

You're The One Newsletter

THE HEALING POWER OF NATURE! Issue 8 Vol 17 August 2025

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What's New With Karen

Welcome to August 2025. Happy 1st day of August to you as we enter our last month of Winter and look forward to bluer skies ahead!! Talking of bluer skies, I've recently returned from a blessed 6-day break to Cairns, Far North Qld (my spiritual home). The holiday was my best one ever: my senses satisfied by fabulous weather, majestic nature (rainforest, reef, ocean) against a breathtaking mountainous backdrop. I adore flying into Cairns, and always book a window seat, as I peer out to witness such beauty, after leaving the concrete jungle of the city. As we disembark, I'm so happy as the weather is fabulous - about 26 degrees, people are relaxed, smiling & genuinely happy, and life is slower. My heart and soul so grateful to be here. Immediately, I drop my bags at my hotel, & walk to the Annual Indigenous Art Fair, taking in again the beauty and majesty, of the gorgeous rainforest setting around. Daily, each morning, I start my day by walking to my favourite coffee shop where my lovely Japanese Barista, would indulge me with the best blend of coffee I have tasted in my life (and believe me I am fussy). Off I go then, with coffee in hand, along the Boardwalk with the ocean on my left, down the jetties where the private cruising boats are moored, and then past all the tourist vessels departing for their day trips to the Islands. Past these, I continue in a loop through the beautiful green spaces of the city streets back to my hotel, once again, my heart so full of joy. My hotel is across the road from my favourite Art Gallery, where annually I visit to treat myself to one piece, usually a one-off item by a Local Artist who feature their wares & call FNQ their home for inspiration. This whole experience resets my system to experience & know at a deep core level of how healing nature is for our minds, bodies, and spirits. May I inspire you, too, in the month of August to spend more time in nature (our healing elixir) and reset your heart and soul to its medicinal healing. Let's share this truth with our loved ones, and our world! We live on a beautiful planet, in a beautiful country, and are so lucky. Love Karen XXX

NATURE. RESTORATION. HEALING.

*"Nature itself is the best Physician."
- John Burroughs -*

Yours sincerely,

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Nature Heals
Love Karen at YTO Life Coaching



Buddha

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

Offer Expires: 31 August 2025

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