

You're The One Newsletter

YOU ARE MAGICALLY MANIFESTING! Issue 1 Vol 16 January 2024

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Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

2024- Mojo Classes
2024 - Best Year Workshops
2024 - Webinars
2024 - New Products
2024 - 1 on 1 Life Coaching
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What's New With Karen

Welcome to January 2024! Wishing you a New Year filled with love, peace, happiness and magic! As we start our New Year with a fresh clean slate, it is a powerful time to bring in the new energy of what you wish to create in 2024 (& to release what no longer serves you.) I follow a Vision Board ritual each New Years Eve and allow the magic of manifestation rather than goal setting. I also choose one main picture (and others that you love) that evoke the feeling of the year you wish to create and place that in a frame and on your Vision Board.

Your 5 Step Guide To Magically Manifest for 2024

Step 1: Reflect On Past Year & What You Wish to Release for the New Year Ahead. (Be thankful for the lessons you learned in the past year. Meditate on what no longer serves you and what you wish to release for the New Year. Write down, & choose to burn in a ritual, or dispose of symbolically showing the universe that you are clear of that which is not for your highest good).

Step 2: Tune In To Your True Self. (Get quiet, take 3 deep breaths. This is where the magic happens!)

Step 3: Choose & Write Down Your Word of the Year (Ask yourself 'What is it I want to bring in for the coming year' - allow the word to arise)

Step 4: Set Your Intentions for the Year (Take 3 cleansing breaths, connect with body on inhale, release tension with your outbreath. Now consider your word of the year, what does it evoke in you? How can you expand on this in the form of an intention? What do you want to cultivate in your life in the coming year? What would this look like, what would this feel like? How would your life be different? Notice how this feels in your body. Sit with these feelings. These intentions you are setting can and will happen! Write them down ie I intend to honor my body mind and soul).

Step 5: Create a Ritual to Bring It Into Reality: Align with Your True Self, Choose Your Word of the Year, Set your Intentions. Pick a spot that suits you. Light Incense or Candle. Get Quiet. Take a Few Deep Breaths. Release Any Tension with each Exhale. On your Inhale, Align with Your True Self. Read Your Word of the Year. Notice what feelings it evokes. Do the same with your Intentions. Read each one and sit with the feelings around each intention. You are now aligning your True Self with the Universe on how you want to live your life in 2024. Also by sitting with the positive feelings it evokes, you are solidifying it into your subconscious allowing yourself to believe this is your reality.

So, with that said, I'm so excited for you as your stand before a New Year brimming with possibilities. With clarity you can start the Year bringing forth all your heart and soul is truly seeking at this time in your journey of life. Happy New Year and Love and Blessings to All. Remember Anything is Possible when you Believe in the Power of Your Dreams Coming True! Love Karen XXX

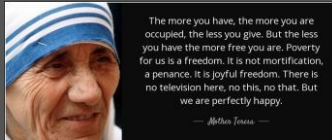
RESET OUR HEARTS. FRESH START. BE THANKFUL FOR BLESSINGS. A NEW EXUBERANCE FOR LIFE.

"If you are always trying to be normal, you will never know how amazing you can be."
-Maya Angelou-

Yours sincerely,

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



The Less You Have The More Free You Are.
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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 31st January 2024

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