# You're The One Newsletter

### PHOSPHORESCENT YOU!

### Issue 15 Vol 9 September 2020

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Karen Recommends

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### 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. newsletter theme this month is on 'Phosphorescence' My (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,

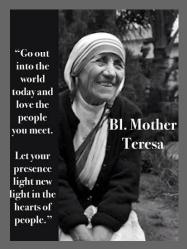
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<u>A REMINDER TO LET YOUR PRESENCE BE A ALIGHT</u> Love Karen at YTO Life Coaching



Inspiration From Mother Teres

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

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