

You're The One Newsletter

HONORING OUR MOTHERS!

Issue 7 Vol 5: May 2012

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Dear Karen,

What's New With Karen

Welcome to May 2012. During April the Indian 'hugging saint,' Amma, visited Australia. Amma travels the world in her quest to spread love and compassion and alleviate human suffering - it is said she is the symbol of universal motherhood. Amma's gift is to personally hug everyone who comes to see her - and it is estimated she has hugged over 31 million people worldwide, often spending over 18 hours a day and hugging in excess of 40,000 people in a single session; all her public events are free of charge. With Amma in mind, it seems synchronistic that whilst in April I focussed my newsletter on children, now in May with Mother's Day fast approaching, I have flipped the coin, and devoted this month's theme to Motherhood. Where would we be without the mothers in our world, whether that be our own Mothers, Grandmothers or wayshowers of humanity, universal mothers, like Amma. This newsletter is devoted to all the Mothers, and especially my Mother, who has been such a selfless and generous influence in my life whom I intend to give back from this day forward. Happy Mothers Day to all the mothers. Warmest Regards Karen

Mojo Tip: Attitude - the Essence of Motherhood!



Amma - the 'Hugging Saint' of India - Symbol of Universal Motherhood

The fifth step on the path to your masterful Mojo mindset for 2012 is to stop, reflect and then decide to deliberately, honor, love and embrace the Mother in your life with unconditional love. People with Mojo appreciate that whilst much of life is duplicitous; they only get to have one Mother. For this reason, they are profoundly aware that this relationship may be one of the most singularly important relationships in their lives, so they treat their Mothers with kindness, respect and unconditional love. They know the sacrifices that their Mother had to make to bring them in to the world, and guide them over the rest of their lives. Making the decision right now to 'worship our mothers' gives us the opportunity also to forgive ourselves for perhaps being selfish in our lives. We get a fresh opportunity for a new start - making the decision to accept, embrace, give and love our Mothers every day from this day forward. The person with Mojo

know that this bond with their Mother is almost unexplainable, a strong psychic bond which goes on forever, and even if there has been a temporary setback in the relationship, that it can always be restored!! Sometimes, these Mojo-esque people reach a point in their lives, when life calls on them to become the carers of their own Mothers. So the tip for this May is to take a leaf from the book of Amma, the 'hugging saint,' embrace the qualities of universal motherhood and show your Mother your love and compassion that she may be also needing. But remember our Mothers seem to know how to 'outlove their children.' And for those of you whose mothers may have sadly passed, you can still honor your Mother by paying tribute to her with the way you live your life! Finally, a thought to ponder - you do not have to be a Mother yourself to embrace the principles of universal motherhood - as Amma says: "The essence of motherhood is not restricted to women who have given birth; it is inherent in both men and women. It is an attitude of the mind. It is love, and love is the very breath of life." So go forth, and embrace the concept of universal motherhood.

Life Coach Tool: The 10 Ways To Honor Your Mother Daily (& Especially on Mother's Day)!



Motherhood Mantra - The Shortest & Steepest Path to Enlightenment

In today's modern era, many of us get so caught up in our lives that we forget our Mothers. So, with Mother's Day approaching, I am suggesting it is the perfect time to take a new Vow/Pledge. That is a vow to make your mother's life special, not just on Mother's Day, but on each day of the year. I have come up with a list of 10 simple things we can do - small gestures - that will bring more love and joy to her life. Remember, Mother is God's blessing to us, so we need to start to find ways to take care of her and make her feel loved and special always. Here are a few ideas, and I am sure you can come up with more:

Serve Her

Make Your Mum breakfast in bed, or take her out for breakfast, brunch to somewhere special. Book her in for a pamper session somewhere. Do the things that she has done for you over the years, and with a smile on your face.

Respect Her

Respect your Mum by not raising your voice or losing your temper. Make a promise to yourself that you will control your temper/bite your tongue. You don't have to tell anyone - but your attitude will tell her. Keep your promise.

Give Her

Give your Mum the gift of time. Ask about her welfare, talk to her, listen to her. Give her the time for what she truly needs. If she likes staying home, then spend time with her at home, if she likes the movies or shopping, take her out to do that.

Buy Her

Buy your Mum a thoughtful gift. Choose something that has special meaning for her no matter how small. Buy that home-made jam she loves or that french soap she especially adores. No matter how ordinary the gesture may seem to you, she will value it the most because of the loving way you have gone about it.

Help Her

Help your Mum with what she needs. Maybe she needs something done around the house, a light globe to be installed, or perhaps you can research a new phone she needs, and help her to get the best price. Simply find out what would make the most difference to make her life easier and happier.

Please Her

Please your Mum without being asked. Do the things you know she truly wants from you - even the smallest of things, tidy up your room, do your homework, or even just take time out from your too busy schedule to relax with her. This will make a huge difference to her!

Remind Her

Remind your Mum of your childhood memories. Go through some family photos, etc. Make sure she know the bond between you has grown even stronger with time, as only time can strengthen bonds.

Surprise Her

Surprise your Mum! Be spontaneous with something small, or generous! Show up on her doorstep if you live interstate, buy her an air ticket, leave a bunch of flowers on her doorstep, write a card to tell her how much you love her.

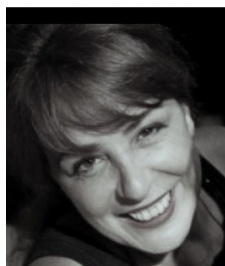
Honor Her

Honour your Mum - if you need to apologize do so! Especially on Mother's Day, but also make a pledge to yourself to do that for each day during the year. This will build your relationship even more. Sorry is like superglue - it can heal almost anything!

Love Her

Love your Mum - by doing things for her that she would love. Think about what she loves on the ordinary days of the year, and make them happen on this special day. The important thing is to do anything that she has ever loved - write her a poem, bring her a plant, bake a cake, anything that she loves.

Be Inspired Article: 10 Questions with Oria Massa!



Who Is The Real Oria

I just am.

Which five words best describe you?

Hardworking. Compassionate. Giving. Artistic. Determined.

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

We arrived to Australia in 1973, and due to my lack of English, found a factory job at Four & Twenty Pies (the first words I learnt were from a huge German lady, saying 'gut on you.') Following that, I became an airhostess, travelling the world & was fascinated by the interesting people and cultures and how different and unique we are from one another. My earlier studies in Italy of medicine, led me then to study Psychology, Neuro-Linguistic Programming, Quantum Physics, becoming a Master Practitioner in NLP & Timeline Therapy and a Trainer's Trainer in Hypnotherapy. During this time I also wrote a book and created a 6 week program called 'Know Thyself' which has helped thousands of people. Finally, my dream has come true of having the Oria M Holistic Centre (where people can receive many different kinds of services and courses) bringing balance to their lives.

What's your proudest achievement?

Becoming a Mother, passing on my values to my daughter, and then seeing that passed on to my Grandchildren.

What's been your best decision?

When I decided to not allow other people to influence my life, and being in charge of my own choices.

Who inspires you?

Michael Caine (he doesn't allow anyone to tell him what to do); Dr John De Martini (he said I am the 'one and the many and the many into one'); Dr Joe Vitale (he said 'you already have everything' and wished me luck).

What are you passionate about?

I am passionate about teaching, and bringing changes to people lives. And of course I love my paintings, sculpture, and interior decorating.

What's the best lesson you've learnt?

To listen to people, be silent and not in a hurry to answer.

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

Gesu.

What dream do you still want to fulfil?

To bring peace and love on earth, knowing that one drop in the ocean can create waves.

What are you reading?

The Bible. I read it from references because in the Know Thy Self program there are a lot of actions that can be pinpointed from what the Bible says.

Daily Hint: Start a Black Book For Your Mother

Thank you! Your Daily Hint this month is inspired by a lady I read about, whose Mother had been diagnosed with leukaemia - in the days prior to her Mother passing, she decided to start a black book and write in it all the special things she wanted to thank her Mother for. Rather than wait until something happens to our Mothers, I would like to suggest that you start that book right now and give that book to your Mother on Mother's Day!! Remember, there is a Jewish saying "God could no be everywhere and therefore he made mothers." So, the daily hint for May is to start a little project dedicated to your Mother.

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 much admired mentor, teacher, guide, and long-time friend, Oria Massa, whose kind, loving and peaceful nature have nurtured myself and many others immensely along our journeys to now! She, to me, is also like a symbol of motherhood and a mother figure in many ways. May your May be endowed with the universal qualities of motherhood. Love Karen x

"A mother is the truest friend we have, when trials heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine desert us; when trouble thickens around us, still will she cling to us, and endeavour by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts."

Washington Irving

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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**70%
off
Oria's
'Know
Thyself'
Program**

As a special offer for the month of May, Oria Massa is offering her 'Know Thyself' Program (at 70% off the original price of \$2,500) for \$750. If you are interested in this wonderful life changing program, please contact Oria via email at oria@me.com or via telephone on 0410 90 40 52. The Oria M Holistic Centre is located at 579 High Street, Northcote, Victoria 3070 (at the t-section with Darebin Road). And please mention yto!! **(Oria's new website is currently being designed, so for those of you looking for her website, the business is also known as The Medical Laser and IPL Clinic Dot Com Dot Au).*

Offer Expires: 31st May 2012

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