

# Yes, No, Maybe Essential News

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## Aromatherapy and Stress By MARCELLA VONN HARTING

**T**OO OFTEN WE UNDERSTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.”

LEO BUSCAGLIA

### AROMATHERAPY AND STRESS

True wellness involves a healthy balance between mind, body and spirit. Thought, beliefs, and emotions have a fundamental impact on our immune system and basic wellbeing. Could you be suffering from stress

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overload? Stress symptoms not only cause individuals and their families considerable suffering and distress, they also create a substantial burden on the community. **WHAT IS STRESS?** Stress is defined as the adverse reaction people have to excessive pressures or other types of demand placed on them, and is caused when there is a mismatch between demands made and the individual's needs and their abilities and resources to meet those demands. We can all benefit from healthy pressure that stimulates and motivates. Extreme, persistent and unrelieved pressure however, can lead to stress. Feelings of anger, fear, and frustration can cause a variety of short and long term illnesses.

Relaxing the mind is the natural complement to relaxing the body. This is when aromatherapy can be a wonderful resource.

I will list just a few (a dozen) of the many essential oils that can compliment the mind and the body.

**LAVENDER** has a sweet, floral and herbaceous aroma that calms and soothes while energizing. Speeds healing process and strengthens the immune system. Soothes anxiety and fears, eases anger and frustration, reassures and comforts. Stimulates personal renewal and inspiration, brings clarity, peace of mind, and emotional balance.

**FRANKINCENSE** a sweet, balsamic aroma that is stimulating and calming to the mind and emotions, Useful for visualizing, improving one's spiritual connection and centering. Clearing and protective, purifies the body and the soul, manifest the presence of the Divine, excellent for meditation or worship, expands consciousness, allows the

spirit to soar, spiritual self discipline.

**LEMON** refreshing and purifying citrus scent that is revitalizing, uplifting and cleansing. Brings in optimism and humor. Relieves depression and confusion. Restores , mental clarity. Good for mental fatigue. Increases the ability to memorize and improves intellectual performance. Carries solar vitality to the soul.

**PEPPERMINT** minty, stimulating, energizing, enlivening and vitalizing. Invigorates the mind and concentration, stimulates mental alertness and focus, dissolves frustration. Clears the mind, refreshes the spirit and emotions, inspires discernment, eliminates negative thought forms.

**ROSE** floral, relaxing, sensualizing, nurturing, and uplifting. Awakens the heart, beauty and harmony, good for post  
**Continue on Page 2**



## 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**

**Continued From Page 1**  
natal depression, sadness and grief, helps relieve relationship issues. Strengthens the physical heart and circulatory system.

**JASMINE** floral, relaxing, uplifting optimistic and euphoric. Instills confidence, optimism and emotional balance. Eases depression. Stimulates creativity and imagination. Aids creative thoughts and restores values to a soul level.

**CEDARWOOD** woody, centering, steadying, strengthening and empowering. Strengthens and fortifies the will and wisdom, calms tension, nerves and mind. General tonic for the body. Grounding, promotes clarity, dispels negative energy, connects to the Divine.

**NUTMEG** spicy, invigorating, warming, comforting and motivating. Used for digestion and kidney challenges, circulation, muscles and joints, nervous fatigue. Awakens a new strength and vitality. Encourages flexibility, detachment and eases the pain of loss. Liberating and comforting.

**MYRTLE** camphoraceous, stimulating, revitalizing, dispersing, and renewing. Good for use with pul-

monary and urinary infections. Assists with relieving addictions and self destructive behaviors, relieves feelings of anger, fear or envy. Opens access to stored knowledge, aligns energy centers.

**LEMONGRASS** fruity, reviving, mellowing, harmonizing and cheering. Tones and regenerates connective tissue and ligaments. Strengthens vascular walls. Lifts the spirits, stimulating and energizing. Relieves stressful conditions.

**GERANIUM** floral, relaxing, balancing the mind and emotions. Eases anxiety, depression and mood swings. Alleviates chronic anxiety and nervous exhaustion, allows intimate communication, eases frustration and irritability. Lifts the spirit and has a centering effect/ encourages imagination, intuition and sensory experience, allows one to re-connect to feelings of life.

**YLANG YLANG** floral, relaxing, sensualizing, nurturing and uplifting. Good for circulation, eases depression, insomnia and anxiety, good for reducing fear and anger, calms the nerves and emotions, removes fear of intimacy. Balancing male and female energies.

More of us are living longer, the number of Americans who live to see their one-hundredth birthday has nearly doubled from 37,000 in 1990 to about 70,000 today, notes a report from the U. S. Census Bureau. It's the quality of our lives and the longevity that create a need for us to become more resourceful to the many ways to calm the stresses of your lives. Regular practice of meditation, aromatherapy, quiet time, ect...is much more than just a means to assuage stress; as the mind is stilled the body begins to heal and replenish itself, metabolic and hormonal systems become more balanced and harmonized, heart rate slows down and the automatic nervous system strengthens. It is, therefore, a simple yet profound way of boosting wellbeing, of achieving holistic balance and helping to find your true purpose in life. And one in never to young or old to benefit from aromatherapy.

Essentially yours,  
Marcella Vonn Harting

The above information was taken from "**Aromatic Essential Cards**" Available for purchase on Marcella's web site: [www.marcellavonnharting.com](http://www.marcellavonnharting.com)

## The Music of Essential Oils By G.I. "Atom" Bergstrom

**E**ating carotenoids THE CHRONOBIOTIC WAY increases human sensitivity to odors.

Carotene in a carrot is an example of a carotenoid. (A carrot emits blue light during degradation.)

"Eating" is processing the "pitch" (frequency) of foods by following the rotational angular correlations of sunlight.

(If you don't know what that means, you haven't read Yes, No, Maybe, and you're "disoriented in time.")

Vitamin A correlates to the pitch "A" in music, scientifically equal to 426.6 cycles per second, despite modern opera's distortion of the pitch A to as high as a biologically incorrect

460 cps ... a long way from Beethoven's 422.5 cps and Verdi's 432 cps.

Vitamin A, the musical pitch A, and the element zinc are all calibrated by working the Lung Meridian reflexes on the thumbnail (the left side is the "accelerator" and the right side is the "brake").

ChronoBiotic eating coordinates infrared vibrational frequency, which is why the odor of rose oil PLUS the odor of clove oil produces the odor of carnation oil ... midway between the frequencies of rose and clove oils.

Iodine PLUS vitamin A exposed to sunlight produces lycopene ... similar to the iodine PLUS quinine photoactive effect used in Edward Land's Polaroid camera.

The Music of Essential Oils by G.I. "Atom" Bergstrom, aka Attar the Aroma Alchemist. Atom can be reached by writing him at Two Creek Ranch, 1033 Willow Springs Rd., Fayetteville TX 78940. Submit your name and e-mail if you'd like to be notified about Atom's current workshop schedule ... and to receive a longer version of this article.

### Rise to Excellence

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### Young Living's Grand Convention, June 11-14,

before May 15 and qualify to earn Essential Reward points at the 20% level on all eligible convention purchases up to 500 points.

See YL web site or talk with a customer service rep for details. Experience every YL product!

## The Doctors Forum By Dr. Ken Krieger

**H**i.....I'M BACK!!

After a resting hiatus, I am going to share with you an essential oil that's one of my favorites.....Ravensara. This medium bodied oil is great for those of all ages. Yes, it is considered safe for use with children. As with all essential oils, care that you don't get any in the eyes is paramount!

The anti-viral characteristics of this oil, along with its use for infections is well noted, and used to a great degree in Europe. Taking a few drops in a hot bath before bed will, in many instances, ward off the flu symptoms, and general malaise that you may have built up due to the "burning the candle at both ends" syndrome. Ravensara has

been used as an antidepressant, and muscle tension reliever along with its benefits as a bronchial "cleanser" for Whooping cough, sinusitis, and the common upper respiratory difficulties.

When used along with other oils, (ie: Lavender), it can enhance the rejuvenation of the skin. In massage, it's combination with peppermint, Frankincense, marjoram, and Rosewood make for a great tension reliever!

Please, be aware that everyone reacts differently to essential oils, and the use of a combination of olive oil for skin application is prudent. Those with sensitive skin (especially children) should be mindful of using any oil neat (full strength), even though essential oils, like Ravensara

have no "contraindications" for use on children. Therapeutic essential oils, such as those derived by Young Living, are highly concentrated, and need very limited amounts for application.

Diffusing into the air during the night can be very beneficial with the bronchial irritations of allergies, congestion, and coughing, and should be done in no more than 15 to 30 minute intervals. Please time your steam and diffuser inhalation protocols! A little goes a long way, and you already know that MORE isn't necessarily better!

Ravensara.....a great essential oil! Try it, you'll like it!

Yours for better health, naturally.....  
Dr. Ken Krieger

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### RECOGNIZING HARTING'S LEADERS

#### January

Advancements

##### SILVER

KAREN L HOPKINS  
WORLD WIDE WELLNESS

##### EXECUTIVE

A DIAMOND TRAMMEL  
BRENDA WILSON  
DANICE CUMMINGS  
DAWN LORRAINE SALVA  
DIANA L MILLER  
HANNAH ELIZAABETH  
HILLARY SABIN  
INC MASSAGE &  
JOHN E. HENDRICKSON  
JULIE ANN BEHLING  
KAY FRASER  
LAURA HILDRETH  
LEONA N KLASSEN  
LINDA BAKER  
LYNETTE GOTTANI  
MARGIE WELSH  
MARIAN LUNT  
MARK G MEREDITH  
NUTRITION AND YOU  
TAMMIE KESSLER

#### February

Advancements

##### GOLD

GARY STRAUSS

##### SILVER

DIANNA M WALSH  
LONDIN WINTERS

##### EXECUTIVE

DEB JENSEN  
GAY DAWN ENGLISH  
JOYOUS APRIL MOOD  
NICOLE FRANKE  
QUALITY MARKETING  
RENEE C GRIMM  
TAMMY BLOMSTERBERG  
THE SCHOOL OF DNA  
TONY PERRONE

#### March

Advancements

##### GOLD

LILYPAD PRODUCTIONS

##### SILVER

LINDA SUE WOOLERY  
MOE WEBSTER

##### EXECUTIVE

BARBARA VOTAVA  
CAROL MERRITT  
DC MARK BAKER  
ELLEN JANZ  
HEALTHY WEST OR JOY  
JACQUE WELKER  
JULIANNA OR TERENCE  
NELLIE READNER  
SUE STERKENBURG  
SWICORP INC  
WILLIAM AND GRACE

### Don Clair

#### Reaching Silver — The FAST Way

**I tell everyone the same thing. Drink the NingXia Red and get on Autoship.** That is truly how I built to the Young Living rank of Silver so quickly.

When I first joined Young Living, I had moved to a new community and didn't know anyone, so I didn't have a built-in base of friends to share YL with.

I'll talk with anyone. I started talking with my neighbors and said, "Hi, I'm your neighborhood health resource. If I don't know the answer I'll find it out."

My strategy is to focus on helping people who want to reach Executive. They are the people I work with most.

Also, the products I share with people are all

renewable on a monthly basis. I talk about supplements such as NingXia Red, BLM and Sulferzyme. And, for all men in my age group, I tell them about ProGen.

With all these consumable products people see noticeable results. I tell people, "Test me. If it doesn't work out, I'll give you your money back." So I really don't share a whole bunch of things, just a few consumables that are used up in 30 days.

We did the same thing in the UK. We signed people up with NingXia Red and got them on Autoship.

**Don Clair** has a new novel, *The Longest Monday*. For signed copies go to [www.donclair.com](http://www.donclair.com)