

You're The One Newsletter

AN EASTER REBIRTH! Issue 4 Vol 14 April 2022

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What's New With Karen

Welcome to April. During this month the beautiful season of Easter is approaching, and a time of reflection and rebirth is upon us. I believe it is the perfect time to talk about one of my favourite rituals - that is silence and reflection. In the world, currently with all the chaos and uncertainty, the power of turning off the world, and tuning in to ourselves is even more important. Our days are full of 'noise' and 'distraction' as we balance our work, families, and day to day responsibilities. I would like to share with you ways I have discovered that bring me to peace each evening. Of an evening, at a specific time (after watching the News) I turn off the television and I remain in silence for the rest of the evening ahead. I light a candle. I switch off my mobile. I turn off any appliances. I tune into myself. I slow down. I do things in silence and in a calm state. I don't have any social media in my life at any time. I don't have personal appliances in my bedroom. I have a candle lit every night. I pray and meditate every night before I sleep. I shower at a regular time each night. I sleep at a regular time. I love this time of my day when I am in a state of peace and buffered from the events of the world after a long busy day. I always awake refreshed the next morning when my 5.30am alarm goes off. I awake peaceful, hopeful awaiting a new day ahead with a clean slate. So, whilst this may not be exactly what you'd like to do yourself (I am a solitary introverted type by nature), I'd love to invite you, to find somewhere in your busy life for silence, where you can also nurture, and buffer your soul from the world, and where you can nurture your mind, body and spirit. You may also like to introduce this into your family's life so you can truly experience a rebirth. Can you imagine the benefits of truly connecting through a backdrop of no interruptions, no noise, just purely, being present with each other to experience each other's presence. Blessings and love for a wonderful Easter season and a new Rebirth. May blessings abound for you and your loved ones. Love Karen XXX

SILENCE. REFLECTION. LISTENING. PRAYER.

"Let the Resurrection Joy Lift Us From Loneliness and Weakness and Despair to Strength and Beauty and Happiness."

- Floyd W. Tomkins-

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



God Speaks in the Silence of Our Hearts

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

Offer Expires: 30 April 2022

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