

You're The One Newsletter

ALL IN THE DIVINE ORDER

Issue 6 Vol 10: October 2011

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Dear Karen,

What's New With Karen

Welcome to October 2011. During September I was having a conversation with one of my colleagues and we both had an Aha moment! We both were talking of how we love Dr John De Martini and especially his teachings about balance! In fact, we both especially loved one of his lessons, centred around the theme that 'when someone in life is putting us down, someone at that very moment is lifting us up.' We were walking and talking and sharing how much this view was applicable to our lives at that very moment - and I said 'that is exactly what I will write about for my newsletter.' So, this month I hope to bring you perhaps a new insight which could have the effect of creating more balance and mastery in life, and thus opening you up to life's divine will. So, just like a yogi or taichi master, may you be supremely poised during October and see all that happens as part of the divine order! Warmest Regards Karen

Mojo Tip: Be Centred, Poised, Balanced



Sting, soon to be 60years young (practices yoga for poise & balance)

The tenth step on the path to your momentous Mojo mindset for 2011 is to remain poised and balanced in life. Balance does not lean to one side or the other but sits poised in the middle. The person with Mojo views everything that happens in life as part of the divine plan - they instinctively know that opposite energies are vital to retain balance within oneself and the world. He/she is present on their path, is grateful for what comes their way in life - is neither pessimistic or optimistic - and in turn grows in wisdom and true power. They see crisis as a blessing, and remain aware also that blessings can trigger a crisis. The Mojo-eque person remains centred no matter what happens around them. They are not overly excited about opportunities, or absolutely devastated by challenges. They are grateful for the life they are living and what life brings their way, whether this be on the yin or yang side of the equation. The added benefit of this balance, is that they view any criticism with a knowing that at that very same moment, someone else is lifting them up. Therefore, they master the (perceived) attack as a dance, not react, viewing this as an opportunity to refine themselves. This

in turn strengthens their core, and they remain very true to themselves. They have one of the greatest secrets of self mastery. So, the next time life serves you up with something you may previously have looked at as negative, take a moment to be humbled by the blessing. And vice versa, the next time something absolutely amazing comes your way, once again be humbled that you do not let this carry you away from the center of who you really are. May you see everything as part of the divine plan and be grateful for all that comes your way!! Be poised, centred, balanced!!

Life Coach Tool: 'Poised-Centred-Powerful' A Lesson By Dr John DeMartini



Dr John DeMartini

Dr John DeMartini says: "When you open your heart to Divine Intelligence, miracles happen in your life. Miracles are nothing but natural laws put into action by beings who understand their application. When you're poised and centered, you have power. You become like a Jedi knight and The Force is with you. Not because you want to gain control, but because you honor yourself and your life enough to embrace it all, the highs and lows are in perfect balance. Shall we begin?"

Exercise One:

Think of a moment in your life when you were criticized, put down, repressed, or told you were no good. It's important to identify the details: Exactly when, where, and by whom did this occur? Then remember who was lifting you up, praising and putting you on a pedestal, at that exact split second. Write them both down and identify their balance.

Over the days and weeks to come, begin scanning back over your entire life and equilibrate every lopsided word of criticism or praise you can remember. Love is two-sided. When you deeply understand this great truth, you get to be surrounded by love every minute of your life.

Exercise Two:

Before you go to sleep tonight, lie comfortably in your bed and begin giving thanks inwardly. Remember everyone who helped you today. Call up their image in your mind's eye and thank them for their support or challenge, niceness or meanness, or simply their presence in your life. Identify what they were teaching you and how and what they were balancing. Continue until you feel great gratitude for your day -- until you see that both sides are perfectly balanced and both are love. Going to sleep with a grateful, open heart is a powerful healing practice. Your dreams will become more inspiring, and you

will awaken in the morning with a lighter state of mind.

Note: These excerpts are taken from his book 'The Breakthrough Experience' by Dr John DeMartini.

Be Inspired Article: 10 Questions with Karen Day!



Who Is The Real Karen

My name is Karen Day. I'm a person doing my best to stay true to myself and I like my wondrous ability to be able to love.

Which five words best describe you?

Determined. Passionate. Vulnerable. Fragile. Strong.

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

An Acting job on a commercial: the path I have taken since is to become very good at what I do and to grow creatively.

What's your proudest achievement?

Playing 'May' in Sam Shepard's "Fool for Love," (a play I've always loved and wanted to do). I produced it myself (had no idea what I was doing, and was flying by the seat of my pants). I believed in two things: myself and the play - and my ability to follow my heart, trust my intuition, and never give up.

What's been your best decision?

To follow my heart.

Who inspires you?

The man I'm in love with.

What are you passionate about?

The man I'm in love with and Acting!

What's the best lessons you've learnt?

Falling in love.

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

Martin Luther King.

What dream do you still want to fulfil?

To succeed beyond my wildest dreams!

What are you reading?

"How To Write a Screenplay In Ten Weeks" by Marilyn Horowitz.

Daily Hint: Words of Wisdom & Power

Thank you! Your Daily Hint this month is to read these affirmations called "Words of Wisdom and Power" at least three times daily, concentrate on their significance, and feel them as they begin to take root in your heart and mind."

Words of Wisdom and Power

*** I am magnificent just the way I am.**

*** I listen to my immortal nature, and it knows.**

*** My true nature is love and wisdom. Wisdom is the instantaneous recognition that crisis is a blessing.**

*** Life is a gift. Thank you.**

Note: These excerpts are taken from his book 'The Breakthrough Experience' by Dr John DeMartini.

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 a person who has inspired me for the past 12 years that I have known her, Karen Day, who is one of the most incredible people I have ever met, a person who is true to herself, and follows her dreams, and never settles in life for what is not in her heart!! Here's to seeing October in a new light - that all is in divine order. Love Karen x

*"Everything that happens is part of the divine order."
john demartini*

Sincerely,

karen vella

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Free Mini Ebook

As a special offer for the month of October, 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 5 Keys For Believing In Yourself" as a Personal Development Tool!" 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 October 2011

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