

'yto - one'

Newsletter – March 2007

Hi All Our Valued Friends, Partners, and Clients

March 2007

Welcome to our fourth newsletter of 'yto - one'.

Theme for March – Shifting Our Focus

Welcome to March! Life is moving so fast these days – here we are already at the commencement of the third month of the year. Time is so precious and the present moment of *now* is all we have. So, I want to take the opportunity to inspire you how to make the most of each *now moment* so that you can create the life of your dreams. One of the most powerful ways we can do that is by shifting our focus.

Changing Your Focus off the Problem On To the Solution

This month we are going to *shine the torchlight of our focus off our problems and on to the solutions*. There is a saying in coaching “What we focus on is What We Get.” Let me explain it this way, let's say you are having a bad day and you keep focusing on it, you keep thinking about it, you go home and tell your husband and children about it, and may even call your friends and family and relay the events of the day to them – and then you wonder why you are feeling so terrible. The reason we feel so terrible when we do this is because we are still focused on the problem, and because our thoughts are energy forces we are attracting back to us what we are thinking most about. We are creating even more of what we don't want.

The Law of Attraction

I'm curious if any of you managed to watch the movie “The Secret” which was on television a few weeks ago, which is all about the laws of attraction. The Law of Attraction is based on “Everything that is coming into your life, you are attracting into your life – and it is attracted to you by virtue of the images you're holding in your mind – it's what you're thinking. Whatever is going on in your mind you are attracting to you? Because every thought of yours is a real thing – it is a force.”

How You Can Be, Do or Have Anything

“It doesn't matter who you are or where you are, the law of attraction is forming your entire life experience, and this all powerful law is doing that through your thoughts. You are the one who calls the law of attraction into action, and you do it through your thoughts. As you apply this law you realize that you can be, do or have anything you want. You will come to know who you really are. You will come to know the true magnificence that awaits you in life.”

You Are the Most Powerful Magnet In the Universe!

“You are the most powerful magnet in the Universe! You contain a magnetic power within you that is more powerful than anything in this world, and this unfathomable magnetic power is emitted through your thoughts. The law of attraction says *like attracts like*, and so as you think a thought, you are also attracting *like* thoughts to you. Thoughts are magnet, and thoughts have a frequency. As you think, those thoughts are sent out into the Universe, and they magnetically attract all like things that are on the same frequency. Everything sent out returns to the source. And that source is you. You are a human transmission tower and you are more powerful than any television tower created on earth. Your transmission creates your life and it creates your world. And you are transmitting that frequency with your thoughts. The pictures you receive from the transmission of your thoughts are not on a television screen in your living room. They are the pictures of your life! Your thoughts create the frequency, they attract like things on that frequency, and then they are broadcast back to you as your life pictures. *If you want to change anything in your life, change the channel and change the frequency by changing your thoughts.*”

If You Can See It in Your Mind You Are Going To Hold It in Your Hand - Steps to Manifest What You Desire

What I am now doing on a daily basis (and what I so encourage you to do from this moment forward) is to visualise your greatest desires and your dream life. To create it, you do this by applying the Law of Attraction. Here are the steps to the process:

1. Decide what you want
2. Believe you can have it

Ninety Nine Percent of who you are is Invisible and untouchable.

R Buckminster-Fuller

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3. Believe you deserve it
4. Believe it is possible for you
5. Close your eyes every day for several minutes and visualize having what you *already* want and feeling the feelings of *already* having it
6. Come out of that and focus on what you are grateful for *already*
7. And really be in enjoyment
8. And then go about your day and release it to the universe
9. And trust that the universe will figure out how to manifest it

Be In a State of Gratitude – Praise and Bless Everything in Your World/Fill Yourself up First

"Gratitude is a powerful process for shifting your energy and brings more of what you want into your life. It shifts your energy and thinking. Focus on what you do have. Focus on what you love and appreciate in yourself, a person or your life, instead of what is wrong with you, another or your own life. In other words, keep focussing on what you are grateful for now and what is your deepest wish. As you learn to be in a state of gratitude and appreciation, you will dissolve negativity and discord and align yourself with the highest frequency of love. Remember to fill yourself up first – otherwise you have nothing to give anybody. Focus on qualities you love about yourself and the law of attraction will show you more great things about you."

What You Resist You Attract/Overcoming the Power of Doubt

"What you resist, you attract, because you are powerfully focused on it with emotion. To change anything go within and emit a new signal with your thoughts and feelings. If the thought of doubt comes up, release it straight away and think of a positive thought. Replace it with "I know I am receiving it now."

Let Your Imagination Go Wild with a Vision Board and Visualization

"Let your imagination go wild and start creating your Vision Board - place pictures of everything you want in your life on that board and make sure you feel the feelings of having those things now."

Dwell Upon the End Result When Visualizing

"Everything is energy. You are an energy magnet, so you electrically energize everything to you and electrically energize yourself to everything you want. Your Power is In Your Thoughts So stay aware – "remember to remember."

If you turn it over to the Universe you will be surprised and Bedazzled by what it turns Over to You

You don't need to wonder how what you wish for will show up – leave that to the universe – you create the what (the wish)- the how is the domain of the universe.

Live in the Magic of Life!

People who live in magic of life have habituated ways of being and magic happens wherever they go – The time to embrace your magnificence is now As you know have the tools to create your dream life, I invite you to start right now, right at this very moment, by committing to a contract for change, by committing to focusing on what you truly desire, focusing with gratitude on what you already have, and then focusing on what your heart's content is. You have now one of the keys to the door of the universe and you basically can create anything. So have fun creating and please let me know what shows up for you – remember to let go of how it will show up – just keep focusing on your greatest desires and wishes. And, if you happen to find yourself thinking any negative thoughts, remember to change the thoughts immediately, and focus on the solution! I look forward to hearing how the magic in your life starts showing up even more from this moment on! Can't wait to catch up soon!

Warmest Regards, Karen Vella
yto Performance Consultant, Life Coach
yto Owner and Founder

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