

You're The One Newsletter

SMILE & BE HAPPY!

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What's New With Karen

Welcome to December 2017! Here we are at my favourite time of year, the beautiful season of Christmas. It's a season that brings out the goodwill in us, as we focus on celebrations, and many of us seeking out gifts for our loved ones. It's a particularly pertinent time to share my message for December; that being, the greatest gift we can give; is free; and it is simply our smile. Recently, I was reminded that my smile had truly made a difference to another person's day; it helped uplift that person. In our very busy lifestyles, a smile can be the quickest way to convey to someone else that we are open to them and that they matter. We never know what another person is facing in their lives, so our smile could be that one thing in another's day that lifts their energy. Recently, worldwide leaders, including Financial Analysts/Entrepreneurs & CEO's have announced publicly to their shareholders that happy people are also more productive, and produce more profits. It's a message that I believe our world needs to really take on board - that the purpose of our lives is simply - happiness! Let's put on the spirit of cheer and smile-smile-smile and bring out the best in everyone around us especially at Christmas. Make cheer your default character strength. Love Karen xxx

Mojo Tip: French Monk is our Happiest Man Alive!



Buddhist Monk, Matthieu Ricard is hailed by Scientists as the Happiest Man Alive!

The 12th step on your magnificent Mojo journey is to learn from the World's Happiest Man. Yes, I googled it, Google took me to the Buddhist monk, Matthieu Ricard, as the man scientists are hailing as absurdly upbeat and the happiest man alive! There is so much to share that is inspirational about Matthieu Ricard, so I simply share excerpts herewith about him. The first is from an article by Mat Smith, of Esquire Magazine, published earlier this year, on Matthieu.

"If you can learn how to ride a bike you can learn how to be happy," says 67-year-old Buddhist monk and Happiest Man In The World, Matthieu Ricard. As a child, poet Andre Breton, film-maker Louis Buñuel and composer Igor Stravinsky were regular guests to Ricard's philosopher parents' Parisian home. However, observing that the genius of his parents' friends didn't seem to make them any happier he set off for the Himalayas

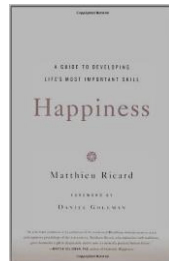
(abandoning his work as a molecular biologist at the Pasteur Institute) and transformed his life via meditation. At the last count he'd clocked up more than 10,000 hours. Highly complex MRI scans by cognitive scientists at the Laboratory for Affective Neuroscience in Wisconsin have shown extraordinarily high levels of upbeat activity (-0.45 on a range where -0.3 is described as "beatific") and almost invisible levels of negative emotions. "I don't see everything as rosy," he says, "but the ups and downs of life don't unsettle me in the usual ways."

The second is from an article by Alyson Shontell, Business Insider (The Independent) published in July this year. "Matthieu Ricard, 69, is a Tibetan Buddhist monk who has been called 'the world's happiest man.' That's because he participated in a 12-year brain study on meditation and compassion led by a neuroscientist from the University of Wisconsin, Richard Davidson. Davidson hooked up Ricard's head to 256 sensors and found that when Ricard was meditating on compassion, his mind was unusually light. "The scans showed that when meditating on compassion, Ricard's brain produces a level of gamma waves - those linked to consciousness, attention, learning and memory - 'never reported before in the neuroscience literature', Davidson said. The scans also showed excessive activity in his brain's left prefrontal cortex compared to its right counterpart, allowing him an abnormally large capacity for happiness and a reduced propensity towards negativity." Ricard - who says he sometimes meditates for entire days without getting bored - admits he's a generally happy person (although he feels his "happiest man" title is a media-driven overstatement). He spoke with Business Insider at the World Economic Forum in Davos, Switzerland. Here's his advice for how to be happy. Stop thinking "me, me, me." To Ricard, the answer comes down to altruism. The reason is because thinking about yourself, and how to make things better for yourself all the time, is exhausting, stressful, and ultimately leads to unhappiness. "It's not the moral ground," Ricard explained. "It's simply that me, me, me all day long is very stuffy. And it's quite miserable, because you instrumentalize the whole world as a threat, or as a potential sort of interest [to yourself]." If you want to be happy, Ricard says you should strive to be "benevolent" which will not only make you feel better, but it will also make others like you better. (That's not to say you should let other people take advantage of you, Ricard warns, but you should generally strive to be kind within reason.) "If your mind is filled with benevolence, you know - the passion and solidarity ... this is a very healthy state of mind that is conducive to flourishing," Ricard says. "So you, yourself, are in a much better mental state. Your body will be healthier, so [it] has been shown. And also, people will perceive it as something nice." That all sounds great in theory, but how does a person actually become altruistic and benevolent and not let selfish thoughts creep in?"

1. Start training your mind like you'd train to run a marathon. Ricard believes everyone has the ability to have a lighter mind because there's a potential for goodness in every human being (unless you're, say, a serial killer, and there's something actually chemically abnormal going on with your brain). But like a marathon runner who needs to train before he or she can run 26 miles, people who want to be happier need to train their minds. Ricard's preferred way of training his is meditation. "With mental training, we can always bring [our level of happiness] to a different level," Ricard explains. "It's like running. If I train, I might run a marathon. I might not become an Olympic champion, but there is a huge difference between training and not training. So why should that not apply to the mind?... There is [a] view that benevolence, attention, emotional balance and resilience are skills that can be trained. So if you put them all together, you could say that happiness is a skill that can be trained." OK, so how does one train their mind to be happier?
2. Just spend 15 continuous minutes per day thinking happy thoughts. Start by thinking happy thoughts for 10 to 15 minutes per day, Ricard says. Typically, when we experience feelings of happiness and love, it's fleeting and then something else happens, and we move on to the next thought. But Ricard says instead,

concentrate on not letting your mind get distracted and keep focused on the positive emotions for the next stretch of time. And if you do that training every day, even just 2 weeks later you can feel positive mental results. And if you practice that for fifty years like Ricard has, you can become a happiness pro too." That's backed up by neuroscientists by the way. Davidson found from his study that even 20minutes of daily meditation can make people much happier overall. As we approach the Festive Season, it is a very powerful lesson we can take from this beautiful French Monk and that is the mind is malleable and our life can be greatly transformed by even a minimal change in how we manage our thoughts and perceive and interpret the world. Happiness is a skill and it requires effort and time!! Be Benevolent. Focus on Others. Train Your Brain Like Running a Marathon. Meditate Daily on Happy Thoughts for 15-20Mins. Smile - You will become the happiest person you know!! Love Karen xxx

Life Coach Tool: 13 Life Tips of Matthieu Ricard, World's Happiest Person



'Happiness' by Matthieu Ricard

Anyone can be the happiest person in the world if they look for happiness in the right place. The problem is that we tend not to.

Happiness is not the pursuit of an endless succession of experiences. That's a recipe for exhaustion more than happiness. Happiness is a way of being. The challenge is to let that way of being overtake all other emotional states.

Unlike pleasure, which exhausts itself as you experience it, happiness is a skill and cultivated. We all have the potential for it. You have to examine what contributes to a flourishing in your life. In Buddhism we say the root cause of unhappiness is ignorance.

Being happy is about raising your "baseline". It's not about seeking sudden fireworks or euphoric experiences. The first step to take is to realise that you want to improve - that the world is not a mail order catalogue for our fantasies and desires and that we have a relatively limited control over those transient, illusory conditions.

To be truly happy we have to get rid of mental toxins such as hatred, obsession, arrogance, envy, greed and pride. The whole point of mind training or meditation is to get rid of those and to cultivate positive qualities such as altruism.

You might argue that a bad temper or a bit of negativity can define a person's character so it's not necessarily bad. That's as maybe - we all have a

different mix of light and shadows - but should we just give in to that view and think that it's optimal? You don't say, "it's human nature to get ill and die so why go to see a doctor" do you?

The way the mind interprets the world is a crucial element in determining the quality of every instant that goes by. Yet we pay so little attention to our inner condition. We must learn to recognise that there are mental states or emotions that are conducive to flourishing and some that are destructive. I call it antidote training.

Usually when we have a flash of anger there follows a sort of refractory period where we can't even begin to acknowledge the positive aspects of the person with whom we're angry. They are just 100 per cent despicable and our whole mental landscape is full of that. A direct antidote approach is to treat it like heat and cold. This means that the more you bring benevolent or altruistic thoughts at that instant to the mind, the less space there is for the opposite. This is antidote training.

By keeping aware of the anger it cannot sustain itself, it stops being fuelled and slowly dies out. If you become skilled in that, then with awareness you can simply let those afflictive emotions dissolve without keeping them in like a time bomb, or exploding them each time. It's about realising that you not anger any more than you are the flu.

Of course I get irritated. But I usually start laughing quite quickly at the irritation, because it's so silly.

Everyone would be helped by meditating for half-an-hour a day. Meditation is a very vague term and there's a lot of clichés - like emptying your mind and relaxing and all that stuff. But it's really a means to cultivate or be familiar with a better understanding of the way the mind works. Studies have shown that meditation combined with cognitive therapy can help people who suffer from severe depression and reduce the risk of relapse by up to 40 per cent.

To be completely free you can't at the same time have a responsible concern for people who depend on you. How can I be happy when I've been celibate for 30 years? If I have a family I will cause a lot of suffering so it's not feasible. It doesn't mean that you don't have wonderful friendships and relationships with half of humanity. One aspect may not be there but many others are.

Life is not all about sitting on my balcony and looking at the Himalayas. You may say it's easy for me, that I live up a mountain and don't get set upon by hoodies on the way home every night. But it's not easy. I took 70 flights from 15 July to 6 November. I've not had one day off.

Mat Smith's article above is from an interview he did for 'Esquire' Magazine, March 2017 on Matthieu Ricard, The World's Happiest Man and is a beautiful reminder for us that we truly have the power within us to become happier, for ourselves, and the benefit of our fellow-man.

Be Inspired Article: 10 Questions with Tracey Toohey!



Who is the real Tracey?

I'm 43 yo female with 2 children. I work in a female gym and couldn't imagine working anywhere else; I love helping women. I love to go to music concerts, dancing and spending time with my kids is my favourite thing to do. I have been all over Australia but never overseas. What am i doing now? Dealing with Menopause!! It's been a big shock and a lot of changes, but I am learning about it and it will help me help others.

Which five words best describe you?

Honest. Caring. Open-Minded. Kind. Respectful.

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

My first job was in a milk bar when I was 11 yo, now I work in a women's gym, helping to empower women every day. I have been doing this for 16 years.

What's your proudest achievement?

My 2 children.

What's been your best decision?

Having children.

Who inspires you?

Angelina Jolie- for all her charity work.

What are you passionate about?

Mental health and domestic violence.

What's the best lesson you've learnt?

It is better to be single, than to be in a toxic relationship, enjoying my own company and not settling.

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

Eminem.

What dream do you still want to fulfil?

To travel the world.

What are you reading?

Nothing at the moment - life is too busy.

Daily Hint: Daily Reminder to 'Meditate on Happy Thoughts'

Thank you! Your Daily Hint this month is to practice the art of daily meditation, thinking only positive happy thoughts without distraction for 15-20 minutes per day. Adopt this mindset and sail through the festive season, and the approach of a wonderful new year being a happier person!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! What do I say about Tracey! She is my salt-of-the-earth person!! I love so many things about her. She always greets everyone with a smile on her dial, always has a happy tone in her voice, she is down to earth, she is a steady reliable rock of a person that I simply love - seeing her almost daily over many years! What I love most about Tracey can be summed up in her character:

Honest. Caring. Open-Minded. Kind. Respectful. That makes for a very benevolent and wonderful human being. Thank you Tracey for being YOU!!

'Smile tho your heart is aching - smile even tho it is breaking. When there are clouds in the sky you'll get by if you smile.' -Nat King Cole-

Yours sincerely,

karen vella

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**A MERRY CHRISTMAS WISH FOR YOU & YOUR
LOVED ONES KAREN YTO XXX**

***A picture says more than words can say so close
your eyes and make a wish....***



Offer Expires: 31 December 2017

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