

You're The One Newsletter

6 SECRETS TO HAPPY RELATIONSHIPS! Issue 7 Vol 16 July 2024

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What's New With Karen

Welcome to July 2024! On the 1st June life served me a sudden shift in my health, and thankfully now I am on the road to healing! It came out of the blue - from nowhere - teaching me the valuable lesson that 'our lives can change in an instant'. Health is my number one value in life and I truly believe health is wealth. Over the past month, and now continuing, I've immersed myself in much meditation, healing, and self-care. The beautiful part of this is that I have come out of this with a much greater understanding of the need for deep compassion and kindness we need to offer ourselves, and those in our lives (and be especially kind when people are suffering). This brings me to the theme of July. That is 'understanding' that others in our lives are different from us is the key and I now am super excited to share 6 principles that Buddhist Monks are taught when practising. These principles can be applied by us to our lives to bring about healthy and happy relationships:

Principle 1: Treat Your Companions with Physical/Bodily Kindness. (To create happiness in that person's mind and show we value them we act from our body, ie help in household activities, help in career - this creates a mutuality).

Principle 2: Treat Your Companions with Verbal Kindness. (You can speak nice, and kind, and heart-warming words to them to create happiness and pleasure in their mind. Each one of us likes to listen to pleasant words. We all surrender in front of kindness.)

Principle 3: Treat Your Companions with Mental Kindness. (Buddha emphasised this is most important of all Principles. If you generate kind thoughts to people around you in your mind, your thoughts become your actions, and then your actions will become more kind. Your thoughts become your words and then your words become more kind. You are spreading these rays of mental kindness to them, when that person is present and when not.)

Principle 4: Share without Reservation. (Buddha says if you get any kind of food or anything good to your life you have to share that thing with your companions). When you share without reservation it creates peacefulness and strengthens the relationships. Sharing is most important and key ingredient to successful relationships.

Principle 5: Be Virtuous. (Buddhist people practice 5 precepts: Abstain from killing beings/Abstaining from stealing/Abstaining from sexual misconduct/Abstaining from telling lies/Abstaining from taking intoxicated drinks/drugs. Lay people practice these 5 principles. When you do this you become more moral and virtuous and creates trust and loyalty in the relationship. The 3rd of these creates the trust and loyalty in the relationship. Trust is the foundation of a relationship and without trust there is no use of a relationship.)

Principle 6: Hold a Common View. (If both people worked for one dream, one goal, that creates the peace in this relationship. As Monks Buddha taught you have to have one dream/goal in life - there is only one purpose of becoming a Monk and that is to end the long suffering of rebirth and become enlightened. If every one of us works towards one dream/one goal then that relationship will be much happier.)

You can apply these Principles to any relationship to make it healthier and happier. So make your life a better one by practising these principles. A great saying to remember is: *"All relationships go through bad times - but the real relationships get through those times."* Love Karen XXX PS Although my Darwin trip was postponed in June, the fabulous news is that I'm heading off to Cairns to spend times with special people and the warmth of the sun next week and can't wait!

BEARING ONE ANOTHER'S BURDENS. UNDERSTANDING.
LOVE. COMPASSION.

"True Love is Born From Understanding."

- The Supreme Buddha -

Yours sincerely,

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



We Need Silence In Order To Touch Souls.

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

Offer Expires: 31st July 2024

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