

Yes No Maybe Essential News

Volume 4, Issue 4

www.marcellavonnharting.com

July-August 2005

Marcella Vonn's

CALENDAR OF EVENTS

Check web site for updates

New from Young Living

Royaldophilus™ &

KidScents®
Royaldophilus

Royaldophilus contains eleven of the most helpful intestinal flora to support optimal digestive health. Without these beneficial microorganisms, harmful or pathogenic bacteria and viruses can multiply, impeding healthy digestion. The mucosal lining of the gastrointestinal system is host to literally trillions of microorganisms—both good and bad. Certain medicines, stress, and poor eating habits result in a lack of “friendly” bacteria needed for proper functioning of the intestines and colon.

Code 3284

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THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT

By Marcella Vonn Harting

Do you know how to get started? How to map your direction? How to build your team? How to market your product? How and when to expand?

Do you need Focus? Balance? Clarity? Advanced sales techniques? Advanced negotiation skills? Advanced leadership skills?

Today, I'm going to start a series of 10 articles that could possibly change your way of thinking to focus on results rather than tasks. Getting associated to your purpose and focus on your passion—so that you can achieve your goals and really enjoy yourself in the process.

#1 Creating An Extraordinary Quality of Life: The Power of Focus.

First, you must learn to control your focus. By changing your focus, you instantly change the quality of your life. Remember, we get what we focus on. What you focus on determines how you'll feel. In fact, whether you are succeeding at what you're doing right now in your career, your personal life, your health, or your relationships is largely a reflection of what you are focusing on in these areas of your

life or if you are even focusing on those areas at all. Is all your focus on your job at the expense of your personal life? Are you focused on being spiritual, but then not taking care of your body? Are you focused on marketing, but not looking at the finances of your business? Whether you are stressed or fulfilled has little to do with what you're doing, or even the results you're producing. If you are stressed it's a result of where your putting your focus.

Focus is the ultimate power that can change the way we think, the way we feel and what we do in any moment. When we change our focus, we change our lives. What we focus on determines the direction in which we move.

Focusing on You!,
Marcella Vonn Harting

Create Focus In *Your* Life!

Attend a “Playshop” to take your life and business to the next level. **PLAYING TO CLAIM YOUR EXCELLENCE**—a two day event to assist you in creating new or renewed focus. Denver, Indianapolis and Minneapolis are scheduled. See www.marcellavonnharting.com for info. Phone 480-443-3224 Mon-Thurs and leave your name and phone number if you are interested in attending.



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

Hydrocarbons vs. Biodegradation

By G. I. "Atom" Bergstrom

Contrary to most aromatherapists oxygen is usually NOT the therapeutic ingredient of essential oils, especially in regard to hypertension. An essential oil's therapeutic value lies in its acidic anabolic components (anti-fatty acids such as the glycerol and fatty alcohol components of esters), not in its alkaline catabolic ones (anti-sterols). Rather, think hydrogen and carbon, with nitrogen and/or sulfur as supporting actors (the first two elements are hydrocarbons, which is why Col. Dinshab Ghadiali classified oils under the color orange in his Spectro-Chrome Double Interlaced Triangle Emblem). When oxidized, an essential oil often becomes an allergen. For example, air-oxidized d-limonene is an allergen, where unoxidized d-limonene is not.

Also, most aromatherapist distinguish between physiological aromatherapy and psychological aromachology, but they DO NOT

make this distinction chemically. The odor of almost every essential oil is due to LIGHT and AIR-ACTIVATED carotenoids and xanthophylls, NOT the ingredients listed in 99% of aromatherapy books! For example although citronellol makes up 38% of Bulgarian rose oil, it only accounts for 4 3/10% of its scent, and although geraniol makes up another 14% of the same, it only accounts for 8/10th of one percent of its scent. Yet damascenone in Bulgarian rose oil make up only a tiny 14/100s of one percent, and yet accounts for a whopping 70% of its scent, and ionine only 3/100ths of one percent, and yet accounts for 19 1/5% of its scent.

G. I. "Atom" Bergstrom is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition. To reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis write to him at 2116 Clay Street, Kilgore, TX 75662 or phone: 903-984-3458.

"Yes, No, Maybe"

Chronobiotic™ Nutrition

By Marcella Vonn Harting and

G.I. "Atom" Bergstrom

"It is a must read for anyone who would choose a healthy lifestyle", Terry Shepherd Friedmann, M.D., A.B.H.M., one of 25 pioneers in Holistic Medicine. Order the book at www.marcellavonnharting.com or www.yesnomaybe.net

We are sad to report the passing of

Angelia Pope

of Big Sandy, Texas

She will truly be missed.

Our condolences to her family.

Angelia was a distributor with Young Living since 1996.

BODY WRAP WITH CEL-LITE MAGIC

Two times a year everyone chooses to look and feel slimmer; when selecting a bathing suit for summer and when finding the perfect party clothes for the holidays!

Having worked in salons and day spas for almost 30 years, I have found many different types of body wraps and have used most of them; mud, clay, gauzes and plastic wraps. Plastic wraps have caused a lot of damage to the skin if not done perfectly. You are wrapped like a mummy and left alone in a room with no way to move or get help if needed.

Now for the good news. **Young Living Distributors have the best body wrap product!** I have trained estheticians and Young Living Distributors in Arizona, Pennsylvania, New York and Mexico. The charge for a body wrap is from \$65 to \$125 per wrap. Most of us have taken all the other wraps off our menus.

With amazingly lasting results, Cel-Lite Magic is made with therapeutic grade essential oils and will break down and remove waste from your body like fat, cellulite and toxic unwanted water that clogs the pores creating dull, uneven and acne skin.

What you will need:

Cel-Lite Magic, #3754, **Lavender**, #3575, wrapping, Mylar blanket (sports store), electric blanket or large hot water bottles, sheets, large bath towel, 2-ply plastic throw sheet (paint store), body brush, large bowl for warm water and 3 drops of Lavender, and 6 to 8 large wash cloths, one for each arm and leg and one for the back, neck and front, have one or two for personal cleaning.

Let's get started:

1. Have your massage table/bed made up in the order given with the electric blanket on high.

2. Client can wear a 2 piece loose fitting swim suit (not a good one as it can become discolored) or loose under garments that can be removed to reach the full parts of the buttocks. (Remember to tell them to bring extra under garments for after wrap.) Lay person on table face down.

3. Body brush always toward the heart. Start at the bottom of the legs (leave the feet for last) buttock, waist, back (undo top-do not remove), shoulders, arms, hands including fingernails. Apply Cel-Lite Magic to full back side of the body. Turn over client. Be careful not to let them fall off the table. They will be slippery.



The effects of a Body Wrap will last for days.

4. Start brushing again from the bottom up (feet last). When you get to the breast cover with hand towel and remove top garment. Do not brush breast. Apply Cel-Lite Magic to top side of body (leaving breast for after they are covered with wrap). Apply good amount to feet.

5. Wrap. Start with the plastic wrap at the bottom of the feet, first one side then the other, tuck under the body. Work up the body. Be careful not to cover the face.

6. Wrap the sheet the same as the plastic. Then wrap the blanket and next the Mylar blanket to create a burrito effect.

7. Pull the hand towel out and instruct the person to apply extra Cel-Lite Magic to the breast (very good for the breast). Place a hand towel under the chin to help the client be able to wipe the face and for you to help them in wiping sweat or itches on the face.

It is very important not to ever leave a person until you are positive they do not get claustrophobia; may take up to 15 minutes for a reaction. They may also have an emotional release. This is a good time to do emotional release work with a person.

After a person comes to a full sweat, stay as long as they can stand it. Some can do this longer than others, it is important to have a full sweat as long as they can take it and not suffer; 15 minutes is the most common time. Total time for the wrap is 45-60 minutes.

Unwrap one layer at a time. When you get to the plastic, be very careful to cover the breast and not to let water drain on the floor. Please remember the water contains toxins from the body. Roll the plastic sheet toward the body so only the top is uncovered. Start to wipe the body, arms first, then neck and belly. Help the person sit up, place a warm towel on their back and roll plastic toward the buttock. Lay person back and have them raise up and finish rolling plastic. Raise feet and remove plastic from bed. The person will be laying on the large bath towel. Wipe legs and feet, turn them over and wipe the back of the body. Use a sheet to cover them and help them sit up. Remember, they have been laying for a long time. Do not let them jump up as they can become dizzy. Give them a full glass of water. Help them up and leave the room while they finish cleaning and dress.

Have client use Cel-Lite Magic when working out, cleaning house, etc., and body brush before they shower each day. Add Grapefruit essential oil to water to aid in breaking down fats in the body. Peppermint is also helpful for weight control.

You can do 2-3 wraps in a row to loose weight, or 1 a week until desired results are obtained; one wrap a month for maintenance.

Cel-Lite Magic has citrus in it and will make the body photo sensitive. Use a sunscreen if going in the sun; and wait 24 hours after the wrap.

I teach this class for \$85 per person. **Janet Kennis, Phone: 602-439-2253 or 602-432-6209. Email: janetsheadtotoe@cox.net**

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This newsletter is published on the web site and is available free online. Published 6 times annually.

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

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THE POWER OF MANDALAS

Mandalas represent wholeness; we are our environment, an integral part of the whole. We create our universe from within. Mandalas create an awareness of who we truly are, our planet and our life's purpose. Like a kaleidoscope, mandalas are created from a center point and reflect back the nature of the central point. Our true nature is reflected by how we live our lives, think and feel. How we feel inside is what we reflect on the outside. No matter how hard you try the wholeness, the center, will always be reflected and what we create in our lives is that reflection. From the atomic structure to the structure of the world the external radiates the internal center.

An animal radiates its internal center to us and thus we are comforted by them. We are benefited by animals and nature (including natural plant extracts like essential oils) because they do not cover up their reflection of the core whole. They radiate it in all of its wholeness, glory, and completeness.

In the King James version of the Bible it states: 7 "But ask now the beasts, and they shall teach thee; and the fowls of the air and they shall tell thee; 8 or

9 speak to the earth, and it shall teach thee; and the fishes of the sea shall declare unto thee. 9 Who knoweth not in all these that the hand of the Lord hath wrought this? 10 In whose hand is the soul of every living thing, and the breath of all mankind." Job 12: 7-10.

The essence of the Whole is reflected to us everyday in nature: "To glorify His name" is to reflect your true core and to reflect your purpose here.

Each bottle of essential oil is a reflection of the plant's wholeness, its mandala. The oils, as animals, can lead us back to our true nature. Choose the oil which intuitively speaks to you. Choose to radiate your wholeness by creating health in your body and those of your children and pets. Start with the **7th Heaven Kit-# 3145**, **Twelve Oils of Ancient Scripture-#3143**, or the Young Living chemically free products.

Submitted by **Dr. Nancy Brandt DVM, CVA, CAC**, a veterinary medical doctor. Dr. Brandt can be reached for a consultation at 702-617-3285, the Natural Care Institute, Inc.