

You're The One Newsletter

FREE OF THE PAST!

Issue 12 Vol 9 September 2017

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Karen Recommends



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What's New With Karen

Welcome to September 2017! During August after a long winter of hibernation/isolation (& extended 9 month period of my most difficult life chapter) I came to a decision - to be free of the past. During this time I 'literally' bumped into my wonderful Healer (Tanja) which led me to a pure healing, taking me back through my childhood to now! After the healing, I promised my beautiful Healer that I would keep a diary for the next few weeks of my insights. I prayed and allowed insights to arise. What came to me was that I needed a brand new start somehow. A New Me, a New Life, a New Lifestyle, a New Self Care Program, a New Joy, and a New Holiday! With September 1 here for us - I want to share with you some insights into stepping into a totally New Book for your life! Your New Life is ready and waiting for you; close the old book & imagine it going down the shredder! Your New Life awaits starting with the Best Chapter Ever! Love Karen XXX

Mojo Tip: Living Proof: Never Too Late For a Fresh Start!



Berni Dymet, Preacher & CEO of Christianity Works

The 9th step on your marvellous Mojo mindset is to break free of the past. These Mojoesque role models have no doubt been through a time when the past burdens threatened to weigh them down, however, the pull for a more fulfilling life was greater than their old sense of security. Berni Dymet, Preacher & CEO of Christianity Works, is my perfect role model for this month's theme. Berni is living proof of a person who, after going through a major life crisis/dark night of the soul, made a brave decision to start a new future. Berni had a marriage, a highly successful career in the IT industry - yet he courageously was called to become a Preacher. Berni is a dynamic preacher of God's word with a passion for helping people to connect with God amidst the realities of life. I listen to Berni every Sunday and I receive his daily devotionals and I can truly say he offers such wonderful practical advice for dealing with our day to day lives and growing in our Christian journey. Perhaps we can all take a leaf out of Berni's journey - and step out of the comfort of our lives, to a much more fulfilling journey. As Berni says - he is not as wealthy financially as he used to be but so much richer and happier in spirit as his life has

a true purpose now. Perhaps this resonates with you as you read this. I hope it inspires you to follow your 'calling' on to your new 'Life Story'! My wish for you is that you simply say yes to exploring a new journey if it is truly calling you. Love Karen XXX

Life Coach Tool: 16 Steps: To Embrace a Fresh Start!



A Fresh Start & A Beautiful New Beginning

Below are some excerpts from Berni Dymet's (Christianity Works) Life Application Booklet 'It's Time For a Fresh Start', which I have summarised below:

Let go of:

- Brooding over the negatives of the old story
- Wallowing in the symptoms
- Reliving your past mistakes/failures over and over
- Staying drifting & directionless in the comfort of the past

Discover the:

- Root cause (examine it like a Dr does - from the symptoms right down to the root cause) that is keeping you stuck

Ask Yourself:

- What is the one thing that is robbing you of the contentment and satisfaction you are really looking for?

Decide:

- This 'one' thing has to go
- The 'status quo' simply is not an option
- Your life can't go on like this
- To do something about it

Know:

- You are not alone
- Your future will be great & worth living
- Your past is gone

Embrace:

- A new future beginning today
- Living with joy in the now

- Expectancy of a future full of hope and anticipation

Somehow, I was guided to pick up this booklet tonight when writing this newsletter, which was stored away in my study in a filing cabinet. As I read Berni's words they truly spoke to my heart about where I have been at, and I hope they inspire you, too to make a decision about taking a new fresh approach to your life! Berni has written from his own life experience, where he at one of the darkest patches of his life at age 36, was even considering life was not worth living. What pulled him back from the brink were some words in a Bible in the drawer of his Hotel Room. The words that helped turn his life around were these: "Do not be afraid for I am with you; do not be afraid for I am your God. I will strengthen you, I will help you and I will uphold you with my victorious right hand." (Isaiah 41:10). Berni says "As YOU stand on the threshold of a brand new (year, which you could replace with day) I want to leave you with this fantastic truth: Jesus came to set you free from your past, and to give you a present and a future that truly are worth living."

Be Inspired Article: 10 Questions with Tanja Fairweather!



Who is the real Tanja?

Passion for life and the helping of others, has been with me since arriving into Australia from Europe as a 10-year-old. Even while working in marketing for a number of years, the "pull" to branch out on my own was calling and growing stronger by the years. Studying to be a Reiki Master and many other modalities lead me, with my husband, to open a Wellness Centre some seventeen years ago in Central Victorian, finally realising the dream of truly helping others. Now based in Melbourne, where I offer Intuitive Guidance sessions combined with Reiki.

Which five words best describe you?

Intuitive. Friendly. Empowering. Kind. Natural.

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

Starting my career in the retail sales world, moving to marketing and the last 17 years following my true passion, the holistic path of wellbeing and development of others.

What's your proudest achievement?

I would have to say, my proudest achievement, has been continually being true to myself and others around me.

What's been your best decision?

This I answer without any hesitation, meeting and marrying my husband, Gregory.

Who inspires you?

There are many people in the world who inspire me, who I take knowledge from, but for empowerment and encouragement, my soulmate Gregory is my greatest inspiration.

What are you passionate about?

Empowering others to be the best version of themselves.

What's the best lesson you've learnt?

To stop and actually listen to what people are saying and not just what I think they are saying.

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

To narrow to one is a tuff question and impossible for me, however can you imagine the conversation at the dinner table, sitting with Albert Einstein, Alfred Adler, Carl Jung, Sigmund Freud and Daniel Amen.

What dream do you still want to fulfil?

To walk the Camino de Santiago trail.

What are you reading?

"Unbreakable" women share stories of resilience & hope, edited by Jane Caro.

Daily Hint: Daily Reminder to 'Focus on a Fresh Start Daily'

Thank you! Your Daily Hint this month is to find a way each day to start the morning anew with an attitude of a fresh start. There is a saying that if we are thankful we get to experience a fresh start daily. From your mindset, see if you can let go of the past events of the day/s before and instead start afresh! Be inspired, be grateful, be appreciative for each day is your opportunity for something new and for letting go of the old!!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so thankful and grateful for my chance meeting with Tanja - however I believe a higher power led us to connect so I could experience a powerful healing. Be inspired by Tanja's "calling" away from the corporate world into a dimension which she is truly born to do. I believe the world needs more people like Tanja who can 'shift' old energies from people's lives so they can start "afresh". Just to be in Tanja's presence makes you feel sooo good!! She is such a being and beacon of light! Thankyou Tanja.

'New beginning are often disguised as painful endings.'

'-Lao Tzu-

Yours sincerely,

karen vella

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Meet My Healer:

'Tanja Fairweather'

"If you would like to be introduced to Tanja, please contact her on 0408 553 582 or by email: tanja@tanjafairweather.com.au" & remember to mention yto: karen@youretheone.com.au

Offer Expires: 30 September 2017

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