

Yes No Maybe Essential News

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Marcella Vonn's

CALENDAR OF EVENTS

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MAGNIFY YOUR PURPOSE

A specially crafted blend of oils that may help to foster a positive attitude, enabling one to rise above adversity. It may embolden one to seize the initiative, overcome procrastination and self-pity, and magnify your life's purpose.

Caution: Possible sun/skin sensitivity.

Ingredients: Thyme oil, Orange oil, Clove oil and Frankincense oil.

Code: 3377

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GOAL SETTING By Marcella Vonn Harting

 start this month's newsletter by reminding you of the story I ended last month's newsletter with. The Harvard University study found only 3% of the graduating class wrote their goals down on paper. Twenty years later, surviving members of the Harvard graduation class shared that the three percent who had set goals were worth more in financial terms than the entire other 97 percent.

Mind Mapping has become my most creative effective strategy for designing my life. Most people spend more time planning a two-week vacation than they do designing their lives.

Defined from the book "*The Power of Focus*" by Jack Canfield, Mark Victor, and Les Hewitt "**A goal is the ongoing pursuit of a worthy objective until accomplished.**" A wish or dream becomes a goal when written. The question to ask yourself is *what do I really choose? And is this for me or really for someone else (parents, mentor, company etc.....)* Great insight comes from these two answers, for example I have a friend who became a doctor because that's what her parents chose. She discovered her personal choices were really quite different. So when setting goals they should be challenging yet realistic, clear and measurable. Set goals for the short and long term. Goals give us something to shoot for, they keep our efforts focused. They allow us to measure our successes.

Mind Mapping is a powerful graphic technique which provides a universal key to unlocking the potential of the brain. The mind map has four essential characteristics: A). the subject of attention is crystallized in a central image.

B). the main themes of the subject radiate from the central image as branches.

C). branches comprise a key image or key word printed on an associated line.

D). the branches form a connected nodal structure. Color, pictures, codes and dimension may be used to enhance mind maps. Mind maps help you to make a distinction between your mental storage capacity and your mental storage efficiency. Storing data packed efficiently multiplies your capacity. It is like the difference between a well packed or badly packed warehouse, and a library with or without an ordering system.

Mind Map Suggestions:

1. Start with a colored image in the center.
2. Images throughout your mind map.
3. Words should be printed.
4. No more than 3 words per line.
5. Use color throughout the mind map as using different colors enhance memory, delight the eye and stimulate the right cortical process.
6. Be specific.
7. Write as if your wish is fulfilled.

I choose this information will assist you in designing your life goals by increasing your mental, physical and spiritual awareness. Mind mapping is teaching you how to access your brain's vast intelligence through creativity. Now we have started to lay the groundwork (goals), it's time to get started creating your future. Great essential oils to use in this process are *Magnify Your Purpose* and *Dream Catcher*.

Essentially yours,

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

To Your Pets' Health by Dr. Nancy Brandt DVM, CVA, CAC

FIRST AID WITH YLEO The following list is a starting point for using essential oils in your home with your animals. **For cats the oils must all be diluted 50:1.** There is a (*) by the oils which can not be used with cats. For dogs the oils should be diluted 20:1, and all have been safe in dogs. When ever we are in an emergency it is really nice to have a First Aid Kit ready for use with a brief list to know which oil to use. Make a beautiful card for this purpose, laminate it and fit it in the top of a 16 bottle bag. My First Aid Kit oils are in a red fabric bag which I purchased from Marcella Vonn. (Continued next month with 8 more oils.)

OIL CHALLENGE

APPLICATION

<u>Pine</u> viral infections and respiratory infections	diffuse or apply on chest
<u>Basil</u> sore muscles lethargy/uplifting effect	massage into muscles to affect relaxation place on towel and put on neck or inhale
<u>Wintergreen</u> bone pain & pain along the spine fevers	place over areas of pain and apply moist compress use on nap of neck
<u>PanAway*</u> open cuts, bruises, post surgical healing	place on location undiluted for quick effect (dilute if using more than 3-4 times)
<u>Geranium</u> skin rashes, body odor bleeding and blisters	use in a bath or as a compress on location use direct on wound
<u>Clarity*</u> older dog dementia training tool	use in diffusion or with a spray bottle and water for agility and other sport dogs to imprint training
<u>Rosemary</u> unconsciousness upper airway infection depression and exhaustion	hold under nose diffusion or water bottle method in a bath with Geranium and Lemon for energy
<u>Lavender</u> if all else fails, use Lavender burns skin disorders anxiety sunburn	direct on burn bath or compress diffuse and water bottle use with Frankincense on location

Phone Dr. Brandt for a consultation.

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Henderson, NV 89014

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Phone: 702-617-3285

Dr. Terry Friedman

Dr. Friedman, one of the earliest medical doctors to join YLEO at its inception, shared the following information at one of Marcella Vonn's Young Living Intro Meetings.

When using essential oils more is not necessarily better. You can dilute an oil with a carrier oil and often have better benefits. Less can be better!

"Because there are so many chemicals in our environment, we can occasionally be allergic to essential oils. And, allergies may develop from using an oil repeatedly in one spot on your body," he noted.

Dr. Friedman's stated to build a strong immune system take one ImmuPro daily at bedtime and drink 2 ounces of Berry Young Juice. He noted that exercise, meditation and prayer all help the immune system.

FOOT SOAK PARTIES

Foot Soak Parties are a fun event to share YLEO with others. Invite friends, family and those interested in natural health care. Take turns soaking your feet! (Do change the water!)

Barbara Ploe, an Ambassador with YLEO, started hosting these parties in January and has soaked over 100 peoples feet by mid-March! Her recipe is as follows: Add 1/3 cup Epsom Salts to a foot bath of warm water. Add 3 drops of Cedarwood and soak. Keep a tea kettle of hot water ready to add as the foot bath cools. (Note: Dr. Terry Friedman has stated Cedarwood and Vetiver normalize the brain waves.)

Next, dilute Valor in a carrier oil. Remove feet from foot bath, dry and apply carrier oil with Valor. Ask the Soakee to notice how they feel and to notice how long the feeling lasts. Barbara says the results are impressive.

Play with other oils such as 2 drops Cypress and 1 drop Cedarwood! *Enjoy!*

The Doctors Forum

By Dr. Ken Krieger

WHAT SHOULD I EAT AND DRINK?

I get these and many other similar questions from my patient's on a regular basis. What should we eat, and what should we drink? It is up to you whether you have made a decision to eat PROPERLY or not. Then the question will become, "What is proper to eat or drink?" In my own experience, and over the years getting in tune with my body, I find that I do better if I have a higher protein oriented diet. Approximately 50% from protein, 25% fats, 25% carbs, and 120 oz's of water per day. I consume some green tea, and occasionally a glass of wine. Very little fruit juice, and very occasionally a soda. Some patient's do not do well on this combination. So then what do we do with them? We rotate their diet! I will place them on a 4 day rotation. Day 1, Protein ONLY! Day 2, carbohydrates (with no grains, no dairy). Day 3, grains only. Day 4, Dairy only. After rotating for 3 rotations of the 4 days (12 days in all), we will know what their system has problems digesting, and how well that they feel over those 24hr sessions. We can then begin to shift their eating habits away from things like sugar, high fat, fast

foods and soda. Will those things hurt us? Yes if that's all we eat! On occasion they are NOT a problem. BUT, if you eat these types of foods more than 3 times per week, "Houston, we have a problem!"

Remember, moderation is the key to food intake. If it quacks, and has feathers, floats on the lake, and flies like a duck, it's probably a duck. You ARE what you eat. If you choose to go organic, more power to you. It's more expensive, but you get what you pay for. If you decide that you choose to be vegetarian, and you do well with energy levels, and can stay within that parameters of that type of food intake, more power to you. You have to play with your food intake just a little to decide what is best for your system, and then stick with it. Once you find what works for you, then make sure that your nutrients from YLEO are balancing your body between alkaline and acid. You will feel better, look healthy, and above all have a good well being. Good health doesn't cost, it pays!! Yours for better health naturally.....Dr. Krieger

Dr. Krieger is a Chiropractic Physician in Phoenix, AZ. Reach Dr. Krieger by Phone: 623-561-2478, Email: Drkriegerstria@aol.com, www.arizonaspinedoc.com.

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TESTIMONIALS

From Our Readers

 would like to share a testimonial on clove oil. My son Alex is 3 1/2 years old and has struggled with constipation for about two years. Initially it seemed that certain foods (such as meat) caused his problem, so we limited these foods. However, his problem continued in a chronic way. At one time he had no bowel movement for ten days.

After visiting the doctor on the seventh day, we had him take mineral oil, which seemed to help his condition. We also put him on a high fiber diet. Over time, he would be okay for a couple weeks but then be constipated again. I tried rubbing peppermint and Di-Tone on his tummy and giving him all the high-fiber foods he would eat. Still the constipation persisted.

After reading a testimonial on the super-antioxidant properties of clove oil, I decided to purchase the oil with my March autoship order.

I place a drop or two of clove oil in his juice once a day, and it has helped him stay regular without the use of mineral oil. I have also increased his water intake to three cups a day (one cup for each year of his age), which also seems to help. I place a drop or two of lemon oil in all the water we drink, even though we have a reverse osmosis filter system on our kitchen sink.

We're so glad to find a natural solution for our son's chronic problem, and will continue to use clove and lemon oils to help him stay regular.

Submitted by Lisa Van Dong from Sun Praise, Wisconsin.

Lisa will receive a bottle of Magnify Your Purpose from Marcella Vonn. Thank you Lisa for sharing this great testimonial. We would love to hear from you. Send your testimonial by email to mvonn@aol.com with a copy to atamboli@msn.com. Please include the word "Testimonial" in the subject line. Also include a statement of release: I give permission for my statement to be published by Yes No Maybe Essential News.