

You're The One Newsletter

BE YOUR OWN MUSE IN 2012!

Issue 7 Vol 1: January 2012

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Dear Karen,

What's New With Karen

Welcome to January 2012. Happy New Year! I am excited about 2012. To inspire you on the 1st day of 2012, I'd like to talk you about the power of bringing your dream image off paper to life. I recently was inspired after watching Eva Mendes being interviewed as the new face of 'Angel' fragrance (by Thierry Mugler). She intrigued me when asked about her wishes, she elegantly replied that she always keeps these special dreams to herself (as a way to manifest them & without risk of others stealing them). This really resonated, and so I subsequently viewed her campaign as the Face of 'Angel.' I discovered that Thierry Mugler has chosen a wonderful new 'Muse' as a way to reinvent and refresh the Angel perfume into the eu de toilette range; and in doing so has created a masterpiece of a film, with Eva as his 'angel' transporting us to a dream life. I encourage you to watch on U-Tube the launch, and may you too discover a way to reinvent and refresh YOU as you bring your dream to life in 2012! Warmest Regards Karen

Mojo Tip: Refresh Your Image!



Actress - Eva Mendes - New Icon For Angel for Thierry Mugler

The first step on the path of your enigmatic Mojo mindset for 2012 is to become a 'muse' in your dream life and imaginings. A 'muse' is like an angel that inspires you. Therefore to become the 'muse' it means involving all your senses in creating moving images of you centre stage in your dream life. The person with Mojo is a master of transformation and can reinvent themselves by using the power of their imagination to transport themselves to places of their deepest wishes. They are the movie directors of their own life, and use the power of their secret wishes and dreams, to visualise with all elements (they see it, they feel it, they hear it, they smell it, they even taste it) to experience their dream life! They run this movie daily at least once per day, so that they start to manifest their dream life. They prefer to keep this dream and wish close to their hearts as a type of silent prayer. They however, allow themselves full reign on creating their movie masterpieces in their imaginings

every day. They allow themselves to create a mesmerizing campaign of their deepest wishes and dreams. They become a reinvented and refreshed version of themselves - their own 'muse.' They are ignited by this image - be it anything they wish - iconic, beguiling, glamorous, angelic! They do this by creating their own Movie in which they are centre stage in the starring role living the life of their dreams. They do this daily!! So bring your dream and vision to life (from your vision or story board) and each day of 2012 may you manifest your heart's desires.

Life Coach Tool: Bring to Life the "Windmills of Your Mind."



Eva Mendes is Mesmerising Launching 'Angel'

I'm sure, just like myself, whenever at the Cinema, you love being transported to a beautiful world, where your imagination is ignited. Think back to the opening advertising campaigns, before the main film, and the products/images seem to leap out with such intensity and magnetism. This month, I'd like you to experience watching the world wide campaign on U Tube of Eva Mendes in the mesmerizing 'Angel' launch. Play it on your laptop, on the full screen. It takes place with the voice of Eva Mendes singing 'windmills of my mind' as the Angel woman boards a sleek silver bullet train in Prague, in the cool blue light on her 'dream machine' she sprays her wrists lightly, and then instantaneously her eyes are closed, she is transported to a pleasure state. Her first dream transports her back to the Ferris wheel and childhood memories of the fair. The second vision is when she is dancing, spellbound amongst the stars. When she steps off the train immersed in blue light, her blissful expression ensures you are witness to her amazing odyssey of imagination, as she takes out of her coat pocket her Angel perfume.

The reason I'm asking you to watch this Campaign is that I want to give you some impression of the power of bringing a vision board to life and really living it with all your senses! So, what I am suggesting to you this month is the following:

Exercise 1: Visualize-Vision Board-Movie Script-Featuring YOU!

Therefore, my Life Coach Tool this month is for you to create your Vision Board, however this time to bring it to life in your imagination. Find a song you love "windmill of your mind" is wonderful to dream to. Play the song, and imagine your Vision coming to life. Just like Thierry Mugler did on his beautiful Campaign for Angel, bring the dream to life, so that you are transported. Become the Muse of your own Movie for your life for 2012. You can even give it a name "my dream life". You will be in sync with your energy, and attract to you your dreams, aspirations, and opportunities that resonate with your dream life campaign. Your mind works like a magnet, whatever energy vibrations you radiate

and send out with your thoughts and feelings is what you will attract to your life! So, you are in a sense your own Movie Director. Why not give yourself a starring role, experiencing your deepest dreams and wishes, refresh your image, reinvent yourself - take yourself to your ideal you in your ideal location living your ideal life!! Truly dream!! Close your eyes and start 'acting' as the star in your own future! Practice doing this 5 minutes of every day! If you do this every night with power and belief, and take the actions, one day you may find yourself living this dream life for real.

Be Inspired Article: 10 Questions with David Macrae!



Who Is The Real David

I grew up in England....a child of the 60's...flower power.....got married, had a son...emigrated to New Zealand....had another son....then gradually grew old in NZ.....until I was given the opportunity to move to Papua New Guinea, in my work as an insurance broker.....this was the start of many changes in my life.....and was where I started acting....got my first "break" as "Brian" in "Life of Brian"....and immediately fell in love with acting.....when I moved to Melbourne, I continued to act as a hobby....until I realised that acting was what I wanted to do....so in 2009, I moved to LA for 7 months....enrolled in a school there for 4 months....then managed to get into a North Hollywood theatre company for a few months until my visa expired....went back to Melbourne....quit my job as insurance broker to be an actor.....and have been dying to find work as an actor ever since. I am currently living in London, where I am finding work, albeit (for now) unpaid.....

Which five words best describe you?

Patient. Caring. Loyal. Happy. Young-At-Heart.

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

Working as a labourer's assistant while at school. When I left school, I started working as an insurance broker....which I continued to do, in various countries, until I quit to become an actor....

What's your proudest achievement?

My

sons.

What's been your best decision?

To quit my job and follow my passion for acting.

Who inspires you?

My acting friends in Melbourne.....and then, of course, the acting "greats."

What are you passionate about?

Acting....and being true to myself.

What's the best lesson you've learnt?

To trust my instincts, and accept that I deserve to follow my dream....

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

Johnny Depp.

What dream do you still want to fulfil?

To earn enough money to support myself as a working actor.

What are you reading?

I've just finished reading "Invitation to a Beheading" by Vladimiroir Nabokov....who wrote "Lolita." I'm rehearsing a play version of his novel, which opens on 9 January. And I'm about to start reading "The Veil", by Conor MacPherson, the first play I performed in Melbourne was one of his plays, "The Weir" - he is such a great playwright.

Daily Hint: Watch a Dream Image on Screen

Thank you! Your Daily Hint this month is, to watch the U tube video of Eva Mendes in the 'Angel' launch. Just by watching this image, to experience what it is like to be transported into this dream like state. And may 2012 be filled with your dream coming to life!

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 David Macrae, an inspiration as a person who has realized that he deserves to follow his dream as an actor and is now living in the UK following his passion! Happy New Year and may 2012 be the greatest year of your life. Love Karen x

"We used Eva Mendes to add a greater dimension of sensuality. We wanted to convey the idea that Angel transports you to a dream world. It's very elegant and fanciful, very faithful to the intentions of Thierry Mugler, who was with us throughout this project as artistic director of the brand. He himself felt the need to refresh Angel's image."

Joel Palix (Clarins)

"The theme of the communication campaign is The Dream Machine. Eva Mendes, when she perfumes herself is transported to multiple universes, festive or more stellar. We have transposed this very poetic idea on the Internet (which, as a rule, usually leaves little room for poetry) with an amazing application. We invite "mobile surfers" to discover a video sequence representing their own dream from words they chose to describe it. It's very viral and takes advantage of the great potential of new technologies, always circumscribed by the idea of a community of women. In fact, we have been doing it for a long time; a personalized relationship with the consumer is very dear to Clarins and has always existed for Angel with the creation of the Cercle. Today, we use new technologies to propagate the idea."

Joel Palix (Clarins)

(on using iPhone app as a way to complement the advertising campaign)

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 January, 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 January 2012

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