

# You're The One Newsletter

WHAT *our* WORLD NEEDS NOW

Issue 13 Vol 6 June 2018

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## Karen Recommends



COMING SOON TO THIS SPACE!

2018 - Mojo Classes  
2018 - Best Year Workshops  
2018 - Webinars  
2018 - New Products  
2018 - 1 on 1 Life Coaching  
And more....

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## What's New With Karen

Welcome to June 2018! During May I, along with many billion viewers worldwide, were transfixed by the beautiful Royal Wedding of Prince Harry & Meghan Markle in Windsor, UK. TV ratings reflected that so many of us on our planet, were so in need of a dose of 'happy joyousness and celebration of love'. Whilst we all basked in the happiness of the sacred occasion of two people committing to their vows, in the presence of God, it was the historic speech by the animated Reverend Bishop Michael Curry that moved me to tears. Love was the central theme - words moving my heart with truth, sincerity and love - recalling some: the healing power of love, the redemptive power of love, the transformative power of love. This month I dedicate to us all using love more in our lives to not only rise above the day to day challenges of our lives, but to do all we can each day with a degree of love in our heart. You see I believe what the world needs now is love sweet love! Love Karen XXX

## Mojo Tip: Even a Reverend May Upstage A Royal Wedding!



Reverend Bishop Michael Curry delivering his impassioned Sermon at the Royal Wedding of Prince Harry & Meghan Markle.

The 6<sup>TH</sup> step on your magnificent Mojo Mindset for 2018 is to do all you can in the spirit of love. People with Mojo use love in the everyday moments of their lives; in their work lives, in their personal lives, in the small moments that make up their days. Ordering a coffee, driving in the traffic, the mundane events of their lives and the more important ones - love remains in their heart. My perfect role model this month, whom I am sure needs no introduction, is Reverend Bishop Michael Curry who delivered his impassioned sermon at the Royal Wedding of Prince Harry & Meghan Markle. Delivering a powerful (and some would say historic) speech, somewhat reminiscent of the Reverend Martin Luther King, it quickly and energetically turned into a reverie about love. "Now the power of love is demonstrated by the fact that we are all here," he enthused, hands animated. "Two young people fell in love, and we all showed up. But it's not just for and about a young couple who we rejoice with. It's more than that." "I am talking about some power. Real power," the visiting Reverend continued, his delivery building to a peak. "Power to change the world! If you don't believe me, well, there were some old slaves in America's Antebellum South who explained the dynamic power of love, and why it has the

power to transform. "They explained it this way. They sang a spiritual, even in the midst of their captivity. It's the one that says there is a balm in Gilead - a healing balm." In the privileged world of the somewhat stuffiness of British protocol and aristocracy, and famous movie stars - the speech powerfully humbled all to their common elements of humanity. It broke down barriers. It touched people's hearts. It removed social hierarchies. It levelled all to a heart and spirit level. What I find so remarkable is that love possibly is the only thing that can do so. So, imagine a world where each person increased their ability to love their fellow man - what a miracle we would have in our way of life. Love is truly all that matters. It can all start with YOU!  
Love Karen XXX

### **Life Coach Tool: A Song to Remind Us What the World Needs Now!**



#### **What the World Needs Now is Love**

##### What the World Needs Now

Lyrics by Burt Bacharach

What the world needs now is love, sweet love  
It's the only thing that there's just too little of  
What the world needs now is love, sweet love,  
No not just for some but for everyone.

Lord, we don't need another mountain,  
There are mountains and hillsides enough to climb  
There are oceans and rivers enough to cross,  
Enough to last till the end of time.

What the world needs now is love, sweet love  
It's the only thing that there's just too little of  
What the world needs now is love, sweet love,  
No, not just for some but for everyone.

Lord, we don't need another meadow  
There are cornfields and wheat fields enough to grow  
There are sunbeams and moonbeams enough to shine  
Oh listen, lord, if you want to know.

What the world needs now is love, sweet love  
It's the only thing that there's just too little of  
What the world needs now is love, sweet love,  
No, not just for some but for everyone.

No, not just for some, oh, but just for everyone.

*Find Yourself a Love Song and Play It Over! Here is a great song I've been reminiscing about and singing over - find yourself a song about love and sing it out each day to remind us about the power of love!! Sing it out!! Let Love be Your Mantra!*

### **Be Inspired Article: 10 Questions with Simone Tramontana!**



**Who is the real Simone?**

I'm just a normal girl who's grown up in the North West, loves to travel and enjoys the company of like-minded people. I consider myself to be a bit of a social butterfly and I also love to keep fit, eat good food and drink good wine. I am at my happiest when I'm spending time with my partner and those that are dearest to me. My friends are like family and I'm blessed to have so many wonderful people around me. I also love hanging out with the family dog during my downtime. I am passionate about my job and ensuring I do it well. I consider myself to be hard working and dedicated. I've just turned 40 - so on this milestone occasion I am reflecting on some of my greatest challenges that I've overcome and embracing how wonderful life is right now. Those obstacles have taught me to live in the present and the universe will always take care of the rest.

**Which five words best describe you?**

Honest. Sincere. Dedicated. Hardworking. Loyal.

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

My first job was at Elle's Natural Ice - Creamery, while I was studying. I then went on to become a Personal Trainer then Personal Assistant for the ABC TV. After my 8-year stint in TV I had a career change and fell into Real Estate.

**What's your proudest achievement?**

Completing further studies and becoming a Fully Licensed Estate Agent.

**What's been your best decision?**

Getting into Real Estate.

**Who inspires you?**

Friends and family.

**What are you passionate about?**

Keeping fit and healthy.

**What's the best lesson you've learnt?**

To always follow your gut as it is 100% correct.

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

Dead: John F Kennedy. Living: Johnny Depp.

**What dream do you still want to fulfil?**

To travel to every country before I die & buy my dream home.

**What are you reading?**

'The Subtle Art of Not Giving A F\$@k' by Mark Manson as well as 'The Barefoot Investor' by Scott Pape.

**Daily Hint: Daily Reminder to Infuse your Daily Moments with Love.**

Thank you! Your Daily Hint this month is to remind yourself each morning that today is a day that you will stay serene and in the spirit of love - focus on love being in your heart as you go about your day to day activities and sending it out to yourself and others in your world!!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am thrilled to introduce you to a fabulous role model, of a young woman, who has just reached a milestone of her 40year birthday, Simone Tramontana. Simone is a wonderful example of an independent and successful woman who has overcome her life challenges, and is living a wonderful life, in the present, knowing the universe will take care of the rest. May we be inspired my Simone's message. Love Karen xxx*

*'Nothing is impossible for pure love.'*

*-Mahatma Gandhi-*

Yours sincerely,

*karen vella*

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

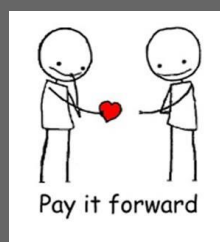
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**PAY THE LOVE  
FORWARD!**

A special message just for you and to send on to your friends, family, loved ones, colleagues:



Please mention Karen at YTO when making contact  
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**Offer Expires: 30 June 2018**

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