

# Yes No Maybe Essential News

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December 2003

Marcella Vonn's

CALENDAR OF EVENTS

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## **Create An Extraordinary Quality of Life By Marcella Vonn Harting**

**D**ecember, a month filled with anticipation, gratitude, reflection and completion. The last days of the year 2003. Did you do your best? Did you get the results you were reaching for? Did you reach your full potential? Did you grow and change? In life change is automatic; it's going to happen at every level. With change the potential for progress is inevitable. Progress requires conscious choices.

Each and every one of us has different beliefs and values; the controlling forces of our lives. Our beliefs and values control everything you think, every emotion you feel and every action you take. We all have experienced significant emotional events causing us to develop a model of the world; which is how we meet our needs (we get more pleasure and less pain). From these experiences we choose to figure out the rules of the game; our model of the world. The rules are different for every person. The same basic fundamental six human needs are the same for everyone on earth.

THE SIX HUMAN NEEDS ARE:

1. **Certainty:** this is a survival instinct and every person has the need.
2. **Uncertainty:** If you were certain about everything all the time, you would eventually get bored!
3. **Significance:** the need to feel important, unique, and special.
4. **Connection/Love:** we do

what we do for love.

5. **Growth:** if you don't grow you die.

6. **Contribution:** you must contribute beyond yourself.

Everyone finds ways to meet the first four needs (our fundamental needs, or needs of the personality). To be fulfilled though, you must meet the last two ultimate needs; the spiritual needs.

This is where reflection comes in. I ask you how can you share Young Living in a way where all six needs are being met?

My example:

1. **Certainty:** quality products. Company has been around for 10+ years. Money back guarantee.
2. **Uncertainty:** there are many products to order for variety. And YL keeps changing the business plan.
3. **Significance:** must obtain a member number to order from company.
4. **Connection/Love:** join an organization within the company.
5. **Growth:** classes, workshops, conferences, videos, DVD's, travel etc...
6. **Contribution:** helping yourself and others with world quality products, helping the environment with chemical-free products, creating a platform for manifesting a residual income for health and wealth for you and your organization.

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## Marcella Vonn Harting's Mission Statement

**M**y 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**

## To Your Pets' Health

by Dr. Nancy Brandt DVM, CVA, CAC

**T**hank you to all of you who have leant me support over the last 6 months. This time in my life has been both difficult and extremely rewarding personally. I am very grateful for trials in my life.

Trial brings enlightenment if you let it. I am choosing to grow as a person as I flow through this divorce. I am choosing for my children (an 8, 6 and 2 year old) to have a more fulfilling life and truly benefit from these trials in their lives. I am glad for the loss for with it brings incredible gain.

Animals come here to earth to fulfill a mission; a mission of love, companionship, teaching or even sacrifices. For everyone who has had a trial with animals let's see what we can learn from them. I have had the opportunity to help animals with their transition times and they always tell me that they have either fulfilled or not fulfilled their missions. Often if they have not accomplished what it was they set out to do they will linger here, often suffering, to finish their mission. Often they will go quickly when called back to another assignment. I am so grateful to witness this transformation or metamorphoses. They are incredible energy beings with huge light. They are here to teach us we too can metamorphosed ourselves. We can recreate who we are by just believing we can. They are here to help us obtain high levels of consciousness and knowledge. They are here to mend the wounds and allow us to move forward with our missions. Each one of you has been put here to do great things. Do not let the

wounds of the past interfere with your future. Animals don't hold grudges, resentment and anger. Transform yourself. Let your pets do their job and teach you. Listen to them and trust their wisdom. They have earned the right to fulfill a special mission like teaching you about whom you ARE if you will just let yourself be so.

Thank you again for your loving patience as I have undergone a magnificent metamorphosis.

Love, Dr. Nancy

**Bonding and lesson learning oils:**  
**Harmony Lavender Awakening Forgiveness**  
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Phone Dr. Brandt for a consultation.

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 Henderson, NV 89014 Phone: 702-617-3285

*Take Time  
 to Say Thank You  
 to Those Who Give*

=====  
*"Keep in mind that the true measure of an individual is how he treats a person who can do him absolutely no good."*

-Ann Landers

## Create Extraordinary Quality of Life

Continued from Page 1

This is a "part of the whole" to why I continuously share Young Living Essential Oils to everyone I meet wherever I go.

Your destiny is the result of choices you make -not the result of events. It's the meaning you give to events in your life.

I'm very blessed and in heartfelt gratitude for each and every one of you in my organization. This year I have enjoyed the wonderful opportunity to travel all over the United States and to England, Australia and Japan for Young Living. I have meet new and old friends. I have completed my life-long dream of writing my first book. My family and I have completed Anthony Robbins University and Jim and I have enrolled in the Leadership Academy as a way to give back. I continually look for new ways to serve you in my organization for the betterment of you individually and the company. Thank you for allowing me to

share with you this wonderful world of aromatherapy and essential oils.

(If interested in more information about the six basic needs (Tony Robbins) call me).

MERRY CHRISTMAS & HAPPY NEW YEAR,

Love you all, MARCELLA VONN HARTING

*The sole purpose of creation  
is to compel you to solve its mystery  
and perceive God behind all.*

—Paramahansa Yogananda

## The Doctors Forum

By Dr. Ken Krieger

### **P**ERIODONTAL DISEASE

This term also includes periodontitis, pyorrhea and gingivitis, and consists of inflammation and degeneration of the dental periosteum, alveolar bone and cementum (in the tooth itself), with swelling, recession of the gum tissue and loosened teeth.

Prolonged poor dental hygiene, Vincent's Angina, malocclusion (poor tooth alignment), and food impaction, as well as certain systemic conditions as Diabetes Melatis, hypovitaminosis, blood dyscrasias, and endocrine disturbances may all be involved in the etiology of this condition.

It is essential in beginning treatment to have a dentist remove the plaque and scaling from the surface of the teeth. As the fundamental lesion is the formation of a periodontal pocket around the tooth in excess of the accepted normal 2mm depth, cleanliness and good dental hygiene are most important. The establishment of a highly nutritious and adequate food intake is mandatory to promote general good

health and well-being, but more importantly to reassert the bodies ability to rebuild and repair all tissues. See Vonn's new book on Chronobiology.

We have at our fingertips the BEST dental tooth cleaning system that money can buy. Denterome and Denterome Plus are the best for any type of periodontal difficulties. Also take some clove oil and rub it directly in the gums for a pleasant refreshing cleanse of the tissue. Thieve's oil will take care of any bacterial build-up, again directly on the gum surface. High amounts of Super C, and Super B along with Detoxzyme will aid in recovery. We know from research data that there is a clear 50%+ increase in the possibility of heart attack for those with poor dental hygiene. The bacteria will cross the blood, gum barrier and can systemically attack the plaque build-up in the bodies arteries around the heart. Remember as a general rule, good teeth, good heart, good health!

Yours for better health, naturally!! Dr. Krieger

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

### **T**he Aroma-Alchemy of Genius

Essential oils accelerate learning. Most people, including scientists, do not realize essential oils are the ancestors of neurotransmitters. Both exist as Top Notes, Middle Notes and Bottom Notes. With this issue we begin a discussion of "when" to use 4 essential oils to accelerate learning. The 4 oils are Pine (*Pinus sylvestris*), Lemon (*Citrus limon*), Rosemary (*Aniba rosaeodora*) and Vetiver (*Vetiveria zizanioides*).

Genius is best developed at 4 times during the day. 1) Lung Time (3-5 am) for "coordinate print in the brain" (slowing the brain wave for thoughtful acceleration); 2) Spleen, Pancreas Time (9-11 am) for data output (recall) and short-term memory storage. Obviously the best time to take an exam or cram for one); 3) Bladder Time (3-5 pm) for data input and long-term memory storage. (An excellent time to program in good habits and retain data to utilize for many years); and 4) Triple Heater Time (9-11 pm) for "recycling" trauma from the brain, ("pre-dreaming").

Years ago my holistic mentor, Adano Ley, told me, "Enlightenment and genius are directly related. Synchronization with light is the source of knowledge. A genius' brain is 2 1/2 seconds faster than an ordinary brain." What synchronizes the brain with light? The pineal gland and the optic tract.

Here's how to switch on the pineal gland's extra sensory perception (ESP). Meditate at Lung Time (3-5 am) to develop what Adano termed "coordinate printing in the brain."

Inhaling Pine oil helps the pineal gland "time" the brain to the genius frequency of 0.5 to 4 cycles per second. You could also call the genius frequency the eureka frequency. Unless one attains the minimum 4 Hertz cycle associated with pine needles, genius remains elusive. TO BE CONTINUED.

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

Reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis at 2116 Clay Street, Kilgore, TX 75662 or phone 903-984-3458.