

You're The One Newsletter

SILENCE

Issue 9 Vol 4: April 2014

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What's New With Karen

Welcome to April 2014! During March I found myself loving the sound of silence. Whilst words have great power, I believe silence, often under-rated, has equal as much power. We can say so much with silence. Silence is a powerful tool for disciplining our speech. As Paulo Coelho says "God uses silence to teach us to use words responsibly." My mother taught me the priceless saying "Think twice before you say nothing." Silence is such a necessary ingredient of a world full of noise pollution where at times our senses are bombarded from all directions. Silence is like a tonic for the soul. It is essential for any type of spiritual growth. So, this month, I've dedicated to embracing the art of silence so that we can in turn reap the gifts that silence has upon our inner world. Let's introduce some more silence into our lives - into our homes, workplaces, public places, etc. Find the truth in the silence. Love Karen xxx

Mojo Tip: Embrace the Art of Silence



Saint Benedict, Father of Western Christian Monasticism

The 4th step on your mindful Mojo mindset for 2014 is to embrace the art of silence. People with Mojo know the importance of the art of silence in their lives. These Mojo-esque role models have developed the muscles of the heart by using silence as the vehicle. They know the profound benefits that silence brings in terms of the gifts they receive from it, namely: compassion, humility, awareness, god/spirituality, patience, beauty, detachment, play, offering, gentleness and grace. When I think of a perfect role model who demonstrates the art of silence, I am reminded of the Father of Western Christian Monasticism, St Benedict. Born in Nursia, a village high in the mountains north east of Rome, in 480AD Benedict was sent to Rome for classical studies by his parents. However, after being deeply affected by a great love of a woman, and finding the degenerate life in Rome unsuitable to his more refined tastes, he fled to Subiaco, south east of Rome. During this time, he lived a hermit-like existence for 3 years, and studied monastic literature, learned the traditions and associated with monks. Later, he established 12 monasteries with 12 monks to the South of Rome.

During this time he wrote a great work "The Rule" which is a guidebook still in place to this very day for monasteries and convents around the world. For Benedict silence enabled him to go within to a place of inner stillness and silence in order to listen to God and experience his presence within. Whether we are religious or not, we can learn so much from St Benedict about his principles for silence, and the great riches they bring. Saint Benedict taught of his deep love and appreciation of silence, not just silence for silence sake, but silence for the sake of something - as a way to God and union within him. It is said to be a necessity for anyone wanting to follow a spiritual path. So, may you be inspired yourself to find a way now to incorporate silence into your life and treasure its gift! Enjoy the sounds of silence!

Life Coach Tool: Lessons from the Benedictine Monks



SOMETIMES
SILENCE IS
A REALLY
GOOD ANSWER

Sometimes Silence is a Really Good Answer

In his book, 'The Rule,' Saint Benedict devotes a whole chapter to silence. As I reflected on some of these in my own silence, I learned so much more about the power of silence in disciplining of our sometimes uncontrollable urges of our tongues. It makes sense that silence teaches us a better command of discipline of when to use speech so that when we do our words are gentle, beautiful and profound leading to true and harmonious connections rather than damaging others. So, enjoy below some of my interpretations when reading from The Rule of Silence:

- Speaking is seen as part of guarding of the heart
- Guarding of the heart means being alert to negative thoughts (ie anger)
- To have a watchful heart we also need control of our speech
- Speech should be with pure intention so as not to distort the message
- Therefore we must learn restraint in speech
- By using discipline with our speech we mature in our spiritual growth
- As our spiritual growth matures we encounter more freedom
- Freedom and maturity bring about rewards of harmony amongst people
- We develop a greater relationship with God

There are many benefits to silence. Perhaps we now understand how silence can truly transform people's way of communicating. Just think if we were to embrace more restraint by entering into the silence, we could also find better ways of using modern technology. As a suggestion, instead, of compulsively text-ing or emailing or telephoning, we could choose to restrain ourselves and wait for a better way to say what we need to say (especially in times of anger, or stress). Let's think of ways that we can practically be silent more often in our days - perhaps in our cars, perhaps preparing meals, on our daily walks, at our

work stations. May the gifts of silence be bestowed upon you.

Be Inspired Article: 10 Questions with Jo Dynon!



Who is the real Jo?

I am a quiet person who loves time with her family and close friends; and feel really lucky that I have a lot of close friends. Having lost both of my parents several years ago, that is why my friends are such an important part of my life. I have been married for 19 years and have 2 wonderful children. I really enjoy my life and feel very grateful to have the life that I've got.

Which 5 words best describe you?

Friendly. Hardworking. Caring. Thoughtful. Patient.

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

My first paid job was a Pre-School Mothercraft Nurse for two and a half years. I then applied to QANTAS as a flight attendant 26 years ago and moved to Sydney for that. That was international flying and I lived in Sydney and flew around the world and got paid for it. I then moved to Melbourne, swapped to short haul, got married, and started a family. I am still currently working with QANTAS.

What's your proudest achievement?

My children.

What's been your best decision?

To get married and have a family.

Who inspires you?

My children.

What are you passionate about?

Family, golf, reading, relaxing.

What's the best lesson you've learnt?

If I can't change something to not worry about it and let it go.

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

Adam Scott, the golfer.

What dream do you still want to fulfil?

Getting my children safely into adulthood.

What are you reading?

'The Devil You Know,' by Sandra Brown (fiction).

Daily Hint: Consciously create silence each day.

Thank you! Your Daily Hint this month is to deliberately create more silence in your day. Make a decision daily when you are going to be silent and observe what takes place during that time. You may wish to change your time of day, or the activity so that you experiment with how valuable silence can be in your life. And you may also wish to introduce this to your family, colleagues, etc.

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm delighted to introduce you to my caring cousin, Jo, (on my Mother's side). Jo seems to embody the traits of this month's newsletter - she is self composed, quiet, patient, and thoughtful. I love Jo's philosophy also of learning to let go of anything that we can't change, which is a lesson we could all benefit from in developing our inner peace. Enjoy being inspired by Jo, whom I deeply admire for who she is. Love Karen x

*"God uses silence to teach us to use words responsibly."
Paulo Coelho*

Yours sincerely,

karen vella

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**PLEASE DO
NOT
DISTURB**
*Silence Is
Appreciated
Just Now!*

Print out this voucher and whenever you do not wish to be disturbed, or when you need to "enter the silence" display it, so that others are aware that you are wanting time-out during this particular time. This voucher entitles you to a month of "silent" moments. Aaahh relish the silence! Send it on to your family, friends, and colleagues so that they can too learn to appreciate the importance of silence in their personal growth. (& remember to mention yto!) karen@youretheone.com.au

Offer Expires: 30 April 2014

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