

Yes No Maybe Essential News

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Marcella Vonn's

CALENDAR OF EVENTS

Check web site for updates

***The Miracle of
Young Living CD
is a Terrific Gift***

**Share the magic!
order on our web site**

Annual Grand Convention

**July 15-19
Salt Lake City, UT**

This is the most
important event
presented by
Young Living
each year and it is a
total write-off on
your taxes
when you are working
Young Living
as a business.

I'll see YOU there . . .
Come up and say
hello,

Marcella Vonn

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You Deserve It By Marcella Vonn Harting

s the way we live consistent with our beliefs? The answer to this question can look like success. Whatever we choose now or in the future is going to come to us. (Be careful what you are asking for!) We have a consciousness that corresponds to what we choose. Every person has the freedom to choose a life and all its situations. Whether we "win" or "lose" is based on our beliefs, both conscious and unconscious.

We give away our power when we believe an obstacle is more powerful than we are. We are empowered when we see things for what they are. It is what it is!

The best path is sometimes not the easiest! Every goal we choose to attain presents a set of challenges.

Deserving has two aspects: deserving and earning.

Deserving comes to those who have prepared themselves for it. Whatever comes to us must vibrate at the same vibration we are in mind. Change your mind and you will change your life!

Consciousness has two parts: knowledge and action.

The more we do anything, the more it is a part of us. **Repetition**

Through repetition we can learn anything and develop ourselves into highly advanced and enlightened people.

Ernest Holmes said, "Do the thing and the power is yours." Change your words, thoughts, and actions to represent what you choose to become and to manifest.

Taking action is continuing to take classes, read books, seek out knowledge, associate with people of like mind and gain conscious control over your thoughts, words and actions.

Just as old habits become ingrained because of Repetition, we can develop new habits of thinking, feeling, willing and doing.

By surrounding yourself with hearing truth, and reading truth over and over again we begin to create and draw unto us a victorious attitude of

"I DESERVE IT."

Essentially worthy,

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

The Miracle of Young Living

Since November of last year "The Miracle of Young Living" CD has been assisting distributors to share the benefits of Young Living Essential Oils. The CD beautifully displays the Company Profile, Single and Blended Oils, the YLEO Farm

and much more. With a click of your mouse you can view the benefits of the Essential 7 Kit and Berry Young Juice. The CD is attractively packaged, professionally produced with stunning visual images, and modestly priced.

Log onto the website, www.marcellavonnharting.com and order yours today.

Synergie For Health & Beauty

As a massage therapist and esthetician for 12 years Betty Jane Fairchild is well prepared to talk about the skin. In her practice Betty has used the Raindrop Technique, diffusing oils for her clients particular issues and ending sessions with hot towels soaked in Lavender or Gentle Baby or Geranium.

These days Betty is into Synergie, a machine built by Dynatronics Company known for excellence in building electrotherapy and ultrasound equipment.

The Synergie unit performs three different treatments. The Synergie Facial Massage tones and tightens the skin. It contours and lifts the skin on the face, neck and throat improving circulation.

The second treatment is the Microderm Abrasion and Body Treatment. The process exfoliates, peeling away dead skin cells. It reduces hyper-pigmentation (brown spots) and enlarged pores. The good news is there is no "down time". A client can have the process during lunch and return to work looking great.

Cellulite Reduction or Aesthetic Massage is the third treatment. It temporarily reduces the appearance of cellulite, contours the body and creates "inch loss". The process can increase range of motions, improves the circulation and the lymphatic systems while toning and tightening the skin.

Betty explains the Synergie unit was developed to increase circulation to assist in the healing of burn victims. As it was being used practitioners noticed it had many other benefits.

Gary Young, founder and head of Young Living Essential Oils, was so impressed with the machine he purchased three for the his Clinic. When you visit the clinic, at Young Living's Annual Grand Convention or anytime, be sure to see the Synergie machines.

Betty recommends 6 treatments, one every 10-14 days, for optimum results. She says you'll look great!

For more information or to inquire about purchasing a Synergie unit, contact Betty Jane Fairchild by phone at 801-557-6742.

DO YOU KNOW?

1. A person's perception of a scent depends on his or her expectations about that scent? For example, studies show the body reacts differently if the person thinks the odor is natural than if they think it is from a hazardous chemical when exposed to the exact same odor.
2. A memory is more emotionally intense if it is triggered by a scent than by hearing, tasting, feeling, or seeing? It is also likely to be clearer and more detailed.
3. Infants prefer scented toys to unscented ones?

The Doctors Forum

By Dr. Ken Krieger

Palpitation is an unpleasant awareness of the heartbeat and may be experienced as a thumping sensation in the chest, consciousness of missed or extra beats or a racing of the heart. There may be awareness of the heart's pumping when lying on the left side, and anxious patients may be distressed by the rapid heart rate associated with emotional stress. Palpitations may be an important symptom of heart disease, especially if they are frequent and prolonged or associated with chest pain, dizziness or fainting, shortness of breath or worsening cardiac failure. Most often they are associated with bio-chemical imbalance and accompanied reaction to those imbalances.

CAUSES...There are numerous causes for this condition, some of which may be serious. These would include: tachycardia (when the heart suddenly beats very quickly), extreme fright, strenuous exercise, fever or hyperthyroidism (over active thyroid). Additional causes could be high blood pressure, coronary artery disease, and valvular heart disease. Ectopic heartbeats, experienced as premature beats followed by an extended pause, are usually caused by the use of alcohol, caffeine, amphetamines and tobacco. These ectopic beats can usually be stopped with exercise, however, they may occur when the heart has been damaged by coronary heart disease. And, they are also caused by a bio-chemical imbalance.

TREATMENT...orthodox treatment would be unwarranted if the palpitations are brief, and only on various occasions, however if they are frequent, prolonged or are accompanied by symptoms such as dizziness or shortness of breath, then treatment is

important. Consult your physician first if you fall into this category. These can be averted with the use of some medications, and/or a pacemaker if warranted. The most common difficulty that I have encountered in my office would be those patient's that have had drug therapy and continue to have the "skips". Over the years I have had great success with a formula that was given to me by a former cardiac surgeon, who decided that there had to be a better alternative for those patient's who had these symptoms. He researched the use of nutrition for those complications. The recipe uses GLA (Gamma Linoleic Acid), which comes in 2 sources, both of which work equally well. Either evening primrose oil, or borage (rhymes with garage) seed oil. Buy the one that is less expensive. Take 500mg, 3 times daily. The other product is Coenzyme Q-10, using 60 to 75 mg 3 times daily along with the GLA. I have the patient use these amounts for approximately 1 month. Then, I have them take 500my GLA, and 60 to 75 mg Coenzyme Q-10 per day as maintenance. The results have been very gratifying. If there is no change after the initial 30 days, consult your physician. **REMEBER, DON'T DIAGNOSE YOUR-SELF!!** Have an examination to rule out the potential of a serious health problem, **BEFORE** you begin this nutritional therapy.

Supplements to use to support the heart are Cardia Care, HRT Tincture, Mineral Essence and the essential oil blend Aroma Life.

Yours for better health.....naturally.....Dr. Krieger

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Feeling is the Key to Healing By **Robert Tennyson Stevens**

Nerve supply is essential to feeling. Feeling is essential to healing. When feeling is identified as a many faceted system, including neurology, emotion, thoughts and words, we can begin our re-feeling and healing our bodies, relationships, careers and lives.

When asked, "How do you feel?", many people answer with non-feeling statements like, "I feel that", "I feel like", "I feel you did", "I don't feel sad", all not feeling statements. To begin our up scaling and upgrading of our lives, remember to actually admit and feel what you are feeling.

Ask yourself, "What do I feel right now?" Be specific, personal, present and factual. Stating what you do feel will open a new doorway to health and begin a relationship with your powerhouse, your subconscious self.

If you discover you feel sad, joy is on the way. Loving your sadness begins the march of joy. Feeling is the key. If you notice fear, feel it with love and let it turn into faith. If you

perceive and feel anger, remember to forgive someone and take your loving actions to be responsible for your life. Blaming others just gives your power away. Feeling is the key.

"I feel, I experience, I sense, I choose to feel, I commit to experience," are entry phrases which can open your storehouse of feeling. Words spoken with feeling and specificity quicken manifestation. Feeling begins your relationship with your feelings of health, abundance, love, brilliance and support. By feeling, we learn how to specifically create our feeling of our success. Feeling is the doorway to healing. "What are you feeling right now?"

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