

# Yes, No, Maybe Essential News

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## TOO BLESSED TO BE STRESSED

By MARCELLA VONN HARTING

**C**HOOSE TO FEEL GREAT? PRACTICE GRATITUDE EVERY DAY.

What would life be like if we were to have Thanksgiving more than one day in November? I have learned much about gratitude from studies showing grateful people are healthier and more likely to maintain friendships, and that it is physiologically impossible to be stressed and thankful at the same time. Young Living has created and provided us with a great tool to anchor in the feelings of gratitude with the essential oil **GRATITUDE**. This has become my favorite oil, and I use it by

scenting all material, and letters mailed from my office. I also put the oil on my business cards. Here are some suggestions to get the mind-body-soul benefits of gratitude daily.

### **GRATITUDE LIST**

Write down on paper the things you're thankful for, your spouse, your kids, your friends, your garden, your job, your home, there are so many things . . .the sunshine, the air, the Young Living essential oils and products, Mary and Gary Young, the company and all it's employees who work for you! Ect...ect...

This list gives your attitude and energy a boost.

### **TALK TO & VISIT**

someone you are grateful for. It can be something that happened or someone you encountered that day, or something about life in general. Research by positive psychologist Martin Seligam found

that people who do this are measurably happier even one month after the visit. Call the people in your Young Living organization and let them know how much you appreciate them and their business.

### **GRATEFUL PEOPLE ARE MORE LIKELY TO MAINTAIN FRIENDSHIPS**

It is easy to overlook the little things people do every day. Thank them on a daily basis. Be specific about what each person does that you're grateful for.

I am personally grateful for each and every one of you in my Young Living organization. I give thanks daily for the abundance and heartfelt communications I share with so many of you. My little book **THE HARTING TRAINING SYSTEM** is the gift I give back. Thank you for all you do for me and my family and for just being you.

I love you,  
Marcella Vonn

"In our daily lives, we must see that it is not happiness that makes us grateful, but the gratefulness that makes us happy."

—Albert Clarke

It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.

—Morarji Desai 1896-1918, Indian Statesman, Prime Minister

Understand that you, yourself, are no more than the composite picture of all your thoughts and actions. In your relationships with others, remember the basic and critically important rule: If you want to be loved, be lovable. If you want respect, set a respectable example!

—Denis Waitley 1933-  
American Author,  
Speaker, Trainer, Peak  
Performance Expert

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## Marcella Vonn Harting's Mission Statement

**M**y 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

**S**ub rosa is Latin for "under the rose," which means to keep a SECRET.

The secret of alchemy is the Secret of the Rose and the rose family of plants originating from the true rose (including the AL-MOND).

The Secret of the Rose is its connection with SILENCE, the regenerative delta brain wave state of true healing (one to four cycles per second).

This is known as the Secret of the Golden Rose (silence being golden and speech silver).

Rose oil is best used at Heart Time (11:00 AM-1:00 PM).

Rose flowers are picked before dawn because they lose approximately 30 percent of the essential oil when picked later in the day.

The time of "loss" for a plant is actually the time of nutritional and/or therapeutic bioavailability - the transformation from storage to USAGE..

In an ideal world (ideal and perfect are not synonyms), any food is best harvested one growth cycle ahead of its USE:

(1) something eaten in the morning is best picked the previous evening; (2) something eaten in the afternoon is best picked the same morning; (3) something eaten in the evening is best picked the same afternoon.

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Basil oil (oil of *Ocimum basilicum*) is a pale yellow oil commonly used as a respiratory remedy.

Less well known are basil oil's CARDIOTONIC effects.

Basil is a symbol of love because the leaves are heart-shaped (an example of the Law of Signatures, aka Geometric Body Resonance).

Basil is also a symbol of fertility, associated with the Stomach, Small Intestine, Circulation-Sex (Pericardium), and Liver acupuncture meridians.

(Using Acupuncture, the cardiotoxic effects of basil oil affect the Pericardium via the Small Intestine.)

Some people take a drop or two of basil oil in strawberry wine as a heart tonic.

This works best between 11:30 am to 1:00 pm during Heart Time.

Some people take a drop or two of basil oil in olive oil with pine nuts. Sounds like pesto to me.

This works best between 11:30 am to Noon during Transition Time.

(Consult "Yes, No, Maybe" Chronobiotic Nutrition to find out what terms like Heart Time, Transition Time, and Geometric Body Resonance mean.)

In the case of heart health, Transition Time is also Pesto Time.

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 or to contact him about his column by writing to the following address:

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# The HARTING TRAINING SYSTEM

**M**arcella Vonn Harting has released her latest book entitled *The HARTING TRAINING SYSTEM*. The book is designed to assist people to achieve success as a Young Living distributor.

Synchronistically, achieving success in one area of life often translates into other areas such as relationships, personal fulfillment, and contribution to others.

The *SYSTEM* is a compilation of Marcella's twenty plus years of learning what does produce results. Marcella states in the Introduction, "(the book) is designed to teach you how to be successful even faster than I have been."

The titles of some of the chapters demonstrates the varied focus of materials presented: How to Get Started, Determine Where You Are Right Now, Dreams and Goals, Mastering Decisions, The Driving Force of Human Behavior, Compensation, Leadership and Resources.

An anonymous quote in the book states, "Life isn't about finding yourself, life is about creating yourself." Marcella gives the tools to determine where you are and choose where you desire to go. She presents information on setting a course you create for yourself, how to do it and how to stick with it.

The *SYSTEM* isn't purely "how-to". In a story called "The Price of the Promise" the four "major enemies" are discussed, along with success stories of several who have recognized these "enemies" and persevered.

**C**hoosing to assist her organization in reaching their personal and financial goals, **Marcella Vonn Harting is sending each person who has reached the position of Executive or above in her Young Living organization a copy of her new book, *The HARTING TRAINING SYSTEM*.**

Marcella says, "Building a successful network marketing business is really building relationships."

In addition, in an effort to support and connect with people who choose to embody the principles and disciplines Marcella teaches, she is offering to train distributors in her *SYSTEM*.

Marcella says, "If you have ever asked yourself, 'Can I really do this business?' This is the place to answer the question and now is the time to Step Up into being the person you have always known was there."

With a minimum requirement of 25 people, Marcella will come to your town and present her one-day Leadership Playshop featuring *The HARTING TRAINING SYSTEM*.

If interested contact Marcella on her web site [www.MarcellaVonnHarting.com](http://www.MarcellaVonnHarting.com) or phone her at 480-443-3224.

**For those of you who choose to purchase more books, they are available with discounts for orders of 2 or more. See next column.**

## **The HARTING TRAINING SYSTEM:**

1 book \$ 14.95 each.  
2 to 24 books \$ 11.95 each.  
25 to 49 books \$ 9.95 each.  
50 to 99 books \$ 7.95 each.  
100 or more books \$ 5.95 each.

Send US funds in check or money order to:

**Marcella Vonn Harting  
4650 East Thomas  
Phoenix AZ 85018**

Add \$3 shipping for 1 book sent to a US address. If ordering in quantity, phone 480-443-3224.

## **One Day Leadership PLAYSHOP**

**W**hen you do the things you enjoy, becoming an extraordinary leader and building a successful Young Living business can be fun and fulfilling. Discover the joy in having a thriving business based on your own personal style and create results well beyond the ordinary. You can experience an exhilarating path to greater financial rewards, enhanced by new and meaningful truths and insights about yourself and others.

Marcella Vonn Harting has created a one-day Leadership PLAYSHOP based on *The HARTING TRAINING SYSTEM*. The program gives you the opportunity to embody the information she presents in the training book by "playing" with her in an experiential setting. If you are interested in having Marcella come to your area for a training phone her at 480-443-3224 or email [mvonn@aol.com](mailto:mvon@aol.com).

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★ Enclose check and mail to Marcella Vonn Harting, 8714 N. 58th Place,

★ Paradise Valley, AZ 85253. Check Number: \_\_\_\_\_.

### July Advancements continued

#### **EXECUTIVES**

BRIANA ROSE HELLMAN  
CARLA GOLDEN  
CESLIE BULLOCK  
ELOISE J GUINN  
GARY OR LUDEAN  
GLORIA MILLER  
INC. NAKED EMPEROR  
JANE MOBLEY  
KELEE EISELEIN  
LOIS A. STROBEL  
PAULA MEKIS  
ROSE MARY BLESSING  
SANDRA GAIL  
SARAH K. PUCKETT  
SUSAN ELIZABETH  
SUSTAINABLE HEALTH  
VIVIAN LIANG

### August Advancement

#### **SILVER**

EVA FRANKLIN  
JDJ & RA PORKER

#### **EXECUTIVES**

ALICE S COYLE  
ANGELA FRANKLIN  
CENTRAL MAINE  
GREGORY DEGENHARDT  
INC PARADISE HEALING  
KAREN DUEWEL  
MARGARET MITCHELL  
NEENA LOVE  
OPB CONSULTING  
RANI SO  
SARA MORGAN  
SHERALYN GALE  
WANDA JEDRZEJEWSKA

## RECOGNIZING HARTING'S LEADERS

### April Advancements

#### **SILVERS**

SUZANNE GOSSETT

#### **EXECUTIVES**

ALTHEA RALSTON  
CHAD SATLOW  
CHRISTINE CARLETON  
DEBRA WOOLERY  
DENISE A PILLER  
DOROTHY FITZ-  
PATRICK  
JACQUELYN M KEANE  
KATHLEEN HAWKIN-  
SON  
KATHLEEN MEECH  
LORI FORNEA  
MICHELE EDGSON  
SAMANTHA LYNN  
GOHL

### May Advancements

#### **GOLD**

BRENDA M SCHULER

#### **SILVERS**

CAROL HOLDEN

#### **EXECUTIVES**

CHERYL MCELLI-  
GOTT  
CHRISTONYA HILL  
DEBORAH SYZPONIK  
JEAN STRUZYK  
REBA HALL  
RUTH PONTVIANNE  
SUSAN M PEDERSEN  
TIM OR BEA CAMP-  
BELL  
URBAN ZEN

### June Advancements

#### **GOLD**

ARTEMIS 184692 PTY  
LTD

#### **SILVER**

ELAINE TURCZYNSKI  
JANET KNIGHT

#### **EXECUTIVES**

DANIEL BENDA  
JAMES R WILSON  
REBECCA PRECIOUS  
SALLY SHULTIS

### July Advancements

#### **SILVER**

KATHERINE CONRAD  
MARLENE ESHLEMAN  
MICHELLE BULPITT  
NATALIA GABRIEL  
VICKI OR RONALD