

Yes No Maybe Essential News

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www.marcellavonnharting.com

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Marcella Vonn's

CALENDAR OF EVENTS

Check web site for updates

***The Miracle of
Young Living CD
is a Terrific Gift for
Someone in
Your Downline
Share the magic!
order at our web site***

Inspiration

This essential oil blend combines oils traditionally used to increase spirituality, enhancing prayer and inner awareness. May help with bladder and kidney challenges. It contains Frankincense, Cedarwood, Spruce, Rosewood, Sandalwood, Myrtle and Mugwort essential oils. The blend may be irritating to those with sensitive skin. Avoid exposure of area of application to direct sunlight for 3 to 6 hours after use. Diffuse during times of meditation and prayer.

Editor: Anita Tamboli
email: atamboli@msn.com

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Marcella Vonn Harting and
Anita Tamboli

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How To Get Started By Marcella Vonn Harting

Last month we talked about what Network Marketing is and every month we discuss why Young Living is the company of choice. This month we will explain the qualities you need and the steps to take to successfully get started in your part or full-time Young Living business.

Young Living is an exciting business because there is unlimited ways to succeed. There are many types of people who can do well and there are many paths to getting there. I have identified some traits and skills to develop for success.

QUALITIES OF SUCCESSFUL PEOPLE:

- Prosperity motivated, (underlying motive to help others through service)
- Positive
- Self-starters
- Goal oriented
- Health conscious
- Credible
- Teachable
- Willing to follow up with customers
- Willing to follow through (to build a thriving business). A SUCCESSFUL YOUNG LIVING DISTRIBUTOR has a burning desire to succeed.

Let's take a look at Getting Started:

1. Establish your life's mission/purpose
2. Write your goals on paper
3. Start ordering Young Living products, begin taking supplements and replacing your hygiene products with ours.

4. Read all the material you can. (You will find lots of material at Essential Science Publishing (ESP), www.essentialscience.net)
5. Learn how to order products from the web at www.youngliving.com
6. Attend all meetings available to you in your area including product and business trainings. In addition to the content pay attention to how the meeting is organized and presented. Take notes, listen, and observe. Be sure to ask questions if you are confused or something isn't covered.
7. Start utilizing All Young Living products. To truly understand and explain the benefits of the products, you need to experience them. Share them with your immediate family.
8. Distribute the Miracle of Young Living CD or Missing Link Tape.

It all comes down to three things:

1. **Use Young Living Products and Love Them**
2. **Share and Recommend Your Products To Others**
3. **Sponsor Other People To Join You**

You sponsor as many or as few people as you choose. When you do, you help them to succeed. The standards are up to you. Young Living has the highest standard when it comes to our products; you now set your standard for success. Your attitude and your ethics are also your own. "You are rewarded honestly and sometimes richly in direct proportion to your values and your efforts you put forth." from *Being the Best You Can Be in MLM*, a book by John Kalench. In Network Marketing we are all equal and we succeed based solely on our efforts.

Share from your heart with passion,
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 Language, 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

Hyperactive Animals. There are many reasons animals are hyperactive. It may be the breed/type or it may be a secondary factor.

Dogs are pack animals. They run in groups. When they are left alone they exhibit behavior which is a result of trying to rejoin the pack. This form of misbehaving is known as separation anxiety. Dogs may chew, urinate or bark in response to being separated from the pack. Your dogs really just consider you part of THEIR pack. The oils of Release and Grounding are both beneficial here. Use them several times on yourself and then leave a T-Shirt with the oils on it when you leave.

Your dog may urinate when you greet it or bend over it. This is a form of behavior called submission urination. This urination in dog language means they will submit to your will. Bending over your dog is a very dominate act. When you return "from the hunt" or from work they are signaling you that they acknowledge you are the Alpha dog. Never discipline them for submissive wetting or it will only get worse.

by Dr. Nancy Brandt DVM, CVA, CAC

Rather ignore them until the joy of your return has passed. Then lay on the floor to greet them. The oil of Inspiration has been very helpful here. Mist the air first when you are on the floor playing. Then mist every time you return to signal you know you are Alpha and they need not urinate.

Hyperactivity in dogs can arise from poor nutrition, vaccinations, learned behavior or pain. Using Lavender Essential Water with Peace & Calming oil (10 drops) in it can be very helpful. First use it during the most calm moments, for example before bedtime. Condition your pet to the smell then when they are hyperactive and you mist them with the blend they will remember the smell means be calm.

All of these behavioral problems can have multiple causes so have your pet examined by a licensed Veterinarian to rule out other problems.

Phone Dr. Brandt for a consultations.

Dr. Nancy Brandt, DVM, CVA, CAC

2591 Windmill Parkway, Suite 2

Henderson, NV 89014

Phone: 702-617-3285

What Happened In Cancun?

Cancun for me was about transformation. Gary Young passed on vital information for our bodies and minds. He challenged our perception of reality and encouraged mind expansive growth. The ultimate mind expansion is mind over matter. Gary used guided imagery to prepare the group for a firewalk. I was surprised at the lack of anxiety I felt before the walk. The first person to walk was Gary, then Marcella Vonn Harting, whom I had just met. Her "no-mind" "no hesitation" spirit inspired the group to move through the fire pit. I had to stay tuned-in for

the right moment to trust God's whispers. I made it! Then it became just as important to see others walk the pit and get the "big win."

This program was a profound experience. I had the chance to spend time with Marcella Vonn and learn about Conscious Language and Mind Mapping.

The whole experience has helped me pay attention to what I am focusing my mind on and how I am speaking.

Michelle Ropczycki

The Doctors Forum

By Dr. Ken Krieger

Why do some women have painful menstrual cycles? Let's assume there are no pathological considerations causing the painful menstrual cycles which include sexually transmitted diseases and psychic considerations.

PHYSIOLOGICAL CONSIDERATIONS

The pain of primary dysmenorrhea (painful menstruation) is really unknown in its etiology for the most part. However there are many considerations we can look at to trace the reasons behind the cause of the pain. The pain is either sharp and cramp-like or a steady dull ache appearing 24 to 48 hours before the menstrual flow, having persistence in various time frames. Premenstrual tension, irritation and depression, as well as painful breasts, abdominal distension, nausea and vomiting, are often part of the total picture. In secondary dysmenorrhea, symptoms tend to increase in severity during the menstrual period and the pain is usually a bearing-down type which spreads to the back and thighs.

TREATMENT

The premenstrual tension which precedes the painful menstrual period is invariably involved with calcium metabolism. Studies reveal a gradual, but steady drop in serum calcium levels starting about ten days before the menstrual flow. This calcium deficiency is a stress condition and the adrenals are affected in a manner causing retention of salt and water in the body with resulting headache, depression and edema (swelling) in various parts of the body. Once the menstrual flow begins the calcium loss is even greater causing further cramps in the uterus and body musculature. The use of Coral Sea calcium, which is readily utilized, will relieve these premenstrual and menstrual tensions and many times will eliminate the cramping. Others will find their hormonal levels are out of balance and they are not producing the proper amount of progesterone, and have high levels of cortisol, also playing a role in monthly cramping cycles. Others will have a low amount of thyroid hormone inhibiting the bodies ability to rid the high

Imagination

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Before developing a system for active imagination, I was just looking for proof my desire had a chance of happening. I now know, if I desire it from my Heart of Hearts, it is my Divine self already presenting it to me. If I am aware of it as a desire at all, my desire is already here. Trust in your Creator. Find out how powerfully loved you already are.

"Imagination is more important than knowledge"
Albert Einstein

"You can't depend on your judgment when your imagination is out of focus."
John F. Kennedy

Robert Tennyson Stevens is the creator and facilitator of a unique curriculum of personal and professional empowerment technologies, trainings, and support materials.

Contact Robert at: *Mastery Systems Corporation*
1000 Howard Gap Road Hendersonville, NC 28792
Phone: 828-698-7800 Fax: 828-698-7888
www.masterysystems.com

levels of water build up. If you are taking at least 2,000 mg of calcium per day, there should be adequate calcium reserves. If you begin to cramp, then take 1/2 teaspoon every 2 hours for a 6 hour span. Stop for 4 hours and begin the calcium cycle again. If you haven't had salivary hormone testing performed, and you suffer from painful menstruation, it is a must. If you choose to have your hormone levels tested, you can contact me at my office.

The lack of Vitamin D is another consideration if you don't live in an area of abundant sunlight. I recommend Mineral Essence to acquire elemental trace minerals and Vitamin D. You do not have to suffer "it's that time of the month again, and here come the cramps" syndrome any more.

Yours for better health, naturally, Dr. Krieger

Dr. Krieger is a Chiropractic Physician in Phoenix, AZ. He has been in private practice for 30 years, and is in continued research on the benefits of nutrition, posture, exercise, spinal mechanics and the use of essential oils for the benefit of his patients. Reach Dr. Krieger at Phone: 623-561-2478 or Email Drkriegerstria@aol.com and www.arizonaspinedoc.com.

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Marcella Vonn & Jim Harting
8714 N. 58th Place
Paradise Valley, AZ 85253

Phone: 480-443-3224

Fax: 480-443-0302

Email: mvonn@aol.com

www.marcellavonnharting.com

Sponsor # 9248

www.youngliving.org/mvonnharting

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Imagination (Part II) By Robert Tennyson Stevens

 Imagination is our pre-view of what is to come. When we pre-tend we tend to our future until it becomes our current reality. Imagination, more than any other human function, defines our successes and our failures. (See February YNMEN for Part I).

True imagination requires a fully functioning endocrine system. Our body-mind-spirit is connected. If we have suppressed emotions, our endocrine system is potentially suppressed and instead of active imagination we will only try to imagine a new state of health, happiness, love, or abundance. Moving upscale is essential to freeing our creative potential and realizing our goals.

Nutrition, pure essential oils, healthy: relationships, foods, thoughts and environments all help. So too does our consciousness and where we place ourselves in relationship to our desire. Wanting it, needing it, trying to get it, getting close to it, working hard to get it, getting others to give it to us, deserving it, ready to receive it, are all self-sabotage. Having it, enjoying it, and living our lives with and from our Heart's Desires are the only way for IT to

exist in our worlds.

The questions we ask ourselves can help us access a new state of consciousness about our desires.

Ask yourself, "Now that I am (healthy, happy, wealthy, loved, loving, etc.) what is my life like? What is new and different now that I have _____ in my life? Who is with me? What are they saying to me?"

Imagine 'from' this new place. Come 'from' you already have/are/enjoy your new state and your subconscious self will believe you are already the state you have previously focused 'on' (instead of 'from').

If you find you choose to increase your understanding, imagine you already understand, and ask yourself, "Now how do I feel?" The shifts in consciousness are simple and profound. Our sub-conscious mind gives us our reality from where and when we are imagining. Imagine already being successful. Scripture says, "I have ways ye know not of." Instead of focusing on how, focus FROM WHAT you choose.

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