

# You're The One Newsletter

PERFECTLY IMPERFECT! Issue 5 Vol 14 May 2022

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### Karen Recommends



### COMING SOON TO THIS SPACE!

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## What's New With Karen

Welcome to May. My newsletters are usually organic, autobiographical and refer to a theme I am noticing around me in society. So, this month, I knew I had to write about embracing our imperfections. I was seeing this 'perfectly imperfect' headline in so many places; on cards, on billboards, and hearing it on the lips of role models in our society, etc. In the world we live in, sometimes there seems to be pressure to be 'perfect' from outside sources, however, often the greatest pressure we face is from within ourselves. We seek to be perfect, and then when we fail, we judge ourselves, putting more pressure on, and often leading to a downward spiral of emotions. It is not a place of peace or stillness or self acceptance; rather, it is a place of struggle, and emptiness. So, this Newsletter is a hope to inspire us all to finally accept ourselves and embrace our imperfections. What I have realized is no-one on this earth is perfect, nor are they living the perfect life. *(If you think they are, it is only because of the outer image being portrayed. I believe privately everyone is battling something within.)* Some people put pressure on themselves, thinking if only they were the right height, or the right weight, they would be happier. It's not about height, or weight, it is really about our heart and head - our two captains of our ship. Beauty is within. Beauty is in the eye of the beholder. Whilst you may be judging yourself harshly putting undue pressure upon yourself, remember, everyone else is most likely doing the same about themselves, and haven't even noticed what you perceive is a flaw in you. So, let's all ease up on ourselves, be kinder to ourselves, nurture ourselves, and accept ourselves, with our imperfections. I believe if we do that, we can come home to ourselves, and be present with ourselves and in a state of inner peace each day, rather than inner struggle. With Mother's Day approaching, it is a perfect reminder to us, to slow down, be still, be present, and embrace and love ourselves unconditionally so we can be present with others - especially the Mothers and nurturers in our lives. Love Karen XXX ps Happy Mother's Day to All the Mothers. To those whose Mothers have passed, I know it may be a difficult day but remember the greatest love lives on in your heart and never dies, it only grows stronger with the time - the unconditional love of a Mother and child. (RIP: My Beautiful, Mother, Dawn and My Beautiful Step-Mother, Marianne) (PSS Happy Birthday my Beautiful Sister, Andrea for 20th May).

**STRIVE FOR GOODNESS & HAPPINESS, ACCEPT  
IMPERFECTIONS & RELY ON GOD'S UNENDING LOVE**

"Beauty is Found in Imperfections."  
- Unknown -

Yours sincerely,

**karen vella**

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

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**MOTHER TERESA QUOTE**  
**Love Karen at YTO Life Coaching**



*When You Know How Much God Loves You*  
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***Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.***

**Offer Expires: 31 May 2022**

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