

# You're The One Newsletter

LOVE IS ALL YOU NEED! Issue 14 Vol 6 June 2019

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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 2019! During May I've gravitated towards the special people who offer kind words, warm hugs, and an open loving heart! Many of these are my Mum's neighbours who, despite living in the beautiful inner Melbourne suburb of Moonee Ponds, are existing in less than wealthy circumstances. They have taught me a valuable lesson about our heart being a container. What we let into our container can contaminate it. Therefore, it is important we protect ourselves from any negative influences in or worlds. One way to do this is to start fresh each morning releasing any negative influences from the previous day (*ie insults, criticisms, hurts, non-inclusiveness, being projected from others who live in negative state - such as holding grudges, unforgiveness, anger, worry and fear*). If left unchecked, the after-effects may cause our containers (or hearts) to accumulate 90% negative energy, with a small remaining capacity of 10% left to be loving. So, just like the release button on your Dyson Vacuum (if you are lucky enough to have one), the good news is you can release the trigger, drop the dust & take charge of your life again. Now, that I'm learning this lesson, I've made a new decision - not to let anyone or anything spoil my capacity to have a happy day where I choose what is right for me, what to let into my heart and what to release! This month, I share my insights around this life changing decision. Retain and contain what is good for you - YOU KNOW YOU BEST! Love Karen XXX

## Mojo Tip: BOB HAWKE LEGACY: Love is What You Need!



The Late Bob Hawke, Australian Prime Minister- one of my favourite photos of him which captures his warmth, love and larrikin spirit

The 6th step on your marvellous Mojo Mindset for 2019 is to retain a soft and compassionate heart! People with Mojo have replaced any hard heartedness, with a softening of the heart. In doing so they have released the barriers of stubbornness, pride, judgement & unforgiveness. These Mojo-esque role models stand out from the crowd, due to their likeable and charismatic natures, which emanate from a genuine warmth of loving and accepting people as they are (with their flaws)! When I think of a Role Model in this area, I must write about Bob Hawke, our much-loved ex-Prime Minister who passed away recently in Sydney, at age 89, with his wife Blanche D'alpuget by his

side. I met Bob Hawke when I was a young girl in my career as a Personal Assistant when he was Leader of the ACTU. He would come to meetings and I would serve him coffee and shake and blush because I was such a painfully shy soul back then. He never made me feel uncomfortable, even if I spilled his coffee/tea or got his order wrong - rather the opposite. On another occasion he was in a meeting with my Boss at the time when I nervously presented him with an Autobiography that my Nana wanted signed (as she loved Bob Hawke). Overcome by fear, I approached him and asked "Mr Hawke, would you please be able to autograph this book for my Nana" and what he said has stayed with me all my life. "It's not Mr Hawke, please call me Bob" and took the time to write a personal message to my Nana, asking her name and writing a personal message inside of the book. Soon after that Bob Hawke became our Prime Minister (& many would say he was Australia's most loved, admired and respected one to date). He was a Rhodes Scholar, and made the decision to give up alcohol when he stepped into Parliament, never having a drop during that time. He sadly passed away just before our recent Federal Election on 18 May and never got to do his final vote as he wished (by attending the polling booth in his wheelchair). In the hours and days that followed, many signatories, family/friends visited Blanche to present flowers, offer their respect, love and condolences at her home she shared with Bob in Sydney on the Harbour. I was inspired by Blanche as she said to the Media awaiting outside that "It's a great outpouring of love and it's been very, very sustaining and energetic." "I think it's wonderful for Australia to remember that love is what you need." And later stating that "hopefully people in Australia will have a softening of their hearts". Even when our political figures who have contributed so highly to society with their political achievements, sadly pass away, they are more often remembered for their character, their integrity, and their capacity to love others in this world. May we never forget that being loving is a sign of strength, not weakness, and that if we can retain our ability to be compassionate, kind and loving throughout our lives, we are truly creating a world that is so much more beautiful to be in. May we all join together in June to be set free and release any past build-up of criticism, competitiveness, judgement, hostility, anger, grudges, bitterness and allow into your heart (your container) only wonderful things. To me, that is the sign of a person living a happy, successful, fulfilled life. Go forth, and flourish - your container is empty of negativity, and you will attract more loving experiences and people into your world. Love Karen xxx

### **Life Coach Tool: 9 Tips: Keep Your Heart Full of Love!**



**Keep Your Heart Contained with Positive Energy.**

The article below come directly from Matt Carron who is a Yoga Teacher, and writes article for the Silvana East Blog. Below I share his 9 ways to release the negative (which is a wonderful way to keep our hearts contained with 100% capacity for love):

### **1) Set a strong intention to clear these energies**

This couldn't be more important! You must make a conscious decision to let go of this kind of energy. It sounds elementary, but the truth is most people never get this far. They forget that the mind is the principle cause of suffering, and so it takes the mind to unwind that kind of energy. Physically voicing it or writing it down can make your intention even stronger.

### **2) Laugh it off**

Go see a hilarious friend or a funny movie. A little bit of levity goes a long way toward lightening the mood and changing your disposition.

### **3) Say a clearing and protection mantra**

Here are some great examples. Don't be afraid to repeat these as often as you'd like - in your car, in the bathroom, in the shower, at the gym, anywhere!

*Mantra: "My day brings me abundant happiness."*

*Mantra: "I am protected in all ways."*

*Mantra: "I bring joy to everyone I meet. I manifest positive encounters."*

*Mantra: "I end my day in peace and harmony. I release what does not serve my highest good."*

### **4) Essential Oils**

Essential Oils are some of the best things we can use to relax the body and mind. They have been scientifically shown to enter the bloodstream via the lungs absorb into the brain! This is one of the many reasons smells are so important to humans, and why scent has such a strong connection to memory.

*Energizing oils- Peppermint, Eucalyptus, Wild orange, Grapefruit, Rosemary, Basil*

*Uplifting oils- Lemon, Wild Orange, Peppermint, Bergamot, Geranium, Melissa*

*Relaxing oils- Lavender, Lemon, Roman Chamomile, Geranium, Ylang Ylang*

*Sedative oils- Lavender, Ylang Ylang, Geranium, Vetiver, Frankincense, Melissa*

### **5) Smudge**

Smudging is an ancient practice rooted in scientific ideas: it cleans out the surrounding area of bacteria and pathogens. In fact, studies have confirmed this again and again. So, it's a powerful way to change your environment! So not only is it a spiritual practice rooted in the idea of setting intentions, it also has a logical foundation.

A recent study in sage and smudging found that burning herbs such as sage cleared bacteria by 94%. That is truly incredible. A day later, the space was still found to be disinfected. A month later, many of the original pathogens were still undetectable.

### **6) Skip like a child**

Just like laughing, childlike activities can have a profound effect on our mood. Cut loose and go skipping some time!

### **7) Find ways to counter stress**

Relaxation, exercise, dance, art, a fun activity or meaningful connections, will make you less susceptible to discordant, lower energies attaching to you. Do your best to make rest, relaxation, a healthy diet and laughter a priority, even for 5 minutes a day to keep your energy strong.

### **8) Watch your words, actions, and karma**

Just like setting an intention, this is really important. If you're insulting others or hurting them, you're dragging your energies to low levels. Watch your negative thoughts and feelings and do your best to let go of them. You'll be happier for it!

### **9) Meditate**

Meditation is one of the best ways to raise your vibration. Try sitting in the mornings or evenings, and you'll notice how much better you'll feel overall. It will shift your center in a profound way.

*In the words of Matt Carron, he states: "Negative energy comes at us in all sorts of ways, often berating us when we least expect it. Sometimes it's overwhelming, sometimes it's more manageable. But either way, wouldn't you want a set of tools you can use for the rest of your life? Well, these are the tools you need!" Be energised, set free of the negative, and live with a heart with a capacity for 100% love.*

### **Be Inspired Article: 10 Questions with Jacqueline Dwyer!**



#### **Who is the real Jacqueline?**

My name is Jacqueline, I am a Registered Property Valuer and a National Award Winning, Licenced Real Estate Agent and Auctioneer. I have a business here on the Gold Coast in Queensland called Savvy Fox Property Buyers Agent [www.savvyfox.com.au](http://www.savvyfox.com.au). Enough formalities. Let's cut to the chase, I'm your Savvy Fox when it is time to secure your next property in (Brisbane, Gold Coast, Northern NSW). I exclusively represent buyers in a real estate transaction. I play fair but I play hard for my team to win. I genuinely want to secure you a place you adore at a price you are comfortable with!! Outside of work, I love spending time with my magnificent husband Marcus. Thankfully we enjoy exercise equally to dining out - be it fine dining or a local café or surf club. We love jumping in the car on a Sunday and driving to the Byron region to grab a coffee at an undiscovered café or just lying on the grass with a doona and pillows enjoying doing 'Not Much' in our downtime.

#### **Which five words best describe you?**

Excitable. Genuine. Meticulous. Savvy-Negotiator. Efficient.

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

My brother and I set up own Car Wash at our local service station at the age of 10...it was a thriving business, sponges were lifted at 7am sharp and we often had regulars queuing up in the driveway. We used to wear a "Bum Bag" each around our waist and we had to empty them every hour as they got too heavy with gold coins. We employed several of our school friends on an hourly rate and it was my first foray into managing money, staff and business. On a sunny day we could profit upwards of \$200 each but on a rainy day we would not even cover our staff costs and had to dip into last week's profits to pay wages. I realised from an early age I was born to be in business, I love the premise of getting what you want by working hard for it. I found working in property was my niche and have gone from selling and developing to now valuing and buying property for other people.

**What's your proudest achievement?**

Remaining humble and approachable regardless of my achievements/accolades in the industry.

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

To start my own Buyers Agency/Advocate & Valuation Business. I have worked in top jobs for the Big-League firms, but my own style and personality are best suited to my own gig that people resonate with. I genuinely love representing Buyers to make a move/invest and my favourite phone call is to my Clients to say "Hi, it's me. It's Yours!" and the squeal at the other end of the phone of excitement/relief is just so rewarding.

**Who inspires you?**

Other people in Business, their Story.

**What are you passionate about?**

Property... naturally. Outside of that I am a big believer in simple living.... a beautiful view, an aged timber feasting table with family and friends, fabulous food and wine and connecting conversations.

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

Never judge a book by its cover. Ever. I remember working in Sydney selling real estate in the exclusive lower north shore. This particular home happened to be pretty run down, and it was auction day and there were a number of people who had been to the property many times, asking questions - some were nice, some were cagey or pompous. On auction day - an unshaven bloke walked in wearing a tatty old ripped and crumpled t-shirt and shorts and a pair of rubber thongs. He went on to register halfway through the auction and outbid everyone else to secure the property for \$3.2 million. After having a chat afterwards, it turns out he was in town just for the weekend from Hong Kong and just got off his boat after an early fishing session - he owned the house next door and wanted to buy this one to knock down and put a tennis court for when he moved back to Sydney. Expensive tennis court I thought... But hey...I never judged on appearances again.

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

I would really love to meet The Queen. I think behind closed doors she would be a laugh and must more relaxed and approachable compared to her public persona/royal role.

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

My husband Marcus and I live at Currumbin on the Gold Coast in a unit right on the water and we feel so lucky to live here. We would also like to buy a 5-acre block half way between where we are now and Byron Bay and build a big low set U-Shape home with entertaining area and pool in the middle.... soaring ceilings, open fireplace, sauna, gym and horse stables for our horses and dogs. We want to share our time between our beach pad and grassroots lifestyle choices. We are about 2.5 years away from starting... so it will be a dream that comes true I hope!!

**What are you reading?**

Anything Brene Brown. I really love her work.

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**Daily Hint: Daily Reminder To Keep Your Heart Open to Loving:**

Thank you! Your Daily Hint this month is to find ways daily over the next month, to practice visualising the release trigger each morning as you begin the day, so your heart is free of any negativity, and open to a beautiful day. Use the article below to find ways daily to protect your heart, keep it free of any negative influences, and truly take charge of your own well being. Be loving to you, loving to all! Energise only positive things into your life.

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am super happy to introduce a person whose path and mine have recently connected and I am so grateful. From our very first conversation, Jacqueline and I just resonated on the same energy frequency. I absolutely love the life Jacqueline is living - she inspires me by her changes she has made to create a life where simple living, the sunshine, family and friends and a beautiful relaxed life are her reality. Jacqueline is such an inspiration - not only as a business person, but a woman living out her dream, and a good decent soul sending out good energy in our world. Thank you so much Jacqueline.*

Love Karen xxx

*'Your task is not to seek for love but merely to seek and find all the barriers within yourself that you have built against it.'*

*-Rumi-*

Yours sincerely,

*karen vella*

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**A SPECIAL OFFER FOR YTO READERS:**

*I am excited with this offer for my YTO Readers!*

*The wonderful Jacqueline at SavvyFox is delighted to offer a 10% Discount off her Full Service Fee for anyone that engages her services that leads to a settled property transaction. Jacqueline can be contacted via her Website: [www.savvyfox.com.au](http://www.savvyfox.com.au)*

*. and remember to mention Karen at yto Life Coaching!!*

*Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.*

Offer Expires: 30 June 2019

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