

You're The One Newsletter

TAKE A SHOT AT THE SILVER LINING!

Issue 8 Vol 7: July 2013

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Dear Karen,

What's New With Karen

Welcome to July 2013! Last month I raced into my local DVD store as soon as the film 'Silver Linings Playbook' arrived on the shelves. The movie was inspirational and one I would recommend all watch - it really is moving. It's a film that destigmatises mental illness (Brad Cooper plays 'Pat' who moves in with his parents after 8 months in a psychiatric institution where he was diagnosed with Bipolar) and how people can emerge from the darkest moments into a world of light. In the film, Brad Cooper says "You have to do everything you can. You have to work your hardest. If you stay positive, you have a shot at a silver lining." It really is saying behind every cloud there is a silver lining. It got me thinking about how often in life we have stopped looking for the silver lining (or the blessing in the situation). And what if we all were to make a decision, just like Brad Cooper, to do absolutely everything in our power to stay positive - and keep moving onwards and upwards - then imagine the amazing silver linings our lives would be filled with. So, this month, my newsletter is dedicated to hopefully inspiring all to believe once again in the silver linings of their lives, and assisting others to do the same. Love Karen x

Mojo Tip: Beyond Dark Clouds Are The Silver Linings!



Director, David O'Russell, of the Award-Winning 'Silver Linings Playbook'

The 7th step on your mind-blowing Mojo mindset for 2013 is to actively apply the principle of finding the silver lining in life's challenging situations. People with mojo see life from an enhanced and higher perspective: that is to see that glow of the sun shining behind even the darkest of clouds. They understand that in life sometimes our plans do not come to fruition, and even our dreams can be shattered, yet they remain undefeated, keeping their hope alive and believing the sun will appear again! Infact, they even believe they are blessed in whatever situation they find themselves in. They look for the blessing. But more than that, they keep moving forward with a belief that things will have a way of working out. No matter how upsetting a situation, they are able to be encouraged enough to see a way forward and take action in that direction. In a sense they see that in life every bad situation has some good aspect to it. People with Mojo are synergistic to other people, knowing that everyone is living in their own private universe. They combine

pathos (empathy) with eros (heart) and logos (mind) to be a person who can understand people from all walks of life. These mojo-esque masters relate and understand people whose life path may have been more of a struggle, or who have been grappling with a form of emotional/mental illness. A great example of this is the movie *Silver Linings Playbook*, based on the book by Matthew Quick. *Silver Linings Playbook* has been made into an eight times Oscar Nominated Film by the talented Director, David O. Russell as homage to his son who has Bipolar Disorder. David O. Russell highlights with some fresh and rich insights on how, in a sense, we are all suffering in one way or another from some issue, and highlights the need to be more tolerant and accepting of other's suffering and differences. Jennifer Lawrence, the talented actress who plays 'Tiffany' in the film, in thanking David O. Russell after her Best Female Actor win, stated: "You made a movie for your son so that he wouldn't feel alone, and so that he could feel understood. And I think I can speak on behalf of most of us and say that you helped more than your son. You've helped so many sons and daughters, husbands, wives, everybody." Russell has had many positive reactions. "I've had people tell me that the film helped them to see someone they know differently, see themselves differently, he says. "I think storytelling does what medicine can't do, which is to reach out to help people and help them feel human, to look at their own prejudices and to branch out." You see we should never feel hopeless because difficult times will lead to better days. Difficult times are like dark clouds that pass overhead and block the sun. But when we look more closely at the edges of every cloud we can see the sun shining there like a silver lining. Let's care for each other - let's reach out and understand that the way to help others through their challenges is just like the movie which instead of using medication, uses a personal, faith-and-family centred approach to holding mental illness in abeyance. I guess everything can be summed up by David O. Russell when he states "Our son is doing well. It's always a challenge. It's one step at a time. You just have to keep moving forward and believe in yourself. My son taught me that." Here's to Excelsior - moving onwards & upwards (you will have to watch the movie to understand what Excelsior means)!

Life Coach Tool: Grateful Flow!



Behind Every Dark Cloud is a Silver Lining

Just like 'Pat' in the movie, *Silver Linings Playbook*, we need to apply tools when our minds are filled with worry, self hatred, or any other form of negative thinking - in a nutshell, when we have been taken over by the Black Cloud. According to Barry Michels & Phil Stutz, Hollywood's Acclaimed Psychotherapists, this so called 'Black Cloud' limits what we can do with our lives and deprives our loved ones what is best about us. Life then becomes a struggle to survive instead of the fulfilment of great promise. Michels and Stutz have devised a simple yet powerful tool to use in these situations (see

below).

The Tool: Grateful Flow:

1. Start by silently stating specific things in your life you are grateful for. Those can be things that go without saying for you ie that you have a roof over your head. You can also state silently bad things that are not happening ie early death. Go slowly so you can feel the gratefulness of each item. Keep thinking up more.
2. After half a minute in which you have listed things that you are grateful for you stop. Concentrate on the feeling of gratefulness in your body. Soon you'll feel it coming from your heart. This energy you are emanating is the Grateful Flow.
3. Now feel your chest open - and sense a presence approach you, filled with the power of infinite generosity - you have made a connection to God/higher power/source.

Look for the silver lining and the blessing in your life. Use gratitude so that we get connected to the Source. The power of the Source dissolves any negativity, worry or obsessive thoughts. May you look for the silver lining in each and every situation you encounter, be grateful for your life, and lift yourself out of the lower vibrations of negativity, worry and obsession. Watch your black cloud disappear and your silver lining appear.

Be Inspired Article: 10 Questions with Kim Soekirno!



Who is the real Kim?

I have a passion for classical music, some jazz & blues and an appreciation of many of our present day artists. When gardening I am in my element, it calms me to no end and gives me a full sense of accomplishment. My journey has taken me to highs and lows but I will always rise to the challenge. Challenges don't daunt me - they bring out my adrenalin a bit like winning at a board game like chess. My family and my dear friends are my treasures that have the most value that money cannot buy. I love to laugh and I mean really laugh with them and be the one they can always rely on as they have always loved me unconditionally and I them. Today's journey is my new challenge, my company, and it will be my legacy to my family. This will become my pride and joy. 'Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the present'. This quote is from an unknown. I keep a book of quotations and sayings to read and reflect upon from time to time this is one I would like to share.

Which five words best describe you?

Ambitious. Enthusiastic. Empathetic. Generous. Loyal.

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

My first real job was managing a showroom and displaying all of the 1000's of items in giftware, garden, home furnishings. Then dealing with buyers and getting them to spend, always more than they anticipated. Great for a while but my creative juices were stifled so moved on to an opportunity in a Graphic Design studio. Not sure about now but during the 70's early 80's the creative path did not really pay that well. From Graphics to eventually Advertising/Administration for Real Estate Company part time then into Investment Consulting. I have always loved the interaction with the clients and then seeing their investments grow really well gave me a great sense of achievement. After a break, further study I now own and share my own property consulting company.

What's your proudest achievement?

I have several but the most impact was producing two gorgeous daughters who I love beyond belief.

What's been your best decision?

This is easy creating my own company.

Who inspires you?

Steve Jobs -'Being the richest man in the cemetery doesn't matter to me...going to bed at night saying we've done something wonderful...that's what matters to me'

Pablo Picasso-'Every child is an artist. The problem is how to remain an artist once we grow up'

Frank Lloyd Wright-'Why, I just shake the buildings out of my sleeves'

Katherine Hepburn-'If you obey all the rules you miss all the fun'

Richard Bransan-'Do not be embarrassed by your failures, learn from them and start again'

What are you passionate about?

Goodness when I think of all the areas I have been passionate about in my past one that stood out the most was when I wanted to join the Australian Labour Party but ended up not pursuing that path. I guess I am passionate about giving every Australian a 'fair go' and believing that with such a wealthy and multi-cultural nation we should be fixing our problems here first before going abroad. We need to learn from the mistakes other nations have made and make ours a truly great nation. We are certainly the lucky country. People are what I am truly passionate about.

What's the best lesson you've learnt?

My mother taught me to see the good in all people and it is so true. We all start out in life whole and pure and along the way our most important influence came from our parents, peers and those who have influenced us along our journey. These are the people who guided us to be who we are and inside each of us there is pure goodness sometimes we have to look hard but it's there.

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

I would love to meet two people in fact have dinner with them Dawn French for her witty humour and lovable nature, Billy Connolly for his wicked humour. The chef would of course have to be Ainsley Harriott. Want to join me?

What dream do you still want to fulfil?

My dream is for my daughters to finish their education and become who they want to be and can be. The sky is the limit or was the limit.

What are you reading?

Currently reading 'Steve Jobs' by Walter Isaacson.

Daily Hint: Find Your Silver Lining Each Day:

Thank you! Your Daily Hint this month is to simply look up and see the silver linings each day especially in the challenging moments of your day and give yourself a new perspective and comfort that there is a silver lining behind any dark cloud! Be grateful, be at peace, find your silver lining and believe in happy endings!

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 Kim - a dear friend of mine, who lives and breathes being unconditionally accepting and seeing the good in others. Kim is an excellent example of a person who always looks for the silver lining. Kim is an incredible role model to her friends, family, associates, the community, and the planet! I am blessed and my life has a silver lining knowing Kim. Love Karen x

"If clouds are blocking the sun, there will always be a silver lining that reminds me to keep on trying."

"I don't want to stay in the bad place, where no one believes in silver linings or love or happy endings."

Matthew Quick, Writer, The Silver Linings Playbook

Sincerely,

karen vella

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FREE VOUCHER
**" Entitles You To A Life-
Changing New
Perspective - YES! You
now are holding the key
to finding a Silver Lining
in Your Current
Challenge."**

Here is a Voucher to hand out to your family, friends, and colleagues that there is a Silver Lining to any dark cloud! Hand out, email, post or pop in your neighbors letterboxes, or leave on your colleagues desk or pay it forward anonymously by leaving on someone's windscreen! This Voucher is simply for anyone who may need a reminder that there can be happy endings (& remember to mention yto!). karen@youretheone.com.au

Offer Expires: 31st July 2013

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