

Yes, No, Maybe Essential News

Volume 5, Issue 1

www.marcellavonnharting.com

January-February-March 2006

Available on my
website:
www.marcellavonnharting.com

**Aromatherapy
Cards, and an
Introductory CD to
YLEO and**

**“Yes, No, Maybe”
Chronobiotic™
Nutrition,**

Introducing
Sarita Young
Marcella Vonn’s new
Personal Assistant
Sarita has known and
loved Marcella for 13
years and is delighted to
be in a position to assist
her. Sarita is known as
one who “comes from her
heart.” You can reach
Sarita at Marcella’s office
M-F 10am-6pm (MT) or
email her at saritayoung@earthlink.net

**With this issue we
begin publishing every
calendar quarter.**

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TIME—PERCEPTION OR REALITY

One day you’re studying, going to college, and having fun! The next thing you know you’re working long hours, eating on the run, rushing home to take care of your kids, spouse or significant other.

Ask yourself: “Where does time go?”

Managing time means more than managing life’s race against the clock. It means taking time to examine the importance of your priorities. How many times do you say, “I don’t have time”? Could it be you are really saying “that is not my priority”? Something to think about...

We are really telling others and ourselves “I would do that, if only I had the time.”

It is important to take a closer look at how we spend our time in an average day. Write down your daily activities, and you will find opportunities you might not have known existed to include other activities, priorities or self-care time.

Time is finite; 60 minutes in an hour, 24 hours

in a day and seven days in a week. You can’t save it, but you can waste it. The amount of time we have is irrelevant; what matters is the way we use it.

Make time for what is important to you. Life can change in a heartbeat. Ask yourself what is important; connecting with others, working in a career you’re passionate about, being proactive about your health by being physically active. . . The list goes on.

Guidelines you can use right now:

1. Establish priorities that are truly important to you. Ask yourself what’s working, what’s not working and what could be better.
2. Reevaluate your priorities to use your time the way you really choose to. Take an inventory of your life needing your attention, energy or resources? Look at the people in your life and assess why they are there. Do they fuel you, or drain you?
3. Make time for yourself. Make yourself your own

first priority. Invest your time and energy on people and things that bring you joy (Joy is a great oil to start wearing as a perfume or cologne). Practice excellent self-care; walk your talk. Focus on yourself to strengthen your balance, well-being and quality of life.

4. Set boundaries to your life. Say no, with respect, when you already have a full plate. I personally give myself 24 hours before I agree to anything, so I can center myself and ask myself if this is for my highest good and the highest good of the people connected to it.

Lastly, recognize time is our greatest gift. If you found out today you only had 30 days left to live, what would become important to you? Why wait for a message like that to live your life to the fullest? Invest your precious time being alive right now, enjoying life and fulfilling your purpose on this planet every day.

Essentially timed,
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

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

LEFTY-LOOSY, RIGHTY-TIGHTY

(continued from last issue)

Pine oil is mainly for the lung and the right-sided "lung" half-heart (ideal at Lung Time, 3:00-5:00 AM, or at Spleen-Pancreas Time, 9:00-11:00 AM).

Rose oil is mainly for the left-sided "body" half-heart and kidney (ideal during 3/4 of Heart Time, 11:30 AM-1:00 PM, or at Kidney Time, 5:00-7:00 PM).

The lung is the primary organ of the body's rhythmic system, and, secondarily, the heart (although we're usually taught the opposite). Without the lung's pneumatic pressure, the heart couldn't generate

hydraulic pressure, as any yogi or plumber knows.

When an M.D. takes a blood pressure reading, he's measuring lung pressure, not heart (or brain) pressure.

The DWV system in a house (plumber speak for drain-waste-vent system) is really named backwards in terms of energy. The highest choice is to call it the vent-waste-drain system, with the lung and right-sided "lung" half-heart first in priority, and the left-sided "body" half-heart and kidney second in priority.

Both pine oil and rose oil offer protection against cigarette dust. One puff of smoke from a tobacco

cigarette contains approximately 4,000,000,000,000 particles of (mostly) toxic dust - dust that can remain toxic and carcinogenic in a house for up to three years after a tobacco smoker has moved elsewhere. Note: **Rose oil** (3623) wholesale price: \$149; **Pine oil** (3618) wholesale price, \$10.75.

G. I. "Atom" Bergstrom is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting. Reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis at 2116 Clay Street, Kilgore, TX, 75662 or phone 903-984-3458.

Raindrop Technique for Animals

Marcella and I were able to film two detailed accounts of how to do raindrop on both a dog and a horse. At this time we are NOT doing them on cats. You can purchase the DVDs at Recording Masters, Rt-1 Box 816, Cabool, MO 65689, 1-800-332-8270.

This article is about why you would do a raindrop technique on a pet.

The application of therapeutic grade essential oils creates many benefits in the body. When we apply these oils along the spine we can use the nervous system, lymphatic system and circulatory system to carry these oils through out the body. In chiropractic medicine we believe there is abundance of innate

(the animating force) along the spine. By manipulation of the structures in the spine we can stimulate the flow of innate and increase vital energy to all structures in the body.

Therapeutic grade essential oils are like bottled innate. It is the life force of the plant in a bottle so when we combine it along the spine with the techniques outlined we increase innate in the body. We don't just stimulate our own innate we can actually increase the energy and therefore heal ourselves.

According to the Essential Desk Reference Raindrop technique was developed by Dr. D. Gary Young. It has received praise for its "ability to ame-

liorate spinal abnormalities and facilitates tissue cleansing."

The technique has the ability to bring "the body into structural and electrical alignment. Raindrop technique is based on the theory that many types of [spinal issues] are caused by viruses or bacteria that lie dormant along the spine. These pathogens create inflammation," creating blocks in the flow of innate.

There are many studies sited in the desk reference demonstrating the powerful anti-microbial effects of the oils used in the technique. The studies also showed that the oils are able to penetrate the skin and pass into the tissues below thus (continue on Page 4)

PLAYING TO CLAIM YOUR EXCELLENCE

The Playshop is a 2 ½ day event with Marcella Vonn Harting, Cynthia Freeman and Don Clair coaching you to master the keys of changing beliefs, communication skills, reading and owning the power of physiology, the secrets of closing and creating business relationships. You will conquer what has kept you from taking the next step. You will have in your hands a written plan to take your business to the level you have dreamed of achieving. You will learn how to transform what you feel and be able to condition your mind and body to consistently react with certainty and focus on the outcome of your business.

Friday evening: The Art of Face Reading: Experience the wisdom to know how to communicate when dealing with another human being. Do they need lots of details or simple information? What does it take to get them started? The moment you meet someone you will know if there's a person you choose to attract into your business as a Distributor or if it would be best to serve them as a Preferred Customer.

Saturday & Sunday: Discover: What do you choose from life and your business? What specifically is keeping you from reaching your goals? You will learn how to make powerful choices to impact your life in the long term.

- *Discover what you really desire from life and your business*
- *Uncover resources to strengthen your life and business*
- *Create situations that produce winning opportunities*
- *Experience the process of developing new Business Relationships*
- *Master the skill of "Closing the Sale"*

When you leave the Playshop you will depart with more tools than you ever thought possible. Our goal is to help you be a "Professional Network Marketer".

Playshop Dates & Locations

Fairfield, NJ: March 10-12, 2006

Friday: 7-10 pm (registration: 6 pm), Saturday & Sunday: 9 am-9 pm

To register or for more information contact:

Full Spectrum Healing, Ph: 973-744-8618, Fax: 973-744-2488

Email: magnifypurpose@mac.com * Price: \$400, \$350 by Feb 28th

Prime Hotel and Suites, 690 Rt. 46 East, Fairfield, NJ, Ph: 973-227-9200

Room: \$109 per night, single/double; \$119 per night, Jr. Suite: Full Spectrum Healing
Face Reading Class only: Fee is \$35

Louisville, KY: July 21-23, 2006

Friday: 7-10 pm (registration: 6 pm), Saturday & Sunday: 9 am-9 pm

Price: \$400, \$350 by June 15th * To register or for more information contact:

Mary Clark, Ph: 502-767-4130, Email: maryclark@younglivingworld.com or

Donna Duncan, Ph: 502-772-9447, Email: jbdonna@netzero.com

Marriott Louisville East, 1903 Embassy Square Blvd,

Louisville, KY, Ph: 502-499-5848

Denver: Tentatively scheduled for 2006

For Playshop information see the website: www.marcellavonnharting.com or
phone Marcella's office at 480-443-3224, Mon-Fri 10 am-6 pm Mountain Time

"The Playshop on Excellence was a life changing event for me. I learned many things that will assist me in my business, but the most profound event happened in just an instant. I saw the things that have been holding me back most of my life and I knew that my life would never be the same. There will be no more being unsatisfied with life and not knowing what to do. I am now empowered and responsible for what becomes of my life and I am excited!"

- Candace Czarny,
CFM, LEED AP, ASID

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This newsletter is published on the web site and is available free of charge. Back issues are also available free on the web site.

You can purchase Marcella Vonn Harting's book, tapes and videos on the web site.

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

*We're on the web:
www.marcellavonnharting.com*

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Raindrop Technique for Animals (continued from page 2)

effecting changes in the supporting structures. They have also been shown to be in the blood and lymph and thus are carried beyond the spine to effect change through out the body. The oils picked are anti-microbial, detoxifying/cleansing, oxygenating, regenerating and antioxidants to the tissues they are applied to.

By giving the body substances needed to repair itself the body will set out to do just that. Our pets want to thrive and live quality lives. By doing a Raindrop just once a month we could increase their quality immensely.

By doing the Raindrop technique yourself you get to bond and give back to your pet all they give to you. They unconditionally love you and take care of you 24/7. Give them this bit of time to love them back and give them the gift of pure unadulterated therapeutic grade essential oils. Give them time with you while you lovingly apply the oils and infuse them with wonderful

thought as you give them, not only the innate of the oils, but also the innate of your thoughts and intention.

In the book "Think and Grow Rich" Napoleon Hill states that he thought it into existence. He was able to transfer his thought to his son that he is not going to be deaf and that is what happened. Napoleon Hill believes that what you think you manifest. With the augmentation of the oils what you think when you are applying them will be translated even more into the tissues of whatever you are applying them to.

So sit with your loved one – be it animal or human – and spend some time "intending" your outcome for the relationship you would choose to have, the type of health you would choose to have, and what type of fun you choose to have. Spend 30 minutes a month giving back to those who give to you daily. Infuse the oils with your intentions and wear them daily. Reprogram the tissues that think they are diseases

and change their "thinking". Tell them they are healthy – wealthy - & wise. Give them beautiful unadulterated oils that will transmit those thoughts to the tissue and wake them up to a new "thought" – a new belief – that we can be healthy in spite of our surroundings.

Hold the best for your pets and all your loved ones. Chemical free also means "icky thought" free (as my 4 year old would say).

Luvs, hugs, wiggles and whiskers,
Dr. Nancy Brandt, Holistic Veterinarian
PS. Get my email-newsletter (free) at www.nancybrandtdvm.com for the health of your dog and cat and more interesting musings from a holistic veterinarian. Be sure to read my DISCLAIMER regarding any advice given on my web site and blog.

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