

You're The One Newsletter

LOVE THE CHILDREN!

Issue 7 Vol 4: April 2012

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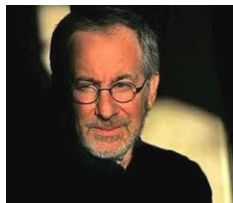
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Dear Karen,

What's New With Karen

Welcome to April 2012. Over the past month or so, I've had the opportunity to spend time with my nieces, nephews and children of my friends - wow, have I relished it! These young folk have so much to teach us and we, in return, have a lot we owe them. Children need encouragement and guidance, no matter what age. I observed - when you spend time with children - you have a profound opportunity to contribute - you can literally see them change in your presence - because you are showing that you care. Your time is your most valuable asset you can show children - it is not about the quantity, but the quality of time you can give them. A great Mentor and guide to our youth, is the late Jim Stynes, who passed away at only 45. Through his Reach Charity, Jim changed the lives of many young people by encouraging them to go beyond their fears, and follow their dreams. This month, I'd like to suggest that you too, find at least one child and decide to make a difference in their life. Miracles may occur! Warmest Regards Karen *(RIP Jim Stynes-This newsletter is a tribute to you)*

Mojo Tip: Children - Play, Engage, Lead by Example!



Stephen Spielberg Gets Movie Ideas From His Children

The fourth step on the path to your mysterious Mojo mindset for 2012 is to take responsibility to lead positively by example the children in the world. These Mojo role models do this deliberately by spending quality time with children, as well as being very present and focussed. They also teach the Mojo mindset to children of the attitude of: 'it is not what happens to them that matters, but how they deal with it.' These Mojo Mentors create homes/environments that are nurturing and loving by shifting the primary focus away from achievement, to ones which encourage also curiosity and playfulness. In these atmospheres children flourish as the Mojo Mentor prompts children to view the world and life in new ways - children are engaged in meaningful conversations - and become used to asking and being asked lots of questions. Through this, they get to respond with many options and solutions as to why things happen, what needs to be done, what they might want to do, etc. A great example is, Steven Spielberg, Film Director, who commented that most of his ideas for his movies emerged from his

dinner table discussions with his 7 children. Not only is his dinner time such a rewarding experience, where 9 people engage with the focus primarily on asking lots of questions, it has also added to his profits & success. The element of play is also vital - whether that be laughing, running around, chasing, wrestling, or board games. This enhances both the creativity and imagination of children. Finally scientific research proves that children need a consistent, loving, warm environment to flourish in life. That perhaps is the greatest gift we can give the children in our lives. Don't wait until there is a tragedy before you decide to prioritize the children in your life. Take time to be present, be loving, be encouraging, be curious, be playful, be guiding with the children in your world and you will find that not only are you preparing them to be adults with Mojo, but it will affect your Mojo also! The children are our future-we owe them our very best!

Life Coach Tool: The Top 50 Books All Children Should Read!



Oscar Wilde's Book "The Happy Prince" (one of top 50 children's books)
Books are wonderful for our imaginations! It doesn't matter what age you are, books have the ability to help us look afresh at the world, to explore, observe, investigate, discover and learn. I gave my 8 year old Nephew recently a wonderful book, by Oscar Wilde, 'The Happy Prince,' which is over 100years old. I was happy to later discover that this very book had been nominated "Top 50 books all children should read" by the UK Newspaper, The Independent. (Note: The Independent asked 3 of Britain's leading children's authors and 2 of their in-house book experts to each pick 10 books suitable for Year 7 students (11year olds) that brought them huge joy. My tip this month is to take some time to either read a book to a child, to donate a book to a children's charity, or to buy a gift for a child you know as a way of engendering curiosity, playfulness, and imagination in their lives. Here are the 50 suggestions below:

Philip Pullman

- * Alice's Adventures in Wonderland and Through the Looking Glass by Lewis Carroll.
- * Pinocchio by Carlo Collodi.
- * Emil and the Detectives by Erich Kastner.
- * Swallows and Amazons by Arthur Ransome.
- * Black Hearts in Battersea by Joan Aiken.
- * The Owl Service by Alan Garner.
- * The Phantom Tollbooth by Norton Juster.
- * Moominsummer Madness by Tove Jansson.
- * A Hundred Million Francs by Paul Berna.
- * The Castafiore Emerald by Hergé.

Michael Morpurgo

- * The Star of Kazan by Eva Ibbotson.
- * A Christmas Carol by Charles Dickens.
- * Just William books by Richmal Crompton.
- * The Happy Prince by Oscar Wilde.
- * The Elephant's Child From The Just So Stories by Rudyard Kipling.
- * Treasure Island by R.L. Stevenson.
- * The Old Man and the Sea by Ernest Hemingway.
- * The Man Who Planted Trees by Jean Giono.
- * The Singing Tree by Kate Seredy
- * The Secret Garden by Frances Hodgson-Burnett.

Katy Guest, literary editor for The Independent on Sunday

- * Refugee Boy by Benjamin Zephaniah.
- * Finn Family Moomintroll (and the other Moomin books) by Tove Jansson.
- * Diary of a Wimpy Kid by Jeff Kinney.
- * I Capture the Castle by Dodie Smith.
- * The Hobbit and The Lord of the Rings by JRR Tolkien.
- * The Tygrine Cat (and The Tygrine Cat on the Run) by Inbali Iserles.
- * Carry On, Jeeves by PG Wodehouse.
- * When Hitler Stole Pink Rabbit by Judith Kerr.
- * Moving Pictures by Terry Pratchett.
- * The Story of Tracy Beaker by Jacqueline Wilson.

John Walsh, author and Independent columnist

- * The Adventures of Sherlock Holmes by Sir Arthur Conan Doyle.
- * The Curious Incident of the Dog in the Night-Time by Mark Haddon.
- * Mistress Masham's Repose by TH White.
- * Little Women by Louisa May Alcott.
- * How to be Topp by Geoffrey Willams and Ronald Searle.
- * Stormbreaker by Anthony Horowitz.
- * Private Peaceful by Michael Morpurgo.
- * Artemis Fowl by Eoin Colfer.
- * The Silver Sword by Ian Serraillier.
- * Animal Farm by George Orwell.

Michael Rosen

- * Skellig by David Almond.
- * Red Cherry Red by Jackie Kay.
- * Talkin Turkeys by Benjamin Zephaniah.
- * Greek myths by Geraldine McCaughrean.
- * People Might Hear You by Robin Klein.
- * Noughts and Crosses by Malorie Blackman.
- * Einstein's Underpants and How They Saved the World by Anthony McGowan.
- * After the First Death by Robert Cormier.
- * The London Eye Mystery by Siobhan Dowd.
- * Beano Annual.

Be Inspired Article: 10 Questions with Andrea Vella!

**Who Is The Real Andrea**

I am someone who considers myself a fringe-dweller, who lives on the outskirts of society, an unconventional person. I have a strong sense of social justice and am passionate about these causes. I love simplicity in life, a simple life, peace and solitude. I am compassionate and my true passion lies in helping those who are marginalised and disadvantaged. Spirituality is a big part of who I am, and that is why I decided to start up a business "The Sage and Owl" creating white sage smudge sticks, a native American Indian spiritual cleansing tool.

Which five words best describe you?

Individual. Passionate. Compassionate. Free Spirited. Free Thinking.

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

My first job was working at McDonalds, at age 14. Since then I have worked in many diverse areas of employment. I am now working with a man who has quadriplegia, assisting him with his daily care. I have always found that working with indigenous people highly rewarding and deeply rewarding. It is where my true passion lies. I have recently started my own business, 'The Sage and Owl' selling white sage smudge sticks.

What's your proudest achievement?

My proudest achievement would be becoming a mother. Watching your child grow and develop into a caring, insightful and intelligent young boy. Who is inquisitive about life and caring towards others?

What's been your best decision?

My best decision has been to take a kind of sabbatical during periods of my life. I removed myself totally from the mainstream and lived on a remote indigenous community. All life's little luxuries and material concerns were not present, whilst living on a community. Although you were living in quite a challenging environment, the positives far outweighed the negatives. This experience introduced me to a culture which embraced spirituality and the warmth, love and kindness I experienced will remain with me forever. It put a lot of things in perspective for me and made me aware of what is truly important in life.

Who inspires you?

I am inspired by many. I suppose being somewhat of a non conformist I am inspired by the revolutionary types: Martin Luther King, John Lennon, J.F Kennedy, Michael Jackson, Aaron Russo, Tupac, Bob Marley. All those who have fought for freedom and our civil rights.

What are you passionate about?

I am passionate about having compassion for your fellow man and issues relating to social justice. I believe we live in a world oppression has become a massive epidemic. Dictators all over the world are slowly being exposed and their oppressive regimes are falling. I am passionate about supporting our freedom of speech. I am passionate about transparency and accountability from those who are in power. You have to stand for something otherwise you will fall for nothing.

What's the best lesson you've learnt?

The best lesson I've learnt is that the Truth is a powerful tool.

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

Person living or dead I would most love to meet would be Aaron Russo. Aaron Russo was a Hollywood Film producer and director. He was also later in his life a political activist. Aaron produced the documentary Freedom to Fascism, he was dedicated to the truth and wasn't afraid to speak the truth. A true humanitarian who wasn't motivated by greed.

What dream do you still want to fulfil?

The dream I still wish to fulfil, is to have my son by my side.

What are you reading?

I am currently reading Conversations with Ascended Masters.

Daily Hint: Rewatch or Reread a Childhood Book/Film

Thank you! Your Daily Hint this month is, to go back in time, and find either a film or a book that inspired you as a child. I remember escaping as a child into Enid Blyton books like the Magic Faraway Tree. I also remember watching "Kidnapped" at the movies for a School Excursion and being transfixed by Michael Caine! May you go back and re-explore something that had a huge impact as a child as a way to see how children's imagination is ignited by inspirational stories, either read or brought to life on screen!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so happy to introduce you to my Sister, Andrea, as my special guest, we've been very close since childhood until today, like a couple of soul mates, and she inspires me each day of my life to go beyond the self and make a difference in the lives of others. May April be a month of reconnecting back with the innocence of childhood & children.
Love Karen x

*"Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you,
And though they are with you yet they belong not to you.
You may give them your love but not your thoughts,
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow,
which you cannot visit, not even in your dreams.*

*You may strive to be like them,
but seek not to make them like you.
For life goes not backward nor tarries with yesterday.
You are the bows from which your children
as living arrows are sent forth.
The archer sees the mark upon the path of the infinite,
and He bends you with His might
that His arrows may go swift and far.
Let your bending in the archer's hand be for gladness;
For even as He loves the arrow that flies,
so He loves also the bow that is stable."*

Khalil Gibran

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 Info White Sage Smudge Sticks

As a special offer for the month of April, Andrea Vella (my wonderful Sister), the Owner of Sage and Owl is happy to answer any questions about the usage and benefits, and her journey to manufacture her very own White Sage Native American Indian Smudge Sticks, which she is now selling in shops around Australia. If you are interested in learning more or perhaps ordering Andrea can be contacted at: thesageandowl@bigpond.com and please mention yto!!

Offer Expires: 30th April 2012

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