

You're The One Newsletter

FEELING GLORIOUS! GLORIOUS!

Issue 12 Vol 10 November 2017

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What's New With Karen

Welcome to November 2017! During October there was a song that I found myself singing out loud in my car - 'Glorious' By American Rapper, Macklemore. To me it is an anthem of someone who has been through a tough time but has come out at the other end with a feeling of victory. When any of us lose someone/something that is important to us; it can feel so painful. And the degree to which we have invested in that person/thing in our life is what makes it so particularly troubling. Perhaps, you too have been doing it tough and experienced a time of loss - *of a loved one, one's health, a job, financial security, a home damaged by fire/flood*. Whatever the circumstance, I'm here to tell you not to lose heart and that there will be glory at the end. There is a beautiful saying 'you get double for your trouble' meaning for all your pain you will be given something so much better at the end to make up for your struggle and tears. Here is to you spreading the message and feeling Glorious!! Love Karen xxx

Mojo Tip: Mindset: *Double* For Your Trouble!



Chris Waller, Horse Trainer, Mighty Mare Winx Dedicates Cox Plate Win to Matt Callander battling brain cancer in hospital

The 11th step on your magnificent Mojo journey is to remember there will be times of trouble in life; it is simply unavoidable. People with Mojo are acutely aware and sensitive to suffering being a condition of life. They reach out when others are doing it tough; *a phone call, a visit, offering love, help, and encouragement*. Armed with a heart of compassion, they also have a wonderful tool to help pull others/themselves through the tough times, the saying; '*double for your trouble*'. A perfect role model of someone who demonstrates this, is the Horse Trainer, Chris Waller, who just took out the Cox Plate with his Mighty Mare, Winx on 28 October 2017 in Melbourne. Whilst not a betting person, I was so moved, to watch his speech as he dedicated the Cox Plate Win to Matt Callander who is battling brain cancer, and clinging to life in hospital. (*Matt is the brother of Richard, the famous broadcaster who gave trainer Chris Waller a couch to sleep on when he first arrived in Sydney from New Zealand 10 years ago.*) After Winx won her third Cox, Plate, and as the Callander family sat around a hospital bed Chris Waller choked back tears to emotionally dedicate the win to Matt, stating: "Matt Callander is doing it very tough. I am thinking of him right now." May we always remember not only our own

journey when we are dealing with challenging events in our own lives, but to always be sensitive to those who are experiencing a painful time. Trouble does come upon us all at moments in our lives. However, if we remain hopeful, faithful, on the right path bearing in mind the message of "double for your trouble" it can lighten the load. So whatever you or someone else you know is going through, it is a beautiful message keep in mind; *a double blessing for your hardship*. The sun will rise again. & you will have your moment again of Glory. Love Karen xxx

Life Coach Tool: The Sun Will Rise Again



Macklemore, Lyrics 'Glorious'

*You know I'm back like I never left (I never left)
Another sprint, another step (another step)
Another day, another breath (another breath)
Been chasing dreams, but I never slept (I never slept)*

*I got a new attitude and a lease on life
And some peace of mind
Seek and I find I can sleep when I die
Wanna piece of the pie, grab the keys to the ride
And shit I'm straight
I'm on my wave, I'm on my wave
Get out my wake, I'm running late, what can I say?
I heard you die twice, once when they bury you in the grave
And the second time is the last time that somebody mentions your name
So when I leave here on this earth, did I take more than I gave?
Did I look out for the people or did I do it all for fame?
Legend, it's exodus searching for euphoria
Trudging through the mud to find the present, no ignoring us
Got 20, 000 deep off in the street like we some warriors
My mama told me never bow your head, woo!*

*I feel glorious, glorious
Got a chance to start again
I was born for this, born for this
It's who I am, how could I forget?
I made it through the darkest part of the night
And now I see the sunrise
Now I feel glorious, glorious
I feel glorious, glorious*

*I'm feeling glorious
The crib looking Victorian (oh yes it is)
You know that we been going in (been going in)
Since we hopped out that Delorean (Delorean, yeah we win)*

*En garde, things are just things
They don't make you who you are
Can't pack up a U-Haul and take it with you when you're gone
We posted on the porch, my family's glasses to the stars
My grandma smiling down on me like woo, that boy got bars
Okay, okay, yes I do
I said amen and hallelujah, let me testify too
Another morning, a morning, don't let self get in my way
I got my breath, I got my faith and I remember why I came*

*I feel glorious, glorious
Got a chance to start again*

*I was born for this, born for this
It's who I am, how could I forget?
I made it through the darkest part of the night
And now I see the sunrise
Now I feel glorious, glorious
I feel glorious, glorious*

*We gon' be alright, put that on my life
When I open my eyes, hope I see you shine
We're planting a flag they don't understand
The world is up for grabs (Hey, hey, hey)
We gon' be alright, put that on my life
When I open my eyes, hope I see you shine
We're planting a flag they don't understand
The world is up for grabs*

*I feel glorious, glorious
Got a chance to start again
I was born for this, born for this
It's who I am, how could I forget?
I made it through the darkest part of the night
And now I see the sunrise
Now I feel glorious, glorious
I feel glorious, glorious*

For anyone battling a tough time in life, or has recently gone to a low place, a dark time when you felt you couldn't see the dawn, remember you will get past it and see the brightness and happiness in life again knowing you are stronger and can handle what is next. Stay on the path - you will be Glorious! Glorious!

Be Inspired Article: 10 Questions with Ann-Marie Sabato!



Who is the real Ann-Marie?

Born and bred in Strathmore, coming from a large, Catholic family with some Italian and Irish background. Had a fantastic up-bringing, close, large extended family, beautiful home and very loving parents, both having brilliant senses of humor. I was educated well at the best schools and was always comfortable. I travelled and studied teaching and moved Interstate with my partner at the time. I have always enjoyed a little renovating, mostly cosmetic and Interior Decorating. I decided to study part-time a Diploma of Interior Design and Decorating as I was starting to not enjoy Teaching as much. I knew I had ability in this area and eventually found the courage to start my own business. I can honestly say, the universe allied and I started the business 'Moving Interiors', 18 years ago and have never looked back. I love it and it's my talent and passion. I live now in a beautiful part of the world called Eltham, where people are down-to-earth and where there is not only trees and a healthy environment, but there are artistic, creative people all around. I live there now happily with my husband and daughter and hope to continue helping people present their properties in the best possible way when selling.

Which five words best describe you?

Creative. Strong. Independent. Down To Earth. Good Person.

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

My first career job was as a primary school teacher, as my mother said, 'you are on their level'. My true passion has always been Interiors and so a career in Styling Houses for sale developed.

What's your proudest achievement?

I can't choose one, both meeting my husband and having my daughter are by far my greatest achievements.

What's been your best decision?

To leave Teaching and start my own business, 'Moving Interiors', 18 years ago.

Who inspires you?

That's tough. Sometimes just everyday people who are living their truth and not getting caught up in our superficial, all-about-image world we live in. At the moment, Pete Evans inspires me, he is an example of living holistically and not buying into what we are being told is correct.

What are you passionate about?

Lots, food, food and food, my family and houses and Interiors.

What's the best lesson you've learnt?

I am stronger and more capable than I thought I was.

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

Esther Hicks, who wrote the book, 'Ask and it is given'.

What dream do you still want to fulfil?

Live in a home that I am completely happy with.

What are you reading?

'4 Weeks to Wellness'- Bryce Fleming (it's about the Paleo Lifestyle).

Daily Hint: Daily Reminder to 'Be Armed with A Blessed Mindset'

Thank you! Your Daily Hint this month is to find a way daily to arm yourself with a mindset of victory. Remind yourself for any loss you will be blessed with 'double for your trouble.' You will rise again and feel Glorious. Make a decision daily to start each day fresh, remembering that you will be given more and better than anything you lost in the past - so create a new mindset and help put others in a more positive frame of mind too! Be Armed with a Blessed Mindset daily.

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so so happy and blessed to be sharing Ann-Marie with you. She is another Angel that helped me so much during a challenging time. She is so insightful, talented, and a generally decent person who values the most important of what life offers - people and especially her family! Ann-Marie also is a glowing example of a woman who has found her strength and courage during life's most difficult times. And she has come out simply Glorious!! What a privilege it is to know Ann-Marie.

'The harder the conflict the more glorious the triumph.

-Thomas Paine-

Yours sincerely,

karen vella

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Offer Expires: 30 November 2017

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