

# You're The One Newsletter

STRENGTH FROM STILLNESS! Issue 16 Vol 8 August 2021

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### Karen Recommends



### COMING SOON TO THIS SPACE!

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2021 - Webinars  
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## What's New With Karen

Welcome to August. Recently, I've noticed how rare the beautiful quality of *Stillness* is in our lives. Stillness is a state of inner calm, and peace where we return to ourselves. It is a state where stress falls away and we reconnect with our true nature and our values. It is a state of being that many Monks and Masters have utilised over the Centuries for creating inner peace. I've been searching for some resources recently about how we can bring more stillness to our lives, particularly in light of the current state of the World we are in. I love to read the Blogs of Melli O'Brien, Mindfulness Coach. She has just held her 'Strength from Stillness' Retreat online over this past weekend. Whilst I did not participate, I'd like to share Melli's 4 Step-Technique to help you to create more stillness in your life. The Process is known by the Acronym *FACE*. *F=Focus on what you Can Control/A=Accept What you Cannot Control/C-Come Back to the Present Moment/E=Engage in Actions Guided by your Values*. This is a wonderful tool for letting go of any unhelpful thoughts and I believe we can use this process numerous times daily when navigating particularly in times of adversity, crisis, conflict or challenges. It means we can respond instead of react. It allows us to live according to our values, no matter what life is throwing our way. Melli says it is her number one go-to practice in difficult situations and she has taught to so many clients and friends who now swear by it. So, my gift to you this month is to pay it forward and share with you. Start your own 'FACE' process to create a state of stillness and simply ask yourself *"what is one small positive step I can take right now? How can I look after myself and others?"* What needs to change to make things easier or better." May true freedom and peace of mind be yours. Be Strong. Be Still. Love Karen XXX

**STATIONARY POWER. STILLNESS. STRENGTH.**

"Inner Stillness is the Key to Outer Strength."

- Jared Brock -

Yours sincerely,

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MOTHER TERESA QUOTE  
Love Karen at YTO Life Coaching



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

**Offer Expires: 31 August 2021**

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