed much conflict that was brought about by a political imbalance of power. Although I've never liked politics, this got me thinking about how all throughout our lives we are in political situations - our workplaces for example - and how do we navigate these courses so that we survive the politics, but most importantly stay true to ourselves and our values. This month I've developed a little bit of insight into sharing with you a transpersonal technique to help you understand the office politics situation and how you can see it from a higher perspective, come out of it unscathed, with wisdom and a peaceful heart. As one of the Cesars said "Go in peace!" Warmest Regards Karen

Mojo Tip: The Spiritual Perspective of Conflict!



Edgar Cayce

The sixth step on the path to your momentum Mojo mindset for 2011 is to accept the inevitability that conflict does arise from time to time. The person with Mojo views any conflict from a spiritual perspective (involving the heart, the mind and the spirit). This person understands the principles of transpersonal psychology and practices self awareness, positive thoughts, connection, purpose, goals, personal values, integrity, responsibility, respect, empathy, intuition, creativity, and mindfulness to bring about conflict transformation. As the Mojo afficianado is authentic, and trust themselves If they do encounter office politics or gossip they respond (not react) and do not take it personally! They know there is a higher purpose. They are aware that one must always look within first because the outer world is often a mirror of what may be going on inside a person. They are aware that until the 'inner' is worked on, a new environment will not change the dynamics. This person with high Mojo has a very acute understanding of themselves so they are able to create harmony wherever they go. They are spiritual warriors in a sense, stalking out negativity from their psyche. Once,

they have done the work on themselves, they choose courageously to step away from any toxic or negative environments to one that honors their spirit! They consequently live as peacemakers and stay on course with their vision. Edgar Cayce -a Mojo man - both taught and lived by these principles (see below for more info on his techniques)!

Life Coach Tool: Apply Transpersonal Psychology!



Julius Caesar & Calpurnia

Edgar Cayce was a very wise man - who did health & life readings! As a businessman himself he was often asked about business ventures/relationships - and had many opportunities to teach others how to succeed and get along with others in business - and the subject of office politics. Cayce helped people with conflict by applying 'transpersonal' (beyond the personal, beyond the ego, to include soul consciousness) principles. The transpersonal fundamentals of political conflict is often caused from a lack of heart - which is a genuine wish to view a situation from another's perspective, and also to treat others as human beings with feelings and desires. Furthermore, it takes into account, self awareness to know that sometimes the conflicts we have with others have arisen because of our own thoughts and actions. There are many components to dealing with office conflict from a transpersonal point of view - here are 12 transpersonal methods that may assist you:

Mind Is The Builder

Change your thoughts and your actions will change and that will affect your environment.

Connection

Connect and identify with others in a way that is mutually empathic and empowering.

Purpose

Align your purpose with your values & goals that will reduce internal conflict.

Goals

Establish your personal goals in the workplace in line with your values to have job satisfaction.

Personal Values

Create personal values based on your spiritual wellbeing in alignment with your occupation for more happiness.

Self Awareness

Become self aware (change/conflict resolution starts from within) to assist you through tough times, and boost your self esteem.

Integrity

Choose integrity (honesty, morality, ethics) & do the right thing at all times under all circumstances, even if it requires personal sacrifice.

Responsibility

Take responsibility for yourself (be accountable/do what is right & expected) and you will experience less conflict.

Respect

Know we are all connected - so treat others with respect - to avoid conflict/or resolve it if it should arrive.

Conflict Transformation

Deal with conflict in a manner that encourages growth for all concerned; treat & honor the humanity of others with forgiveness, and kindness.

Empathy

Be empathic (understand what others are feeling without experiencing their thoughts/feelings) to eliminate conflict.

Intuition

Use Intuition (gut instinct) as a valuable asset to an aware office politician (sensing co-workers/office surroundings) to assist with choices if conflict arises.

Creativity

Use tools such as meditation/dream work/mind mapping/reverie to increase creativity to deal with business solutions/office conflict.

Mindfulness

Be in the moment, remain calm, maintain rational thinking and focus on the job at hand to avoid a conflict situation.

Twelve Keys to Deal with Conflict from A Transpersonal Perspective:

1. Accept there is a higher purpose to our conflict.
2. Learn from every experience.
3. Care for yourself first (know your needs/have the energy to manage yourself).
4. Control your environment by changing your thoughts, emotions, & actions.
5. Your internal thoughts affect your environment & acknowledge the problem may be internal.
6. Align your job with your purpose and values.
7. Trust your intuition.
8. Be empathic when dealing with others.
9. Take responsibility & do your best in the workplace.
10. Treat others with respect always (even if you think they do not deserve it).
11. Build relationships at work (these will help you survive difficult times).
12. Be creative to solve problems.

Note: Transpersonal psychology is based on the premise that human beings are comprised of mind, body and soul - and that people are spiritual beings living a human life that extends beyond our mundane existence and ego-self.

Applying these transpersonal psychological principles in the workplace will present you with great strategies to create harmonious workplaces, understanding conflict is bound to arise from time to time. It is based on the premise that mindfulness, thinking right thoughts, holding peace in

our heart, and treating others with respect, even when they do not reciprocate, are all ways that we can begin to control our own environment. Even slight changes in our own behaviour can make big differences in our relationships, which in turn can work to help solve a conflict or create a more harmonious environment. Go in peace and do all you can to bring about peace from your own soul and that will bring you the mirror effect of harmony in your outer world.

Be Inspired Article: 10 Questions with Karen!



Who Is The Real Karen?

Hi I'm Karen Vella and the owner of You're the One Life Coaching. Sometimes people ask me to share more about myself so this month I've finally agreed! Since early childhood I wondered about & observed others - to understand the reason their life was the way it was and how mine was different to theirs. I believe that is the core that has carried through my life - to understand people. I am also deeply spiritual and have devoted most of my life to learning about the power of the mind/spirit. I've always seen myself as a person who cares for others and I want to assist others to believe in themselves and make their lives magical. I believe that life here on earth is a school that designed to sculpt the angel from inside us (like Michelangelo does with his marble). I was told once by a Psychic to never put me in a back office and I was suited to the creative arts, and should have a microphone or do some acting. I think it has taken me a long time to understand I am an artist of some kind. My life is simple - it consists of love of beauty, truth and integrity. I am drawn to the creative pursuits (acting/music/dance) and also the philosophical/spiritual pursuits - so it is probably no surprise that I started my own Life Coaching business about 5 years ago and it has had a profoundly positive effect on my life (and hopefully others that I have interacted with and yet to interact with). My creative pursuits that I study fill my spirit and help me to dare myself in life!

Which five words best describe you?

Sensitive. Loyal. Caring. Spiritual. Disciplined.

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

During primary school, I was always performing, so myself and some friends put on a small school concert and charged 20c for the performance to students (Nancy Sinatra - these boots are made for walking). Also, did some babysitting (neglected) children of the local milk bar owner (an eye opener). During high school, I worked part time at Target. Due to a severe illness, I had to leave school early, and then went out to work doing mostly office work. I then left Australia for 3 years to explore the world and learn about myself -

that was my University Education - the world! So, I went and lived in London in my early 20's and then travelled over 32 countries alone. Upon my return I have worked in a numerous industries: medical, hospitality, entertainment, tourism, wealth creation, weight loss, massage. I have a Certificate in Life Coaching IV, NLP Practitioner (NLP/Coaching/TimeLine/Hypnotherapy). I wonder what interesting journey lays ahead!!

What's your proudest achievement?

Anytime that I have been able to be a good person - to understand another, to be non judgemental, to reach out to others, restore a relationship, practice forgiveness and create a loving connection with another. People are what makes the world go around - not possessions or accolades.

What's been your best decision?

Learning to know, honour, believe and love myself - to listen to my intuition - follow my truth and walk away from those who do not have integrity.

Who inspires you?

Oprah Winfrey. Any person who has integrity, who walks their talk, who respects others, who gives to others, who make the world a better place, who leaves a legacy on this world, who uses positive energy.

What are you passionate about?

My family and friends and loved ones. Everything else is secondary.

What's the best lesson you've learnt?

To follow my value system and to take responsibility for my own happiness.

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

Greta Garbo.

What dreams do you still want to fulfil?

To be in a film or do a theatre production, to create a documentary about life to give people hope and faith and belief in themselves. To design and live the life of my dreams (some time in warm Europe during Melbourne winters). To create a highly successful Life Coaching Company (mixed with the arts) that lifts people's spirits and helps them create magical lives. To discover my soul mate - and be responsible for bringing love and happiness to at least one child in the world.

What are you reading?

An Actor Prepares - Stanislavsky.

Daily Hint: See The Gift/The Pattern/Learn The Deeper Lesson:

Thank you! Your Daily Hint this month is each evening before sleep:

1) Reflect on any workplace challenges as a gift and a way to increase your spirituality through wisdom; & 2) Reflect If the same conflict occurs in both your workplace & personal life (especially if blame is involved) that it is a message that a lesson has not yet been learned; 3) Daily read the Transpersonal Fundamentals for Conflict

Resolution and ensure you are working on your conflicts from within yourself first, and live with a clear conscience, and a peaceful heart.

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I hope you can gain a bit more insight into myself as a person for those of you I have yet to meet or have only met briefly. Here's to caring for others!! Enjoy the month of June as you turn any challenge into a gift! Love Karen
x

"All you may know of heaven or hell is within your own self."

"Tips for a long life - keep sweet, keep friendly, keep loving, if ye would keep young."

**"From what may anyone be saved? Only from themselves!
That is, their individual hell. They dig it with their own
desires."**

Edgar Cayce

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 Mini Ebook:

As a special offer for the month of June, anyone 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 Secret to Feeling Great About 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: 30th June 2011

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