

# You're The One Newsletter

RAISE YOUR VIBRATION! Issue 10 Vol 16 October 2024

## In This Issue

What's New With  
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  
And more....

### Quick Links...

Our Website  
Products  
Services  
More About Us

## 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*

*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*

Be happy in the moment,  
that's enough.  
Each moment is all we need,  
not more.  
-Mother Teresa



*Be Happy In the Moment.*  
[karen@youretheone.com.au](mailto:karen@youretheone.com.au)

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

Offer Expires: 31st October 2024

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their mages - thank you!

You're The One | PO Box 1100 Moonee Ponds | Moonee Ponds, 3039 AU

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!