

Yes No Maybe Essential News

Volume 3, Issue 4

www.marcellavonnharting.com

April 2004

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**

BOSWELLIA WRINKLE CRÈME

**Yes, Wolfberry oil is
great for your skin!**

Contains essential oils,
Wolfberry Oil and
MSM for building
collagen and
minimizing fine lines.

Essential oils included
are Frankincense,
Sandalwood, Myrrh,
Geranium, and
Ylang Ylang.

Code 5141

Cinnamint Lip Balm
is a natural lip balm
enriched with essential
oils, vitamins and MSM.

Code 5150

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and Anita Tamboli

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GOALS, GOALS, GOALS By Marcella Vonn Harting

Last month we talked about mind mapping and goal setting. This month I would like to continue our conversation with a little more about **GOALS**.

Goals are a blueprint, a step-by-step process of how you are going to realize your dreams. Creating and realizing goals is living a life with purpose. Goals become a way to control the direction of change in our lives. A goal not written is a wish. Your dreams, desires written in clear, precise language down on paper with specificity become our blueprint. Writing it down brings goals into reality.

Balance goals equally in five separate areas of your life:

1. PERSONAL / FAMILY
2. CAREER / PROFESSIONAL / FINANCIAL
3. SELF-IMPROVEMENT, PHYSICAL AND MENTAL
4. SPIRITUAL
5. COMMUNITY SERVICE

If you choose to be the person you were born to be and live the life you've dreamed of, you must set specific goals for yourself.

1. **DESIRE:** What do you choose and how badly do you choose it
2. **BELIEF:** Believe without doubt that you have the ability to achieve it.
3. Write your goals down in complete detail. Write them exactly as you wish to have them.

4. How will you benefit from this goal? Write down 5 to 10 ways in which you're going to benefit.
5. What is your current status? Where are you now in relationship to your goal.
6. Set a time-limit. A goal is a dream with a time limit.
7. Identify the obstacles. What challenges will you encounter?
8. Identify the new knowledge that you need. What new knowledge do you need to acquire in order to accomplish your goals?
9. Identify people or groups that can help and assist you.
10. Make a plan. Create a timeline. Make a step-by-step plan of what you need to do based on the details you've written down in steps 7, 8, and 9.
11. Visualize the plan as if it is already accomplished.

Back your plan with determination. Persistence is to mankind as carbon is to steel. In closing, I personally believe writing down my goals is the most important thing I ever did in accomplishing my goal to Crown Diamond. Essential oils to support this process are **Magnify your Purpose, Envision, Live With Passion** and **Motivation** just to name a few. **Clarity** and **Brain Power** were very helpful when using specificity.

Goal-Driven,
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. (Continued from last month with 5 more oils.)

OIL CHALLENGE

APPLICATION

<u>Peppermint</u> sore tense muscles along the back of neck—compress w/lukewarm water on nap neck stomach upset gum disease heatstroke/fever	on belly with a compress 200:1 dilution rubbed on gums to affect swelling 500:1 dilution rubbed on gums daily in lukewarm tub of water or rub diluted on feet and back of neck, if severe take to veterinarian
<u>Thieves*</u> sore throats/tonsillitis gum/teeth disease and injuries bacterial infections	500:1 rub on gums and get to swallow 1 drop in Peppermint essential water, shake well and flush back of throat use on location diluted with peppermint or alone 500:1 dilution or flush mouth as above use on location in 5:1 dilution or in bath
<u>Lemon</u> anxiety, blood pressure, gallstones disinfection	detoxifying bath to remove deeper toxins from blood use in a spray bottle of water to clean house
<u>Helichrysum</u> stops bleeding for pain regulates the circulation for traumas	use undiluted on location in cat and dog for bleeding massage in 5:1 dilution over injured area place drop on tongue FIRST choice in auto accident, place on tongue and on heart area. For all traumas, seek veterinarian attention
<u>Purification</u> negate negative pollutions—dust, pollens, and energy patterns (see previous article for uses) disinfect and clean chemical free asthmatic symptoms bug bites	use with water spray bottle diffusion and cleaning undiluted on location, if multiple bites use in bath

(Continued next month)

Phone Dr. Brandt for a consultation.

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Henderson, NV 89014

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Phone: 702-617-3285

The Victor By C. W. Longenecker

If you think you are beaten, you are.
If you think you dare not, you don't.

If you like to win but think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost.

For out in the world we find
Success begins with a fellow's will.
It's all in the state of mind.

If you think you are out classed, you are.
You've got to think high to rise.

You've got to be sure of your-self before
You can ever win the prize.

Life's battles don't always go
To the stronger or faster man.
But sooner or later, the man who wins
Is the man who thinks he can.

Correction

We truly regret and apologize to Dr. Terry Friedmann for misspelling his name.

JOIN ATOM BERGSTOM**FOR A CHRONOBIOTIC WORKSHOP**

Atom Bergstrom, co-author with Marcella Vonn Harting of *Yes, No, Maybe, Chronobiotic Nutrition*, introduces Time-Controlled Eating For Super-Immunity Workshop.

The workshop is about when to eat what based on the human body's utilization of circadian rhythms of light, color, electromagnetic, gravity and other frequencies of energy.

Atom will present a free lecture on Friday, May 14th, at 7:30 p.m. at the Amerisutes in Brentwood (Nashville), TN.

The Workshop is Saturday, May 15th from 9:30 to 5:30 p.m. Cost: \$150. Deposit \$30. Contact Anke Nowicki at 615-673-6483, email: lightpartner@earthlink.net.

The Doctors Forum

By Dr. Ken Krieger

 HOLESTEROL...is it that important?

There has been a great debate over the cholesterol levels in the body, and if they are elevated, it must be a bad thing. This is not necessarily the case. When we look at the pathological considerations of elevated cholesterol, we think of atherosclerosis, or the deposits of plaque in the wall of the arteries, narrowing the channels through which the blood passes, and then eventually blocking the blood flow.

Most people don't realize that the main problem with the influence this has on the possibility of heart attack or stroke is not the plaque at all, but the inflammation in the plaque that is dangerous. There are 2 bacteria and a virus that become the culprits. They lie in wait in these areas of plaque and create inflammation, and then a particle will break off and create the stroke or heart attack. The 2 bacteria, borellia and chlamydia pneumoniae, and the virus in the cyomegalo virus. These are what creates the inflammation. The most important thing to do is reduce the inflammation.

In a study at the Boston veterans hospital after WWII, the use of one aspirin per day reduced the heart attack and stroke rates more than 45%. I don't recommend this as the aspirin causes gastric bleeding and many people can't handle the irritant of the stomach. The BEST thing to do is take the digestive enzymes to reduce the inflammation. Detoxzyme is great for this process. Start with 12 per day the first day (4 three times a day), then taking 2 less capsules per day until you are at 4 per day as maintenance. This should be sufficient for the reduction of inflammation. Also, keeping the teeth clean, will reduce the bacteria from entering the blood-gum barrier, and will help avoid the absorption of the bacteria. Lecithin will aid in the bodies reduction of the absorption of fat, and reduce the levels of arteriosclerotic changes.

Eat healthy, get the exercise you need, and take enzymes to live longer!!

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

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

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*Yes No Maybe
Essentials, Chronobiotics &
Conscious Language*

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TESTIMONIALS

From Our Readers

My cat had a biopsy on a lump which was diagnosed as malignant. I put on the malignant lump (which had red spots on it) Lavender, Australian Blue and Frankincense. The red spots got bigger. This concerned me a great deal but after a while the red spots actually fell off! Four weeks later as there was no change in the size of the lump, I had it removed. The veterinarian said the lump looked "contained" and that it didn't look malignant. He wanted a biopsy report. Even at the expense of \$90.00 (a second time) I decided to do it because I really wanted to see if the oils changed the diagnosis. I got the report back that said the biopsy report came back "non-malignant" or benign!

Also, I was hiking with my dog in the mountains. Concerned for any stings or bites, I put Purification in the back pack. My dog was putting her face in the leaves and all of a sudden she was shaking her head violently and

pawing at her mouth. I gave her water but that didn't help. I had never used Purification before so I didn't know where to put it on a dog. I put in on the inside of her ears and paws and within seconds - again - all of a sudden she stopped shaking her head and pawing her face and began acting normally.

Submitted by Robin Van Langen

Robin will receive a bottle of Magnify Your Purpose from Marcella Vonn. Thank you Robin for sharing these terrific testimonials.

We would love to hear from you. Send your testimonials 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. Thank You, we love hearing from you.