

# You're The One Newsletter

BEING AT PEACE WITH OURSELVES Issue 4 Vol 17 April 2025

## In This Issue

[What's New With Karen](#) [Mojo Tip](#)

## Karen Recommends



## COMING SOON TO THIS SPACE!

2025 - Mojo Classes  
2025 - Best Year Workshops  
2025 - Webinars  
2025 - New Products  
2025 - 1 on 1 Life Coaching  
And more....

## Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

## What's New With Karen

Welcome to April 2025. As we start a fresh new month, I was surprised to read recently that ***Australia had slipped down in the World Happiness Ratings out of the Top 10 to 11.*** USA and UK are even worse slipping down to around the 23 and 24 on list. It seems that the so-called wealthy nations are not returning happiness to its residents. It got me thinking about how in some of the poorest parts of the world, particularly parts of Asia etc, the people are filled with such love, joy and kindness, despite no wealth. Many of these countries are Buddhist and it is a wonderful philosophy to follow with thousands of years of wisdom we can learn from. The Buddhists believe that ***The True Measure of Happiness is Being at Peace with Ourselves. It is not based on external circumstances - we cultivate it from within.*** One of the simplest ways to embrace more of the oil of gladness is to repeat these 5 affirmations to ourselves each morning (not in a rote fashion, but with mindfulness on the feeling behind the words, in a daily ritual). These are teachings of the Buddha. Many Monks start their day this way. Here they are for you: ***1. I am grateful for this new day. 2. I embrace impermanence. 3. I Cultivate compassion for myself and others. 4. I walk the path of wisdom. 5. I am at peace with myself.*** They are simple yet so powerful and profound. I'm dedicating April to you all for a new fresh anointing of peace within yourselves as your outpour it to a much needed world. Prayers for your Peace and a Peaceful World. Love Karen XXX

**GRATITUDE. IMPERMANENCE. COMPASSION. WISDOM.  
PEACE WITH ONESELF.**

*"Peace Cannot be Enforced from Outside. It is a Consequence of How We Are Within Ourselves."  
- Sadghuru -*

*Yours sincerely,*

***karen vella***

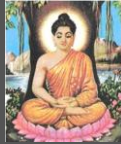
***yto owner & founder, performance consultant & life coach (cert iv)***

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

***M:0419570011 |***

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

***True and Lasting Inner Peace Can Never Be Found in External Things***  
***Love Karen at YTO Life Coaching***



True and lasting inner peace can never be found in external things. It can only be found within it. And then, once we find and nurture it with ourselves, it radiates outward.

— Gautama Buddha —

*Quote from the Gautama Buddha*

[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: 30 April 2025**

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!