You're The One Newsletter RAISE YOUR VIBRATION! Issue 10 Vol 16 October 2024

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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 And more....

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What's New With Karen

Welcome to October 2024. We spring towards warmer days, and more sunshine and light and a more *joyous* season ahead!! Speaking of joy, my theme for October is about 'Raising our Vibration' so we can experience more happiness and wellbeing in our lives (& flow it out to the world and others). To manifest our heart's desires, the Law of Attraction, teaches us to raise our vibration through our feelings. I can positively say using my feelings (rather than just thoughts only) has had a positive effect of recent times. I've started doing this through a process on my morning walk, of listening to a guided meditation designed to spread 4 beautiful feelings and energies through my body, mind and spirit. The 4 qualities I am focussing on presently are love, gratitude, abundance and wellbeing, and then spreading them through the body. It is truly amazing how different and fabulous I feel after doing this. It is a feeling of tapping into a higher frequency and connection to the higher powers source/universal energies, and changing my aura. I also take care of my thoughts throughout the day, maintaining that I reach for the **highest thinking** *thought* from moment to moment so my vibration barometer is at the highest level. So, my invitation to you this month is to focus on raising your vibration, and elevate your wellbeing and life to the best possible inner state for you to manifest whatever you deeply dream of. Sending you beautiful thoughts and feelings for Happiness! Love Karen XXX

FOLLOW YOUR BLISS. FEEL UPLIFTING ENERGIES IN YOUR BODY. CHOOSE THE HIGHEST THOUGHTS POSSIBLE MOMENT TO MOMENT.

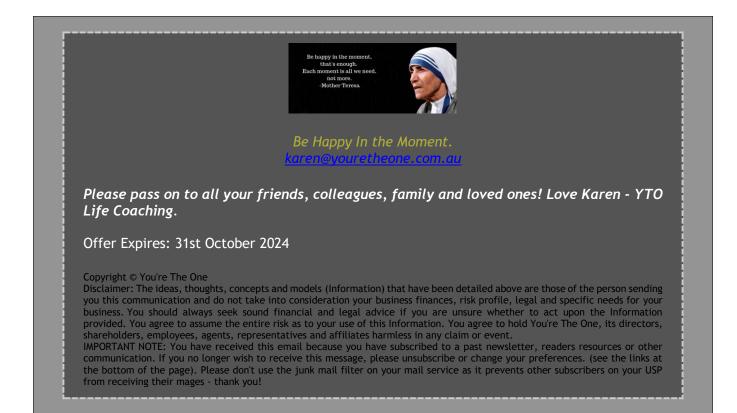
"One law of energy is this: energy of a certain quality or vibration tends to attract energy of a similar quality and vibration." - Shakti Gawain -

Yours sincerely,

karen vella

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<u>MOTHER TERESA QUOTE</u> Love Karen at YTO Life Coaching



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