

You're The One Newsletter

LISTEN TO YOUR HEART!

Issue 6 Vol 11: November 2011

In This Issue

What's New With Karen

Life Coach Tool

Be Inspired Interview

Karen Recommends



COMING SOON TO THIS SPACE!

2011 - Mojo Classes

2011 - Best Year Workshops

2011 - Webinars

2011 - New Products

2011 - 1 on 1 Life Coaching

And more....

Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

[Join Our Mailing List!](#)

Dear Karen,

What's New With Karen

Welcome to November 2011. During October, I finished watching my favourite "Bachelorette" Series - it's a guilty indulgence of mine! For those of you who may not be familiar with the series, it brings together 25 of America's most eligible bachelors who compete for the affections of the one "Bachelorette" (this Season, 26 year old Ashley Hebert) culminating in a Rose Ceremony/Engagement with the last man standing; the one who has won the Bachelorette's heart. I found myself so captivated by this series as I grew increasingly fond of Ashley's character and journey. What I admired most was her genuine courage she showed to go through the ups and downs of life and love and in the end follow her heart and ends up blissfully happy with the man of her dreams. So, I got to thinking about how rare it is in life when we fully allow ourselves to follow our hearts, and how much self honesty and courage this takes, but how much life rewards those who risk it all to follow their hearts. This newsletter therefore, is about challenging ourselves to live the path of heart in our lives. Warmest Regards Karen

Mojo Tip: The Heart's Friends - Truth & Courage!



The Last 4 Bachelors: Constantine, Ames, Ben & JP (The Bachelorette 2011)

The eleventh step on the path to your marvellous Mojo mindset for 2011 is to find time daily to listen to your heart. There is a saying "the heart feels what the eyes cannot see" so the Mojo wo/man takes time to truly hear what his/her heart is whispering. This relationship between the heart and its owner is a very sacred relationship where one's deep inner truth resides. The Mojo person is often one who uses their intelligence in life, however, even more than that, they let their heart also guide their path, and check in to ensure they are on the right path. They know when they are not because the light or fire of the spirit seems to go out. They know when they are on the path of heart because they feel illuminated, happy, and free to be themselves. The path of the heart requires courage and truth and

these are the two guiding lights that the Mojo wo/man takes with them on their path of heart, as when the journey becomes more difficult, they need the resource of courage to keep taking the next step forward, and the resource of truth to check in with their heart on the direction of their path. No matter how much success a person appears to have on the surface, they never really have mastered true success until they are living on the path of heart. The miraculous thing about this, is that on this path of heart, is where true success lies, it just takes courage to take that step and keep stepping forward even if we are unsure of what lies ahead. That is not to say that the person with Mojo does not have insecurities, fears - in fact I have found people with Mojo perhaps have more of these than most people, but they use the fears to fuel their motivation onwards and upwards on their journey. They are true spiritual warriors because the path of the heart is the path of the soul and ultimately it is their spirit that is guiding them. Being true to themselves is paramount - however - being true to their path is also paramount - for they are in alignment with their heart, soul and spirit. May you be comforted by knowing that every great person who had the courage to follow their bliss, was truly rewarded tenfold for their efforts, no matter how long it may have taken to reach their dream. Remember: God's delays may not be God's denials. Follow your bliss!

Life Coach Tool: '7 Lessons From Ashley Hebert -the Bachelorette - How to Follow Your Heart'



Ashley Hebert (the Bachelorette) & JP Rosenbaum (the Fiancee)

Ashley Hebert is a great role model! The former beauty queen and dental student who teaches dance camp is: intelligent, compassionate, kind, sweet, athletic, outgoing, introspective, analytical, fun-loving and upbeat. However, life has not always been easy for Ashley; she had a difficult childhood (often where true character is made). Her Father lost his job back in the 1990s had an alcohol and substance abuse addiction and was living on the streets for some time so he was estranged from his daughter. My guess was that her childhood may have accustomed her to being self reliant, whilst also fuelling some insecurity. Her fears and insecurities were shown in the previous season of the Bachelor, when Ashley had missed out on winning the heart of the previous Bachelor, Brad, and was deeply heartbroken. However, she was able to learn from her insecurities and fears, and build a stronger base of self esteem. However, my admiration for Ashley, grew over the recent Series of

the Bachelorette in seeing how she embraced the challenges of having a television camera follow her over many continents on many different dates, where she still went into uncharted territories and experienced the highs and lows without letting her spirit be broken. After a tearful heartbreak early on in this current season, she picked up her broken heart, and moved on, only to find that the heartbreaker was not really the one for her anyway!! Once again, she did not let her fears get in the way. She started back on the dates, and was sincere and honest that she had a broken heart, but was glad she was ready to find out who was the right one for her with the remaining contestants. I loved the way she questioned the guys on the dates - she was so genuine and in being genuine it was very unique to watch people really open up and be truthful and kind (the ones that were not, were easily left out of the Rose Ceremony and sent home each week). Even when she sent them home, she was kind, and displayed courtesy, and respect, and said wonderful positive things to the departing Bachelor. And finally, she truly glowed as a great example of a person following her heart right until the end, when she did not get unduly influenced by family members and made her final decision! Yes the show really did have a happy ending with Ashley ending up engaged to the best one suited to her (I believe), JP Rosenbaum, a New York Construction Worker! Although we know it is a reality show and out of the 7 episodes 83% of the couples are not together, I think that Ashley and JP have a great chance of really making it work.

In studying Ashley, I discovered some 7 keys she had to following her heart and they are shared below here: Ashley listened to her intuitive signs, she let go of what wasn't serving her, she nurtured her heart, she created space, she became open to new possibilities, she showed up with courage, and was willing to go into the unknown uncertain of the outcome, but willing to risk, make mistakes and grow!

So, here below I have elaborated on how you, too, can follow in Ashley's steps the 7 keys to Follow Your Heart.

1. Listen For Clues

Your Heart is intelligent and lives in the now; it will give you a sign or cue within the body, nudge you, because it wants you to pay attention and listen to where it is pointing you in the right direction.

Hint: Let go of solely trusting the mind. The mind often responds after the fact based on memory, and often with fear, uncertainty, 'what ifs' and negative emotions.

2. Let Go

Let go of anything that does not serve, support, nurture or challenge you by asking "How does this serve me?" or "Do I really want this in my life?"

Hint: You will free up the mental clutter and allow yourself to be open to receiving new possibilities, thoughts, attitudes about money, relationships, possessions, fears, old habits, emotions etc.

3. Nurture Your Heart

Your heart is a beautiful gift, so it is important to take time to nurture it, and allow yourself the opportunity to hear its whispers.

Hint: Activities such as exercise, prayer, yoga, meditation,

journaling are excellent tools to allow you to slow down and listen to the voice within.

4. Create Free Time

When you are not limited by your current schedules and plans, it frees up the space in your mind to listen to your heart.

Hint: Take at least one day a week or schedule an afternoon, or morning to be totally unscheduled and just follow your intuition.

5. Open To Possibilities

Your heart will speak to you beyond your current experience, either what you cannot see now, or perhaps what may not yet be apparent in your life.

Hint: When a hunch comes to you, say "it's possible" rather than dismissing it. This way you are open to creating a reality. Sometimes the notion that makes the least sense may be the one worth following!

6. Be Courageous

Take a deep breath, be courageous, and know you will be guided by the highest wisdom available to you and surround yourself with people who support you and guide you positively on your journey.

Hint: Do not be dissuaded, distracted from your path by others who question you from your path - no matter how unpopular or seemingly irrational your idea may be.

6. Risk, Learn & Grow

Step into the unknown, take risks, make mistakes, learn - knowing that following your heart involves not knowing what the outcome may be. Ask yourself "what are you willing to do to reach your goal?"

Hint: Eventually the value of achieving your dreams outweighs any perceived risks. Be willing to make mistakes because these will be the most valuable learning experiences you will have on the way to success.

Be Inspired Article: 10 Questions with Gavin Krasner!



Who Is The Real Gavin

My name is Gavin Krasner, I've just turned 42. I'm a Londoner (born and bred) but I now I live in Melbourne with my partner and our 2 beautiful girls. I've been a graphic designer for 21 years and run a boutique consultancy, www.springmelbourne.com (with my partner, an Aussie). We currently work from home. I like to think I have a passion for most things in life and like nothing better than go for my morning run along the river, rain or shine (actually maybe not the rain). Currently I am in the middle of a large branding project for a new Australian Health Insurance company in between investigating houses to buy in Castlemaine. Spring Melbourne are brand identity specialists. They offer a full suite of design services including copywriting and web design. They'd be happy to speak to anyone that seeks to work with a design agency that is boutique and responsive.

Which five words best describe you?

Creative. Enthusiastic. Optimistic. Engaging. Loving.

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

Junior designer at The Bureaux. I left Art College and travelled around the USA when I was 21. I sent a postcard to one of our visiting lecturers, David Storey - co founder of the Bureaux:

http://en.wikipedia.org/wiki/David_Storey_%28artist%29 The short story is: On my postcard I'd written something witty about Tuesdays. - I'd completed a personal project in my last year of college about Tuesdays. In fact I created a pseudo art movement/religion called Tuesdaism - Dave really liked the concept, it involved lots of tea drinking. I got in touch on my return from the States and he gave me a job. I've never had an interview for a job; we'll aside from working at Marks & Spencer as a teenager. I worked with the Bureaux until 1996 (they supported me when I went back to do a Masters degree (93-94) which was great of them. I freelanced for a couple of years working with big Ad agencies and smaller boutique design agencies and then founded Spring London in 1998 with an Aussie designer I'd met whilst freelancing.

What's your proudest achievement?

Witnessing the birth of our first daughter Maybel and then greeting our second girl (Kitty) into the world. Now every time I have a cuddle with all my girls (including mum) I feel that I've achieved something great.

What's been your best decision?

Wow, too many - maybe getting together with my current Partner Liz. She's an inspiration.

Who inspires you?

Happy people. Anyone who has the get up and go to do what they want with their lives. I also love Nick Cave.

What are you passionate about?

Many things - here are some. My girls of course - being a Dad is a challenge but ultimately very rewarding. Graphic Design - I love my job, I feel very lucky - we get to meet lots of different people. Writing and illustrating my Childlike books. Popular culture - however I draw the line at 'car crash' TV. Music - as Sterling Void once sang "music is our life's foundation, and shall succeed all the nations to come." I ran a club night in Brixton, London 96-98. Food - I love to cook, Thai mainly. Walking and outdoor pursuits - nothing better than fresh air and a great view to get the creative juices flowing.

What's the best lesson you've learnt?

Not to come the 'raw prawn' with Liz (my partner).

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

Nick Cave (I actually have met him - I bumped into him in a pub in London and knocked a pint out of his hand). I apologised and bought him another pint. I'd like to have had more of chin wag.

What dream do you still want to fulfil?

I want to bring 'the garden of light and shade' to life. The garden of light and shade is the place where all my stories happen

What are you reading?

Currently reading Sacred - by Dennis Lehane (the guy that wrote Mystic River, Shutter Island) - one in a series of crime detective novels set in Boston. But just finished 'Shades of Grey' by Jasper Fforde - Highly recommend this for something a little different. Douglas Adams meets Brave New World (Aldus Huxley).

Daily Hint: Words of Wisdom & Power

Thank you! Your Daily Hint this month is to spend a month experimenting with the 7keys for following your heart (as demonstrated by our role model, Ashley). Print out the newsletter and really get to listen to your heart this month! It's a time to switch off the mind and tune into the wisdom of your heart and discover its wonderful personal message for you!!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm excited to introduce you to Gavin Krasner, whom I have only recently met, and whom is a true example of a person following his heart, dreams, visions and inspiration! Here's to living November with an open and inspired heart! Love Karen x

*"In the end it gets to the point, you just have to follow your own heart."
ashley hebert (the bachelorette)*

Sincerely,

karen vella

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

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

M:0419 570011 | B 03-9318 3711 | karen@youretheone.com.au | www.youretheone.com.au

Free Mini Ebook

As a special offer for the month of November, 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: 30th November 2011

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their messages - thankyou!