

You're The One Newsletter

PHOSPHORESCENT YOU!

Issue 15 Vol 9 September 2020

In This Issue

[What's New With Karen](#)

[Mojo Tip](#)

Karen Recommends



COMING SOON TO THIS SPACE!

2020 - Mojo Classes
2020 - Best Year Workshops
2020 - Webinars
2020 - New Products
2020 - 1 on 1 Life Coaching
And more....

Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

[Join Our Mailing List!](#)

What's New With Karen

Welcome to September 2020! A magical time as we celebrate Spring & the dawning of a new light breaking through the darkness of Winter. My newsletter theme this month is on 'Phosphorescence' (luminosity/inner light). *The theme emerged after discovering Journalist, Julia Baird's book: 'Phosphorescence: Awe, Wonder & Things That Sustain You When The World Goes Dark'. Julia Baird (ABC, Host The Drum) has written after enduring a life-threatening cancer diagnosis to now being cancer free, and what she discovered could sustain her through these darker times and keep her inner light shining.* It is a poignant reminder for all of us in the times we find ourselves in. She inspires beautifully with an invitation to find something every day that we are in awe & wonder of, and often that may be discovered in nature, a simple little exercise, so that we shift our focus off ourselves and on to pieces of beauty we can grasp on to. This exercise also humbles us to remember that we are only just a small part of the planet & makes us more aware of being kind to others. So, I hope I can inspire you with your key-word 'Phosphorescence' and a reminder to deliberately seek out something each day you are in Awe & Wonder of (a flower, a magpie) as a way of nurturing your inner light. Here's to you glowing with phosphorescence (luminosity) and spreading your light to others you encounter. Love Karen XXX

LIGHT. ILLUMINATION. DIVINE PRESENCE. GOODNESS.

"Your Task? To Work with All the Passion of Your Being to Acquire an Inner Light."

- Rumi -

Yours sincerely,

karen vella

yto owner & founder, performance consultant & life coach (cert iv)

yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching

M:0419570011 |

E: karen@youretheone.com.au | W: wouretheone.com.au

A REMINDER TO LET YOUR PRESENCE BE A ALIGHT

Love Karen at YTO Life Coaching

“Go out
into the
world
today and
love the
people
you meet.

Let your
presence
light new
light in the
hearts of
people.”



Bl. Mother
Teresa

Inspiration From Mother Teresa

karen@yto.com.au

Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 30 September 2020

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their mages - thank you!