

You're The One Newsletter

PROTECT YOUR INTERIOR WORLD!

Issue 12 Vol 7 July 2017

In This Issue

[What's New With Karen](#)

[Mojo Tip](#)

[Life Coach Tool](#)

[Be Inspired Interview](#)

Karen Recommends



COMING SOON TO THIS SPACE!

2017 - Mojo Classes
2017 - Best Year Workshops
2017 - Webinars
2017 - New Products
2017 - 1 on 1 Life Coaching
And more....

Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

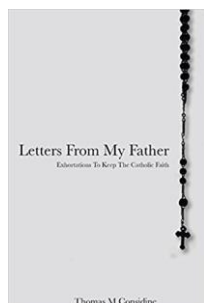
[More About Us](#)

[Join Our Mailing List!](#)

What's New With Karen

Welcome to July 2017! During June, my wise & wonderful Priest reminded me of the value of protecting our interior life. In our current times, I believe there is no better moment than now to remind ourselves of the importance of taking care of our inner world. By living from our inner values of faith, peace, serenity, hope, and joy it's a necessary antidote to keeping out any unwanted states such as fear, anxiety, stress & pressure. What a wonderful reminder to guard our hearts and live from a state of tranquil optimistic faith which we can find in our inner rituals thus strengthening and comforting us. This month I dedicate my newsletter to sharing some strategies on how to create a safe space from within so that we can flourish in life (just like a plant being watered). Remember to protect what is most valuable in your life - that is your unique and beautiful interior world and live in the light of your personal truth rather than that of the world!! Love Karen XXX

Mojo Tip: The Foundation of Faith!



Thomas M. Considine, Author "Letters from My Father" 2014.

The 7th step on your mindful Mojo mindset is to protect your interior world. People with Mojo apply this lesson to their lives. They have a dedicated interior life, protecting their mindset & emotions in a type of protective bubble free of any harmful and negative influences. These Mojo-esque Role Models prioritise daily ways to strengthen restoring faith to their inner worlds ie by way of prayer, meditation, rest, stillness. To use a simple metaphor they keep out the dark of outer influences and bring in the light of inner truth. My perfect role model this month is an Author called Thomas M. Considine, who is such an inspiration for his teachings on living a good life by protecting our interior life. To introduce Thomas M. Considine to you, I do so, by way of his most poignant words taken as an excerpt from his 2014 book: "Letters From My Father." This beautiful book is written from the perspective of a Father to his son on how to live a good life and he does this by instilling the foundation of faith in his children as a Father's first

duty. I believe this particular work demonstrate what a perfect role model Considine is for our times right now. I share a beautiful message from his book herewith: *"Protect your heart and guard it jealously from the many harmful influences that exist in the world. Make your heart full of the virtues of humility, purity, and charity. The kingdom of God is within. God will come and reside within a loving heart. He will come and reside within you. The way to protect your heart is through the interior life and prayer. Quite simply, prayer opens the way for God to work within you and reshape your heart in his image. Prayer for your soul is similar to water for a plant. As your plant needs water to grow so does your soul need prayer. Please remember to pray, pray, pray. God will hear you and come and live within you. He will bless you and provide divine wisdom and guidance. This is the way to life. It is the only way and that is why these letters are very important. They describe simple stories of the Bible that illustrate how all of us need to live. Perhaps more fundamentally, these stories show us of the importance of a heart that is open to God."* Perhaps you can find something as I did, in these beautiful words from Thomas M Considine. However, I am sure you know what is best for you and what works for you. As long as you can now stop, be still, trust, have faith and find something that builds your inner life and buffers you from outside influences and helps you stay serene and positive. Whatever way you choose to do this, I just know YOU are going to flourish more than ever before if you do this. Whatever way YOU choose (whether in the form above, of prayer, or another way) my wish for you is that you heed the message about protecting and guarding your most valuable asset; your heart mind and soul. Stay illuminated, protect yourself and live in a world of divine truth and light and you will be living a good life. Be truly blessed!! Love Karen
XXX

Life Coach Tool: 10 Keys To A Powerful & Productive Private Life



When We Put Our Problems in God's Hands He Puts His Peace In Our Hearts

The majority of us spend our lives working on surface issues (ie, our circumstances, jobs, homes, work, status, financial security, etc) instead of our private life. No matter how strong we feel we are and can rely on ourselves, there is danger if we become too self-reliant and over-striving. Eventually, just like a sinkhole, eventually something will give way so that we absolutely have to build a new foundation based on a strong spiritual inner based life. There is nothing more important than your inner life.

Here are 10 Keys to start:

1. Stop striving, get still, get quiet
2. Refocus on being, not doing
3. Stop trying to solve your own problems
4. Seek the Lord's strength as your fortress
5. Let Go, Let God
6. Focus your heart and mind on God (higher power/angels)
7. Get to know & love God, feel his presence
8. Ask God for his will to be done (not yours)

9. Create a morning ritual for prayer/to prepare for the day
10. Devote time daily to read the Lord's way (not the world's way)

As you draw away from the world, and retreat within, you will be greatly rewarded in your life. During this powerful and productive private life you will find you will refocus, renew, re-evaluate, re-arrange, and learn powerful tools of restraint and resistance. Joyce Meyers (one of the World's greatest Christian teachers) says, "one of the biggest revelations I've received from God is that my real life is the life that's in me."

Be Inspired Article: 10 Questions with Kerrie Richards!



Who is the real Kerrie?

I am first & foremost a wife and mother. My life has been a journey of joy, struggles & hardship & has shaped me into the woman I am today. Overnight, my life fundamentally changed from being healthy to palliative care & fighting for my life; thinking of my children, motivated me to push on. I've had to stop, re-evaluate and take stock of what was important in my life. My life now is focused on enjoying the quiet slow (not fast & busy lifestyle). My aspiration now is to value others and their gifts, to be mindful of that, turn up & just be present. I read today love is all that remains.

Which five words best describe you?

Caring. Loving. Sensitive. Bubbly. Optimistic.

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

Work experience at a kindergarten, as I wished to become a teacher. I realised being a mother was paramount. My 1st job was at Aust Nat Photo Library, followed by a fashion boutique, then tour guiding, hospitality, beauty therapist, charity work and full time mother, along with studying nutrition, naturopathy, front office and tourism.

What's your proudest achievement?

Bringing my wonderful children into the world.

What's been your best decision?

Marriage and raising a family.

Who inspires you?

Anyone who lives by their truth and heart, aspiring to be a better person to make the world a better place.

What are you passionate about?

My family, caring for animals, our environment, fairness, peacefulness and putting out love into the world to brighten someone's day.

What's the best lesson you've learnt?

To have faith and believe in every moment, no matter the circumstances that all will be okay. To trust in that.

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

My Dad again.

What dream do you still want to fulfil?

To become a great grandmother & to enjoy celebrating our 50th wedding anniversary, to create a homely, comfortable and peaceful house that family/friends can visit. Daily to be mindful, present and working on health and habits to become the best I can be & to make a good day for my husband and whoever is a part of it. To keep learning new & better things, to be a good example & helpful to others.

What are you reading?

Currently reading many books & online interests in slow-living principles, ethical practices, healing spices & herbs in cooking, & Karen's YTO newsletter archives.

Daily Hint: Daily Reminder to 'Devote Time To Your Inner World'

Thank you! Your Daily Hint this month is to set aside time daily to devote to a powerful & productive inner life. Allow yourself time to rest, slow down, meditate, pray, let go and let god!!! And watch what starts to fall into and out of your life. Be blessed.

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm blissful about introducing you to an Angel in my life Kerrie. Recently, Kerrie & my path interconnected (we put it down to a Divine blessing from the heavens as we both guard our privacy, & have no social media). Despite living thousands of kilometres away, and never yet meeting face to face, we seem to be truly on the same soul wavelength. Kerrie to me is one of the rare Angels walking around in our lives and those who are lucky enough to come into contact with her, are truly blessed as I am. Be inspired by her journey to date which is truly remarkable, inspiring and uplifting. I love what she says particularly about having faith all will work out OK!! A poignant message for us All in today's world.

'Nothing can bring you peace - but yourself'

-Emerson-

Yours sincerely,

karen vella

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

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

M:0419570011 |

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

A BEAUTIFUL REMINDER

Have faith - it will all work out in the end!!!!

Please send to all the Angels in your life & remember to mention karen at yto:

karen@youretheone.com.au

"It isn't as bad as you sometimes think it is.
It all works out. Don't worry. I say that to myself every morning. It all works out in the end. Put your trust in God, and move forward with faith and confidence in the future. The Lord will not forsake us. He will not forsake us. If we will put our trust in Him, if we will pray to Him, if we will live worthy of His blessings, He will hear our prayers."

Gordon B. Hinckley

Offer Expires: 31 July 2017

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 mages - thankyou!