

Yes, No, Maybe Essential News

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The Wisdom In Hot Chocolate

Dear Readers,

Those of you who know me or have been to one of my programs, know I teach with stories. The following story is especially appropriate for this year and this holiday season.

Marcella

Available on my

website:

www.marcellavonnharting.com

Aromatherapy Cards

and

**“Yes, No, Maybe”
Chronobiotic™
Nutrition, Book**

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**Published
Two to Four
Times Annually**

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A group of graduates, well established in their career, were discussing their lives at a class reunion. They decided to go visit their old university professor, now retired, who was always an inspiration to them.

During their visit the conversation turned to complaints about stress in their work, lives and relationships.

Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups. Some cups were porcelain, glass, crystal, some plain looking, some expensive, some exquisite. He invited each to help themselves to the hot chocolate.

When they all had a cup of hot chocolate in their hand, the professor shared his thoughts.

"Notice that all the nice looking, expensive cups were taken, leaving behind the plain and cheap ones."

"While it is normal for you to want only the best for yourselves, that is the source of your problems and stress."

"The cup that you are drinking from adds nothing to the quality of the hot chocolate. In most cases it is just more expensive and in some cases even hides what we drink."

"What each of you really wanted was hot chocolate. You did not want the cup . . . but you consciously went for the best cups."



"And soon, you began to eye one another's cups."

"Now friends, please consider this . . ."

"Life is the hot chocolate . . . your job, money

and position in society are the cups."

"They are just tools to hold and contain life."

"The cup you have does not define nor does it change, the quality of life you are living."

"Sometimes, by concentrating only on the cup, we fail to enjoy the hot chocolate God has provided us. And always remember this . . . God brews the hot chocolate, He does not choose the cup."

The happiest people don't have the best of everything. They just make the best of everything they have!!

Live simply . . .

Love generously . . .

Care deeply . . .

Speak kindly . . .

Leave the rest to God.

And remember, the richest person is not the one who has the most, but the one who needs the least.

Enjoy your
hot chocolate!!

Merry Christmas and
Happy Holidays,
Marcella Vonn Harting



Marcella Vonn Harting's Mission Statement

My mission is merging science and miracles by weaving state of the art knowledge of the essences, Chronobiotic™ Nutrition, body language, Conscious Communications, innovative health technologies, emotional healing and abundant prosperity strategies into our new Global Wisdom.

I am passionately committed to sharing the systems I use to embody personal fulfillment with my global family.

Marcella Vonn Harting

Chronobiotic™ News By G.I. "Atom" Bergstrom

Essential Fatty Acids from Fish Omega-3 and omega-6 essential fatty acids are COMPETITIVE, so one's highest choice is to eat them separately.

This separation happens naturally when following a Chronobiotic time-coordinated eating plan (details of tree/bush/root eating are in *Yes No Maybe: Chronobiotic Nutrition*).

Eat omega-3s derived from FISH in the EVENING.

Eating fish-derived omega-3s in the morning (over a period of time and in quantity) sets up an adrenal defense against omega-3s.

Eating omega-3s in the evening decreases the chances of stroke.

Conversely, eating omega-3s in the morning increases the chances of stroke. Time-relevant contraindications out of the way, let's get to the GOOD NEWS ...

Essential fatty acids from FISH prevent the following diseases, exactly quoting esteemed British medical researcher Hugh M. Sinclair of the International Nutrition Foundation, "... atherosclerosis and coronary heart disease, pulmonary embolism, cerebrovascular disease, carcinoma of lung and stomach, leukaemia, dental caries, peptic ulcer, gallstones, appendicitis, ulcerative colitis, Crohn's disease, diverticulosis, multiple sclerosis, osteoporosis, slipped discs, rheumatoid

arthritis, nephrosis, renal stones, pre-eclampsia, acne vulgaris, 'collagen' (mesenchymal) diseases, asthma, the triopathy of type II diabetes mellitus, systemic lupus erythematosus, hyperclampsia of infants, and certain virus infections (including poliomyelitis)."

H.M. Hughes also found EFAs prevent "arcus senilis" ... and he's a medical researcher, not an iridologist!

Young Living's® Omega Blue™ is a clinically proven dose of omega-3 (EPA, DHA) fatty acid nutrients.

G. I. "Atom" Bergstrom is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting.

The Doctors Forum By Dr. Ken Krieger

We are embarking on the Holiday season once again. Where did 2008 go? One of the things that I realize is that we can't MAKE any more time, however, we can Make our time count more.

The other thing that grandchildren bring to mind is they have dirty diapers and at times get that irritating diaper rash. My grandson had this very thing happen and we just grabbed the Kid-Scents® Tender Tush and things cleared up within 24 hours. We knew it worked and it proved itself to my daughter and son-in-law! The reason for this story is about my personal experience with a type of skin rash on my face. I have very sensitive skin and began to have

this rash develop after I shaved. I would itch, and the area along the angle of my jaw would become red and inflamed. NOTHING seemed to totally help clear it up. Lavender & Rose Ointment would work to a degree, but the rash would not totally clear up. I didn't want to shave any longer.

I thought, well, if you can use the Tender Tush on a kids behind, why not on the rash on my face? I gave it a try, and voila, within 2 days the rash was 75% improved, and now I use it after every shave. Now my daughter calls me Tush face, but who cares? I am so thankful for this product!

What is the ingredient that produces the results? Is it the olive oil, the San-

dalwood, the Roman Chamomile, or the Frankincense? No, it's not about one of those oils, but the combination of the oils that makes this product work so well. Remember, these are therapeutic grade essential oils, not the adulterated oils you get at the health food store! I know I'm preaching to the choir, but sometimes we need to remember the basics of what knowledge we have about these products! The basics of essential oils need to be taught so people are informed about TRUE therapeutic grade oils, their properties, and why they work so well!

Aren't you happy that you know about these oils? Ask my face, it's really happy with the results!

Blessings to all! Yours for better health
NATURALLY! DR. KRIEGER

Intuition—A Many Faceted Art

Yes, intuition is a many faceted art, like Mother's intuition, it is a knowing without knowing how we know. The hairs on the back of our neck give us signals of danger from an ancient defense mechanism of mammalian instinct. Intuition is knowing something without knowing how you know it.

Animals know which oils to pick. Lay all your oils out and then let the animal spend 30 – 60 seconds "feeling" for the right oil. Do not open the bottles as the strong smell is too much for them. The more dilute the oil is the better they can smell the full body of notes in each oil and then pick one.

How do you know they have picked one? They will lay down on it. Lick their lips when they are by it or rub it before running away. Running away from an oil does not mean they do not want the oil. They may spend a second to "grab" the scent somehow, like rubbing on it, then run away. If they barely approach it and then run, that oil is not an oil that they would currently benefit from.

Intuition is knowing without knowing how you know. Animals do not think "I wonder if this is the right chemical make up for me". No, they just instinctually (intuitively) know which is appropriate for their energy field in that given moment. Remember they will choose differently each time based on what is real for them right then and now.

Be present to your animal, listen and feel what they are choosing to tell you. Let them be part of your journey into the magical energetic alchemy of essential oils.

Observe them closely to stop oils when they could be hurting instead of helping.

Dr. Nancy Brandt, Holistic Veterinarian

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Five Types of Brain Games that Keep Your Mind Fit

Most adults are so busy with their everyday routine that they miss out on regular playtime. Well, this is bad for your brain.

That's right. Playing is good for your brain, and if you value yours, indulging in a few puzzles and such will help to keep your mind sharp.

A study in the New England Journal of Medicine, for instance, found that challenging your brain with mentally stimulating leisure activities (including playing board games or cards, doing crossword puzzles, reading, writing, and playing musical instruments) is great for your mind.

Seniors who participated in such activities about once a week for a 20-year period reduced the risk of dementia by 7 percent. Those who engaged in these activities more often reduced their risk even more -- by 63 percent!

Now, eager to tap in on an aging generation of Baby Boomers, video game makers like Nintendo are even coming out with games geared toward keeping aging minds young.

"[Brain Training is] kind of like a treadmill for the mind," said Perrin Kaplan, vice president of marketing and corporate affairs for Nintendo of America, about one such game.

Top Brain Games to Challenge Your Mind

Just about any game or puzzle that you find intriguing can help stimulate your brain, but here we've uncovered some games that are fun, challenging and, best of all, free.

Crossword Puzzles: Everyone's old favorite, crossword puzzles, are updated and available online for free at WebCrosswords.com. Choose your puzzle's topic and your skill level, and this site will even time you!

Sudoku: This challenging, fun and incredibly addictive number game may very well become the crossword puzzle of the 21st century. Try it online for free at WebSudoku.com.

Brain Puzzles: If you have five houses in five different colors, and in each house lives someone with a different nationality, pet and favorite drink, can you use 10 clues to find out who owns the fish? This is the type of addictive puzzle you can find at Brainbashers.com (and they've got countless other brain games, too).

Brain Teasers: At Braingle.com, you'll find over 17,000 brain teasers, riddles, logic problems, quizzes and mind puzzles. Be careful, this site can easily eat up large quantities of your free time.

Brain Training: Brainwaves.com has interactive brain-training exercises that they claim will help you to build mental stamina for sustained concentration, much as aerobics builds physical stamina for sustained exertion.

Taken from www.SixWise.com

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This newsletter is published on the web site and is available free of charge. Back issues are also available free on the web site.

You can purchase Marcella Vonn Harting's books, tapes and videos on the web site.

*Yes, No, Maybe
Essentials, Chronobiotics™ &
Conscious Communications*

*We're on the web:
www.marcellavonnharting.com*

Recognizing Harting's Leaders

July Advancements

SILVER

COLTER ZANE CHAPMAN

EXECUTIVE

AURELIO RAMOS
BARBARA KENNEY
FUTURE NOW
HEALING HARMONIES
KATHLEEN SCOTT
LISA GILBERT BOOHER
MELISSA D MEDNICK
SUSAN WEUM
TERRY BURNS

August Advancements

GOLD

INC. MAKING WAVES

SILVER

ELIZABETH L. GOHL
HILDEGARD RYKOFF
LIVING DYNAMICS PTY
VEGIE CURRY MAN
WEBDEB INC

EXECUTIVE

BETTY CHILD
CLAIRE HAYWOOD
DALE OR ANN SCHLEPER
DEAN A ARCENEAU
DEBBIE MUCHA
DENISTONE SPRINGS

FRANKIE CAMPBELL
FUR KEEPS ANIMAL
GLADYS BARROSO
HELEN TOMLINSON
ILSE LANTRY
J. LENORE BATEMAN
JACK WANAT
JEAN DUKES
JEANETTA ALFORD
MARY HECKARD
MOBILE THERAPIES
MUSTOR INSTITUTE PTY
NICOLE L LACKNER
RAYMUNDO COLLAZO &
REFLEXOLOGY BY
SALLY WILLIAMS
SUE MARTIN
SUSAN DVM ALBRIGHT
TIM NEAL DILLINGHAM

September Advancements

SILVER

GARDUNO AND
MARILYN KAY NORFLEET

EXECUTIVE

BONNIE TETRO
CELIA CACERES
DARYL EDGAR
DENNIS NEAVILL
ESSENTIAL PLANT
HENRY SAILER

JULIETTE WILKERSON
KARLA J SCAPANSKI
KATILYN OR ROB
KATY ARNOVICK
LORI L MEISSNER
MALGORZATA
MARINELIA RIVERA
MARY FINESTEAD
ROBERT WOELFEL
SHARON SAULENAS

October Advancements

SILVER

JONATHON LEE MONTO

EXECUTIVE

BERYLENE ANNE
DIXIE SPARKS
FRANK ALEXANDER
HEIDI L ZANDER
JANINA IRENA
JANIS SLADEK
JASON THOMAS LEE
KELLY WILSON
NOURISHING YOUR
PATRICIA M
PATTY ANNE DA'CUNHA
RITA SMOLKO
SHERRY D. WEBB
TAMMI KAY WARREN
VERONICA PRADO
VIRGINIA GRACE