

You're The One Newsletter

UNBROKEN

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In This Issue

What's New With Karen

Mojo Tip

Life Coach Tool

Be Inspired Interview

Karen Recommends



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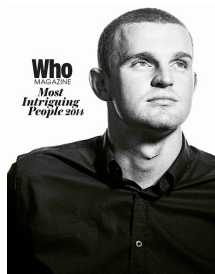
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What's New With Karen

Welcome to August 2015. During July I found many synchronicities around the theme of "Brokenness." Firstly, was the inspirational story on 60 Minutes of Rugby League player, Alex McKinnon's fight back after being paralysed on field (and his new book called "Unbroken"). Secondly, whilst channel surfing, I was inspired by a Pastor at the 2015 Hillsong Conference speaking on the "Beauty of Brokenness" as his theme. And finally, I started noticing that many of my own things were breaking down (one in which left me stranded in the rain when my car wiper engine motor went kaput!). Aha then I knew my message for my next Newsletter!! So, I started my research on the theme of "Rising from any Time of Brokenness" and in doing so discovered that there was actually a lot of beauty in some things falling away, to allow us to live with something better - be that a better circumstance, a better mindset, something overall that was new and fresh instead of old and outdated. So, this month, here's to the theme of remaining unbroken during times of brokenness. Love Karen xxx

Mojo Tip: From Broken to Unbroken!

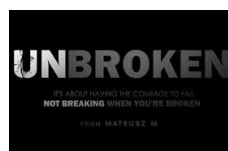


Inspirational Rugby League Player, & Now Author 'Unbroken' Alex McKinnon

The 8th step on your masterful Mojo mindset for 2015 is to accept the times of brokenness in our lives. People with Mojo know that in life, despite our best efforts, we will experience times of devastation/brokenness. Whether this be a relationship, our health, our finances, our career, our support networks, it is a time for surrender, humility, and healing. People with Mojo use this time to submit to a higher power, and deepen their understanding & compassion for themselves and others, and transform through the pain. When we compare this to the changing of seasons, the season of brokenness, like winter (which can be cold and grey), can also be filled with beauty (the comfort we can have from retreating temporarily from the world). To demonstrate my theme, my ideal Mojo Role Model this month is the 22year old, talented and committed Rugby League Player, Alex McKinnon, whose life changed forever on 24 March 2014. During the 39th minute of the Newcastle

Knights vs Melbourne Storm game, a wrong tackle damaged his spinal chord & left him paralysed from the chest down. In the recent interview with 60 Minutes' Liz Hayes, Alex revealed that during the crushing time over ensuing weeks in hospital, he asked his parents "to let him die." However, the inspirational story of what followed (with the love and support of his Girlfriend, Teigan, & his family) and how Alex came to understand that "he might have lost the use of his legs, etc, but he was still the special person, & still had the soul that everyone loved" and that he would decide then to change his perspective and become "unbroken." Now Alex is using the same fortitude he used on the field, to regain the use of his body, so that one day he can walk his Fiance down the aisle. Along side him, each step of the way, is his Rugby Coach and Mentor, Wayne Bennett, who is very much part of Alex's inner sanctum, who has vowed to wear his 'Rise For Alex' wristband until "the day that we realise he won't walk again or he will walk." To me, Alex McKinnon, is an example of how a life can go from amazing to devastating in one fraction of a second - yet how we can rise above it and rebuild our lives. We all will undoubtedly experience a time/times of crisis in our lives, when we may experience feeling crushed, and things that once were, are no longer. However, if we accept (rather than question "why us") submit to the change, and understand we are being refined under this incredible pressure into someone more, we can find comfort in this time. And it helps to remember that we may be "temporarily broken" but we are not "destroyed" and we will be "put back together in a new way" (and usually there is a plan for us that we may not even understand at the time). In a world where we can be singularly self-focussed, using our own willpower and outer discipline to seemingly control our lives, these changes taking place can move us spiritually from proud/hardhearted/haughty to humble/contrite/broken. What results is a metamorphosis from the inside out, usually resulting in a change to a person's heart (a softening rather than a hardening). Behavior changes when our hearts change. To use a spiritual perspective, God (higher power) is pleased by our broken sacrifices - he knows what is best for us - believe this - trust in this - and make your decisions based on this. I read recently "God is not the Author of Confusion but instead the Author of all human promotion. Come to him in humility and with a broken heart as this is pleasing to him." Then watch him transform you into the very best you there could be. Love Karen

Life Coach Tool: Brokenness As A Tool!



How To Stay Unbroken When You Feel Broken

Perhaps you or someone close to you is going through a season of brokenness. Recently, I read these beautiful words which highlights how God uses Brokenness as a tool. I loved these words and share some 12 of them with you and hope they may provide comfort to you and your loved ones during any painful transitional time. Having some sort of spiritual message and comfort is often the one thing that can get us through these times - I know myself when I have experienced a season of brokenness - all the truths below seemed to take place....

1. Your Character Will Be Strengthened

It is painful but God provides the strength you need to keep on going.

2. Your Pain Will Be Relative (To What Is Being broken)

Your experience depends on what is being broken (ie jealousy, pride, greed, lustful thoughts and actions).

3. Your Self Reliance Will Be Broken

Often this is a time when we turn to God rather than our own pride/selfishness.

4. Your Spirit Will Be Prepared

Any discipline you experience in times of brokenness is God's way of changing and preparing you for future service.

5. Your Pain Will Be Eased

It may seem like the brokenness may continue forever, but it won't; once your spirit yields to God's will, your painfulness will ease.

6. Your Brokenness Will Not Crush You

You will never be crushed by brokenness.

7. You Will Gain a New Perspective

You will gain a new perspective of God's mercy and provision.

8. You Will Deepen Your Sense of Self

You will have a more complete comprehension of yourself.

9. You Will Increase Your Compassion

Your compassion and understanding for others' suffering will be developed.

10. You Will Not Be Deserted

You will understand how not to give up or become discouraged as God has not removed his love.

11. Your Needs Will be Perfectly Fulfilled

You will understand as much as we need our family/friends, all your needs are met perfectly and completely by God.

12. You Will be Unconditionally Loved

You will find that God is patient and knows your journey and accepts and loves you unconditionally.

Excerpt above is taken from "The Truth about Brokenness" from the Global Christian Centre.

Be Inspired Article: 10 Questions with Lisa Melina!



Who is the real Lisa?

Hi I'm Lisa I own and run a beauty salon with a boutique shop front on Union Road in Ascot Vale. I have been a beauty therapist for over 10 years now and over the years I have built a reputation for eyebrow shaping, facials and makeovers as well as honest / knowledgeable product recommendations. I am privileged to have been able to work and be trained

with many different prestige cosmetic brands over the years and am not biased to just one. I am lucky to have sweet, loyal, clients who have always followed and supported me as well as more recently having the pleasure of meeting many new people and building a lovely local clientele. I take a lot of pride in the service we provide and products/brands we stock as well as watching both my staff and the overall business grow and flourish. At first glance you'll notice it's a little different to a traditional beauty salon as its filled with all the girly things we love! You don't need to have or be making an appointment to pop in we encourage people to simply come have a browse and a play. There's bound to be something new each time you visit! Our next step which we are currently working on is a Lisa Melina brow & beauty boutique app so we can have a further reach for people wanting to shop for unique boutique skincare, cosmetics and gifts who perhaps can't get to the physical store.

Which five words best describe you?

Quirky. Chirpy. Genuine. Creative. Kind.

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

I worked in a ladies clothing store as a teenager then spent many years working in pharmacy where I grew a lot professionally and discovered how much I loved building relationships with regular customers and helping them with beauty products. This passion was recognized and I was put in charge of the cosmetic counters. It was whilst working in pharmacy by day that I also undertook my diploma of beauty therapy during the evenings and although it was exhausting doing it this way, it was great to instantly put into practice what I was learning and I naturally transitioned from pharmacy assistant/ beauty consultant to beauty therapist.

What's your proudest achievement?

Taking the leap and opening my own business Lisa Melina brow & beauty boutique 4 years ago. This was very scary for me as I didn't know anyone close to me with a business and although a good work ethic has been instilled in me by my family, taking risks in general is going against the grain. I figured I didn't want to look back one day and wonder "What If?"- so here I am.

What's been your best decision?

To do things my own way and not try replicate anyone else or another business.

Who inspires you?

Strong women throughout history who weren't scared to go against the crowd. Anyone who has been through a tough time but still has a positive outlook and kind loving heart.

What are you passionate about?

On a personal level, nothing puts a smile on my face more than good food, good conversations with friends, puppies and sunshine:) Work-wise, I'm passionate about eyebrows, makeup, and facials as well as good quality products. I also love the service and uniqueness of the boutique shopping experience, and wish we had more of this in Melbourne outside of the CBD. As a customer I love browsing and finding unique treasures, so I try to incorporate this

feeling/experience at Lisa Melina brow & beauty boutique. We currently stock Napoleon, Butter London, Elizabeth Arden Pro, Decleor, L'occitane, Voluspa, Priori, Palm Beach Collections Candles and Vani-T Minerals to name a few.

What's the best lesson you've learnt?

Just one? There's so many! To be true to yourself. Unfortunately you can't always make everyone happy. I don't believe in shortcuts. If you're going to do something, do it properly or not at all and unfortunately the best way isn't usually the easiest way. If you want something in life you need to be willing to work for it. Sometimes acquiring something is not the hardest part but maintaining and appreciating what you have as well as being dedicated is just as difficult and important.

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

My future self.

What dream do you still want to fulfil?

To get the business to a stage I feel comfortable leaving it for a little while and taking a holiday somewhere warm :).

What are you reading?

'The Bronze Horseman' by Paullina Simons (again).

Daily Hint: Focus on One Tip for Remaining Unbroken Daily

Thank you! Your Daily Hint this month is to really focus on the 12 Keys to Staying Unbroken above. Decide daily to devote yourself to a different one each day and appreciate what is being developed in your character. Make a decision to transform into being unbroken in all areas!

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, Lisa Melina, whom impressed me recently on my visit to her beautiful salon. What I love about Lisa is what she says here "Her ability to appreciate anyone who has been through a tough time but still has a positive outlook and kind loving heart." She is a woman wise beyond her years and she demonstrates the unbreakable spirit I speak of in this Newsletter. Love Karen x

*"And we know that in all things God works for the good of those who love Him,
who have been called according to His purpose."
Romans 8:28*

Yours sincerely,

karen vella

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'BONUS

The lovely Lisa of Lisa Melina Brow & Beauty Bar at 161 Union Road, Ascot Vale Vic

**OFFER
FROM
LISA'**

3032 Tel: 03-9375 7272 is offering friends of YTO the following free bonuses: Free express manicure or pedicure with full body and scalp relaxation massage (\$90); or Free eyebrow shape & wax with one hour facial (\$85). Offer valid until 30/9/2015 & excludes Saturdays) Don't forget to mention yto!)karen@youretheone.com.au.

Offer Expires: 31 August 2015

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