

You're The One Newsletter

'BUTTONS' BEING PUSHED - WHAT A GIFT!!

Issue 7 Vol 10: October 2012

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Dear Karen,

What's New With Karen

Welcome to October! Early in September I found myself reacting- I guess you could coin the phrase 'having my buttons pushed' by a person, whom normally I have great rapport with! After the fight/flight response was over, and I apologized for being so reactive, that night, during a restless sleep, pondered on how I could turn this around. It actually didn't make sense to 'react' and then cause both oneself and the other person to feel not-so-good. So I spent a lot of time, deciding how I would start to 'choose' to react in a more loving way. It makes such a huge difference to be able to 'create space' 'laugh it off' 'let things go through to the keeper' and 'not react' so I started to study tools and how people I admire always seem to be able to stay cool, calm, and composed, no matter how someone else may step over their boundaries. So this month enjoy exploring the question 'how would love respond?' and watch your world lighten up in more ways than one. Warmest Regards Karen (This newsletter is dedicated to the memory of Jill Meagher, tragically taken from us last week - and is in support of peace and non violence, RIP beautiful Jill).

Mojo Tip: Martin Luther King-Man of Non-Violence



Civil Rights Activist - Dr Martin Luther King

The tenth step on your masterful path for 2012 is to respond to anyone's challenging behaviour thoughtfully, rather than reacting emotionally. People with Mojo act consciously (rather than react unconsciously). They are master communicators, taking time to ponder and choose a more positive course of action - that is to decide coolly, rather than an unconscious knee-jerk reaction to so-called 'button pushers'. An example of an inspirational role model of this, is the late Martin Luther King. There is a wonderful story of how when many years ago, during the civil rights movement in the US, Dr Martin Luther King Junior was approached by a man in an Assembly Hall who asked him 'Are you Martin Luther King Junior?' and Dr King said 'Yes. I am.' The man then spat on him. Dr King, using his emotional composure and intelligence, looked at the spittle on his suit, and took out his handkerchief, wiped off the spittle, and folded the handkerchief neatly. He then proceeded to hand the handkerchief back to the man and said 'I think this belongs to you'

rather calmly. I believe Dr King demonstrated a 4 step-process of how to respond in these situations. Number 1 Space: The time it took for Dr King, to wipe the spittle off the handkerchief and fold it neatly was a great way to create space for him to not-react and put things into perspective. Number 2 Compassion: He was able to see the humanity in the other person and understand how he would like to be treated himself in the circumstances. Number 3 Tone: He was able to choose a calm, even tone when speaking back to the person, knowing that tonality is so important - often it is not what we hear - but how we hear it. Number 4 Let it Go: He was able to let it go. This example demonstrates how a very evolved person handles even the greatest amount of provocation. I believe due to his deep prayer and meditation belief in non violence he was the greatest example to the world of how to respond from a place of love. A great question to ask oneself is "how would love react?" or if you are spiritual person "how would God react?" Something to ponder. We know in life that we are not perfect, so what does a person with Mojo do if they do lose their cool and react - the answer is simple 'apologize.' So may you be a person who leads by their true spirit and not by the ego! Be one who generates goodness no matter how provocative the situation. Be a person of non violence physically, mentally and emotionally.

Life Coach Tool: Heal & Not React to 'Button Pushers'



The UNESCO Peace Cloud

1. See Your Buttons Being Pushed as Blessings:

All through our lives we will both have our buttons pushed and also at times push others' buttons. We cannot escape this - some people choose to go to a new job, or leave a relationship behind to avoid this - only to find there is a worse example of a button pusher on the new path. However, did you know that we can actually bless any event that causes our buttons to be pushed because it tests our ability to respond consciously rather than reactively. So, the first step is appreciate the gift.

2. Recognize any negative reaction Comes from a Place Inside you:

Pardon the pun, but now we get to the juicy part! When you squeeze a lemon what do you get? That is right lemon juice (not orange, mango or mandarin juice). That is a great analogy to explain what happens to you during a 'button pushing' episode. What explodes out of us is actually what is within us! We tend to blame the button pusher, but actually, what is happening is 'it is revealed in you and for you by the button pusher'. So whatever comes up, let's say resentment, irritation, fear, fury, anger, is already within you - it is not outside of you. So the second step is notice what emotion is

coming up and take note of it.

3. Accept responsibility to recognize, heal and release wounds:

We now get to take responsibility that there is some inner conflict and turmoil otherwise we would not have reacted. And we do this in a gentle and loving and compassionate way to ourselves. We accept that we can release and heal the wound. If we can release the 'juice' from within (ie: resentment, fear, anger, irritation, etc) rather than project it and observe it outside in another, then we really cross the threshold into a world of more beauty, joy, peace. And we get to not attract the situation in the first place that led to the buttons being pushed. The beauty is you really get to honor, love and know yourself at a deeper level and heal any past wounds, by releasing thoughts, beliefs that are laying dormant and unhealed within us.

4. You get to do your part to contribute to a peaceful world:

Practicing releasing inner conflict means you will get to contribute to world peace and make a huge difference to the world. In his book 'Awareness' Anthony DeMelo teaches: "Do you know where wars come from? They come from projecting outside of us the conflict that is inside. Show me an individual in whom there is no inner self-conflict and I'll show you an individual in whom there is no violence. There will be effective, even hard, action in him, but no hatred. When he acts, he acts as a surgeon acts; when he acts, he acts as a loving teacher acts with mentally retarded children. You don't blame them, you understand; but you swing into action. On the other hand, when you swing into action with your own hatred and your own violence unaddressed, you've compounded the error. You've tried to put fire out with more fire. You've tried to deal with a flood by adding water to it."

Be Inspired Article: 10 Questions with Darryl Von Miller!



Who Is The Real Darryl 'Von'?

I was born in 1952 in a small country town called Brisbane, Queensland. Yes well and truly one of the many post-war baby boomers, although I tend to think of myself instead as a member of the old school Beat Generation! My father was a magician and illusionist who toured Australia as a performer in Theatre Royal during the 1940s and 50s. He met my mother, the beautiful Daphne, in 1951 when she applied as a magician's assistant, and after seeing her in half for several months they married and I arrived in December the following year! We moved to Surfers Paradise in '56 when the tallest building was still only three stories and the beach was the place to go. I became a successful high school drop out in 1967 and after a short stint at a regular job I hit the road, hitching to the bright lights and coffee shops of Melbourne with 14 dollars to

my name, plus a beat up old surfboard and a mouldy sleeping bag. I guess I've never really stopped. I illustrate and paint, collect vintage surfboards, and have a online business called Von Weirdos.

Which five words best describe you?

Non-conformist. Individual. Waterman. Traveller. Bohemian.

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

As a storeman/packer for a year in a large electrical business on the Gold Coast - the only real job I've ever had in my life. My path since then has been that of a beachcombing artist following the sun and surf.

What's your proudest achievement?

My proudest achievement has been always doing it my way and nobody else's and to inspire a few others along the way.

What's been your best decision?

To avoid the trappings of conformity.

Who inspires you?

I've been inspired by many great artists, writers, poets, musicians, fellow travellers and soul surfers.

What are you passionate about?

I am very passionate about collecting, not just items but also the stories of others, and where I once searched, I am now content to wait for things to find me!

What's the best lesson you've learnt?

I have learnt one very valuable lesson in life, and that's to always follow your heart.

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

The Duke Kahanamoku, who brought true Hawaiian aloha and surfing to Australia in 1914.

What dream do you still want to fulfil?

As I'm nearing my 60th my dream is to continue playing in and near the ocean with my soul mate and muse, Josephine.

What are you reading?

I've just been reading 'Lowside of the Road, a Life of Tom Waits,' by author Barney Hoskyns.

Daily Hint: Create Your Own Permission Slips This Month

Thank you! Your Daily Hint this month, upon encountering any emotional trigger, is to WAIT 5 MINUTES before responding. In that space that you create, you can do anything that will release your feelings - go for a walk, scream into a pillow, have a shower, walk into a different room. The main thing is to create space. Then make a decision, to become curious about what the gift is showing you! Then react to the other person from a place of love. Become the great teacher that you are!

I am so looking forward to more of your feedback, suggestions, or

what you would like to see in this newsletter! I'm happy to introduce you to Von, who is a person who lives life peacefully, content being with his beautiful muse Josephine, following the sun, the ocean, and running his vintage surfboard online business. May you be inspired by Von and in his attitude of letting the wonders of life continue to 'find him.' Love Karen x

'Nonviolence is the answer to the crucial political and moral questions of our time; the need for mankind to overcome oppression and violence without resorting to oppression and violence. Mankind must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love.'

Martin Luther King Junior, December 11, 1964

Sincerely,

karen vella

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CHECK OUT! Von Weirdos Vintage Surf & More!!

During October, Darryl 'Von' Miller invites you to explore his website and peruse his vintage surfboards, skateboards, and beachwear. For anyone interested in surf/beach props for films, videos, commercials - Von also has a great selection of items for hire. Von can be contacted via his company, 'Von Weirdos' via his website: www.vonweirdos.com (Remember to mention YTO!).

Offer Expires: 31st October 2012

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