

# Yes, No, Maybe

## Essential News

### Moving In Better Directions by Marcella Vonn Harting

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Marcella Vonn Harting and Anita Tamboli

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In the economy of today let's get serious; our results are only as good as the plan. It is not what happens that determines the major part of our future, because what happens happens to all of us. Instead, the key is what we do about it. Let us start the process of change by developing a plan, doing something different than what we have been doing. The fact is when we look at successful people; you will almost always discover a plan behind their success.

To be happy in life and succeed, it's important we set ourselves goals to strive for.

Once we know where we choose to go and where we are we can determine where we choose to be and take the necessary steps.

It's essential that we set goals in the way our brains operate, known as "well-formed outcomes," or what I call "well-formed directions." The reason for this is that, when we

achieve an outcome, it's finished; where as when you go in a direction, you continue to do better, get better, and feel better. So the art of setting well-formed directions is being mindful of what your various outcomes are and then setting thing up so that you will go in a fantastic and useful direction as you achieve each of your outcomes. This is real-life design. What do you choose in the long term? Are your actions leading you into the life you choose to live? Well-formed directions must be what you do choose and not what you don't choose. They must be specific and sensory based. You must know what you will be able to see, hear, and feel when you achieve your outcomes and when you are going in the right direction. The direction must be something you have the power to do and be something that is in your control. Finally, the well-formed direction is something that is ecological. In other words, it is something that is well

thought out and is worth achieving.

I have some examples of certain questions that will prompt you to become clear about your well-formed outcomes or directions.

**Positive:** What do you choose? What direction so you choose to go in?

**Specific:** What exactly do you choose? What specific direction do you choose to go in?

**Sensory based:** How will you know when you are going in that direction? What will you be seeing, hearing and feeling?

**In control:** How much of going in this direction is under your control?

**Ecological:** How will going in this direction affect you in the short and long term? Is it worth it to go in this direction?

When you filter your goals through these areas and questions, you gain a clear focus on where exactly you choose to go.

See you at the top,  
Marcella Vonn Harting

## 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.

## Essential Oils for Pets

**A**fter 12 years of putting together protocols for Pets and Essential Oils the one fact is that therapeutic grade essential oils can be used for almost any issues with animals and enhance success of what ever else may be prescribed. The second fact is that animals CAN be hurt by essential oils.

Now with the universal ease of knowledge and attainment of essential oils many are using them in their pets and suggesting them routinely to the beginning aroma enthusiast. I am receiving more and more calls on side effects of the mis-prescribed and use of essential oils. This is launching a crack down in the Veterinary professional world that is leading to an anti-aromatherapy crusade.

I have had clients bring in pets that essential oils have been applied to, by others, and have caused 3<sup>rd</sup> degree burns on their skin. Why is this happening??

Mis-educated lay and professional animal lovers. Poor quality oils.

Inappropriate techniques extrapolated from what is done on humans.

Upcoming articles will all be taken from my course in Veterinary Aromatherapy and book by the same title and my last 12 years of consultation in aromatherapy from the vantage point of being an holistic veterinarian.

When I put the course together I realized how many differences I have implemented after using them daily in my practice.

**RULE ONE:** DILUTE the oils. LESS is better. Animals noses work better so DILUTE, DILUTE, DILUTE.

**RULE TWO:** NEVER put them on animal's feet.

**RULE THREE:** Educate yourself properly.

Next issue: More Rules.

### Dr. Nancy Brandt

Holistic Veterinarian  
Natural Care Institute LLC  
4845 S. Rainbow Blvd., #403  
Las Vegas, NV 89103  
Phone: 702.617.3285  
Web site:  
www.nancybrandtdvm.com

## Reasons To Attend Convention:

**The Legend:** Gary Young, our founder and the foremost authority on essential oils.

**The Guest Speakers:** Dr. Tieraona Low Dog, an expert on plant medicine and dietary supplements. Colette Carlson, an expert on how to communicate, find balance and Speak Your Truth. Kurt Schnaubelt, a leading expert in aromatherapy and alternative medicine.

**Special Events:** The Product Expo and Demo Stage, NingXia Red Bar and Party, and a Young Living Spa

### Educational Opportunities:

Yoga Essentials by Rodney and Colleen Yee;

The Mind-Body Connection by Dr. David Stewart;

A Dangerous Flame, about inflammation and essential oils, by Marc Schreuder

Insulin Overload by Dr. Tom Reed

Essential Oils Healing & Relief, a case study, by Dr. Larry Padgett & Dr. Jamie Naughtright

And many, many more including emotional well-being, pet health, successful online marketing strategies, hosting a home experience, building and leading your "dream team", energize, fortify, and replenish your business with NingXia Red, aging gracefully and financial management.

**Six New Products! Essential Oils Kids Camp!**

**Spectacular General Session—with a ton of surprises!**

**Make a difference at convention**, The D. Gary Young Foundation hosts the first ever Young Living Auction!

**Register to attend Convention today**  
**Phone 1-877-505-0688 or go to [www.youngliving.com](http://www.youngliving.com)**

# POWER NAPPING WITH LAVENDER

**POWER NAPPING WITH LAVENDER** (Living Liver Lipids Lividly with the Love of Lavender)

Wouldn't you love to fall asleep in a field of lavender?

Would you do it in daytime or nighttime?

The two key regenerative times of the day are Liver Time (1:00-3:00 am) and Small Intestine Time (1:00-3:00 pm).

Sometimes I prefer to call the first Liver Glycogen Time and the second Liver Biliary Time, which is physiological true.

1:00-3:00 pm is "siesta time" in most places in the world.

The best relaxant for Small Intestine Time is lavender oil.

Many etymologists say that the word lavender de-

rives from the Latin verb *lavare*, "to wash."

Yes, No, Maybe.

Many other etymologists say lavender derives from the Latin *livendulo*, *livere*, and *lividus*, all meaning "livid" or "liver."

"Livid," "liver" "lipid," and "living" all share complex Latin-intermixed-with-Greek common etymological origin.

Due to space constraints, I'll leave it for the reader to look up the entire word history on the Internet.

"Livid" is code for the chakra system, which is why *livid* (like the liver) is such a shape-shifting word: "livid blue," livid red," livid purple," "livid white," etc.

(The chakra system is in the SKIN, not in the SPINE, but that's another

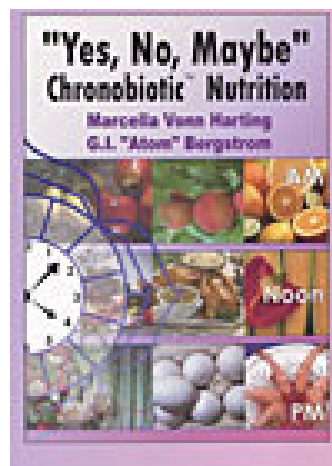
story for another day.)

"Livid" is also code for the liver, the origin of "controlled rage" (courage) and "righteous indignation" on the high road, and "livid with anger," "livid with rage," and "livid with fury" on the low road.

Long story short, put lavender oil in your diffuser at Small Intestine Time (1:00-3:00 pm) and take back control of your biliary system with a power nap.

Lavender is the perfect oil for Small Intestine Time, in the heat of mid-afternoon, which is why it's so good for (of course) ... BURNS.

By **G.I. "Atom" Bergstrom**, coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting.



By Marcella Vonn Harting and G.I. "Atom" Bergstrom

*Knowing whether an essential oil derives from a tree, bush, or root gives important clues about its use.*

## Product Tips from a Distributor

My product tip is for the Thieves spray: I was visiting my sister out east this past summer and she was having a bad problem with ants on her kitchen counters. They were getting into everything no matter how good they were covered. You couldn't leave anything out on the counter. I just so happened to have my thieves spray with me and over about 1-2 days, whenever I would wipe the counters down and cleanup

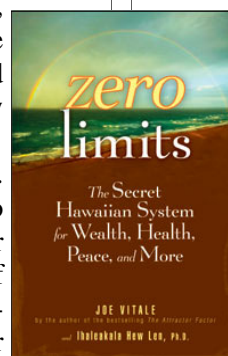
I would also spray the thieves spray on the counters. After that there were no more ants for the rest of my visit and from what my sister told me, I believe the rest of the summer! I also like to use it as an air freshener, I like the smell. My sisters whole house smelled really good.

Another use is that when I feel like I am getting a sore throat I spray my throat with the thieves spray and that takes care of it!

*Renee C Grimm*

## Marcella Recommends

**Zero Limits**, The Secret Hawaiian System for Wealth, Health, Peace, and More by Joe Vitale and Ihaleakala Hew Len, PhD.



"Here are two . . . proven ways to heal yourself (or anyone else) of anything you notice. Remember that what you see in another is also in you, so all healing is self-healing."

Self I-Dentity Ho'oponopono creator Mornnah Nalamaku Simeona's work is presented in an easy to understand and apply manner for all who are interested in this path of healing and forgiveness. Joe Vitale of *The Secret* fame and Dr. Hew Len, a psychologist who helped heal an entire ward of mentally ill criminals, details the simple four-step process.

Marcella Vonn & Jim Harting

8714 N. 58th Place

Paradise Valley, AZ 85253

Phone: 480-443-3224

Email: mvon@aol.com

Web: www.marcellavonnharting.com

This newsletter is published on the website.

Back issues are also on the website:

www.marcellavonnharting.com

## Recognizing Harting's Leaders

March 2009

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**For Updated Rand Advance-  
ments go to the website!**

May 2009

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