

You're The One Newsletter

TRULY HUMBLD

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What's New With Karen

Welcome to August 2017! During July my sister rang me to tell me about being deeply touched by a gift of a rare gem when she treated an Opal dealer & his wife with care, respect & courtesy whilst carrying out her daily work. We sisters enjoyed a wonderful conversation about being 'humbled' by the kindness of others. For, I, too was 'humbled' by a number of recent events: *beautiful words of affirmation from colleagues; a stranger in a café wanting to pay my account; and people(angels) going out of their way to appear & help*. There too have been events outside my control (some less positive) that have humbled me to the core. True humility is a state I believe we should all aim for. When we are humbled, we are brought to our knees and we let go of pretences, especially those of pride. We seem to be blessed by this power of humility which seems to go hand in hand with charity. This month is dedicated to the theme of truly living with humility at your core and its transformative power. Love Karen XXX

Mojo Tip: The Humble Prince!



Prince Harry, The 'Humble Prince', Philanthropist & Mental Health Advocate

The 8th step on your majestic Mojo mindset is to live in a state of humility. People with Mojo are courteously respectful of others. Instead of looking for 'me first' their humility allows them to say 'no, you first my friend.' Humility is that rare quality that lets them go more than halfway to meet the needs and demands of others. These Mojesque role models do not look upon others with haughty eyes; instead nurturing good terms with all persons. In a sense, they are the opposite of narcissistic people. The 32 year old, Royal, Prince Harry is the perfect example of a person who demonstrates true humility. Many are commenting that he has a touch of his Mother - being called "The Humble Prince/The People's Prince". Harry, a former Apache helicopter pilot, who served with the British armed forces in Afghanistan, founded the Invictus Games, an international sporting event for wounded, injured and ill soldiers and veterans. Having seen up close the horrors of war and the challenges and the struggles in what men and women are put through - that has struck a chord with him and he has found a new focus in his charity work. He also has a passion for his philanthropic work in the area of mental health, one of

his goals being simply to encourage people to talk about their mental health. Prince Harry said that while he was now in a "good place" mentally, he spent almost 2 decades suppressing his grief over the death of his Mother, having at one stage been on the brink of a "complete mental breakdown". It is Harry's real sense of humility that shines through when he takes time to listen to people's stories, offering comfort, and acceptance and is my perfect role model this month. Let us, too, be inspired by Harry, as we go about living with a humbler demeanour. There are so many positives to being humble. Humility dissipates anger and heals old wounds and allows us to see the dignity and worth of all others. Humility can turn enemies into friends. A humble demeanour is not a denial of our worth as individuals. Rather it is the tool that allows us, in so far as possible, to be on good terms with all persons. It can be summed up perfectly in the quote "Humility is not thinking less of yourself, but thinking of yourself less." May you be simply humbled as you reflect on a new way of being in the world. Love Karen XXX

Life Coach Tool:10 Tips to Living A Humble Life



Humility is the Solid Foundation Of All Virtues: Confucius

A wise person once said, 'It takes great humility to understand humility'. To attain this state - we must be vigilant to resist pride. Once we become aware of the poison of pride, we begin to notice it all around us. To stay in a humble state (& free of pride) I share below some tips below to living with 'sincere humility':

10 Tips to Living & Being Sincerely Humble:

- Be free of envy, jealousy, pride & self righteousness
- Be praiseworthy of the virtues and talents of others
- Be compassionate, kind and gentle
- Be long suffering & forgive others
- Be a servant, helper, comforter of others in love
- Be a 'good finder' in others not a 'fault finder'
- Be free of gossip & bearing grudges
- Be humble & softer in your speech, free from anger
- Be self restrained from excessive vanity
- Be devoted to putting other people's interests ahead of own selfish ones

There is a saying, 'to know the humble man/woman - to know how the humble man/woman behaves, you must follow him/her in the course of daily life'. Pride has terrible consequences; humility bring blessings. Truly discover that joy and power are byproducts of living with a humble heart and spirit. May you discover the true secrets of inner peace, happiness, and goodwill on earth as you take on a humble mindset!! Live with true bliss!

Be Inspired Article:10 Questions with Tenay Balo!



Who is the real Tenay?

I'm 28 years old, Married and a Mother of 2. I come from a Samoan background and my foundation is God and family. Born in Sydney NSW, lived in Auckland N.Z and moved to Melbourne in 1998 and haven't left since. I'm a working mother supporting my little family and trying to provide the best I can. Being a Mother is my most cherished blessing.

Which five words best describe you?

Hard-working. Caring. Believer. Independent. Strong.

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

My first job was when I was in Year 9, I worked at our local Charcoal Chicken; since then I've remained in the Customer Service Industry.

What's your proudest achievement?

My 2 beautiful children, Melody & Peyton-Wade.

What's been your best decision?

To have my daughter back in 2009.

Who inspires you?

My children inspire me to be the best I can be and also my Dad, the most hard-working man I've ever known.

What are you passionate about?

I'm passionate about my family, more so my children, and being the best I can be for them.

What's the best lesson you've learnt?

The best lesson I've learnt, is to always be patient, no matter how hard the situation you are in, just to always be patient.

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

My Nephew who passed away at birth in March of 2009 (the first baby of our family).

What dream do you still want to fulfil?

Happiness, a dream (for my kids & husband also) just to be truly happy with every aspect of my life.

What are you reading?

Articles on Facebook and Social Media; majority of the time, News, Spiritual Scriptures & Crime Stories.

Daily Hint: Daily Reminder to 'Grow In Humility'

Thank you! Your Daily Hint this month is to find a way each day to embrace the spirit of true humility. Focus each day on growing in the virtue of humility. Watch its effect that it has on yourself and all your interactions with others. Be free of pride!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm humbled & blessed by beautiful Tenay and her presence in my life. Tenay is a rare person - from the first moment I met her I felt so comfortable - there seem to be no walls between us - as we share from a place of true spiritual faith, and wanting to be a comforter of others as part of the tapestry of our lives. Tenay is a rare person in our Modern Era of a new generation of younger women. She is a perfect example of a person who "does not think less of herself but thinks of herself less." She is a fabulous Mother, amongst other gifts. Be simply humbled by her words above.

'Whoever exalts himself shall be humbled; and whoever humbles himself shall be exalted'

-Matthew 23: 11-12-

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

IT'S YOUR TIME TO

'Let Go of Any Unforgiveness'

To truly live a humble life, we need to let go of any residue of unforgiveness in our hearts. Now is the perfect time to examine ourselves & forgive others, as we too, wish to be forgiven for our mistakes. Please send to anyone you wish to forgive or to whom you need to ask to forgive you & remember to mention yto:

karen@youretheone.com.au

“There is no love
without forgiveness,
and there is no
forgiveness without
love.”



Offer Expires: 31 August 2017

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