

# You're The One Newsletter

DETACH WITH LOVE

Issue 9 Vol 10: October 2014

## In This Issue

What's New With Karen

Mojo Tip

Life Coach Tool

Be Inspired Interview

## Karen Recommends



COMING SOON TO THIS SPACE!

2014 - Mojo Classes

2014 - Best Year Workshops

2014 - Webinars

2014 - New Products

2014 - 1 on 1 Life Coaching

And more....

## Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

[Join Our Mailing List!](#)

## What's New With Karen

Welcome to October 2014! During September I decided now was the time to stop absorbing any negative energy/comments from others. No matter how lovely we are behaving - sometimes some people we encounter can be equally unlovely! After experiencing this kind of unpleasant interaction, we are often left with playing over and over in our minds poisonous remarks, criticism, comments; feeling as if a dart has pierced our hearts. So, this month, I am devoting this newsletter to a wonderful self defence tool - the art of detaching with love. Let's all discover away to pull the plug on this negative energy, and let the toxic remarks roll off us like water off a duck's back. Practice to detach and you will have unlocked a powerful secret of some of the great master communicators and preserved yourself in the meantime. Love Karen xxx

## Mojo Tip: Detachment: A Self Defence Tool

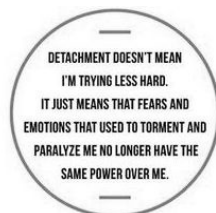


The Duchess of Cambridge, Kate Middleton

The 10th step on your marvellous Mojo mindset for 2014 is to become masterful in the art of detachment. People with Mojo are experienced at separating themselves emotionally, physically, mentally and spiritually from other people and what they do. These mojo-esque role models know that no matter how closely intertwined they are with others, their life does not have to revolve around what other people say and do. People with Mojo have mastered this powerful tool of detachment. Being detached does not mean they do not care about people. They continue to engage respectfully in relationships, however, they recognize that they are responsible for themselves only (and that they do not cause others to be like they are and equally are not responsible for fixing them). Mojo-esque people detach with love, treating others with courtesy and kindness while giving others the dignity to live their own lives. Detachment means you are allowed to beloving, by deciding to protect yourself, and not allowing the negativity of a relationship to affect your life. Detaching with love is a powerful relationship changing principle that can radically change your life and relationships. When thinking of a powerful role model this month for the art of detachment, I chose The Duchess of Cambridge, Princess Kate Middleton. Kate strikes me as the perfect balance of

detachment. Being determined to break the mould of stifling royal protocol, and striving to carve out a less formal and more private lifestyle, she has detached herself from the opinions and stranglehold of royal etiquette. Furthermore, when I look at Kate, I cannot believe how she is able to shine no matter what occasion and no matter with whomever. It is said that mastering detachment is not allowing other dominating behaviour to affect our own and Kate has this wonderful way of not being dominated/dominating - yet also confident, secure and determined to play out her public life by her own rules. She has obviously decided to make her, Prince William, Baby George (and the new one/s on the way) and their happiness a priority. She is committed to taking care of herself and expects mutually loving treatment from others. So, just like Kate, we can make our self care a priority and stay balanced. We can start by always walking towards the good and the positive, focussing on the positive influences in our lives, and surrounding ourselves with people who are good for our soul. This wonderful tool can especially be applied to the more difficult people in our lives (who we may not have a choice in being around) as we keep practising detaching-with-love. A great mantra to repeat to ourselves is: "I am kind and I am loving and I am allowed to take care of myself." Remember - to love yourself is to be loving to others for without taking good care of yourself you have nothing to give. The happier you feel the more you can give and the more clarity you have. Be the better person, smile and let things fall off you like water off a ducks back.

### Life Coach Tool: 7 Ways to Detach



#### Detach with Love

Detachment is a fabulous self-defence tool, in which you allow any poisonous comments, remarks, criticism and condemnation of others, to flow past you like water rolling off a duck's back. This will pull the plug on the source of discomfort ie nobody said anything until you respond to what was said, nothing happened until you react to such events. Do not absorb what was said or done by anyone. Here are 7 ways how you can emotionally detach.

##### 1: Let Go of Need for Approval

Unhealthy people use guilt or with-holding their approval to keep you enslaved. So now it is your turn, to turn the tables - by letting go and honestly not caring if they approve of you. You can fight the guilt they inspire and take care of yourself.

##### 2: Memorize Some Stock Phrases

Unhealthy people may try to catch you off guard or try to ensnare you in a hopeless problem. The response to both tactics is to memorize some stock phrases such as "Hmm. Interesting" or "Wow, that's too bad," or "Huh, what are you gong to do about that" (well that sounds like a good plan, good luck with it) and "You're a smart person. I have confidence in your ability to solve this."

##### 3: Set Boundaries & Less Time With Them

It is critical to spend less time with the person you are detaching

from. You may have to make excuses and decline invitations. Taking care of yourself is more important than showing up every time.

#### **4: Startle with your Refusal to Show Hurt**

The person you are detaching from can seek to see the hurt in your eyes, and the feeling of power they receive from being the cause of that hurt. The key is to deny them the pleasure they seek. You can laugh, pretend you didn't hear, shrug off the comment lightly and then bring up a topic of your own (one that may be distasteful to them).

#### **5: Take Care of Yourself First**

In every life there are other parts that are good. You have the right and a duty to focus on the good parts. Know your energies are better spent elsewhere away from a toxic person. Do what is right for you and say to yourself over and over again, "Taking care of myself must be my first emotional priority."

#### **6: Practice Makes Perfect**

When you start this process realize that you will slip up. Don't punish yourself if you don't detach perfectly. Learn from the experience and try to do a little better next time. Be patient and persistent.

#### **7: Make Them Smaller**

Detaching is a vital skill to practice on someone you are unable or unwilling to completely shut out of your life. Your goal is to recognize the relationships that are not good for you, and make them a smaller part of your life. You can still care about unhealthy people, if you choose. But at the same time, you can prevent them from running/ruining your life.

*Stay aware, observant, and in a state of neutral, be free of any domination, and let things roll off you just like water off a duck's back. Well done! You are mastering the art of detachment. And believe me it will get easier the more you practice.*

### **Be Inspired Article: 10 Questions with Mira Milich!**



#### **Who is the real Mira?**

I was raised in the multi-cultural suburb of Fairfield West in Sydney. I have fond memories of my childhood from the regular family outings to the Sydney Opera House, Taronga Zoo and Warragamba Dam just to name a few. I love Sydney, however my family decided on a sea change and so we moved to the beautiful Gold Coast in 1988 after I finished high school. Here I began my career in the government working in various divisions: Client Services, Projects, Policy and Passenger Transport. I guess this is where I developed a strong work ethic and the attention to detail. After 20 years I decided that it was the right time to change careers and so I moved into the not-for-profit organisation, Guide Dogs Qld. I do all the 'fun stuff'. I manage all the fundraising events on the Gold Coast. I also support the Rehabilitation Services Unit, Puppy Program and I'm

responsible for the volunteers. So my work is far from boring. I have been employed for almost six months and can openly say that the work is very rewarding. When I engage with the community I see their generosity and willingness to help towards such a great cause. After all we know that life would not be the same if we lived in darkness.

**Which five words best describe you?**

Energetic. Passionate. Driven. Super-friendly. Considerate.

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

I was employed in a small firm which sold aviaries and sheds as an administration officer (wearing many hats) and today I am the Community Relations Manager for Guide Dogs Qld Gold Coast.

**What's your proudest achievement?**

Raising 2 children and watching them grow into beautiful well balanced young adults.

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

Making the right choice in changing careers.

**Who inspires you?**

My best friend Angela who says that I am capable of anything I put my mind to.

**What are you passionate about?**

Working towards successful outcomes, always.

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

Consider all things before making an important decision.

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

Nelson Mandela. I believe that this wonderful and humble man has left a legacy, no matter what your background is, we are all human and need to live as one.

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

I'd love to one day take a tour inside the Pyramids.

**What are you reading?**

'How To Have It All' by Christina Guidotti (life coach, author, speaker).

---

**Daily Hint: Repeat the Self Care Mantra Daily**

Thank you! Your Daily Hint this month is to repeat the mantra "I am kind. I am loving and I am allowed to take care of myself" and "Taking care of myself is my first emotional priority." Remember stay in peace, do not buy into the negativity and react, and focus on your own self care. Remember no-one can make you feel anything. So don't give anyone permission to make you feel less than. Use positive energy as a buffer and let it flow off you.

*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 the inspirational Mira - my guest interviewee this month. Mira is a beautiful soul who is always moving towards the positive in life (even changing her career into the not-for-profit sector). She is there, heart and soul, for so many others in our community. Be uplifted (as I am) by her 'life story' to date. Love Karen x

*"He who would be serene and pure needs but one thing, detachment."  
Meister Eckhart*

Yours sincerely,

*karen vella*

*yto owner & founder, performance consultant & life coach (cert iv)*

*yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching*

*M:0419570011 | B 03-93183711 |*

*E:karen@youretheone.com.au | W:www.youretheone.com.au*

**SAY HI TO  
MIRA:  
At GuideDogs  
Qld (Gold  
Coast)**

if you wish to make contact with the inspirational Mira Milich (and find out more about Fundraising, the Puppy Program, or being a Volunteer) Mira can be contacted at: m.milich@guidedogsqld.com.au. Pass this on to family and friends and others in the community (& remember to mention yto!) [karen@youretheone.com.au](mailto:karen@youretheone.com.au)

**Offer Expires: 31 October 2014**

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their messages - thankyou!