

# You're The One Newsletter

ANGELS - YOUR HEAVENLY MESSENGERS

Issue 7 Vol 12: December 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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Dear Karen,

## What's New With Karen

Welcome to December! When I was a child there was a painting hanging over my grandmother's fire place of a beautiful guardian angel, helping 2 young children over a broken bridge. Being a sensitive and imaginative child, it helped me to know there was always a divine force looking over us to help. Thinking about the month of December, and the true meaning of Christmas (the birth of Jesus Christ), has brought me to the thought that in our busy-ness of our days and haste to get our Christmas shopping done, we sometimes forget the true meaning of this beautiful season of love, peace and goodwill. Coping with the demands of life - we most likely have given no thought to that even as adults, there are angels looking out for us. In fact, at Jesus's birth it was the angels who proclaimed the miracle. So, this month, I invite you to make time to reflect, ponder on the past year & infuse your imagination, dreams, wishes, hopes, and to ask your angels (heavenly messengers) to assist you and to help you be an angel (heavenly messenger) for others as you approach the crossing of the threshold of the festive season and approaching New Year. Warmest Regards Karen

## Mojo Tip: Be An Angel of Hope



The Genius Filmmakers, The Dardenne Brothers

The 12th step on your majestic path to your Mojo mindset for 2012 is to be an angel of hope to others. This person with Mojo lives between two worlds - the heavenly - and the earth plane and has a true gift for igniting the souls of others. Often when engaging with this person it is as if you are in the presence of some divine messenger - and that they are passing on a very personal message meant for you -being channelled by some heavenly force. Often you will feel this person showing you understanding and compassion and drawing out of you the mystery of your spirit that has remained dormant, igniting and inspiring your heart, soul and inspiration. These people are often referred to as earth angels! These mojo-esque angels of hope are wayshowers and visionaries and are often

found in the creative arts; actors; writers, dancers; producers; directors - contributors to humanity. A luminous example of this are the Belgian-born, Cannes Award Winning, Writers, Producers, and Directors - the genius brothers - Jeanne-Pierre & Luc Dardenne. Originally, Jean-Pierre trained as an actor and his younger brother, Luc, studied philosophy - they have dedicated themselves to film-making since the 1970's. Their use of rigorous handheld camerawork and highly selective framing merge with physically intense acting to evoke a realistic tradition infused with philosophical and spiritual depth. It is said that the Dardennes bring love to their work and everyday life - a rare quality in the sometimes cold world of film-making. Their films place a mirror before us, reach deep into our souls, to reflect society, history, and ourselves. The true gift of watching a Dardenne film is the message of hope they bring - and that under the chaos, both physically and morally, of our day to day lives, there is quiet. Their films present a spiritual dimension rather than material. Because their films not only speak to people, but disturb people from the complacency of life, they have the power to transform others to change - that change may be personal, affecting society and the world. As we learn from these inspiring role models - the Dardenne Brothers - we may take note of how we too can be angels of hope in the world. We too, are spiritual beings having a human experience, and are able to assist others, contributing to humanity. May you lead others out of their apathy, boredom, or despair and inspire hope as a heavenly messenger! May you feel the amazing sense of contentment that this brings to yourself and beyond - who knows whose life may be touched and profoundly changed by your message of hope! Christmas time is the perfect time to start.

### **Life Coach Tool: 10 Steps: Ask Your Angels For Guidance**



God And The Angels

#### **Step One: Ask for help**

Angels are available for us 24/7! However we need to be receptive to them. The best way to do this is to create an invocation or prayer.

#### **Step Two: Say Your Invocation/Prayer**

You may like to research one that really suits you from the internet. However, here is one to invoke your guardian angel:

"Angel of God, my guardian dear, to whom God's love commits me here; ever this day {or night}, be at my side, to light, to guard, to rule and guide. Amen."

#### **Step Three: Know You are Worthy**

Know you are fully worthy of angelic assistance - for they respond to

all with complete unconditional love - and work with all regardless of personal history or beliefs.

**Step Four: Connect with Your Inner Child**

As you call upon the Angels and ask for help - connect with your inner divine child (the part of you that is innocent and true) in a spirit of openness, receptivity, curiosity, and enthusiasm. This will help you to receive the gift your Angels have prepared you from your creator.

**Step Five: Hand It All Over**

As you start your invocation and prayer - hand everything over - that includes all issues, problems, worries, and fears as well as all your good intentions and positive outcomes you imagine as a result of your request. Release expectation of how your request will be answered.

**Step Six: Appreciate It 'Now'**

Be grateful and appreciative of the situation as it is now. Ask the Angels to help you to find the love in whatever situation you are dealing with. Be patient, let go of any expectation of how the love may be revealed to you.

**Step Seven: Your Prayer Will be Answered**

Know that it is done. All prayers are answered and grace will be given. Let go of any fear and ask for help in understanding and seeing more clearly. Know and trust that in every answered prayer you will see the love. Nothing that is meant for you to serve you will ever be withheld from you.

**Step Eight: Act Quick with the Guidance**

Act the opportunity and act immediately and quickly on the guidance you receive. The faster you act the faster you receive more assistance!

**Step Nine: Celebrate You in This Moment**

Take a moment and let go of anything that is not of love for yourself and the world around you (including any self judgement/criticism) right now. In this moment of surrender and love more can be done by the angels that you can do on your own.

**Step Ten: Thank Your Angels**

Thank the Angels for deepening the relationship between you.

**Be Inspired Article: 10 Questions with Jacky Pavlidis!**



**Who Is The Real Jacky?**

Jacky Pavlidis---Age quite irrelevant as I cancelled my birthday some 10 years ago! Try, it really works! I am one of those baby boomers who grew-up in a very different world. Life seemed a lot simpler then. For me it probably wasn't so simple as from a very yearly age I questioned all conservative thinking and teaching. This continually put me in the firing line with my very catholic parents and the nuns at school. How I disliked the nuns!! In later years I learnt just to pray for them. At a very early age I found that I had many spiritual gifts. The strongest one being Health Readings. I have always just 'Known' many things. In later years I came to understand that it was just re-remembering things I had learnt in previous lives. At the age of 22 I decided to go see the world, much to the horror of my strict european parents. I worked 3 jobs for a year and 'took off '. I originally planned to be away for 6 months but alas I returned 2 years later---armed with new wisdom and knowledge of the world. It was so difficult to settle back into a 'normal world'. Normal to me was to conform to things and a way of life that I mostly didn't believe in. Then I met my Greek God who was a musician and a singer and 36 years later he is still my sweetheart. We have 2 beautiful children and one who left us very early and now lives in heaven. Life is a constant learning process...it never stops. Love is the greatest gift, healer and teacher on this earth. Give it freely as it has been given freely to us. Peace and Love to all.

**Which five words best describe you?**

God- fearing. Honest. Strong. Wise. Gifted.

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

My first job was a dental nurse. Since then I have taken so many work paths that I would need another paragraph!! I call them the University Of Life.

**Whats your proudest achievement?**

Without a doubt - my children.

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

Always staying true to myself, no matter what.

**Who inspires you?**

Only one person...The Lord Jesus.

**What are you passionate about?**

Thats easy!!! Losing weight.

**Whats the best lesson you've learnt?**

Toooo many to write. But probably never judge anyone.

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

Difficult question...Probably Alexander The Great..Only to ask him if he was gay!!!

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

To own a library.

**What are you reading at the moment?**

Im re-reading the diary of Saint Faustina Divine Mercy in my soul. We should ALL learn about the Divine Mercy.

### Daily Hint: Be An Angel for Another This Month

Thank you! Your Daily Hint this month, is to find a kind deed to do every day and be an angel for others - it may be a kind word, or action, or even just a smile - it is the season of love, peace, and goodwill and also of forgiveness. If there is someone you need to apologize to, do it, let go of any grudges and open your arms and heart to others. The angels will reward you too! Merry Christmas, Stay Safe and Be At Peace.

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so happy to introduce you to Jacky, who has been an angel to me in the years I have known her - often leaving beautiful little messages of hope for myself and others. Jacky is the perfect example of someone being an angel of hope in this world and I know she is being called to an even greater purpose in this lifetime! Love Karen x*

*"There are many, many angels, more than there are human beings. They stand before the throne of God and praise Him. At the same time, they are among us, with us. Angels are real. And they are here."*

*Father Robert Faricy*

*"If angels come not to minister us it is because we do not invite them, it is because we keep the door closed through which they might otherwise enter."*

*Ralph W. Trine*

*"If there is anything that keeps the mind open to angel visits, and repels the ministry to evil, it is pure human love."*

*N.P. Willis*

*"A person is disposed to an act of choice by an angel ... in two ways. Sometimes, a man's understanding is enlightened by an angel to know what is good, but it is not instructed as to the reason why ... But sometimes he is instructed by angelic illumination, both that this act is good and as to the reason why it is good."*

*St. Thomas Aquinas*

Sincerely,

*karen vella*

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This voucher entitles the holder to both give and receive forgiveness. This voucher is YTO's way of bringing more peace and goodwill to the planet. You may wish to send this voucher on to anyone that you may have hurt or to anyone that may have hurt you. It is a beautiful way of offering the olive branch in the spirit of Christ-mas and to wipe the slate clean, say sorry, and tell someone how much they mean to you. Know that you are doing a wonderful job for humanity in this deed. Cut out as many as you like and be an angel of hope (& remember to mention yto!)

**Offer Expires: 31st December 2012**

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