

You're The One Newsletter

MY CHRISTMAS BLESSING FOR YOU! Issue 12 Vol 14 December 2022

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COMING SOON TO THIS SPACE!

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2022 - Best Year Workshops
2022 - Webinars
2022 - New Products
2022 - 1 on 1 Life Coaching
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What's New With Karen

Welcome to December! Happy 1st Day of Summer, 1st Day of the Christmas Season (& *congrats to the Socceroos for the defeat over Denmark overnight!*); it's a Happy Day all round! Over the past month I've been thinking how most of us wish for an abundant store of blessings. When we think of abundance many of us think only financially. However, as we all know wealth is not permanent and even sometimes an excess of it, can burden us with heavy responsibilities. In contrast our store of blessings is always with us and always a source of immense happiness. So, how do we increase our blessings? One of my favourite Buddhist Masters teaches the following, which is my Christmas blessing to you. If you follow these principles, you can actually add to your store of blessings: 1) *More giving, less grasping*; 2) *More sharing, less hoarding*; 3) *More letting go, less clinging*; 4) *More humbleness, less pride*; 5) *More altruism, less egoism*; 6) *More happiness, fewer worries*; 7) *More compassion, less mundane love*; 8) *More virtues, less perishable beauty*; 9) *More for others, less for ourselves*; and 10) *More acceptance, less discrimination*. May we all be united emotionally over the month of December, and may we find that if we approach the 10 principles above, may we add to making other people's lives blessed, as well as our own. Proven research shows that by being kind, it actually makes us happier also - so it is a Win! Win!. May you and your family have a safe, peaceful, and contented Christmas and Holiday Season and enjoy the spirit of love and goodwill and peace for all. Blessings from My Heart to Yours! Love Karen XXX

FAITH. HOPE. LOVE. WISDOM. TEMPERANCE. JOY.
COURAGE. FAITHFULNESS. PEACE.

"When you focus on being a blessing, God makes sure that you are always blessed in abundance"
- Joel Osteen -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



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

Offer Expires: 31 December 2022

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