

You're The One Newsletter

THE LIFE CHANGING MOMENT

Issue 8 Vol 8: August 2013

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Dear Karen,

What's New With Karen

Welcome to August 2013! In July, precisely at 11.30am on Monday 17th, I experienced my biggest life changing moment as my fate hung in the balance as I waited for the results of my breast core biopsy. The background to this was that about 10 days before (just before flying out on a rare holiday with Mum), I received a call from a Breastscreen Counsellor advising I was required to come back for further tests due to some changes (possibly suspicious ones) on my recent 2yearly mammogram. Following further tests, the Breast Surgeon advised that my condition could possibly be pre-cancer, and it was the "c" word that shocked me the most. So on the 17th here I was waiting for the results. Mum was with me when the Professor/Oncologist/Breast Surgeon walked in only to tell me that it had been a "false alarm" and "the changes are due to ageing, there is nothing to worry about, and we will see you in another 2 years!" I broke down with tears of elation appreciating how I was the luckiest, most blessed and happiest girl in the world. This, to date, has been my most life changing moment and I dedicate this newsletter to appreciating that life is a gift and I share this with you so you too truly reflect on what truly matters in your life. Love Karen x

Mojo Tip: The Turning Point



Dr Charlie Teo, World-Renowned Neurosurgeon

The 8th step on your mystical Mojo mindset for 2013 is to truly appreciate that life is a gift and that each moment of being alive is truly sacred. People with Mojo have learned to never take for granted their presence on this earth. Because of the fleeting nature of life, they are deeply aware of prioritising their own self care - ensuring they get plenty of rest, eat a nutritious diet, exercise regularly and live a stress-free life. However, they have an additional quality - people with Mojo, due to their acute awareness of the fragility of life, understand that, circumstances outside of our control, can bring both blessings and devastation. Because these Mojo-role-models live from the perspective of a heightened appreciation of life's true meaning, they don't sweat the small stuff. Often, either they, or one of their loved ones, have experienced a "turning point/wake up call" which has changed their outlook and

lifestyle for ever. When I think of a wonderful Mojo role model who assists people daily with life's turning points, I think of the world-renowned Neurosurgeon, Dr Charlie Teo, whose expertise in brain cancer has truly changed many lives. Having witnessed the courage and bravery that his cancer patients have shown in dealing with the often unfair and random blows that life has given them, it has given him an even more rare insight into knowing what is most important in living happy and healthy lives. We can all, not only learn from, but take a leaf out of the book of life of Dr Teo, and his Australia Day 2012 speech truly demonstrates this when he stated: *"I would like to see this Australia Day as a turning point. I want my fellow Australians, those who were born here and those who have immigrated here, to pause and think of the lives that have been sacrificed for what we take for granted today. I want everyone who finds themselves angry and intolerant to think first about the misfortunes of those who are less fortunate, such as those with cancer. I want anyone who has come from another country to embrace the Australian way of life, it has served us well. I want all Australians to see how immigrants have contributed to our nation and to appreciate that a rich and prosperous country such as ours has a moral and global responsibility to share our resources. Finally, I want to thank Australians for giving me professional and personal fulfilment, for believing in me when some of my colleagues didn't, for seeing a Chinaman as an Aussie, not as a foreigner and for this wonderful opportunity to address the greatest nation in the world."* Dr Teo has helped people who had given up hope and who went to him with brain cancer, and some of these people are now living testimonies of being given a second chance. May we spend some time reflecting upon people who are living in challenging times due a life changing moment - whether that be a person fighting a disease, living in poverty, or other challenge - no matter what circumstance and reach out to them, and help give them hope. As I walked out of the Professor's Surgery on Monday 17th July, I couldn't help but feel a sense of deep compassion and sadness for the other girls sitting in their blue gowns awaiting their results at Breastscreen, praying that they too would have would have the same positive prognosis that I was given. Now, I am only too aware of how lucky I am and I plan to reach out to others who are suffering even more than ever (it's a deal I made with God at the time). May you find the courage to live life with faith and hope and know that we are all connected. Let's focus more on the humanity of others rather than our own self-absorbed lives. And please if you are donating to any charities, think of the cancer ones such as brain, breast, bowel, lung and prostate. Let's having a turning point in our lives from this moment forward! Be a support to those less fortunate than we!

Life Coach Tool: One Minute Meditation-Your Life Changing Moment



Reflect On Your Life Changing Moment

Martin Boroson, a formal student of Zen, and a new voice in the

wave of meditation teachers (having studied philosophy at Yale, earning an MBA from the Yale School of Management) is the Author of "One-Moment Meditation: Stillness for People on the Go." I have taken this excerpt from his 30day meditation course. **As Martin says "Every now and then in life, in a moment, we get to experience a radical change, which reverses the way things are going. It is important to look at these moments."**

One Minute Mediation Exercise: Your Life Changing Moment

Getting started:

- Sit in a chair with both feet on ground and hands placed on lap evenly either palms, up, down, or hands clasped
- Before your meditation, bring into your awareness the memory of a time-a moment-that your life changed suddenly and unexpectedly. Don't focus on whether this was a positive or negative experience. Just let this memory remind you of how powerful and unpredictable a moment can be. Then do your meditation.
- Close your eyes and for one minute just focus on your breathing
- Follow instructions below (directly from Martin Boronson):

"Unlike the minute, which is a rather structured and predictable thing, the moment seems to have an innate ability to surprise you. In just a moment, something can happen-unexpected and out of your control-that has a profound impact on your life. In some such moments-falling in love at first sight, winning the lottery, having a car accident-you know instantly that your life has changed. In others, you might have no idea of their significance until years later, but when you look back, you realize that some small decision-to go to that party, to make that phone call, to read that book-set in motion a whole series of events that turned out to be hugely significant. Life-changing moments are not, of course, always happy. We can revise our opinion of them as time goes by. What seemed like a devastating moment at the time can, years later, seem like a gift...and vice versa. For example, many people have told me that a car accident (even a serious one) was one of the best things that ever happened to them. Looking back, they conclude their lives had been going in the wrong direction, and the car accident forced them to stop, think and set a new course. In other words, life-changing moments teach you that not everything in life moves along a predictable path. No matter what you believe about the future, or where you are heading consciously, the universe may have other plans. Whether you believe this has to do with fate, destiny, chance, karma or the will of God, the point is that great change is possible, and it can happen with no advance warning. If you want to develop a sense of reverence or if you just want to take yourself less seriously, the quickest thing you can do is reflect on the power of a moment to change everything. (Try doing this instead of just focusing on how nothing ever changes.) Use a real example from your life, and don't worry about whether the moment was positive or negative. Just reflect on how powerful and unexpected it was. I believe that if you do this sincerely, there is really only one conclusion you can reach: Wow. As you reflect on that moment, also consider that perhaps there is another life-changing moment waiting for you right now. You actually have no

idea what will happen in the next moment...and no one else does either. Also consider that this moment, right now, could be life-changing. If you understand this nature of a moment to surprise us-its radical possibility and constant reinvention-then you know things are actually always changing. The universe-sometimes with a big push, sometimes with a small invitation-is always offering you a new perspective on your old problems. No matter how many times you have tried to quit smoking, find a new job, go on a diet or commit to meditation-in this moment, right now, you have a brand-new opportunity. This moment has never happened before. The only thing stopping you from experiencing this moment as an extraordinary opportunity is the mindset you are bringing to it. If you can learn to clear your mind, moment by moment, you can treat each moment as the fresh opportunity that it is. In other words, the more open you are to the moment, the more you'll be able to respond to its offer."

Be Inspired Article: 10 Questions with Mirella Rice!



Who is the real Mirella?

I am a very proud mum of 2 teenage girls who fill me with nothing but love and joy. I work as a Senior Conveyancer for a Law Firm in Southbank, handling property development work. I also have my own conveyancing practice and work as an independent licensed conveyancer. I am very close to my family who have been my biggest support in life. I have great friends that I have kept in my life for many years. I love to travel and visit places. I enjoy spending time on my own and reflect on my self.

Which five words best describe you?

Loyal. Passionate. Caring. Hardworking. Independent.

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

My first job was in accounts and I have taken many curves in my life. I embrace all challenging opportunities that come through my way.

What's your proudest achievement?

Being able to establish a family on my own and create a peaceful home and raise happy and successful children. Secondly comes all material achievements.

What's been your best decision?

My best decision has been to set up a business in South America which keeps me attached to my homeland.

Who inspires you?

Martin Luther King, Nelson Mandela and Angelina Jolie.

What are you passionate about?

I am passionate about social justice. I take pride in right doing to people in my world. I am passionate about being a contribution to this planet.

What's the best lesson you've learnt?

I have learnt to be patient and stay focused.

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

My Grandmother Angela, I did not have the chance to meet her yet I feel she is always with me.

What dream do you still want to fulfil?

I want to know the world and our people; I want to meet those on the opposite side of my life. I want to be part of the real world.

What are you reading?

11 Minutes by Paulo Coehlo.

Daily Hint: Be An Advocate For Regular Health Check-Ups :

Thank you! Your Daily Hint this month is to go and have all your health checkups put in order - get yourself checked from head to toe and get that clear bill of health. Then go out and be an advocate to others to remind them to have their blood tests, pap smears, mammograms, colonoscopies, or prostate checks etc. Find one person each day to remind! Remember, both awareness and early intervention is the key to minimising the risk of any diseases and to ensure we live long, happy and healthy lives. Be appreciative of every moment you have alive and use your life for a purpose - reach out to others and give support and encouragement - you may be surprised what may be going on behind the scenes in someone's life who needs you right now!

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 wonderful friend and role model Mirella. Mirella is an example of a person who has experienced those life changing moments which have given her an appreciation of what truly matters; she also has a strong social conscience and lives and teaches others by her philosophy of "doing right" in the world. Be ready to be truly inspired by Mirella as I am. Love Karen x

"Do all the good you can, by all the means you can, in all the places you can, at all the times you can, to all the people you can, as long as you can."

John Wesley

"God brings men into deep waters, not to drown them, but to cleanse them."

John Aughey

"It is not length of life, but depth of life."

Ralph Waldo Emerson

"Never look down on anybody unless you're helping them up."

The Reverend Jesse Jackson

"It is health that is real wealth and not pieces of gold and silver."

Mahatma Gandhi

Sincerely,

karen vella

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