

You're The One Newsletter

CHOOSE HAPPINESS *DESPITE* CIRCUMSTANCES!

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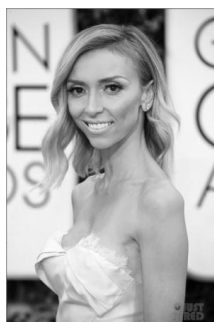
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What's New With Karen

Welcome to June 2015. During May I revisited the concept that ultimately I am a creator in my life (*and never a victim*). Sometimes, we need to remind ourselves that it is not our circumstances (sometimes being unfavorable) but our power to switch to empowering thoughts that create happier lives. For example, you may find yourself being reactive, upset by something someone has said. However, rather than choose to dwell in that "circumstance", it is far more empowering to take a moment, re-centre ourselves, and move our thoughts deliberately onto something that makes us feel alive! Anytime we choose a thought that makes us feel empowered, blissful, joyful (even if it is just using our imagination) then we are back to living from a higher level. When we are living at that level (spiritual vibration) all the wonderful things in the world are reflected back to us and we are aligned to our true purpose in life. So this month, I'd like to share with you some suggestions for re-training our brains to choose to live in a blissful state no matter what our circumstances are! Love Karen xxx

Mojo Tip: Let No Circumstance Overshadow Joy!



Giuliana Rancic, TV Presenter, Wife and Mother

The 6th step on your m-m-m-m Mojo mindset for 2015 is to deliberately decide to choose happiness before circumstance, rather than circumstance before happiness. People with Mojo do not wait for their circumstances to be perfect/change before they choose happiness. They do the opposite, and choose happiness as a tool to change their circumstances. They choose to live in a state of higher vibrational energy. They focus on what they are wishing to create, rather than what is. A perfect example is my Mojo role model this month - the beautiful, intelligent, divine, Giuliano Rancic. Giuliano is such a glamorous woman, but it is more than that - to me she demonstrates a person living from a higher purpose and perspective. I read recently that her and her husband, Bill, pray each evening.

Giuliana grew up in an Italian Catholic household and her faith is still very strong. In 2011 Giuliano was diagnosed with breast cancer, and she did not let the circumstance overpower her life. She is a woman choosing happiness before circumstance. Due to being aligned spiritually she is living such a happy life, not only in her career, but as a devoted wife and mother. People with Mojo prioritize "feeling good." They are aware of the signals: when they feel bad it is a sign they are not in spiritual alignment, and when in alignment they feel good. They practice feeling good, focusing on bliss, joy, ecstasy and connection - and this also re-creates their reality. They have mastered the lesson that the physical reality is a mirror of their state of being. People with Mojo know the lesson: If you want to change your circumstances (your life) you have to change yourself completely and yourself is nothing but a point of view, it's nothing but a perspective, it's nothing but an understanding of reality, it's nothing but a way of seeing life. And if your way of seeing life doesn't feel overly ecstatic, your'e not doing it right yet. So, let go of the ideas that do not channel overwhelming joy to and through you and instead shift to the frequency perspectives that make you a vessel of joy and bliss. Because joy and bliss are the signals from your higher self (your consciousness) telling you that your'e in alignment with truth. I know this can take a bit of getting our heads around. But, believe me, I have tried it and it works. I have been practising this of late and love it! So, are you willing to experiment, to give it a go and see if it helps you? Start by refocussing your thoughts back to a state of bliss, joy, happiness, and empowerment and watch your life circumstances change to reflect that state of being!!! Love Karen

Life Coach Tool: I Choose Happiness Tool



I Choose Happiness

I love the saying "If you are not happy you are not helping". Of recent times I've discovered some teachings of Bentinho Massaro's and his Trinfinity Academy. I love his "Accelerated Living" program and here are some of his hints on how to manifest what you truly desire more quickly (despite any circumstance that you seem to be in). Enjoy below my summary:

10 Steps To Accelerate Living (Inspired by Bentinho Massaro, of Trinfinity Academy)

Step 1: Live More In Your Imagination

Step 2: Keep Planting New Seeds

Step 3: Embrace What You Love

Step 4: It's Always About How You Feel

Step 5: Constantly Live in Future Presence State

Step 6: Trust Your Higher Self/God/The Universe

Step 7: Focus On What Works/Has Worked

Step 8: Be All In

Step 9: Ask What Is Most Important Today?

Step 10: Always Feel Good and Confident

In a nutshell, Bentinho says that we need to keep re-focussing our thoughts on to anything that makes us feel good. That is the key to conquering our "circumstances." This way, we are not letting any current circumstance allow us to focus on the negative and take us into the downward spiral of thought. Instead, we keep deliberately re-focussing each moment on feelings that empower us. Simply put, we focus on "what we want" as opposed to "what is". The simplest way to do this is to imagine what excites us most in any moment - to visualize it, and feel it. We need not care about how it will manifest, rather we only need care about how we are feeling in any moment. This will need practice so the key is to constantly apply this on a moment-to-moment basis. We need to let go of how and when it will manifest, to focus on what has worked/is working, and to let go of what has not worked for us in the past. This is a "high stakes" game of being totally committed to choosing a wonderful life and means from time to time our limiting beliefs may come up so that we can release them. An important key immediately upon awaking is to state our intention for the day by asking ourselves "What is most important to me today". One final tip to remember is to always feel good and confident in who you are - after all the most important thing is about not playing small, but being the authentic you, the unique you, the one who when is in alignment with your spirit, will truly shine for all the world to see! And help the world to shine too! Enjoy overcoming any circumstance by applying these 10 keys to Accelerated Living!

Be Inspired Article:10 Questions with Angel Fernandez!



Who is the real Angel?

I am Angel Fernandez. I grew up in Santiago Chile. At the age of 15 I migrated to Australia with my family in 1985. I finished high school in West Sydney and started an apprenticeship at the age of 19. I have been cooking for 26 years. I have run four places for Neil Perry in the Rockpool Group including the MCA Café and Function Room, Rocket, Modern Middle Eastern. I left the company for 10 years to go and run Catalina in Rose Bay and then came back to the company to help set up Rock Pool Bar and Grill in Melbourne. After 2 years working I went back to Sydney to lead the team at the New Bar and Grill Sydney. I stayed there for 5 years then came back to Melbourne to head the team at Rosetta Ristorante where I'm currently working.

Which five words best describes you?

Creative. Passionate. Loving. Patient. Humble.

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

My first job was as a Kitchen Hand after school hours; this helped me realize I was made for the kitchen. Since then all I wanted to do was cook and so I got myself into an apprenticeship which lead me to work in some of the most exciting kitchens in Australia.

What's your proudest achievement?

My proudest achievement career wise has been - being awarded 2 Chef Hats by The Sydney Morning Herald, running Catalina at Rose Bay as a 26 year old Chef, and being mentioned as 1 of 5 Food Gurus in Sydney by Gulliver Magazine in year 2000.

What has been your best decision?

The best decision I have ever made was to take something that I loved doing and making it my career.

Who inspires you?

People who are passionate at whatever they do. Family is very inspiring as they are usually very supportive.

What's the best lesson you've learnt?

The best lesson I've learnt is not to trust everyone regardless of how close they are to you and especially if they have let you down before.

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

I think I would have loved to meet Jose Mujica, former President of Uruguay.

What dream do you still want to fulfil?

I think you'll always have lots of dreams to fulfil otherwise our lives wouldn't be exciting. I think I have too many to describe.

What are you reading?

I just bought a book on techniques and recipes of Bar Tartine; it's a book by Nicolas Balla and Courtney Bourns, two of the most exciting cooks in San Francisco.

Daily Hint: Focus on The Keys to Accelerated Living Daily

Thank you! Your Daily Hint this month is to really focus on the 10 Keys to Accelerated Living above. Even if you embrace 1 or 2 of these Keys for a whole month, I just know you are going to find amazing results. Be transformed no matter what your circumstance and live in alignment with who you truly are!

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 guest interviewee, Angel Fernandez. Angel is a wonderful example of a person who is always moving forward in the direction of his dreams with passion - being one of Australia's leading Chefs. This is exactly what we have been talking about in this Newsletter - to be manifesting all that we desire and love despite any current circumstances. Be inspired by the talented and all around fabulous guy, Angel. Love Karen x

"Good feelings are signals that your belief about what's happening is in vibrational alignment with the way your spirit sees things, the way God sees things if you will."

Bentinho Massaro

Yours sincerely,

karen vella

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**'Intro to
TRINFINITY
ACADEMY':**

YTO would like to invite you to take a look at the website of Bentinho Massaro's Trinifinity Academy, an online educational system and social network founded on cutting edge teachings of integrated spirituality. The link for you to pass on to family, friends and colleagues is:

<http://www.TrinifinityAcademy.com> (

& remember to mention yto!)karen@youretheone.com.au

Offer Expires: 30 June 2015

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