

You're The One Newsletter

ARE YOU LISTENING? Issue 8 Vol 14 August 2022

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What's New With Karen

Welcome to August. Over recent weeks, I've been touched, encouraged, uplifted and inspired by some wonderful people who were able to hear, be there, and connect on a deep level with me. I love these souls for they are graced with beautiful listening ability. Pondering on their talents, I came across a wonderful Chinese saying: *"Two Good Talkers Are Not Worth One Good Listener"*. This month my Newsletter is devoted to us all being truly present in our conversations and shifting our focus on to truly hearing what the other person has in their heart to share. I personally had a wonderful example of this recently, when our family gathered in regional Victoria (close to the SA border) to spread the Ashes of my beautiful, Stepmother, Marianne, at my Father's property in Apsley. Later that evening, we gathered at the local Border Inn Hotel (the place where business owners, farmers, retirees, and residents gather). I was introduced to many new people from all walks of life; most salt of the earth types. I found myself asking 'What brought you to Apsley'? It was a beautiful time, to forget about myself, and really hear what others had to say. The tales were fascinating of people whom had come from other parts of Australia and had ended up choosing to base themselves in this regional town of less than 350 people. I heard such lovely stories of synchronicity, of how their 'homes chose them', or 'an encounter with someone else had led them to settle there' or where others had 'chosen especially to live there.' Each person was so unique and interesting and had a different story to tell. It made me more aware of how much more we can be present with others, when we choose to focus on listening, rather than talking. It allows the other person to be valued, respected and encouraged. This month, I'd like to ask we all take the time to take the focus off 'I' and make it more about 'We' as we focus on being present and open to be there for others and become better at listening rather than speaking. It may be the most beautiful gift you can give. Happy Listening! Love Karen XXX

PS In Honour of my Beautiful Mother, Dawn who now rests in heaven 31 May. (2yrs ago) as our family join together for a memorial in her special memory in this coming month of August and to spread Mum's ashes.

**TRUE SUSTAINED ACTIVE LIVENING IS A GREAT EXAMPLE
OF FAITH, GRACE & FELLOWSHIP.**

"Two Good Talkers Are Not Worth One Good Listener."
- Chinese Proverb -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



Before You Speak It is Necessary For You To Listen
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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

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