

You're The One Newsletter

A CALM MIND = A HEALTHY BODY

Issue 10 Vol 7 July 2015

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 July 2015. During June I became acutely aware of the importance of living with a calm state of mind. I was firstly reminded of this when the Dalai Lama landed into Sydney and stated simply and beautifully "a calm mind very important for healthy body." Within 24hours of hearing that message, I also noticed synchronicity around being "calm" and I decided that I this was a message I needed to heed. Reflecting upon this, I realized I had been quite "overwhelmed" of late with much pressure at work; yet more importantly, on my visits to hospital over the many weeks, wanting to comfort my Step Mother, Marianne. I decided if I was to be a positive encourager of Marianne, that I also had to be calm and positive to inspire the hope, courage, and strength she needed to fight through her illness, & not only regain but improve her health after many setbacks. With much of the turmoil in the world and in our modern way of living, I believe that if we approach life from the foundation of a calm mind then we will be happier, healthier and create a more loving world. This month I dedicate to sharing some insights into the calm state of mind and its benefits. Love Karen xxx

Mojo Tip: Commit to Calmness!

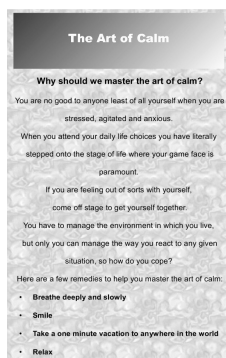


Richard Gere, Activist and Actor

The 7th step on your meaningful Mojo mindset for 2015 is to live in a state of calmness (non agitation) by paying attention to our inner values. People with Mojo know that a calm mind is important for a healthy body & have the profound wisdom that the ultimate source of our happiness is not in material things but in inner qualities. These Mojesque role models take personal responsibility for contributing to creating a healthy, happy humanity. They adopt the inner qualities of love, compassion and forgiveness as they are aware of the potential to bring inner peace. They are committed to calmness, so that they can overcome destructive emotions and operate with empathy towards others rather than being self centred. A perfect expression of a calm and compassionate role model this month is Richard Gere (who accompanied the Dalai Lama on his recent tour to Australia). Despite all his so-called success and

fame in Hollywood, he is a devout Buddhist, acquiring the skills to transform his mind into an oasis of calm and compassion. Richard Gere, like many of the Dalai Lama's followers, are committed to practicing forgiveness and overcoming destructive emotions like anger. Recently, the Dalai Lama was asked about anger and he stated: "Ask yourself, what is the value of anger? There is none. Anger destroys our inner peace, destroys friendship and destroys happy families. Loving kindness on the other hand brings immense benefits, ensuring we have physical health and a happy mind. Concern for others produces trust which is the true source of friendship. And friendship is important because we are social animals. We depend on others for our survival." The Dalai Lama also commented on his recent tour about our society's current problems: "A lot of problems of humanity faces today are our own creation. No one is looking for trouble and yet we create problems for ourselves. We become slaves to our destructive emotions, so responsibility for finding a solution rests on our shoulders." This all starts with advocating educating individuals to be peaceful. "We should try to make this century an era of peace and equality" he said. Perhaps, we can all take something from the following message during his recent visit to the Blue Mountains the Dalai Lama stated "I'm one of 7 billion human beings. We are all the same, physically, mentally and emotionally. We all want to live a happy life and from the moment we are born that's our right. We also have the potential to show affection to others because of the affection we have received in childhood. Scientific experiments have indicated that basic human nature is compassionate. When infants are shown simple images of people helping or hindering each other, it's the help that they prefer. There is also evidence that a constant experience of fear, anger, hatred eats into our immune system." He suggested that a more compassionate attitude brings inner strength, self-confidence and a calm mind. A healthy mind improves our physical well being. He says "We all have the seed of love and compassion within us. This is a source of hope for humanity and we need to pay more attention to it. Unfortunately, humane values that are strong in us when we are young tend to fade as we grow up and become more independent. Our existing education system is oriented towards materialism and has little time for inner values. Ordinarily people have looked to religion for humane values, but 1 billion out of the 7 billion human beings alive today have no faith and don't consider the practice of compassion to have much worth." Imagine how the world can change if we all took some personal responsibility for creating calm and peace that flows on to ourselves and others. Love Karen

Life Coach Tool: The Art of Calm Tool



The Art of Calm

What makes for good art? According to San Francisco gallery owner Cheryl Haines, the answer is "Clear intention, unwavering dedication, patience, perseverance, self awareness, and the drive to make for yourself and no one else." The same goes for "good calm," too. Whether you suffer from occasional anxiety, generalized anxiety, or its more cumbersome cousin, social anxiety, the following strategies will help get you on the other side of calm when practiced regularly. Here are some 19 powerful and practical ways to bring peace to your day (excerpt from Linda Esposito, Psychotherapist from Pasadena, California, Psychology Today, July 2014).

1. Develop a morning success ritual

How we begin each day sets the tone for the rest of the day. Wake up 30-60 minutes earlier than usual to focus on personal development.

2. Practice slow, deep breathing

I like the 4-4-4: Inhale for a count of four, hold for a count of four, and exhale for a count of four. Do this at least three times in succession, and practice when calm, too. Attention to calming breath is the first line of defense when you feel panic coming on.

3. Focus on solutions and not on problems

4. Check your thoughts

Organized thoughts contribute to an organized life. Train your brain to be decisive, methodical, and sound.

5. Manage your emotional regulation

The key is to know your triggers and to adjust accordingly. Pay attention to your physical triggers, and remember you can practice deep-breathing anytime, anywhere.

6. Stop waiting and start living

Face it: The perfect time, the ideal weight, or the right amount in the bank account does not exist. Make time for fun and adventure now.

7. Choose a personality role model

This could be a historic figure or someone you know. Asking "What would so-and-so do in this situation?" can get you back on track.

8. Drink more water

Not only does water rehydrate and replenish, it can be used as a distraction tool when your emotional thermometer runs high.

9. Take a break

This could be a mid-afternoon nap, a time-out from environmental stimulation, or most importantly, technology.

10. Designate a schedule for checking email

For example, 9am, noon and 5pm (I suggest no more than three times per day.)

11. Boost productivity with the 25/5 Rule

Work continuously for 25 minutes, then take a five-minute break.

Set the timer accordingly. After 3 consecutive sessions, take a 30-minute break. Repeat.

12. Let go often

13. Smile more

14. Consciously connect

Schedule in-person time with others at least twice a week. We're wired to connect.

15. Appreciate what you have

We're so focused on the end goal that we forget about the small triumphs along the way.

16. Switch up your responsive routine

Acting in the same manner and expecting different results is akin to believing your teen will wake up early tomorrow morning to wash last night's dinner dishes and then prepare a delicious family breakfast, plus cleanup.

17. Take advantage of therapy

One of the beauties of being in treatment is you have 50 minutes of designated time every week to focus on personal development. This is your "me" time -- use it wisely.

18. Choose simplicity

Talk less, buy less, eat less, stress less.

19. Resist the urge to regret your DNA, childhood, weight, body type, choice of spouse/partner/vocation, etc.

It is what it is, or was. Leave the past where it belongs: behind you. Focus on today instead. Mindfulness is where it's at.

As Linda Esposito says "Picasso didn't wake up one morning and paint the masterpiece Guernica. Conversely, you didn't become nervous, hyper-vigilant and stressed out overnight. Take it slow. Time is your friend, and not something to race against or fear. Calm can be yours when you treat it as an art to be practiced, contemplated, and honed each and every day."

Be Inspired Article: 10 Questions with Mariette Vella!



Who is the real Mariette?

I arrived in Australia, aged 12, with my family from Holland and were sent to Bonagilla (a place where migrants were sent when they first arrived). Later on we bought a house in Ardeer. I lost my Mother within 2 years of arrival from Holland. I was then locked up for 3 years shortly after, due to being exposed to moral danger. I married at 18, and had 3 children. My first husband passed away when I was 29. I have since met a handsome man, have one child and living happily thereafter.

Which five words best describes you?

Caring. Loyal. Straight-Forward. Generous. Stubborn.

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

Delivering milk and had 4 children.

What's your proudest achievement?

Surviving my childhood.

What has been your best decision?

Marrying my honey.

Who inspires you?

My husband.

What are you passionate about?

Travelling around Australia.

What's the best lesson you've learnt?

Finding out who cares about you when you are sick.

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

My Mother.

What dream do you still want to fulfil?

Continuing travelling with my husband.

What are you reading?

"Life's True Stories", Magazines.

Daily Hint: Focus on The Art of Calm Tool/s Daily

Thank you! Your Daily Hint this month is to really focus on the 19 Keys to The Art of Calm above. Decide daily to devote yourself to a different one each day and truly transform yourself into an oasis of calm, compassion, and loving kindness. Watch your health and happiness flourish!

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, Mariette (Marianne) Vella. Marianne, my Step-Mum, and my Dad have been together 36 years and are now travelling around Australia and loving their life. Right at present, Marianne is recovering in hospital from a procedure and she has demonstrated to me how strong she is in overcoming any obstacles. Focussing on the positive and remaining calm and hopeful are tools she is now working with and she has set a date to be out of hospital and I just know her subconscious mind will assist her to achieve this goal!! Join me in sending her rays of positive healing energy. Love Karen x

"To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him."

Buddha

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

**'Breathe &
Stay Calm
Voucher'**

Pass this Voucher on to anyone whom you feel may benefit from learning some of the techniques of the Art of Calm (listed above). Remind them that these tools can have such a powerful effect on their lives. Pass on to family, friends and colleagues (

& remember to mention yto!) karen@youretheone.com.au. Remember that simply applying calmness can profoundly affect yourself, others and the world at large.

Offer Expires: 31 July 2015

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!