

You're The One Newsletter

THE BENEFITS OF ZEN-LIKE SILENCE Issue 5 Vol 17 May 2025

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COMING SOON TO THIS SPACE!

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What's New With Karen

Welcome to May 2025. Recently, many friends and family have been sharing with me their difficulties sleeping and switching off at night (often due to addictive scrolling on devices). We all know, how valuable sleep is for our overall wellbeing & the devastating effect it can have on our bodies and minds if neglected. I, myself, normally sleep each evening like a baby; however, recently, I unusually endured a complete 48hours of not sleeping (after a reaction to a flu shot). This had a profound and immediate (torture-like) effect on my body, mind and spirit. The experience made me value my habitual evening self-care rituals - ensuring wonderful conditions for a soothing atmosphere of silence, sleep & retreat from the world. Our world has changed so much. People are constantly 'on and available' & there is a significant amount of 'white noise' we are bombarded with daily. I believe we owe it to ourselves to create more time for silence. *(Whilst I am not advocating this is for everyone, I made a conscious choice to not have any social media some years ago & managed perfectly without it. If I do need instruction, and updates with technology I engage my genius Nephew, an expert in this area to update & educate me).* So, this month I dedicate this newsletter to inspiring you to create a time of disconnection from technology, over-talking, and devote time instead to enter a zone of silence, peace, reflection, meditation & retreat from the world. May you find your zen-like mind and sleep peacefully and live positively. Love Karen XXX This Newsletter is Dedicated to Our Beloved Pope Francis, who has now passed away to be in God's hands. A beautiful example of living with humility, love, compassion, and kindness, and always smiling whatever battles he endured.

SILENCE. PRESENCE. SIMPLICITY. TRANQUILITY.

"The quieter you become, the more you can hear."
- Ram Dass -

Yours sincerely,

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[Speak Less. You will Get Everything in Life.](#)
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Buddhist Story

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

Offer Expires: 31 May 2025

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