

You're The One Newsletter

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Issue 12 Vol 4 April 2017

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Karen Recommends



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What's New With Karen

Welcome to April 2017! During March I found myself confronted by 'the old' that was being shed away from my life and 'the new' that it was being replaced with. At times, it felt painful, as I tried to hold on to control, but eventually I surrendered, having the grace to know that obviously, everything works out in time and something truly inspiring was on my doorstep literally. You may relate as you find yourself in the Autumnal season of change, which correlates to "letting go and shedding" just as the trees are "letting go effortlessly of their leaves". This newsletter is devoted to examine how we can let go without strain and struggle to old attachments so that we can manifest a healthier and better balanced life for the New Season that awaits. Love Karen XXX Wishing you and your loved ones also a beautiful Easter - a perfect time of celebration & rebirth!

Mojo Tip: Lessons from A True Fair Lady!



Dame Julie Andrews, First Lady of Musical Theatre & Award Winning British Actress

The 4th step on your mindful Mojo mindset for 2017 is to let go of the old layers of our lives and selves we are holding on to. People with Mojo take their lesson from Nature, from the snake that has to shed its old skin, to the tree that loses its leaves to replenish afresh. Aware of not holding on to the past, they examine what they are holding on to and how it may be holding them back from their purpose of achieving a happier life. These Mojosque Role Models deliberately devote and schedule reflection time. They examine what they have been attached to, & intentionally surrender to releasing effortlessly in a kind of rebirth process. This takes the courage to let go of many types of attachments, and being faithful to manifest something fresh and new! When I think of a wonderful role model who demonstrates this perfectly, I am delighted to devote this section to one of my favorite women of all time, the fabulously charming, elegant and talented, Dame Julie Andrews, currently in Australia, promoting 'My Fair Lady' (The Musical). Listening to a radio interview on ABC Radio, Dame Julie was asked how she felt about possible future productions starring new stars where she had previously been known to be the 'leading lady'. Her answer was so exuberant, enthusiastic & generous - in which she fully supported reinvention - both new productions & new

talent - a woman obviously not held back by the past. Perhaps we can all take a lesson from Dame Julie, and choose to be unattached to things of the past, we seem to be seemingly bound by, and to instead be exuberant and open to the new. I believe we will find ourselves refreshed, re-energised, re-enthused and ready to shine!! Just as Dame Julie will never lose her gloss, as she moves with the times, we too, can embrace newness, step out of the shadows of old, and into a sparkling new spotlight! It is your time to shine!! Love Karen XXX

Life Coach Tool: Be Liberated! Let It Go! Let it Go!



Words From the Movie 'Frozen' - 'Let It Go, Let It Go, Can't Hold It Back Anymore'

Below please find a 'process of how to let go of old attachments' An excerpt, from Michael Finkelstein, MD, The Slow Medicine Doctor on how to practice doing what the Movie 'Frozen' says "let it go'....(enjoy below):

The Process: using the Energy of Inspiration for Transformation

"Essentially all attachment is both an opportunity for pain (hanging on) and liberation (letting go) but it is often the fear of pain that leads us to hold on. It is like biting down on a throbbing tooth, if we can keep the experience at some consistent level, even if it is causing discomfort, hanging on often seems preferable to allowing the rush of "feeling". To do this process we need to put a lot of intentionality to go through the process of letting go. To do this, we need to inhale (breathe in). As we inhale into inspiration this in turn can give us the courage to plunge into the depths of attachments. Inspiration can help us see our attachments for what they are. Inspiration helps us shake loose from ego's attachment to pain, allowing us to live without regret. All we need to do is imagine what it feels like to be truly alive, in alignment with our passion and purpose, full of energy, and excited by life's potential. Now imagine what it might take to get there. Are there some things you might be willing to shed, to step into this stage of grace? So, I invite you to plan to release these things, and see how much lighter you feel as a result. If you find something that is holding you back, explore its origin - pick up a notebook and write about what you are experiencing and thinking. Then play the story back as a movie, in this movie, write a script for how the hero or heroine transforms as you heal and return to wholeness. When you let go of the baggage and physically improve your body's function, as well as metaphysically improve the lightness of your being, you can move more easily onto your true path. If you find yourself preferring to hold onto the pain in one area, perhaps now is not the best time to let it go. Do what you can for now and be patient with yourself. Maybe it will help to realize that one thing we hold onto is the notion that we are something other than perfect right now. Perhaps we can be more accepting of what it is, including some of the pain and garbage in our lives. The practice is not to become squeaky clean, but just to move in the direction of our greater selves. It may help to realize that no matter how stuck we may be feeling, we can in fact change. We change all the time! What doesn't change so easily is what we hold on to - our assumed identity which may in fact be false. By adjusting some of our behaviors, we may get more in alignment with our true nature!"

Dr Finkelstein highlights 3 levels of attachment: "The 1st is attachment to life, limb/organ, or function, whether for ourselves or for someone we love. The 2nd is

attachment to our personal quirks and habits. The 3rd is associated with our ego, and is attachment to our status, both as we perceive it and as we believe others perceive it. While these categories of loss may be interconnected on some level, some losses stand out as being more significant than others. Still, we are often just as attached to the less significant losses, and the pain of separation may feel just as great." Let's inhale for inspiration and do as the Movie Song Frozen says "Let It Go, Let It Go."

Be Inspired Article: 10 Questions with Deanna Guastella!



Who is the Real Deanna

Deanna's 'whole story' can be reflected below - especially in her path since taking her first job. And she also loves dancing!!

Which five words best describe you?

Passionate. Creative. Driven. Energetic. Expressive.

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

My first job was at a Cake Shop at the age of 16. From there I pursued study in culinary arts and became qualified as a Pastry Chef at the age of 19. After attending a Cordon Bleu Pastry School in the South of Italy I returned home and continued working at 'Phillipa's' as a Baker and Pastry Chef. At age 20 I was appointed Head Pastry Chef at a newly opened restaurant. Unfortunately, long hours and little pay led me to rethink my career. I didn't know what to do, so I took up a job washing dishes at a small Cafe and started to attend Pilates classes often in my spare time. I loved how I felt after them so much. One thing lead to another and here I am as a Personal Trainer and Fitness Instructor today.

What's your proudest achievement?

Heading overseas to attend a Pastry School.

What's been your best decision?

To get my Cert 3 and 4 in Fitness.

Who inspires you?

Many people inspire me. My mum inspires me by how kind and selfless she is. My dad inspires me because he is the hardest working man I know, but somehow always has time for his family. My clients inspire me every day at work with their determination to succeed. Last but certainly not least my other half inspires me with his optimism and down to earth nature, he is a realist, but I like it.

What are you passionate about?

I am passionate about a lot of things. Good food and wine, dancing, my job.

What's the best lesson you've learnt?

The best lesson I've learnt is probably if you don't succeed at first, try and try again.

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

Julie Andrews; I think we'd have a lot to talk about over a cup of coffee.

What dream do you still want to fulfil?

I would like to write a book one day. I will.

What are you reading?

I'm not currently reading any book as I'm currently studying Pilates so it takes up most of my spare time.

Daily Hint: Daily Reminder to 'Let it Go'

Thank you! Your Daily Hint this month is to daily make a decision to "let it go" - whatever is making you feel heavy/stuck/disempowered and choose instead to make the decision that each day you will move with effortless ease into your new transformation. Accept there is a blessing daily in this for you and for those around you as you will be a happier soul. Accept it cheerfully!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm thrilled to introduce you to an inspiring young woman, Deanna. Every time I see her I am inspired by her attitude, dedication, and her positive messages and her example she demonstrates to others! Little did I know that both Deanna & I share an adoration of Dame Julie Andrews!! Deanna has transformed in her life and followed her passions and she is the perfect role model this month of a person not afraid to leave the past behind and step out bravely into a New World! Be captivated by Deanna's passion for life!!!

Some of us think holding on makes us strong; but sometimes it is letting go.'

Herman Hesse

Yours sincerely,

karen vella

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**Transform Into
The New You
This Season!!**

Send this Voucher to anyone whom you know could benefit on adjusting to the seasonal change of transition - rebirth - and reinvention! Remember to mention karen at yto karen@youretheone.com.au



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