

You're The One Newsletter

THE MAGIC OF SPRING!

Issue 13 Vol 9 September 2018

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What's New With Karen

Welcome to September 2018! For those of us who have braced through one of Melbourne's coldest winters in decades, it is with a sense of relief, that Spring is on our doorstep! Closing the door on our Winter hibernation & reflection, Spring is when we literally spring back fresh into life again! The perfect time to transform! During August, Mum and I travelled briefly to Sunny QLD to escape Melbourne's winter and visit family. From the moment the plane touched down, I felt a sense of revival in my spirit; the warmth and slower pace of life, and the abundance of nature everywhere around was an elixir to the soul. On our trip we had many magical & synchronistic encounters. One of these was meeting Don Tolman, a guest at our resort. Don calls himself the 'Whole Food Medicine Man', an American Cowboy who travels around the world educating about health (with a natural whole food diet). He is a delightful person and the meeting was particularly pertinent for this time in my life. This month I inspire you to ask yourself 'what is prompting you towards happiness' and to start taking steps towards it & following your guidance. It is time for your Spring reboot - your Magic awaits! Love Karen xxx

Mojo Tip: WHOM MAGICALLY APPEARS!



American 'Cowboy' & World Speaker on Health, Don Tolman, The Real Food Farmacist 'Be Your Own Dr'.

The 9th step on your meaningful Mojo Mindset for 2018 is to listen to your gut feeling guiding you on the next step, being acutely aware of the synchronicity around you and taking steps towards it. People with Mojo stay open to change and allow the universe to meet them. These Mojoesque role models listen to intuition as she gently whispers in their ear and sends the right people to remind them of their unique destiny! People with Mojo know timing is everything, & move forward on their subtle hunches, focus on their dreams and follow a higher path. My perfect role model this month is American, Don Tolman (whom Mum & I synchronistically met in QLD). Don is a delightful person (handing Mum and I his signature lucky US \$1Million note on our 2nd unexpected

meeting in the elevator within 5 minutes of arrival at our hotel). Don, is a man who is vibrant, open and walks his talk - living out his life purpose of helping others with their health. Don has studied the wisdoms of the Ancients, discovering the lack of disease and incredible health secrets of their diet/lifestyle, compared with our modern society, riddled with obesity, ill health and reliance on prescription medicines. Don is speaking in Melbourne in October this year, and I look forward to hopefully attending (both Mum and I have friends/colleagues who have been to his seminars & say inspiring things about him). So, back to our vacation on the Sunny Gold Coast, on another occasion at our resort, we encountered Don again, eating his healthy breakfast and once again it was magical and meant to be, as Mum and I both were not feeling well that day. He spoke to us about ways to treat medical conditions from anything as basic as a headache to treating cancer with alternative therapies (mostly a healthy diet). I was reminded once again of how badly we treat our bodies, neglecting them, pushing them to their limits, not taking holidays/resting, and not fuelling up on the correct nutrients. Don was another reminder of how vital it is to prioritise our wellbeing if we are to live healthy and happy and full of energy. As we go about with respect for our beings, we also should never forget how important our self talk too is to our bodies. Instead of criticizing our bodies for not being ideal, we should instead focus on making our bodies strong, fit, lean and healthy and thank our bodies for providing us with the unique vehicle we are each assigned with, to follow out our life mission on this planet. The quick visit to QLD was just 'what the Dr orderered' (pardon the pun) and coming back to Melbourne, I had 3 events immediately that instantly gave me another 'wake up call' (getting ill, having a car accident, and having a major fall on concrete stairs inflicting what could have been serious injuries). So, now I take note - slow down, accept myself, let go of self criticism, and create new ways to celebrate life with healing, nurturing and nutrient-rich ingredients - and being joyful. A new lifestyle seems to be prompting me for 2019 and I am ready to meet the universe and continue to listen to God's messages for the next steps to take. I would like to inspire you, too, to take note of what magic is calling you as we embrace the new season of Spring and move towards the closing of the end of an era in 2018 and an opening up to exciting, happy, healthy changes for 2019! Thank Goodness for our earth angels who give us divine messages along our paths. Love Karen XXX

Life Coach Tool: 7 Principles of Health: Don Tolman



'7 Ancient Steps (to deal with modern day stress)' (Don Tolman's Guide)

7 Principles of Health

Below is an excerpt from Don Tolman's '7 Principles of Health'. Don suggests these great reminders of areas we need to incorporate in our health and well-being to live amazing lives. Don enlightens us that embracing mother nature's gifts is the ultimate secret to your lasting health and vitality. Anciently they referred to these gifts as The 7 Principles of Health and even though they have been largely forgotten in the modern world, they are as true today as they have ever been.

Principle 1. Air

Air is what ancient cultures referred to as 'Spirit'. It's so important to breathe clean, electrified air on a daily basis.

Principle 2. Water.

Water is vital to life on earth and your overall health, but do you drink enough good clean water each day?

Principle 3. Sunshine.

Due to fear campaigns that for decades have labelled the sun as being dangerous, most people avoid the sun, and as a result are mal-illuminated. The sun provides vital nutrients to your body that can't be obtained from many other sources.

Principle 4. Walking.

Life is movement. And the number one type of movement that supports your health is the one that we're all designed to do, which is walk.

Principle 5. Wholefoods.

Wholefoods are nature's true medicines. They speak sign language to the human body and contain everything you need to maintain and restore your health.

Principle 6. Relationships

Relationships that are loving, kind and supportive can be very energising, healing and uplifting, whilst those that are toxic can emotionally take you out.

Principle 7. Passion.

Having a passion for something that lights you up is one of the most powerful things for creating an ongoing happy, healthy, life.

Magically, as I reflected on Don's 7 Principles for Well-being above, I was reminded that on my trip to Sunny Queensland recently, it was one time I incorporated all these elements into my day to day life, and it had such a powerful and happy effect on me. I realise that if we can incorporate these 7 elements daily, we will be much better off in living the most passionate, healthy, happy lives and being great examples to others on our path! These are a great way to have a spring reboot! Awaken to your New Discovery of the 7 Principles of Health & Well-being for Spring!

Be Inspired Article: 10 Questions with Mary Armfield!



Who is the real Mary?

I am Mary Armfield and I am married with three children and seven grandsons. I was born in Malta and emigrated to Australia when I was sixteen. I met my husband soon after and married only to find myself

in an abusive relationship. My kids came first so I endured the marriage in fear for their safety. After twenty-nine years of being suppressed, I finally decided to leave and start again, it was hard, but I was determined to gain my independence and find some happiness. I have since re-married and lead a happy and peaceful life tending my garden and travelling. My family are my priority and I cherish the time we spend together as we are very close.

Which five words best describe you?

Kind. Listener. Caring. Nurturing. Strong.

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

I was a Dressmaker many years ago and then worked at Prince Henry Hospital as a Carer.

What's your proudest achievement?

My children and gaining my independence.

What's been your best decision?

Learning to drive, I had to learn in secret.

Who inspires you?

My kids made me stronger and gave me the drive to succeed.

What are you passionate about?

Gardening, travelling.

What's the best lesson you've learnt?

To accept life as it comes good or bad.

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

Cher she is fantastic, a wonderful performer and a survivor.

What dream do you still want to fulfil?

Live near the water some day.

What are you reading?

Just magazines I am too busy to read at the moment.

Daily Hint: Daily Reminder to REBOOT for spring!

Thank you! Your Daily Hint this month is to find ways reboot daily for a Spring revitalisation! You may wish to start reflecting on Don's article above of 7 Principles of Health and incorporate something each day. Also to find a new Fresh way for spring to look at your health and well-being! And Rule 1: Stop all criticism on self for the whole of September

(& choose self-love instead) and watch how your body/mind/spirit will reward you!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am so impressed by the beautiful presence of Mary. I have known Mary all my life and I love her. She is the most youthful, wise, kind and supportive (and very classy European lady). Mary is also a wonderful earth angel - a kind person, who makes the world a better place for those in it. She is super healthy and youthful for her years and holds so many secrets of eternal youth. Thank you Mary for allowing me to share you with special people too. Love Karen xxx

'Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.'

-Robert H Schuller-

Yours sincerely,

karen vella

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INTRODUCTION: TO DON TOLMAN

If you are interested in learning more about Don Tolman, here is Don's website to send on to your friends, family, loved ones, and colleagues:

www.dontolman.com

and please don't forget to mention Karen at YTO when making contact:
karen@youretheone.com.au

Offer Expires: 30 September 2018

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