

You're The One Newsletter

MAKE IT A CELEBRATION TO REMEMBER!

Issue 7 Vol 2: February 2012

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Dear Karen,

What's New With Karen

Welcome to February 2012. January seemed to be a month of celebrations. One of the celebrations was a significant birthday of mine on the 26th January. I started planning for this back in October/November of last year and it surprised me how easily everything fell into place. Half the battle is asking ourselves how, where, when and for what purpose? So, I answered, it's a significant birthday and I want an intimate small group (how) around a beautiful table of fresh Italian seasonal produce (where), on a Sunday where people can linger from lunchtime onwards (when), and my theme of celebrating la dolce vita - the sweet life (the purpose). I came to realize how much happiness and joy one gets from organising an event - it needn't be stressful - once the decision is made everything just flows. So this month, with Valentine's Day up ahead, etc, I'd like to invite you to start planning for some sort of celebration that you have coming up and take some deliberate steps towards it. And, I've included a tip about creating your own personal celebration of you and your life right now. So, live, laugh, love and celebrate being alive! Warmest Regards Karen

Mojo Tip: Plan A Celebration or Event!



Aristotle Onassis & Maria Callas were at a Ball in Venice in 1957 when introduced. The second step on the path to your marvellous Mojo mindset for 2012 is to plan a celebration or event. People with Mojo know how to create an occasion! It doesn't have to be elaborate, extravagant or extreme. It can be subtle, simple, sublime and stunning. The occasion can be for their own self or it may be for someone else. The secret is in the thought that goes into it. The theme is the exciting part. People with Mojo delight in creating a theme for their event. They engage their creativity and imagination to become stimulated to new ideas and imaginings and then they "bring it to life." Once the initial decision of the date for the occasion is proposed it sets in place a chain of happenings that seem to flow towards the actual day of the event. It gives the Mojo person a sense of great pride in doing so, and they have the added bonus of bringing together a group of people who may not always have had an opportunity to have met or at least not for some time. The energy, enthusiasm and

excitement about the upcoming event, gives the Mojo-woman a sense of joy de vivre, with a spring in their step and gives purpose to their day to day happenings. Once the event comes along, they also have mastered the ability to relish the event (and not be stressed) as they have planned it all, and then decide to let go and enjoy! If anything goes wrong, they do not worry unduly - they laugh, they live and they love. If you want some tips about organising a great celebration - be sure to talk to a person with Mojo - you may not be able to stop them! So, this month, redefine the way you look forward to planning a special event, and make a conscious effort to give it your all! Watch the vibes that you will create!! Be the person who makes it happen with ceremonies, rituals, and events that will stay in yours and others minds perhaps for a lifetime!

Life Coach Tool: Hold Your Own Personal Ceremony!



A Great Love Story started in 1959 onboard his Yacht 'The Christina' between Onassis & Callas (which lasted a decade)

Valentines Day is only two weeks away - a perfect time to plan some occasion! However, here's something else for you to think about. Apart from planning an event or occasion for others, it is also time to do something different just for you! Yes- who says you have to have a special occasion. It's time to celebrate your life today! So, it is time to get started - do something daring - create a ceremony just for you - write a script, create a ritual, decorate. Ask yourself the type of ritual or ceremony you would like to have and whether you want to do this alone or invite some friends? This month you are going to get really creative and come up with some way to celebrate YOU and YOUR life!! Here are some ideas about what you can bring to your Personal Ceremony:

- A scroll of a script of what you are appreciating and celebrating about you and your life!
- An altar with a deity, statue, or stone
- A balloon release to ritual (attach a note to a helium balloon your worries/anything you want to let go of and set them free)
- A balloon wish ceremony (attach a note to a helium balloon your deepest wishes/allow that balloon to float off knowing what you give comes back)
- A bouquet of flowers to be added to your ritual
- A pillar candle to be added to your ritual
- A gratitude book

- A special toast for your ritual
- A piece of music that is uplifting

You've been to so many birthdays in your life to date, so now is the time, to really do something for you. I just know that this appreciation ceremony of you and your life will attract more of what you truly want as you will be in a state of love and gratitude. One thing is for certain, we do not know how much time we have on this earth, so go forth and celebrate the magnificence of YOU! How do we expect anyone else to fall in love with us if we don't love ourselves first! So this ritual has a lot of significance also around Valentine's Day! Have fun also coming up with lots of different reasons to celebrate life! There are many books and resources for finding creative ways of living with celebrating in ways you may never have thought of - even if a person is ill, there are healing rituals. I love how we can find positive ways to give meaning to even the struggles in life and reframe them.

Be Inspired Article: 10 Questions with Lisa Larkin!



Who Is The Real Lisa

After retuning to school, I am now an Interior Designer working for an Architectural Consultancy firm. I work on commercial projects - interiors of schools, restaurants and retail outlets etc. I enjoy the process of creating a space that provokes comment and works well, but it's the people that I meet that give me the biggest kick. I'm also a mother, wife, and I value the fantastic times that I have with friends. I've navigated my way through life's ups and downs with a sense of humour and I gravitate towards people who enjoy a good laugh. I love imperfection. I'm drawn to the weird and wonderful. I like a good story and great food. I love my family. I look forward.

Which five words best describe you?

Happy. Sincere. Honest. Relaxed. Intrigued.

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

I worked at Saftroms, a family run department type store that sold men's and women's clothing, haberdashery, and the big specialty - custom fitted bras. It was fun because I worked with a school friend and an older woman named Muriel, who kept us in line (which was fortunate because without Muriel, Alison and I would not stop laughing). I learned to toe the line. Since then I've had numerous jobs and gained invaluable life experience from them all, but at 35 I figured out what I wanted to be when I grew up and set up a plan to achieve my goal.

What's your proudest achievement?

Raising 3 empathetic people, who have a strong sense of who they are as individuals.

What's been your best decision?

All my best decisions have come from my heart not my head. Marrying, having kids, going back to school, moving house, letting go, holding on.

Who inspires you?

Anyone who dares to do what they think they can't. People who overcome adversity, and achieve great things. My husband's mate, who carefully cares for his disabled son, is a fireman and also takes time to enjoy life with his friends and family - he is a rare individual indeed.

What are you passionate about?

Art and music. I love architecture and film.

What's the best lesson you've learnt?

Be yourself. It's too hard to try to please everyone. And don't lie. Lying sucks.

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

Michelangelo (did his neck hurt?), Mama Cass, Florence Broadhurst, Mother Theresa, Oprah Winfrey and Robert Di Nero.

What dream do you still want to fulfil?

Travel all over the world. I want to see as much as I can (and photograph it).

What are you reading?

Then Again - Diane Keaton.

Daily Hint: Watch a Dream Image on Screen

Thank you! Your Daily Hint this month is, to spend time reading, or researching any resources to do with planning an event or celebration and get your creative juices working for ideas and inspiration for a special moment in your life! Scour through books and notice what strikes a chord with your imagination!

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 Lisa Larkin, an intelligent, funny and inspiring woman who uses her creativity and talent to bring life to any commercial space - and to the people she connects with. Happy Valentines Day. May this one be the best ever! Love Karen x

Love is so much better when you are not married.

Callas

If women did not exist all the money in the world would have no meaning.

Onassis

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 Initial Appraisal

As a special offer for the month of February, Lisa of Lisa Larkin Design is offering an obligation free initial appraisal for anyone seeking Commercial Interior Design Services. Lisa can be contacted on: 0418 342 626 or at lisalarkin@bigpond.com

Offer Expires: 29th February 2012

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