

# You're The One Newsletter

CARE OF YOUR SOUL!

Issue 7 Vol 7: July 2012

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COMING SOON TO THIS SPACE!

2012 - Mojo Classes  
2012 - Best Year Workshops  
2012 - Webinars  
2012 - New Products  
2012 - 1 on 1 Life Coaching  
And more....

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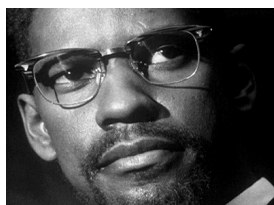
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Dear Karen,

## What's New With Karen

Welcome to July! In June I noticed a beautiful man who works in our building!! Who do you think this man is - the handsome successful CEO heading up a multinational company? Well no, it is actually our cleaner! Every time he comes in to change our bins, or vacuum, he and I always engage in a "Yasoo" (he is Greek!). Today, when I looked up at him more intently than usual, I saw what it was that this man possessed - soul!!! Out of so many people who we interact with each day, it is truly the person with soul, that has a deep impact. Recently, I marvelled at the way a less than emotionally aware person treated him as a "lowly cleaner." Little did they know that the man of soul is actually a highly esteemed night club singer in Greece, who returns every year, and in the meantime runs his Melbourne-based family cleaning business (possibly quite lucrative). By the way, his wife is just the same, a gorgeous Polish woman, who leaves beautiful notes on my desk (she calls these messages from God or the angels that she gets occasionally for me). I've come to the conclusion that I like soul in people! So this month is dedicated to listening and following your soul's yearnings. Warmest Regards Karen

## Mojo Tip: Cultivate Soul!



Actor, Denzel Washington 'Man of Soul'

The seventh step on the mind-blowing Mojo path for 2012 is to cultivate soul! The Mojo-esque wo/man is not superficial. Although, they know, how to laugh and take life lightly, underneath at their very foundation lies a deeply feeling soul. A soul that has experienced many things in life, and used these experiences to grow. If you are in the presence of someone with soul you feel that this person can touch your heart when they speak. When I think of soul I think of one of my favourite character actors - Denzel Washington! One of the essential characteristics of being a good actor is soul! Actors need to get from the skin to the soul of the person they are playing, and have to be prepared to bear their soul to the world. Some actors even say that they open their own souls bare and become like a channel for the character's soul to appear. For example Denzel Washington in one of his roles has been quoted as saying: "what I did I got down on my knees and I communicated with the spirits and when I came out of that, I was in charge. I

couldn't have acted that." Another example is Oprah Winfrey, who said about her role in the movie *Beloved*: "I ask my spirit to be the carrier for the spirits of those who have come before me in a way that is most meaningful to the character. I just become the vehicle for that character. I try to empty myself and let the spirit inhabit me." Soul is a powerful force - it is something you build over the course of your life through your love, your learning's, and your service. People with Mojo listen to the whispering of their soul - to its yearnings and longings. They pay attention when it beckons them to follow its dreams, its wishes, its hunches, its desires - and they are less concerned with staying safe and secure! Of course people with Mojo suffer, because when they follow their whims, and dreams, there is risk involved also but they know to be fully alive they put their soul at the centre of their world. Something to bear in mind in life is that no matter what trials, tribulations, celebrations, come your way, your soul is able to bear them. And who knows, perhaps there is a blessing in them - you may get to 'use those things' in a form of art, in telling a story, in being of service to others in their life. Next time you are in the supermarket, in the service station, in the chemist, in the queue at the bank, try to look at the soul of the person and not just the personality - see beyond the outer mask, and have understanding and compassion. It is said that we are spiritual beings having a human experience in this life. May your soul breathe with light!

### **Life Coach Tool: Your *Soul* - The Poet of Your Life!**



**'The Soul Leaving the Body'**

The soul is the essence of who we are. I am sure both you and I have questioned at times why the soul's journey is so painful. A book I read many years ago was Thomas Moore's '*Care of the Soul*' in which he states: "Care of the soul speaks to the longings we feel and to the symptoms that drive us crazy, but it is not a path away from shadow or death. A soulful personality is complicated, multifaceted, and shaped by both, pain and pleasure, success and failure. Life lived soulfully is not without its moments of darkness and periods of foolishness. One thing that is certain in life is that we all suffer.' Where as the ego, likes to cure things, have certainty and stay safe, the soul is like the poet of our natures, seeking shores that beckon with mystery, and where our imaginations are intoxicated. So, let's learn to put our souls at the very centre of our lives where they belong and let go of our ego's need for control. Here are some tips on how to cultivate your soul:

#### **How to Cultivate the Soul**

**Do: 'the only way out is through' (mantra of the soul)**

1. Do listen to the symptom of the soul - emptiness
2. Do listen to the symptom of the soul -meaninglessness
3. Do listen to the symptom of the soul - depression
4. Do listen to the symptom of the soul - disillusionment
5. Do listen to the symptom of the soul - loss of values
6. Do listen to the symptom of the soul - unfulfillment
7. Do listen to the symptoms of the soul - hunger for spirituality
8. Do embrace specifically what is right in front of you
9. Do embrace human mistakes
10. Do embrace human failures
11. Do turn toward your pain
12. Do embrace your suffering to find liberation
13. Do use the raw material of loss to craft your being
14. Do use the raw material of disappointment to craft your being
15. Do use the raw material of betrayal to craft your being
16. Do seek care
17. Do seek mystery and imagination
18. Do seek surprise
19. Do seek unpredictability

**Don't: 'the only way out is through' (mantra of the soul)**

1. Don't try to control the soul
2. Don't try to outwit the soul
3. Don't try to shape the soul to your wilful ego
4. Don't side step negative moods and emotions
5. Don't side step bad life choices
6. Don't side step unhealthy habits
7. Don't try to solve life's circumstances
8. Don't try to transcend life's circumstances
9. Don't resist change
10. Don't seek to have things remain the same
11. Don't look for a guaranteed outcome
12. Don't always look for certainty

So up until now, maybe you've been living with ego at the top of your agenda, with a life that is neatly ordered, with all the boxes ticked, the t's crossed, and i's dotted. But, what would life be like if you let go of the ego, and asked your soul what is truly is wishing for - and allowed your imagination to invite you on a fascinating journey where outcomes are unknown, and mystery awaits. If you learn to live with your soul at the centre of your world - you are sure to have truly lived this life and not just visited it!

**Be Inspired Article: 10 Questions with Craig Rasmussen!**



**Who Is The Real Craig?**

I currently run my own consulting firm for SME in business consulting and strategy (equate solutions.com.au). I am also the general manager of a retail firm. I love both jobs! My partner, my two Labradors, my parrot (yes his name is Bruce) is my life. Some day I would love to own a zoo or a hobby farm. Love animals. They don't judge you. I am always at peace with animals.

**Which five words best describe you?**

Compassionate. Driven. Integrity. Patient. Challenging.

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

My first job was working in a grocery store at 15 years old. By the time I was eighteen I was attending school full time and was promoted to assistant manager at a grocery store. My entire career has been in retail and hospitality.

**What's your proudest achievement?**

Relocating from Canada to Australia to start a new retail firm. We grew from nothing to 200 employees in three years.

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

Leaving college and starting a career. I felt I had the smarts and did not want to waste any more time at college.

**Who inspires you?**

My nana. She is 92 and blind but still knits and crochets. She can tell when she has missed a stitch just by feel. And my partner Aaron of course!

**What are you passionate about?**

Environmental issues and how we are destroying our sacred planet. I also care deeply about the lack of support for the entire world's aboriginal communities.

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

Never underestimate the power of silence.

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

My great grand father. He was meant to be a force of will and determination.

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

I have always wanted to travel through Peru. I have always heard so many great things about it and its history. I would also like to write a

book about my father. He was a coroner and has so many great stories to tell.

**What are you reading?**

Currently I am reading a book by Anne Rule (the crime writer). I have always loved true crime...probably a reflection on my dad being a coroner and my curious nature.

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**Daily Hint: Reflect on Your Soul This Month**

Thank you! Your Daily Hint this month is to find some quiet time for reflection on what it is your soul is asking of you right now in your life. Find some time for reflection and silence and listen for its stirrings and its wishes, listen for what it is unfulfilled and dissatisfied in. Decide that you are going to honor your soul and take steps towards that over the next month. One thing is for certain, it has your destiny in mind when it whispers - let it be the poet - and allow yourself to take action based on its promptings! I know amazing discoveries and mysteries await YOU!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so delighted to introduce you to one of the most genuine and calm people I have ever met, Craig Rasmussen - a person with a tranquil soul who has some wonderful messages about life in the interview above. Craig is a great example of someone who follows his soul's code in all areas of his life. Love Karen x*

*"When it's over, I want to say: all my life  
I was a bride married to amazement.  
I was the bridegroom, taking the world into my arms.  
When it's over, I don't want to wonder  
if I have made of my life something particular, and real.  
I don't want to find myself sighing and frightened,  
or full of argument.  
I don't want to end up simply having visited this world."*

Mary Oliver - from her poem - 'When Death Comes'

Sincerely,

*karen vella*

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**FREE  
Mini  
Ebook**

As a special offer for the month of July, anyone who shares my newsletter with friends, family & associates who decide to subscribe to my newsletter will receive a free mini E-book on "The 5 Keys For Believing in Yourself" as a Personal Development Tool!" for themselves and also their referral as a gesture of thank you! So please be sure to pass on this newsletter to all your contacts. You never know who may benefit? (just ask them to mention your name when subscribing to the newsletter thanks). Note: forward email block at end of this newsletter on bottom left hand corner.

**Offer Expires: 31st July 2012**

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