

You're The One Newsletter

YOUR DREAM LIFE! Issue 8 Vol 15 August 2023

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Karen Recommends



COMING SOON TO THIS SPACE!

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2023 - Best Year Workshops
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What's New With Karen

Welcome to August! This month I'm starting on the front foot with a question for YOU!! *'Do you have a dream in your heart? What would this dream feel like?'* This year, in particular, I've had a profound feeling I was entering a new era of a life and have invested my time in discovering and clarifying what that personally means for me. What do I dream of right now? The answer is - a new lifestyle! *One of health, peace, simplicity, love, financial freedom, travel, a relaxed & flexible working life. My why is because my life goal is to give back, help, inspire, encourage and be there for loved ones, and others. In a sense to be a light in the world.* So far, it's been amazing what I've been manifesting. So, this month I'd like to share with you a simple tool I am using to create this dream. The forces I am using are a combined approach of love, appreciation, and gratitude. Love will do anything for you. First step is to: 1) clarify what your dream really is? 2) unite with your dream with love, appreciation, and gratitude; 3) let go of control on how it will occur; 4) Allow it to manifest. The lesson really is about the fact that Love will do anything for you, but you have to immerse yourself in it, to realize its power in your life. For this to work, you have to let go of all detail and clutter in your mind about how it is going to manifest. Small details will distract you and can sabotage your dreams. Release the small details, and create space and everything will pour into your world. Let go on your tight grip on trying to control everything on your own. Join forces with the greatest force in life. And whatever you want the force of love to do for you, imagine having it, feel having it with absolute love and gratitude and you will have it. Sending love and light to you this month for your dreams to come to fruition. Love Karen XXX

**CONCEIVE. PUT EXPECTATION IN GOD. MAINTAIN A GOOD
ATTITUDE. LIVE THE DREAM.**

*"The Life that goes out in love to all life is the life that is full, and rich, and continually expanding in beauty and in power."
- Ralph Waldo Trine -*

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



Reach High For Stars Lie Hidden In Your Soul.

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

Offer Expires: 31st August 2023

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