

# You're The One Newsletter

PERMISSION TO BE HAPPY! Issue 14 Vol 7 July 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 July 2019! During June I opened a new horizon; one where I gave myself permission to be happy! Instead of delaying all the fun of life, I gave myself permission - right here, right now to enjoy life! So, what did I do? I took myself away to the Gold Coast for 4 beautiful days! Everything was amazing! Without having a work schedule, it was beautiful to wake up, grab a coffee and walk along the beach promenade in the warmth. Followed by days spent exploring areas that I loved, catching up with my wonderful family in Brisby or doing whatever simply inspired my heart. And, of course, my favourite designer homewares/boutiques/florist stores (where Mum and I absolutely love), & coffee with new friends! Aaah, nights, peaceful, back in my hotel room, my favourite suite which overlooks a beautiful church chapel. What 4 days gave me, was worth its weight in gold, memories, and a chance to find out once again what truly makes me happy. This month I invite you too, to do what you have been longing to do, and give yourself permission to be happy right now! DO IT NOW! Love Karen XXX *(PS I invited Mum away but it wasn't the right time for her, as we await her further treatment! Mum is coming along on the next one!)*.

## Mojo Tip: SADHGURU: YOU ARE LIMITLESS!

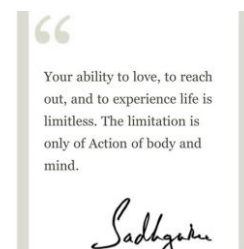


Sadhguru, Yogi, Mystic, Author, Poet, Visionary, Internationally Renowned Speaker, Best-Selling-Author, Named as one of India's 50 most influential people.

The 7th step on your magical Mojo Mindset for 2019 is to free yourself from past limits. People with Mojo see themselves as limitless. Simply said they have made the conscious decision to be 100% responsible for their own happiness by removing the barriers of self-preservation which have kept them 'walled in'. These mojosque role models have mastered the art of unknotting and dismantling the shackles of the past limited thinking. They are now free! When I think of the perfect role model on this topic, Sadhguru comes to mind. For those of you who have not heard of him, Sadhguru has been named one of India's 50 most influential people; he is a yogi, mystic, author, poet, visionary, internationally renowned speaker and bestselling author. He has been an influential voice at major global forums including the United Nations World Headquarters and the World Economic Forum, addressing issues

as diverse as socioeconomic development, leadership and spirituality. Sadhguru's work has touched the lives of millions worldwide through his transformational programs. His New York Times best-selling book: "Inner Engineering: A Yogi's Guide to Joy" is truly life changing. One of the chapters in this book deals with the subject of taking responsibility for our own happiness and removing our self-imposed limits; and this teaching is the source of inspiration for this newsletter. Infact, as mysterious as life is, as I'm writing this Newsletter, I've just noticed that Sadhguru is in fact coming to Australia in a few weeks & will be presenting this life changing "Inner Engineering" weekend workshop in Melbourne on 27 & 28 July. If you don't get along personally to encounter Sadhguru I would thoroughly recommend you seek out and explore his teachings on the internet. This month I invite you to take off the shackles and free yourself, elevate yourself, find your bliss, find what inspires you, what truly makes you alive, uplifts you, and then give yourself permission to live it, be it, and do it! May you find that what you previously thought was enslaving you, was actually your own self-making, your self-imposed limits on yourself. Anything and everything is possible when you become a limitless human being. You are limitless. Your happiness is limitless! Give yourself permission to be free and follow your bliss and it all happens in your mind. Change your inner engineering, change your life. Love Karen XXX

### **Life Coach Tool: 10 Tips: Remove Your Limitations!**



**Your Ability to love, to reach out, and to experience life is limitless. The limitation is only of Action of body and mind - Sadhguru.**

When we recognise that it is ourselves whom has limited our own experience of life, we can start to make the changes, and release ourselves out of this bondage. We can make the decision to take 100% responsibility for how our life is now. We can recognise it is ourselves that has kept our worlds enslaved. We are the only ones who are responsible for our happiness. Here are Ten Tips to help you take responsibility for your own happiness below - may they inspire you to a new life of happiness.

#### **Tip 1: Focus on Appreciation**

Shift your focus to appreciation and refuse to complain. *(Note:Appreciation is a powerful elixir to keep focused on the good no matter what you are facing)*

#### **Tip 2: Refuse to Complain**

Let go of complaints. *(Note: Complaining keeps you in a victim-hood mode)*

### **Tip 3: Lift your Frequency**

Lift your frequency up out of negative weakened experiences. *(Note: Keeping your energy in a higher frequency means you will attract positive experiences)*

### **Tip 4: Express your Blessings**

Start talking about all the great things happening in your life - all the blessings that surround you. *(Note: Taking charge means no more complaining and hence taking back your power)*

### **Tip 5: Converse in an Upbeat Manner**

Empower yourself with conversations that are positive and upbeat and filled with confidence, positivity, optimism, and appreciation. *(Note: Refuse to dis-empower yourself)*

### **Tip 6: Use Strong Language**

Communicate with strong words that tell your subconscious you are in control. *(Note: Refuse to play the victim, let go of appearing weak &/or using weak language)*

### **Tip 7: Reclaim your Power**

Reclaim your Power and refuse to give it away to anyone or anything outside yourself! *(Note: Let go of any feelings of powerlessness - thus avoiding weakness & victim-hood)*

### **Tip 8: Learn from the Payoff**

Understand that in the past weakened stage there was a payoff. *(Note: Ask yourself, What's the payoff here? Start to see what is keeping you in this weakened state and take responsibility by shifting your thoughts/language)*

### **Tip 9: Restore your Power**

When you take responsibility for your life experiences, your power is restored, and you take charge of your life. *(Note: Instead of complaining and seeing the flaws, always look for the gifts. Instead of seeing obstacles as problems, see them as opportunities)*

### **Tip 10: Commit to your Happiness!**

The only one responsible for your life! Live the Possibilities. *(Note: Make a Commitment to yourself today)*

*I will leave you to ponder Sadhguru's teaching: 'My ability to respond is limitless, but my ability to act is limited. I am one hundred percent responsible for everything I am and everything I am not, for my capacities and my in-capacities, for my joys and*

*my miseries. I am the one who determines the nature of my experience in this life and beyond. I am the maker of my life.' Go forth and free yourself to live your happiness life. Make a new decision. I am 100% responsible for my own happiness. Live it Now! Remove Your Limits!*

### **Be Inspired Article: 10 Questions with Teresa Boreham!**



#### **Who is the real Teresa?**

I came to Australia 53 years ago when I was 4 years old. I got married at the age of 25 but the marriage did not last a year (he was abusive mentally & physically). I met a beautiful soul on my journey to recovery who introduced me to a peaceful & spiritual life, we lasted 2 years together & my soul-searching journey began. I met my spiritual teacher & then travelled to India for 3 months on a pilgrimage. I remarried at 31 & had 2 children. 19 years ago, I opened my Florist & Homewares shop. I kept up my accounting & juggled 2 jobs & 2 children. During this time my love for beautiful fragrances & natural products led me into the design of my own candle & olive oil base body products. The range is called Amar & the Amar recipes are based on traditional methods using olives grown & handpicked in Amar Syria where my family's olive groves are located. After 19 years I made a quick decision to sell the shop. I built the courage & made the decision that I wanted more out of life than to have a partner of 25 years, that we no longer had anything in common but our children. I packed my bags & relocated to the Gold Coast. I had 6 months break from working & now work 2 days a week with flowers, enjoying my yoga, chanting, pilates & tango. I am now reunited with a beautiful man that I met when I was 17 whilst working in the bank. Over the years he always came into my thoughts but 10 months ago I had the urge & need to find him. We are now together & are reunited at the right time of our life for us. He has taught me extreme patience that I thought I never had, true love & the ability to show affection. I am looking forward to the journey of sharing my life with the greatest & deepest love Tony.

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

Spiritual. Creative. Mindful. Wholesome. Industrious.

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

Working in the CBC bank when I was 15. I studied part time at TAFE & after at University & achieved my HSC & Bachelor of Business. I worked in the financial sector & my last accounting job of 27 years ended 2 years ago for an Import wholesaler (as the Company Accountant). During this period, I studied my Certificate in Floristry & opened at the end of the course my Florist & Home wares store, Flowers by Teresa. I recently sold the store of 19 years & relocated to the Gold Coast. Whilst

I had the florist shop, I still worked at my Accounting job on a part time flexible basis.

**What's your proudest achievement?**

To start a florist & home wares store in an undesirable non traffic area (many shops were closed). After opening I built a large customer base & people from all over Sydney came to visit the beautiful haven I created. I was featured many times in House & Garden & interviewed on Radio Station 2UE. I sold my business after 19 years within a day of being on the market.

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

To have the courage to leave a 25-year marriage & start a new life in a different city.

**Who inspires you?**

My spiritual teacher Bir Krishna Goswami; he taught me compassion & humility.

**What are you passionate about?**

Creating beautiful things; whether it is with flowers or creating my natural olive oil body & room range called Amar.

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

To be true to myself; not to be scared to make big decisions that will change my life.

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

His Divine Grace AC Bhaktivedanta Swami Prabhupada. Widely regarded as the foremost Vedic Scholar Translater & Teacher of the Modern Era. He was my Spiritual Teacher's Teacher. He was compassionate & brought the Vedic culture to the West at an old age. If it was not for him, my spiritual life that brings me peace & happiness may not have existed.

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

I have been very fortunate in my life to have been well travelled, with a beautiful home in Paddington, Sydney & never went without. I now live a simpler life with my new partner that I was reunited with after 35 years. My dream with him is to have a simpler life in the mountains, with a beautiful garden growing my vegetables & flowers; and travel with him to Italy & India.

**What are you reading?**

'The Subtle Art of Not Giving A F.ck' by Mark Manson (given to me by a good friend of mine to read).

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**Daily Hint: Daily Reminder To Elevate Yourself with Grace:**

Thank you! Your Daily Hint this month is to find ways daily over the next month, to practice elevating yourself with grace, when you find you are weighed down by gravity. Know you have it within your power each day to find a way to release yourself from any shackles, bondage, walls, or barriers you have built as ways to preserve yourself. Find inspirational ways daily to turn yourself into a limitless being, and especially ways that make you happier. Experiment, explore and experience. Sadhguru has some amazing teachings on You Tube that will elevate yourself out of the past limits to true limitless! Be Free Now!

*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 such a courageous, talented and beautiful woman, Teresa Boreham. I fell in love with Teresa's products at first sight in one of my favourite floristry/giftware shops on the Gold Coast. This led me to contact Teresa and in a conversation, we discovered we both were at the same age, and had some similar experiences which has led our paths to intertwine. How interesting life is!! Be inspired by the life Teresa lives. She is simply the most perfect role model for anyone who is looking to lift themselves out of their old limited lives, and embrace a life of true meaning, contentment and happiness. Thank you Teresa, you are truly a gift for this world.*

Love Karen xxx

*'My ability to respond is limitless, but my ability to act is limited. I am one hundred percent responsible for everything I am and everything I am not, for my capacities and my in-capacities, for my joys and my miseries. I am the one who determines the nature of my experience in this life and beyond. I am the maker of my life.'*

-Sadhguru-

Yours sincerely,

*karen vella*

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#### INTRO TO TERESA, AND HER BEAUTIFUL PRODUCTS - THE HOUSE OF AMAR:

*I am delighted to introduce you to Teresa Boreham at The House of Amar. Experience her beautiful soaps, and body products and essential oils incorporated with olive oil from Teresa's family grove. Teresa can be contacted via her website.*

[www.thehouseofamar.com.au](http://www.thehouseofamar.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: 31 July 2019

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