

You're The One Newsletter

HONOR & NOBILITY IN 2011!

Issue 6 Vol 12: December 2011

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Dear Karen,

What's New With Karen

Welcome to December 2011. November was an interesting month, in which kindness and goodness were things I was acutely aware of and I found myself being very admiring of people with these qualities. I also indulged in many films of my favourite film Director, Ingmar Bergman! In watching films like the 7th Seal, and Smiles of a Summer Night, and Wild Strawberries, I found myself pondering over the qualities I admired of nobility. What are the noble qualities we find in people - qualities that we admire - and because we are now in the throes of one of the most spiritual and beautiful times of year - Christmas, I thought it would be a great idea to explore ways we can live lives with a sense of doing what is decent and self respecting, rather than selfish, and avaricious. So, for the Festive Season may you go forth, with a sense of doing the good and see what appears in your life. Warmest Regards Karen (*This newsletter is dedicated to a true nobleman, Jan Kwiatkowski, who passed away 29/11/2011-RIP Jan*)

Mojo Tip: Seek the Noble Path!



Swedish Film Director - Ingmar Bergman

The twelfth step on the path to your majestic Mojo mindset for 2011 is to embrace noble (of high moral character) qualities. The person with Mojo is on a quest to take a higher path in life - the only path that brings true happiness. Many Masters had Mojo - Buddha was one of them! He taught the Four Noble Truths - that suffering exists, that suffering arises from attachment to desires, that suffering ceases when attachment to desire ceases, and that freedom from suffering is possible by practicing the Eightfold Path. His Eightfold Path consisted of Wisdom (right view/right thought); Morality (right speech/right action/right livelihood); and Meditation (right effort/right mindfulness/right contemplation). The person practising the Mojo path is aware of the Five unwholesome mental states that impede progress towards enlightenment - sensuous lust/aversion and ill will/sloth and torpor/restlessness and worry/sceptical doubt. Instead, he/she practices mindfulness, investigation, energy, rapture, tranquillity, concentration, and

equanimity. Overall, if we cultivate love, peacefulness, joy, kindness, compassion and beauty we are on what I refer to as a noble path. The noble path is a path where drama, sadness, and fear fall away and there is light and a sense of majesty. On the noble path you will meet other noble characters, and you will recognize each other immediately - both reflecting like a mirror. This path you will meet many true heroes, men and women of profound moral convictions. The Dictionary defines noble as: having or showing qualities of high moral character, such as courage, generosity or honour. So, take time to nurture, and develop these finer qualities. We may be living in 2011 but the qualities of manners and noble thoughts, speech and actions are well worth cultivating. May you discover at your next crossroads that you take the higher road which will bring you ultimate self respect and a sense of decency and deep true joy! Blessings for a Merry Christmas!

Life Coach Tool: The Parable, The King, The Mask & Finding Nobility



Antonius Bock (The Nobleman) In Ingmar Bergman's The 7th Seal

An ancient legend exists about a wicked, fierce and nasty King - his face bore the looks of one who is branded with ugliness and cruelty, and his subjects were afraid of him. In a nearby land, a sweet, kind, innocent, and beautiful Princess lived - everything about her was good - and that attracted the King. The King ordered his army to conquer this land and bring back the Princess to be his wife. However, when they brought back the beautiful Princess, the King asked her to be his bride but she quivered at the sight of his ugly face. The King was most unhappy. He wanted her to love him as he loved her. So the King sought the counsel of his trusted advisers and wise elders, who advised: "Let us make you a magic mask to wear your majesty, and on it we shall engrave the qualities of kindness, goodness, joy and love. When the princess looks upon you, she will see these qualities rather than the harsh qualities of your own face. As long as you wear the mask, no one will suspect the ugliness underneath." So the old Magi made the mask out of fine wax, and painted on to it the wonderful qualities that they wanted the King to appear to have. They took it to the King and moulded it to his face. The King was delighted as he gazed at his new face in the mirror. "Now the Princess will fall in love with me!" he told them. However, the Magi added "There is one warning, for this magic to work; you must hold in your mind all the noble qualities we have moulded into the mask of love, peacefulness, joy, kindness, compassion and beauty. If you think bad thoughts, the mask will shatter and our

deception will be undone." After some days of practising with his new mask, the King sought the company of his beautiful Princess. She was so surprised by the change in him, as he romanced her like a true noble gentleman, won her heart, and she became his queen. However, a few weeks into the marriage the King sought his wise counsellors, fearing he could not keep misleading his beautiful bride he said, "I can't keep deceiving the woman I love like this; remove the magic mask and let her see me as I am, and please be ready to catch her should she faint." The wise men, were worried, however followed the King's orders and removed the mask and were amazed to see the King's face now bore all the positive magical qualities that had been painted into the magic mask. The King's face now reflected all the wonderful qualities that he had held in his mind. He and the queen lived happily ever after.

Our Life Coach Tool above is a beautiful, simple, yet profound Parable with a timeless message about what happens when one practices good thoughts, speech and deeds and how dreams can come true once one embraces the noble way.

Be Inspired Article:10 Questions with Liz Geddes!



Who Is The Real Elizabeth (liz with daughter KK above)

I am a mum to two girls (5 years and 19 months) and with my partner we run a graphic design business from home (Spring Melbourne). We have chosen not to have the big house and the big mortgage. We feel privileged to be able to spend so much time with our children. We could each go and get the big-job-big-pay-packet in the city but we know our children will never look back and say 'we wish you put us in child care more so you could buy us more stuff'.

Which five words best describe you?

Mother. Lover. Fair. Ordered. Calm.

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

First job was a 'lettuce chipper'. It was working on a farm that grew lettuces that were allowed to go to seed so the seeds could be collected and sold (Yates was the client). I had to do some weeding and also de-heart (remove the leaves) so the stalk could grow upwards. Lettuce plants can grow hip height you know. This was a summer job for a few seasons when I returned home for the Christmas holidays before starting uni where I did a BA in Communication.

What's your proudest achievement?

Realising I am content with what I have /don't have. Contentment is vastly underrated.

What's been your best decision?

Getting rid of my credit cards.

Who inspires you?

Rather it's 'what': I rarely think I'm having a bad day. If I have difficult choices to make I feel lucky to have choices in the first place. I have children and they are healthy children. My partner and I are also healthy. I

feel lucky to be living in Australia with glorious sunshine, good free healthcare and education and a fair society. Having such luck is an inspiration not to moan about things I don't have.

What are you passionate about?

Filing and desk order.

What's the best lesson you've learnt?

Everyone has their own story to tell and a reason for why they are behaving in a certain way. Humans are good.

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

Clive James.

What dream do you still want to fulfil?

Building our own house.

What are you reading?

Lot and lots of Wodehouse.

Daily Hint: Words of Wisdom & Power

Thank you! Your Daily Hint this month is, as a reflection on 2011, is to contemplate living with honor and nobility - spend time reading literature, watching films, studying history, biographies of people who lived heroic lives due to being honorable and taking the higher road. May the spirit of honor and nobility light up your Christmas like never before!

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 Elizabeth Geddes, an inspirational woman whose noble way of living a contented life is so refreshing - especially at this Christmas season. May your Christmas be filled with beautiful moments with your loved ones. Love Karen x

'True Nobility is exempt from fear.'
Cicero

Sincerely,

karen vella

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

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**Free
Mini**

As a special offer for the month of December, 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

Ebook 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 December 2011

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