

New Year - New You

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New year's resolution- this is the time of the year for reflection. It's an annual ritual for millions of us to honestly reevaluate the last 12 months and set or adjust goals and priorities. Turn to the New Year with a clean slate- a time to start over, start again; to make a decision about how they choose to change their life's. Eat healthier, start exercising, lose weight, manage their time better, be a better parent, friend or spouse...ect.

There's something that's ever refreshing about new beginnings, they're blessing.

We seem to need them and life seem to have invented itself to always bring us back to a clean start- a new day each morning, new chances to love ...to be real, to risk, to step into our destiny and of course a new year to begin over dreams and visions once again.

Millions of us making new year's resolutions are envisioning a different life taking shape this year. We, really sincerely mean it. And yet, experts tell us by the end of January only 10% of

people are succeeding at keeping their resolutions.

There are 10 reasons that 90% of people fail in their new year's resolutions. Any one of them is enough to sabotage your success

1. Not writing resolutions down on paper.
2. Procrastination
3. Going it alone
4. Not enough knowledge to make a plan
5. Lack of focus
6. Discouragement
7. Those inevitable obstacles
8. Too vague
9. Laziness
10. Emphasis on negatives, not positives.

Every successful project or achievement, no matter how large, is nothing more than the sum of little actions, pursued diligently, over and over again.

I gave you 10 reasons that people fail in keeping their new year's resolutions. Now I will give you 10 simple steps to support you with success.

1. Write down your resolution
2. Resolutions require conquering procrastination
- a. Every day do something towards your goal

3. Support is essential to achieving your resolutions

4. You need a detailed plan for achieving your resolution

a. Success is not an accident. It begins with a well-conceived plan.

5. Your resolution must be specific and measurable

6. Making resolutions personal and meaningful

7. You must refuse to let obstacles slow you down

8. Use positive reinforcement to keep your resolution

9. Resolutions need regular checkups

10. Becoming a person of action is key

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young, the greatest thing in life is to keep your mind young"

-Henry Ford

I personally look forward to serving and being a resource for you with your Young Living resolutions.

Marcella Vonn Harting

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Find Your Style

Find your niche and stick with it when building your business. I am a Holistic Veterinarian and 14 years ago I started using essential oils in my practice. At the time it was not to build a business as much as it was to help out the animals. I wanted to know as much about the oils as I could. I attended every event I could and read all the books I could. I was looking for the person who knew how to use the oils in animals. 14 years later some lovely healers pointed out that I had become that person who knew about how to use oils in the pets. I then developed the first ever course in Veterinary Aromatherapy.

I had been trying to build a business the regular networking way by telling people how great the oils are. I wanted to keep it duplicate -able to help others be able to copy the sponsoring techniques and therefore build their business. I was not successful in this. Both times I built large profitable legs it was from me offering seminars on using the products. Once I stuck to my way of educating people on the great potential of oils my business exploded.

Over the last 18 months I have developed a series of webinars to offer my down line to learn about the essential oils and plug their newly interested friends into. I was able to build another successful leg in a very short time. With in 7 months I was silver. I have designed the webinars to give insight into how I use the oils in my practice and how you could in both animals and by extrapolation in humans as well. People got excited about the products and how many areas in their lives they could use products to change their lives.

The webinar format made it simple and easy to plug into and learn. Simply go online to my website, www.nancybrandtdvm.com and click on online education and then webinars. You sign up and pay right on the site. The fee

covers the cost of putting the webinar on. It saves a lot of money since you do not need to travel to learn. The Calendar are webinars are listed and you can click through to the shopping center to register.

Building your business should be about helping empower others to fully treat themselves to the full smorgasbord that Young Living has to offer. I have done webinars on making your own household cleaners to clearing emotional baggage via your pets' energetic field. I have webinars on wellness and detoxification. I have webinars on using oils in the later years and even hospice. I am constantly developing new material and presenting the on going clinical research from my institute so visit often for new topics. Please email me if you have a topic of interest at vetaroma@gmail.com. Do not try to reinvent the wheel, if you have an opportunity plug into the webinars and learn just like I did years ago and pass them on as a building tool to everyone you know. The best starter class is the "Benefits of Essential Oils". Downloads of the live webinars are in production and hope to hit the website soon.

Dr. Nancy Brandt

Holistic Veterinarian

Natural Care Institute LLC

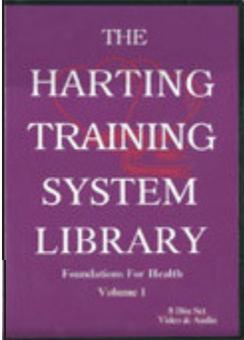
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	<p>Products sold through CrownDiamond Tools.com Volume 1 - \$49.95 (8 Disc Set)</p> <ul style="list-style-type: none">•Feeling Kit (63 Min)•True Source (52 Min)•Enzymes (55 Min)•Unconscious Mind (54 Min)
<p>The Harting Training System Library CD Set</p>	

Melissa Essential Oil

Melissa and its essential oil have been used for Life Extension since before the time of the renowned physician Paracelsus (1493-1541), who also recommended it for that purpose (and for “strength”).

Melissa Essential Oil is a stressbuster and antianxiety agent, especially when used at Small Intestine Time (1:00-3:00 pm).



The human brain is designed to “cruise” at Small Intestine Time, and, in many cultures, it’s “Siesta Time.”

It’s the “Second Shift” of the Parasympathetic

Nervous System; the “First Shift” occurring at Liver Time (1:00-3:00 am).

Stress plus a drastic deficiency in vitamin C equals herpes, so now you know why therapists treat herpes and warts with vitamin C-rich Melissa Oil at this time of day. In Europe, a drop of Melissa Oil is added to red wine, for synergism with the anti-herpes agent resveratrol.

Tomato juice (containing a heat-resistant form of vitamin C) and molasses (containing iron) at Small Intestine Time is used for herpes also. Vitamin C is a really a chelated form of iron, but you won’t find that anywhere in books. A person with herpes gets a consolation prize of being more immune to melanoma than average.

Herpes is not the “highest choice” for melanoma immunity, so perhaps we’ll discuss alternatives in a forthcoming article.

Atom Avive Bergstrom

(available for lectures & workshops if you can find me). Email Atom at www.atom_2330@yahoo.com



January 1 to 31, 2011, when you place a single order of 185 PV or more.

Marcella Vonn's Mission Statement



My mission is merging science and miracles by weaving state of the art knowledge of essences, Chronobiotic™ Nutrition, bodylanguage, 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.

NOTES:

You can follow Marcella's travels and learn where she 's presenting her next program by logging onto her website www.marcellavonnharting.com and checking her

Calendar.

Check into Marcella's blog for her latest thoughts and guidance on using essential oils and building your Young Living business.

Recognizing Harting's Leaders

August 2010

GOLD

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QUARTUS FOUNDATION

SILVER

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LORRAINE CHAMPAGNE

RANDY BOSTROM
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ROSANA LORENA
SIM MEI YIN JANA
TODD JOHNSON

October 2010

DIAMOND

BMS-HEALTH CONCEPTS
DOUBLE EDGE SYSTEMS
GIRIJA & HAL TROPP

SILVER

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SILVIA DE ALBA
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November 2010

GOLD

DOUBLE EDGE SYSTEMS
GIRIJA & HAL TROPP

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DENISTONE SPRINGS
INC ARTHUR'S
JACK WANAT
LISA KATHLEEN OR
RAYNA GANGI
ROBINGAYLE AND
SHARNAEL WOLVERTON
UPRIGHT HEALTH
CONTINUED NEXT ISSUE

Yes, No, Maybe Essential News

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