

You're The One Newsletter

VICTORY OVER FEAR!

Issue 8 Vol 5: May 2013

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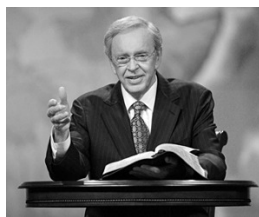
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Dear Karen,

What's New With Karen

Welcome to May 2013! During April, I'm going to admit, I lived for some days wrestling with fear. The more I thought about the situation, the more it seemed to magnify - the feeling of dread just wouldn't seem to go away. So, I decided I was going to confront the faceless demon, come face to face with this monster, and struggle with it until I overcame it, and it retreated from my life. However, this strategy only worked momentarily and before long, it would raise its ugly head again. Oh how much I wanted a sweet victory over this fear. I was exhausted when I was led synchronistically to one of my Mentors, Dr Charles Stanley (a Baptist Minister from the USA), sharing one of his Life Principles on how to have Victory Over Fear! As I watched and listened, not only did I realise that most of the world was in a state of incredible fear, but also that there are ways to truly deeply understand the root causes and how we can lay our fears aside and walk with faith instead. You see I think fear is really a battle of faith. When we are fearful it often indicates we have shifted our focus off faith. Conversely, when we are strong in faith our fears seem to subside. So, with much joy, I share with you a 5-step process so that we can cast our fears aside. Do your loved ones a service and teach it to all you know. Love Karen x

Mojo Tip: The Wrestle Between Faith & Fear!

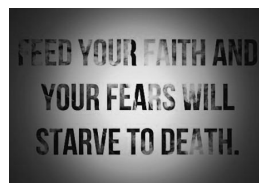


Dr Charles Stanley, NYTimes Best-selling Author, Pastor & Dr of Theology

The 5th step on your momentous Mojo mindset for 2013 is to adopt a way to cast away fear. People with Mojo know only too well the devastating consequences on their lives of continuous fear that remains unchecked. So, if fear arises occasionally, they are confident knowing they have a tried and true strategy to cast the fear aside. Infact, through practice, it has become second nature for them to apply their process and leave fear in their wake. One could say they live with the motto "It is not what we do once that brings us victory in our life - it is that what we do over and over again." Whilst some of us grapple with fear, and find just like quicksand, we sink more into it - these Mojo-esque role models, are aware and accept if fear comes upon them and are confident in knowing how to cast the fear aside. The person with Mojo is calm, confident, joyful, peaceful, decisive with a clear mind, and sound health. You will

know them when you come across them - they seem to be able to walk into all situations (even ones which could be frightening) and go in with a sense of confidence that no matter what happens they are truly being looked after by a higher power - in a state of faith and love. An example of a person with Mojo is Dr Charles Stanley, an 80 year old New York Times award winning author, Dr of Theology, & Senior Pastor at First Baptist Church, Atlanta, USA. Dr Stanley applies biblical truths that can help people to weather the challenges of life, and I personally love to listen to his Life Principles Series. Recently, I was led to one of his Life Principles Talks, where he shared his strategy for what we can do when we are in the midst of fear and how to have victory over the fear. What Dr Stanley teaches is that, by taking the focus off the fear and putting it onto faith - we are strengthened spiritually (and the fear subsides). He personally has a specific scripture he refers to, and studies at these times, and his soul is nourished and strengthened the more he refers to the passage. He teaches that with faith restored, anxieties are cast aside, or handed over to a higher source. Dr Stanley is a man of Mojo and a wonderful teacher and mentor - as he walks the talk of what he has been through and how you can apply this life principle. So, really in essence, when we are fearful it is because when we have in some way a crisis/battle of faith. And now you know what to do in these situations to have victory over fear: to acknowledge it, identify its source, change your focus, rely on spiritual verses, and lay down the fear. You are in loving hands - even if you can't change your situation - you don't have to fear it. You are protected and you can face anything in life! May you go forward with faith!

Life Coach Tool: 5 Steps To Cast Any Fear Aside!



Feed Your Faith Mantra

Excerpts below taken from Dr Charles Stanley's Life Principles Series:

What is Fear? Fear can be described as an uneasy feeling of dread - like an alarm that warns us when something bad is going to happen. It could be caused by a threat or feeling of loss of control in certain situations. Did you know that many of the negative emotions we experience in life are rooted in fear. *For example, greed (fear of not having enough), rejection (concern of not being accepted, guilt (worry that our wrongs might be discovered), discouragement (fear of failure caused by lack of confidence), anger (fear that we may not get our way), jealousy (fear of losing control of things we desire), indecision (worry about making a wrong choice).*

Why are We Afraid? Fear may be in our lives because of many reasons. *For example: childhood lessons (in an effort to protect us, our parents may have ingrained fears in us), imagination (sometimes the nervous system cannot distinguish between a real or imagined danger which creates shadow fears that trouble us), sin (fear is a consequence of living an unholy life), ignorance (some of our fears*

are based on misinformation rather than truth), doubt (God is our sense of security, when we doubt his love and forgiveness, fear replaces trust and peace), poor self image (all people need to feel accepted and valued by others. When this sense of belonging is missing, the fear of rejection takes place), unattainable standards (sometimes we aim too high and become anxious when it looks like we may not achieve our goals).

How Can We Deal With Fear? Learn the 5-step process that Dr Charles Stanley teaches and watch the fear subside (I know it - it worked for me and it will for you too).

Exercise: Dr Charles Stanley's 5 Steps To Cast Fear Aside:

1. Acknowledge it (admit to yourself).
2. Identify its source (search for where it came from).
3. Change your focus (put your focus on faith and off the perceived fear).
4. Rely on Isaiah 41:10 (find a spiritual truth and meditate upon daily until you are strengthened)
5. Lay down your fear (fear will then be easily cast aside and faith will take its place).

This method I believe truly works. The first step is we must first admit that it - fear is a problem in our life. Secondly, ask yourself if you're afraid of a situation with an uncertain outcome or of the consequences of past choices. Once you know the true source you can begin to address it in the right way. Thirdly, to change your focus is tremendously powerful - because when our attention is fixed on our fears, they only get bigger, consume more of our life and shape our decisions. The only way to shift our focus to the most powerful weapon you have - is a scripture from God (or from your denomination of faith). The fifth step is also important - and that is to 'lay down the fear' - when you truly understand that the Lord is faithful, loving and omnipotent, you have no reason to hang on to your anxieties. *Are you being tested? If you are in fear it is likely your faith is being tested. It is time to apply your faith - you have learned the lessons - now it is time to walk the talk. As you walk you are being refined. You will find your mind will be undivided. As your mind becomes more and more undivided you will find less fear in your life. You have passed the test and you have been refined.*

Be Inspired Article: 10 Questions with Denzil Peters!



Who Is The Real Denzil?

I am a 44 year old South African man now living in Dubbo NSW Australia with my family. Almost 4 years ago I had a spinal cord

injury following a diving accident. In my younger days I was quite rebellious, ended up in prison and just lived quite selfishly from one day to the next getting what I needed to survive. Now my focus is on my family which also includes my team of carers that assist me on a daily basis. I have learned that life is about giving and not just taking and I can gladly add that to give love is to get love. I believe that we all are gifted in some way and have a purpose that is God given in life, even if it is just to make someone smile.

Which five words best describe you?

Caring. Opinionated. Stubborn. Extroverted. Friendly.

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

My first job was as a diamond brillandeer which involves cutting and polishing raw diamonds in Johannesburg South Africa. Since then I have had a broad range of sales and marketing experience in both South Africa and Australia.

What's your proudest achievement?

Coming to Australia after a three year wait for my visa to be approved.

What's been your best decision?

Marrying my wife Karen Fogarty in Dubbo in 2006.

Who inspires you?

My family is my inspiration. My wife Karen and my children Nicholas 6 and Grace 5.

What are you passionate about?

I am passionate about life and how I can assist others with the knowledge I have gained along my life path so far.

What's the best lesson you've learnt?

To never give up even though it may seem like there is no hope - you never know what's around the corner.

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

Martin Luther King.

What dream do you still want to fulfil?

Being able to provide shelter and food for the homeless in South Africa.

What are you reading?

The 5 Languages of Love.

Daily Hint: Practice Daily Immersion in Words of Faith:

Thank you! Your Daily Hint this month is to find some words that have great meaning to you, that you can draw strength from, and renew your faith in God (or higher power). Learn the words off by heart, and infuse yourself daily with them so that your faith is truly strengthened and you are of an undivided, clear mind with joy, peace and love in your heart. Help all those you know who may be suffering in fear, to find faith renewed again!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I've been wanting to interview Denzil for so long as I heard a lot about him from one of my sisters, who works as a personal care attendant to Denzil - I just know you will find his words to have deep resonance in your life also - he's a man with great faith and demonstrates how faith and love have turned his life around. Enjoy meeting the wonderful Denzil! Love Karen x

*"Fear knocked at the door. Faith answered. There was no one there."
Martin Luther King Jr*

Sincerely,

karen vella

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CONTACT DENZIL - A Fascinating Role Model!

Denzil sets a wonderful example of a person who has turned his life around and now focuses on being of assistance to others. If you are as inspired and fascinated by Denzil, as I am, you may wish to make contact with him. Denzil is happy to be contacted at: karenanddenzil@bigpond.com. & remember to mention yto!)

Offer Expires: 31st May 2013

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