

You're The One Newsletter

THE WEAPON OF THE STRONG - PEACE!

Issue 11 Vol 15 November 2023

In This Issue What's New With Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

2023 - Mojo Classes
2023 - Best Year Workshops
2023 - Webinars
2023 - New Products
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What's New With Karen

Welcome to November! With all the upheaval in the world, it is no wonder our hearts may have felt a little heavier of late. However, I do believe there is room for hope & people predominantly are good at heart. With current news overseas especially right now, we are all dealing with, I am reminded of the two essential ingredients that the Great Peacekeeper, Mahatma Gandhi extolled, namely: non violence and truth. It seems the 2 are inextricably linked. To quote his words: *"Non-violence is a weapon of the strong. Non Violence and truth are inseparable and presuppose one another. We may never be strong enough to be entirely nonviolent in thought, word and deed. But we must keep nonviolence as our goal and make strong progress towards it."* This reminds me of something our local Priest prompts us with each week at Mass, when he says "may we find peace - peace in our own hearts, peace with our family, peace with the community". No matter how many times I hear this statement, it resonates. How can the world become more peaceful if so many people are filled with angst. And that is our own personal responsibility. We are each responsible for leaving our blueprint on this planet in our thoughts, words and deeds and it all starts in our own hearts. If we can go within and learn to be at peace with ourselves, then the ripple effect of that will spread into our world. My hope and prayer is that each one of us can make a difference, it is never too late, and if we all do that, then hopefully the world will be a place of peace, where people treat their neighbors with respect, and as brothers and sisters, no matter what race, creed, or religion. My invitation is that we all learn and perhaps even follow in the footsteps of Gandhi the great man of many centuries ago, who marched in peaceful protest and made a difference. We are forever indebted for such a wonderful leader who went before us. Let's all do our best to drop the sharpness of the tongue, bury the hatchet, forgive others, listen, understand, compromise and offer the white flag of peace. May truth and nonviolence reign freely again. Love Karen XXX

**FIGHT VIOLENCE WITH THE WEAPONS OF TRUTH AND
LOVE.**

"Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances."

- Mahatma Gandhi -

Yours sincerely,

karen vella

yto owner & founder, performance consultant & life coach (cert iv)

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

M:0419570011 |

E: karen@youretheone.com.au | W:wouretheone.com.au

MOTHER TERESA QUOTE

Love Karen at YTO Life Coaching



We need peace and compassion.
karen@youretheone.com.au

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

Offer Expires: 30th November 2023

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