

# You're The One Newsletter

TO LOVE, HONOR & CHERISH

Issue 9 Vol 8: August 2014

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## What's New With Karen

Welcome to August 2014! During July I was so delighted to see on the News a Melbourne elderly couple celebrate their 80th Wedding Anniversary. When interviewed these gorgeous couple said the secret to a Happy Marriage was to never go to bed on an argument. Whilst I have never been married, I truly admire the wedded folk. This month, I wanted to shine a light on "marriage" and to bring back some kind of reverence for those who had not only endured through a marriage, but deepened their love. No doubt a marriage will be tested, just like any relationship, and probably more-so. So how does a person keep to the sacred vows, to love, honor and cherish to death do us part, in sickness and in health, for richer or poorer, for better or worse, etc. So this month I set about ways of researching how can we stand firm when love is tested to its limits and how to make love grow stronger. Love Karen xxx

## Mojo Tip: True Love - Activity & Investment in Other



### Paul Newman & Joanne Woodward On Their Wedding Day

The 8th step on your mysterious Mojo mindset for 2014 is to develop the skill of building a happy loving and respectful long-term lifetime relationship/s. Whether this be a marriage or a de-facto relationship or a friendship, people with Mojo know these relationships will surely be tested over time so they educate themselves to keep it blossoming. In 1978 the late American Psychiatrist, & Best-Selling Author, M. Scott Peck wrote the book "The Road Less Travelled" - it is a must-read for any person wanting to create a successful and happy long-term relationship and is considered a kind of relationship-bible to this day. I remember being given this book by my then partner when I was in my 30's and it had a profound effect on me and still does to this day. Overall, Scott-Peck's perspective on love is that love is not a feeling - rather it is an activity and an investment. He defines love as "The will to extend one's self for the purpose of nurturing one's own or another's spiritual growth." In a nutshell, Love is primarily action toward nurturing the spiritual growth of another. And that "romantic love" is not really "true Love" but more of a dependency. Who better than to demonstrate a long,

happy and respected marriage is Hollywood's Golden Couple - (sadly, the Late) Paul Newman and his beautiful wife Joanne Woodward. Married in 1958 - in 2008 they celebrated their 50 year marriage (paradoxically it was that same year that Paul passed away from Cancer). Said to be one of the most successful and happiest marriages in Hollywood, Newman was known to be notoriously faithful to his beautiful wife, famously stating, "Why go out for hamburger when you have steak at home." It is said also that despite being grounded and blissfully happy, one of the secrets to the lasting relationship was that they never 'sugar-coated' their weakness, openly admitting that their marriage underwent strain when working together. However, because of their respect and adoration for each other, it pushed them to work through the tension and learn from their mistakes. Despite being smitten with one another, Paul & Joanne knew it would take more than that to create a long and happy marriage. This is reflected when pronouncing their vows at their 1958 nuptials, the 'Art of Marriage' was recited - and this could indeed hold the key to their successful marriage. So, if marriage is about the decision to love, and the decision to nurture your partner's spiritual growth, imagine how many marriages could be revived, reinvented, and resurrected. Perhaps we all need to educate ourselves in love and see it more as an action and an investment. Perhaps we can explore both 'The Art of Marriage' and also M. Scott Peck's book 'The Road Less Travelled' and re-examine what true love is and how we can master it. Here's to reverence for marriage or any long-term relationship.

### Life Coach Tool: 'The Art of Marriage' Vow



#### The Art of Marriage

Below find the words that were recited as vows at Paul Newman and Joanne Woodward's wedding. In the 'Art of Marriage' the little things are important things:

In the Art of Marriage the little things are the important things.

It means never being too old to hold hands, or to say I love you.

It's never going to bed angry.

It is at no time taking the other for granted; the courtship should not

end with the honeymoon.

Allow it to continue through the years.

It's having a mutual sense of values and common objectives.

It's standing together facing the world.

It's forming a circle of love that gathers in the whole family.

It's doing things for each other, not in the attitude of duty or sacrifice, but in the spirit of joy.

It's speaking words of appreciation and demonstrating gratitude in thoughtful ways.

It is not looking for perfection in each other and yet seeing each other perfect as you are.

It is cultivating flexibility, patience, understanding and a sense of

humour.

It's having the capacity to forgive and forget.

It's giving each other an atmosphere in which each can grow.

It is finding room for things of the spirit.

It is a common search for the good and the beautiful.

It is establishing a relationship in which the independence is equal, dependence is mutual and the obligation is reciprocal.

It's not only marrying the right partner, it's being the right partner.

*Take time to reflect on these words and work on them - you may even want to frame them as a reminder of what the Art of Marriage entails. May your marriage grow, blossom, flourish as you nurture each other's spiritual growth and may it grow stronger with each day.*

### **Be Inspired Article: 10 Questions with Colin Cruickshank**



#### **Who is the real Colin?**

I will be 72 years of age this coming November. Born and raised in West Footscray - in those days for western suburbs boys you left school at 16 and went on to be an apprentice of some type. I was never good with the tools & got 100% for maths each year so I went to night School for 5 years becoming an Accountant. My first job as a junior clerk was at Commonwealth Fertilisers in Yarraville. When I told my dad after 18 Months at the Fertilisers I was leaving to double my pay - he told me not to be stupid and stated, I had a job for ever at the Fertilisers, just like him and his dad. I did not take Dad's advice and moved on as a 17 year old to The Petrochemical Industry in the Altona complex. Luck can be a fortune as they say, I went on to become the Financial Manager, and then the Managing Director of that company. The luck did not stop there as I became an Expatriate working in Indonesia/Malaysia/Thailand/Japan/India for many years.

#### **Which five words best describe you?**

Passionate. Direct. Friendly. Talker. Sports-Lover.

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

Junior Clerk, Expatriate, Retirement - currently in partnership IT Business.

#### **What's your proudest achievement?**

Representing the business I worked for in every Country in Asia and growing that business by meeting/negotiating those representatives on their home soil.

#### **What's been your best decision?**

To leave Australia for work, taking up a position working overseas.

**Who inspires you?**

Those that have a passion and are genuine about doing something about it.

**What are you passionate about?**

All things that I am involved with, in particular my lovely wife.

**What's the best lesson you've learnt?**

Still learning, maybe the best is to come yet.

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

Leader of the Anasazi people, have never forgotten my visit to Mesa Verde National Park in Colorado an Archaeological Preserve. This fascinated me, still does.

**What dream do you still want to fulfil?**

See all the grand kids educated, working, successful and happy with their lives.

**What are you reading?**

Not reading, no time, I search the Internet a lot for Information on subjects I require information about.

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**Daily Hint: Affirm Daily 'The Art of Marriage'**

Thank you! Your Daily Hint this month is to affirm daily 'The Art of Marriage.' Take a moment each day to reflect on one of the statements and purposefully and wilfully choose to take action in your life in that manner. Even if you are single, practice learning about what makes a successful relationship and work on your own self improvement also. Send the 'Art of Marriage' to all your friends, colleagues and family. Perhaps there is someone you know who needs this - imagine if we could perhaps save a marriage! What a gift!

*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 Colin Cruickshank. Colin is a man who follows his passion - whether that be in his career, or in his business, in his family and he is passionate about his wife after many years of marriage. Allow yourself to be inspired by Colin's 72years of wisdom and more. Love Karen x*

*"Genuine love is volitional rather than emotional. The person who truly loves does so because of a decision to love. This person has made a commitment to be loving whether or not the loving feeling is present. ...Conversely, it is not only possible but necessary for a loving person to avoid acting on feelings of love."*

*M Scott Peck*

*"Love is the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth... Love is as love does. Love is an act of will -- namely, both an intention and an action. Will also implies choice. We do not have to love."*

*We choose to love."*

*M Scott Peck*

Yours sincerely,

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**COMPLIMENTARY  
WEBSITE CHAT:  
with Colin  
Cruickshank**

For anyone considering reviewing or creating a fabulous Website - Colin is a man with many years of wisdom, experience, leadership and is Partner/Director of Aussie Internet. He may be contacted: [colin@aussieinternet.com.au](mailto:colin@aussieinternet.com.au) Pass this on to family and friends and (& remember to mention yto!) [karen@youretheone.com.au](mailto:karen@youretheone.com.au)

**Offer Expires: 31 August 2014**

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