

You're The One Newsletter

MANIFEST YOUR BLISS! Issue 12 Vol 16 December 2024

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What's New With Karen

Welcome to December 2024. It's a Happy Time with the arrival of the 1st day of December & Summer here in Melbourne (my favourite season)! It is also a wonderful time of the year leading up to Christmas/New Year, and as we all look forward to some well-earned rest and downtime from our busy schedules. So, as we slow down over the holiday break, when many of us get a real chance to reflect on our past year, I'd like to inspire you this month with my theme for December. That theme being the **'Manifesting Your Bliss'**. [The word **'Manifest'** meaning = 'to show something clearly through signs or actions' (noun); or 'easily noticed or obvious' (adjective)]. **'Manifest:'** It's been my most used tool (and word) this year for achieving anything on my 'to do/wish list'. And it seems I'm not alone. A few weeks ago, the **Cambridge Dictionary** voted **'Manifest'** as their **'Word of the Year'** (Apparently, it has been enhanced by a global wellness trend endorsed by many celebrities including singer Dua Lipa). The real difference I have learned this year in the art of **'Manifesting'** is more about getting in the **right vibration (through our feelings and emotions)** so that we can attract our heart's desires; It is based on the **'law of attraction'** (like **energy attracts like**). So, how do we do more **'Manifesting'** in our lives. My best hint is once we launch our desires into the universe - it is best to then let go (and not question how it comes into being *(otherwise, we risk getting in our own way and resisting it flowing into our lives)*). In simple terms, **We Ask, We Believe, We Allow**. In life, I believe happiness is our birthright & we are here to follow our bliss (not follow the crowd) in designing a life which best fits with our heart's desires and values. So, whatever is calling you, I hope I inspire you to follow your bliss this December and into 2025 for a life of happiness, peace, and wellbeing. Finally, I'd like to take this opportunity to send you all my sincere gratitude for your presence in my life and wishing you and your loved ones a safe, peaceful, loving and happy Christmas and holiday season. May you Manifest your Magic! Love Karen XXX

MANIFEST. ASK. BELIEVE. ALLOW. BLISS.

*"Glitter in the sky, glitter in my eyes, shining just the way I like."
- Dua Lipa - (from 'Levitating')*

Yours sincerely,

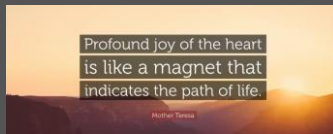
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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



Profound Joy of the Heart Is Like a Magnet.
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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 31st December 2024

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