

You're The One Newsletter

THE VIRTUE OF KINDNESS

Issue 6 Vol 9: September 2011

In This Issue

What's New With Karen

Life Coach Tool

Be Inspired Interview

Karen Recommends



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2011 - New Products
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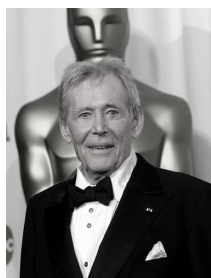
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Dear Karen,

What's New With Karen

Welcome to September 2011. I love Spring - to me it is symbolic of life being renewed again - it is as if we have re-emerged after being in the dark cave of winter - to the fresh light and warmth of new beginnings and awakenings, with fresh hope again. So, as I emerge, it is with a new insight into some keys I have observed of recent weeks. I love kindness. To me kindness is what the world needs more of. Kindness can possibly even save lives. Nothing bad ever came out of kindness. Some people hold back on kindness for fear of it being seen as a weakness, but from my observations, the kinder the person, the more leadership potential they have. Kindness is a kind of glue - that can stick together the most unstuck people and situations. So, this month my theme is how to bring about more kindness into our worlds so that we can truly heal and transform our lives, and those of others, in miraculous ways. Here's to a kindness revolution! Warmest Regards Karen

Mojo Tip: Appropriate Kindness



Peter O'Toole (played a part of man motivated by 'kindness' in film Venus)

The ninth step on the path to your majestic Mojo mindset for 2011 is to utilize the power of kindness over righteousness in life. In life, we sometimes get stuck in our opinions, and become rigidly fixated on being right - however, sometimes in these moment we deliver our messages in ways that may be destructive/detrimental to others. In contrast, the Mojo wo/man knows the importance of using true speech with soft words. They have perhaps themselves been on the receiving end of unkind words, and although they have forgiven these people, the memories may have lingered. Therefore they are very conscious of the wounds that can be caused by words. They think twice before they speak, especially when angry, and consider again and again. They refrain from the written word also when angry. They employ another strategy - to shift their thinking - and perhaps even do something physically different to get out of that

state - go for a walk, a bike-ride or to the gym. The person with Mojo has mastery in the art of delivering truth mixed with kindness, and they create fair and respectful relationships. This does not mean they always back down on their own truth - however they speak with words of appropriate kindness. They speak the truth, but kindly, without arrogance or anger. They have learned to step back, breathe, and look past the hurt another may have given them, and see the soul within the other, struggling, as we all do with insecurity and disappointment. They know the power of caressing the other person heart with words that bring relief to their soul - words that make people happy, that inspire and raise hope. So, when you speak, let your words be kind and see what happens. You might be surprised. Be an agent of hope in this world, not an agent of despair and keep the kindness revolution happening!

Life Coach Tool: A Way to Kindness!



His Holiness the Dalai Lama sums up his religion in one word, 'My religion is kindness.' Buddhists use loving kindness meditation as a way to have a more kind heart. It is said that holding afflictive emotions such as hate and resentment is like drinking poison and expecting the other person to die. You are the one experiencing their effects (that distract your mind from happiness and peace). Loving kindness meditation acts as a form of self-psychotherapy, a way of healing the troubled mind to free it from pain and confusion and offers a path for spiritual development. It's a rare person who can say he or she has never harmed another. So, in a sense, we are all in need of receiving loving kindness as well as sending it. We can develop a more kind heart by opening our hearts for healing through loving kindness meditations (described below).

Exercise: Loving Kindness Meditation: 6 Steps to Healing

Introduction:

Cultivating loving kindness in the Buddhist tradition is a series of meditations that produce four qualities of love:

- Friendliness (expression of warmth toward others)
- Compassion (expression of empathy for others' suffering)
- Appreciative Joy (appreciating others' good qualities or good fortune)
- Equanimity (being kind and caring toward everyone with an equal spread of loving feelings and acceptance in all situations and relationships)

Each meditation practice prepares for the next quality of love.

Exercise 1: Loving Kindness Meditation Path

Loving kindness begins with developing loving acceptance of your self. You cannot give what you do not have. In teaching loving kindness meditation, it is recommended

four types of people to develop loving kindness towards:

- A respected, beloved person, such as a spiritual teacher;
- A dearly beloved, such as a family member or friend;
- A neutral person, someone you have no special feelings for, such as a person who serves you in a store;
- A hostile person, someone you are currently having difficulty with.

During the meditation, start with yourself, and then send loving kindness to each person in the above order. Some people have difficulty feeling love. If this is so for you, reflect on a time when you felt love. It could be a time you were with a family member, a pet, or a loving appreciation of nature like a tree. Hold the image and thought of that time. Notice the nature of love: how it feels, looks, sounds, and perhaps even its aroma. Store it in your memory as a cherished thing you can now access easily. In the following steps, you have choices on how to send loving kindness to each of the persons above:

1. Using your breath as loving kindness
2. Using your breath to send loving kindness while visualizing it as a light or ray

You can try them both and choose the one you prefer.

Step 1: Prepare

Find a quiet and comfortable place where you can be undisturbed for 10 to 20 minutes. Remove shoes and any restrictive clothing. Assume a sitting position, either on a chair or sitting on a pillow in a lotus or modified lotus (yoga style) position with your spine straight (not stiff), and your hands folded palm up in your lap with the thumbs touching pointing outward.

Step 2: Loving Kindness Meditation for Self

Focus attention on the breath, which you will use as a means to spread loving kindness. If you notice sounds or thoughts let them go and gently return to your meditation. You may visualize the breath (loving kindness) as a light or warm ray or silently think of the breath as love. Slowly sweep the breath (love, warm ray, or light) over your body starting from the top of your head. Feel the nourishment of loving kindness. Lightly focus your attention on the center of your chest, your heart. As you breathe in, direct loving kindness to your heart. As you breathe out, let loving kindness spread out from the heart, through the body, through the mind; nourishing you. Continue in this manner until it feels right to move to the next step.

Step 3: Loving Kindness Meditation for a Respected Teacher or Advisor

Focus attention on the breath, which you will use as a means to spread loving kindness. You may visualize the breath (loving kindness) as a light or warm ray or silently think of the breath as love. Slowly sweep the breath (love, warm ray, or light) over your body starting from the top of your head. Lightly focus your attention on the center of your chest, your heart. As you breathe in, direct loving kindness to your heart. As you breathe out, let loving kindness spread out from the heart, through the body, through the mind; nourishing you. Form an image in your mind of your respected teacher or advisor. Now as you breathe out send loving kindness to the teacher or advisor.

Step 4: Loving Kindness Meditation for a Loved One

Repeat step 3, only this time form an image of a loved one. Now as you breathe out send loving kindness to your loved one.

Step 5: Loving Kindness Meditation for a Neutral Person

Repeat step 3, only this time form an image of a neutral person. Now as you breathe out send loving kindness to the neutral person.

Step 6: Loving Kindness Meditation for a Hostile Person

Repeat step 3, only this time form an image of someone you are having difficulty with. Now as you breathe out send loving kindness to the person you are having difficulty with.

What did You Notice?

Take a moment to reflect on your meditation. If it was difficult for you, just focus on sending loving kindness to yourself. Don't try to send it to others until you feel you are truly sending it to yourself. Don't worry if your mind wanders during meditation. Sustaining your attention and developing patience are important benefits you will receive from practice. By its very nature, the practice overcomes self-doubt and/or negativity. As you mature in the practice of loving kindness, you will find that the barriers between these people and your self exist in your own mind. The mind is the source of much of the conflict and pain we experience. You may use different persons in each of the categories over time, but it's best to keep them in the same order.

Be Inspired Article: 10 Questions with Helen Robinett!



Who Is The Real Helen?

Made in Melbourne, grew up in a huge extended wacky family. Gotta love that! Married and divorced twice. Married for the third time without the papers to a beautiful man, teenage daughter, 4 step children, cornish rex cat, golden retriever dog. Chairman of BBBS Melbourne and Try Australia. Lover of life.

Which five words best describe you?

Passionate. Fun. Energetic. Generous. Fiery.

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

Secretary for an airline. Moved onto banking and finance. Now a professional image advisor running my own business.

What's your proudest achievement?

Raising my daughter as a sole parent. She is a smart, savvy uni student with qualities I aspire to.

What's been your best decision?

Leaving 2 marriages that were destructive and learning the lessons from that.

Who inspires you?

My maternal grandmother inspired me for many years before her passing 6 years ago. My parents' simple life and respectful relationship inspires me a lot these days. The average Aussie who flies under the radar without a whole load of fanfare doing awesome things in the community inspires me big time. I surround myself in my inner circle with people who inspire me in some shape or form.

What are you passionate about?

Good food, wine and company. Try Australia & Big Brothers Big Sisters Melbourne. Two awesome charities doing great stuff for Melbourne families for the past 128 years. My family and pets. My work. My rose garden. Simple pleasures!

What's the best lessons you've learnt?

To never take anyone for granted and be in the moment, right now. This is all we have. I have learned big time to trust my intuition. I don't work or play with anyone who does not feel right for me.

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

Nelson Mandela & Moira Kelly AO - Children First Foundation.

What dream do you still want to fulfil?

To train retail fashion staff to provide appropriate and fabulous service so that the average person can walk into a store and purchase garments that actually work for them!

What are you reading?

"Fair Cop" by Christine Nixon. Just finished a great murder mystery "Upon the sheep's back" by S J Jordan a Melbourne plumber. First time author. Fabulous!

Daily Hint: Practice 'Being' Kind!

Thank you! Your Daily Hint this month is to actually practice the art of being kind. Start with yourself - commence a month of being kind to you, and then 'be' actively kind to others, especially with your thoughts. This is a very powerful place to be in of great healing which will open up wonders to you!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm delighted to introduce an outstanding role model to the community, Helen Robinett. I only just discovered myself that Helen, is Chairman Try Youth & Community Services, which is an independent, non-denominational charity focused on giving young people, individuals and families opportunities to reach their potential. TRY Australia is a charity which was founded in Australia in 1883 based on the notion that if you 'try' you'd be amazed at what you could achieve. Here's to showing acts of kindness, and watch the mirror of life shower you back with plenty of the same in September. Love Karen
x

*"A bad wound heals - but a bad word doesn't."
Persian Proverb*

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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Invitation BBBS Melb Runway Fashion Parade

As a special offer for the month of September, Helen Robinett, in her role as Chairman, Try Youth & Community Services, Big Brothers Big Sisters Melbourne, would like to offer you the opportunity to attend the BBBS (Big Brother Big Sisters) Melbourne Runway Fashion parade 27 Nov 2011 via link: <http://www.bbbs.org.au/bbbs/home/getinvolved/events.sok> /Or in her other role, as Certified Image Consultant & Director of Image Quest (& Author of 'Apprentice to Business Ace: your inside-out guide to personal branding' Helen can be contacted: 0409 324 248. Or via helen@imagequest.com.au. www.imagequest.com.au. Or you may wish to attend of one Helen's Melbourne Spring Fashion Seminars, (next one on 6&8 Sept) please follow this link: <http://www.consciousstyling.com.au>

Offer Expires: 30th September 2011

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