

Yes, No, Maybe Essential News

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

Phone: 480-443-3224
Fax: 480-443-0302
Email: mvonn@aol.com
Web: www.marcellavonnharting.com
Sponsor # 9248
www.youngliving.org/mvonnharting

This newsletter is published on the web site and is available free. Published 4 times annually.

Yes, No, Maybe
Essentials, Chronobiotics™ &
Conscious Communications

We're on the web:
www.marcellavonnharting.com

Subscription Form

We **mail** to those who subscribe to the newsletter.

The subscription price is \$12 per year.

The newsletter is free at www.marcellavonnharting.com, “Newsletter”.

Name: _____ Email: _____

Address: _____ City: _____ State _____ Zip _____

Enclose check and mail to Marcella Vonn Harting, 8714 N. 58th Place,
Paradise Valley, AZ 85253. Check Number: _____.

Healthy Cooking with Saladmaster

Jael Tanti, known as “J”, shows people how to save time and money and improve their health by using 316L surgical steel pots and pans. The seven-layer heat distribution allows you to cook without oils (except for eggs which require a little oil)!

This “waterless cooking” enables you to cook low-fat nutritious meals that retain the natural taste of the food.

The product is Saladmaster, and “J” states the average nutritional retention is 93%. Much higher than using other cookware.

Once the lid is placed on a pan and the heat is turned up to medium. (Note: the recommendation is that it is not necessary to cook

above medium heat,) the temperature inside the pan rises until a vacuum is created and the Vapor Valve activates. “J” said this is at 187 degrees Fahrenheit. The heat is then turned down to low and the food cooks quickly in the sealed pan.

This efficient cooking method can increase energy savings up to 70%! And, the semi-vacuum cooking, can cut the time in half. “J” mentioned she can cook a roast beef in 45 minutes that would normally take 2 hours.

The best part is the taste of the food. “J” cooked for a group of us at Marcella Vonn’s home. Everyone loved the vibrant flavor of the vegetables, the one-pan main course and the fabulous apple cob-

bler all cooked, in separate pans, at once. Guests noted the color of the food was bright. “J” said with Saladmaster you retain the color in addition to the flavor. With conventional cookware you can loose the color, the minerals and the flavor.

The cookware is all-purpose as it bakes, broils and features detachable handles. The lids fit flat when placed upside down in their pans allowing for easy stacking and storing. The pans can also be used as elegant serving dishes.

To learn more about Saladmaster cookware contact Jael “J” Tanti at Happy Cooking Co., Ltd, Phone: 562-906-0554, Email: the-boss@happycookingco.com, Website: www.happycookingco.com

Yes, No, Maybe Essential News

Volume 5, Issue 3 www.marcellavonnharting.com July-August-September 2005

THE POWER OF A SMILE

By MARCELLA VONN HARTING

The power of a smile is hard to deny. A smile can warm the coldest of hearts. The absence of one can make the most loving person turn bitter. The power of a smile is huge and just one can change the world for so many. According to the dictionary, a smile is “A facial expression formed by flexing

muscles most notably near both ends of the mouth, but also around the eyes.” Many studies indicate smiling is an innate reaction, as children blind from birth, and even human fetuses smile. In 1963 Artist Harvey Ball created perhaps the most famous smile symbol, the yellow smiley face. ☺ ☺ ☺

It takes 72 muscles to frown. It takes 13 muscles to smile. A smile is a gift that surpasses all senses. This article is a conscious reminder of how a smile can penetrate all boundaries and open up hearts. Also, do smile when talking on the telephone; people can feel it on the other end. You might even keep a

mirror by your phone to remind you to smile. “We are what we repeatedly do. Excellence then, is not an act, but a habit.” — Aristotle So, remember to make your smile a habit and you’ll see how it will affect everyone around you. Have a day full of smiles, Marcella Vonn Harting

NingXia Red Ad Campaign

The NingXia Red Multi-Million Dollar Ad Campaign has one stated goal: “To sell a Billion Bottles of NingXia Red!” Why? To help change the world, one person at a time, by showing people how to increase their health and their wealth. The NingXia Red Executive

Published Quarterly

Editor: Anita Tamboli
email: atamboli@cox.net
Co-Publishers:
Marcella Vonn Harting
and Anita Tamboli
©2006 Yes, No, Maybe Essential News. All rights reserved. The opinions, conclusions or recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the publishers.

Team understands the awesome power of NingXia Red to help the body heal itself. We are passionate and driven about spreading the word, exponentially, to help heal our hurting families, friends, communities, and ultimately, our world. It's a big dream and a big vision, and we love dreaming big!

I was invited to be a member of the NingXia Red Ad Campaign Executive Team by Emmanuel Redding, fellow distributor and creator of the Ad Campaign. I met him in Utah about a year and half ago when we were flown to YLEO Corporate Headquarters to film testimonials for the NingXia Red DVD. (If you look for


me in the DVD, I'm the woman with the Afro and the pink sweater. Emmanuel is the man who says, "Everybody needs to have a secret weapon. I've found mine!")

The sale of shares in the campaign is being used as a vehicle to finance a National NingXia Red Television Advertising Campaign. Two thousand shares (minus those already purchased) are available. Each share costs \$255.00. A share entitles the shareholder to highly qualified prospects generated by our ads. We filmed television ads in New York earlier this year. They are being edited and will be used for our Television Ad campaign when we advance to that point. (Once we have purchased Television Ad

time there will be an as yet undetermined renewal fee per share to keep the advertising going and continue generating prospects.)

As a springboard to television we are currently engaged in a very exciting Radio Ad Campaign with WMAC out of New York. We are already generating very highly qualified leads. The current renewal fee is \$45/month for the radio ad campaign.

I have been using YL oils and supplements for three years. I only got serious about the business this year. Professionally, I'm a broadcast journalist, and have worked at CNN for the past 20 years. Everyone in my family is either a YL (continue on Page 2)

PAGE 2		YES, NO, MAYBE ESSENTIAL NEWS		VOLUME 5, ISSUE 3	
<div><div></div><div><h2>Marcella Vonn Harting’s Mission Statement</h2><p>My 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.</p><p>I am passionately committed to sharing the systems I use to embody personal fulfillment with my global family.</p><p>Marcella Vonn Harting</p></div></div>					
<div><div>Share Your</div><div>Pet Testimonial</div></div>		<div><div>The Doctors Forum</div><div>By Dr. Ken Krieger</div></div>			
<p>I am currently writing a book on the use of essential oils with pets. And, a second book is also in the works telling why (not just how) you would use holistic medicine and essential oils for pets.</p>		<p>Hello everyone....my wife and I just returned from a trip to Germany, Switzerland and Italy. I just have to share with you about the foods that are the mainstay of the diets in each country, and that each of these countries have a longer life span, and these countries are overall healthier than the USA.</p>			
<p>Anyone interested in sharing a testimonial for either book is encouraged to contact me. I would love to hear from you.</p>		<p>In Germany, the diets consist of a lot of beer, deep fried foods, high fat content, and a great deal of starch. In Switzerland, there is a great deal of dairy products consumed, and a lot of meat (RED MEAT). As you all know in Italy there is PASTA, PASTA and more PASTA!! Many desserts, and a "lot" of wine are consumed. Why then do the people of these countries live longer, and healthier overall? It seems that there are those same things in our diets in the USA! The greatest difference??? EXERCISE! Most people walk much more than we do, and thus the adage of burning calories is the mainstay of their overall health.</p>			
<p>Over the years I have helped hundreds of YLEO distributors expand both their knowledge and their income by looking at how to integrate the fabulous oils with animals.</p>		<p>There are very few obese people in Europe, and the United States is now the most obese country in the world!! What is your lifestyle? Do you exercise? Do you over eat? Ask yourself those questions, and if the answers aren't built around a limited caloric intake, and a good exer-</p>			
<p>Send your testimonials to me at naturalcareinstitute@earthlink.net Write “animal testimonial” in the subject line of you email. <i>Thank you in advance for you contribution.</i></p> <p>Dr. Nancy Brandt, Holistic Veterinarian Natural Care Institute LLC 4845 S. Rainbow Blvd., Suite 403, Las Vegas, NV 89103, Phone: 7 0 2 - 6 1 7 - 3 2 8 5 , E m a i l : nancybrandtdvm.com</p>		<p>cise program, you are in for trouble. Change your life, for life's sake!</p> <p>Yours for Better Health Naturally, Dr. Ken Krieger</p> <p>Dr. Ken Krieger is a Chiropractic Physician in Phoenix, AZ. Reach Dr. Krieger by P h o n e : 6 2 3 - 5 6 1 - 2 4 7 8 , Email: Drkriegerstria@aol.com, W e b s i t e : www.arizonaspinedoc.com</p>			
		<div><div>NingXia Red Ad Campaign</div></div>			
		<p>(continued from Page 1) distributor or customer. My mom, who is 78, has had two hip-replacement surgeries, and a knee replacement. Before using YL oils and products she was on a cane, and in chronic pain and taking many medications. She is now pain free, does NOT use a cane, uses oils instead of pharmaceuticals and has gone back to school and is now a certified massage therapist.</p> <p>I have many, many oil testimonies as Young Living has changed my life and made it so much better. That's why I'm so passionate about sharing it with others!</p> <p>Blessings and Abundant Health to you and yours! Pat Desamours</p> <p>The Megga2 Ad Campaign web site:megga2productions.com Or phone Pat at 770-907-0084</p>			

VOLUME 5, ISSUE 3		YES, NO, MAYBE ESSENTIAL NEWS		PAGE 3	
<div><div>Interview with Naomi Marie</div><div>You Can Have A Better Life Now!</div></div>					
<p>What is the most important thing for people to know based on the work you do?</p> <p>You are unified with the infinite field of possibility that is the unmanifest (Love) in form. You are one with this infinite potential that gives life to all form - you have always been one with it. It is remembering-realizing your unification with this field that frees you from limitations to express your life with inspiration in the world.</p> <p>This sounds very impressive – what does it mean in a persons daily life?</p> <p>In your daily life this begins as a relief from the pressures that the mind places on us. You achieve more with less effort because you release your hidden internal resistance. This frees you to put your attention on your inner being and the potential that creates for you a Joyful life - this is the point of the title of my work - You Can Have a Better Life Now! - everyone can have a better life with some simple and profound changes that increase your quality of life and reveal your Love, Inspiration and Inner Being.</p> <p>Doesn’t this take great effort and a dedication of many years? In other words is this concept of Evolution or Enlightenment really for me? I don’t want to become a monk – I like having a normal life – I just want to be happier and more fulfilled in the life I already have.</p> <p>Yes this is for everyone and living your life with a fulfillment and love is the whole point. In truth Evolution is freedom to live a life that is full, present joyful and extremely alive. Peace is vibrant, Love is constructive and the unmanifest is filled with the Optimist Nature of Constructive Potential. It did after all make all life, including you – so this idea that the spiritual matters are not part of our daily lives quickly goes out the window once you realize that everything is spiritual. It is in the presence of the moment that the spirit reveals itself through the quiet and unspoken reality to be found by a peace-</p>		<p>ful mind and open heart.</p> <p>Enlightenment/evolution – is not difficult, it is as simple as you let it be. It used to make me crazy when people would say that it is easy - I worked very hard and struggled for a very long time. The struggle leads me through all sorts of limitations. Once I exhausted of the struggle I began to let Grace and Love emerge – they really where there all along – I just didn’t know how to experience them. It was a matter of letting go and allowing myself to be raised up to a higher frequency- efforting was counter productive.</p> <p>How can the oils benefit people in your opinion and experience?</p> <p>Higher frequencies open your mind and heart. Using YLEO products in many cases introduces the concept of higher frequencies and openness to people’s lives. Also, I believe that YLEO products are produced with a strong intent to be constructive in people’s lives, which raises the frequency of the product.</p> <p>I believe cleansing the body and having high quality – trustworthy products that support your health is part of creating an intentional life style that is gentle on the planet and good for your body. The oils are sometimes a tool that people use on their way, sometimes an empowering experience to uplift themselves. Sometimes the act of gathering around and building community, rebuilding trust through the teams and financial opportunities is what creates an opening for a person. To me a very important point is that using YLEO products is that they are fun. They feel good and sometimes that is enough.</p> <p>What one thing can people apply in their life immediately to begin to experience a better quality of life?</p> <p>Do one thing at a time with intention. Focus on the present moment with a clear mind. You can only do one thing at a time with quality. Being present with the event and with the energy behind the event opens within you the</p>		<p>space for the unmanifest. Don’t try to explain the unmanifest with words – it cannot be done. Let this love fill you whether you are doing dishes or running a conference. Give it the attention of your whole being. Participate with your heart open – what you are looking for in life is already there in each moment – there is no where to go – and then you have it all.</p> <p>How are you sharing this and how has it changed your life?</p> <p>After many years of seeking, and struggle with various forms of unhappiness I no longer suffer – I am liberated everyday to experience Love and I am developing deeper Compassion and Joy than I previously knew was possible.</p> <p>Currently, I am working on a television series and a set of DVD’s that will bring this simple, powerful and clear understanding to many peoples’ lives. I am seeking investors who comprehend the importance of humanities evolution. It is an exciting project that promises to touch many lives with Grace. Call me if you would like to become involved in supporting this project.</p> <p>I offer private coaching sessions, and have a CD available that starts people on the path to understanding and experiencing release of ego and realizing Love through explanation and a powerful, unique meditation. The music on it was designed to create a frequency that makes it easier for you to experience balance and unification.</p> <p>The feedback on the CD is very encouraging, people are experiencing a release into their own inner being, sleeping after years of insomnia and using it to support themselves as they discover that Love is already present within.</p> <p>How can people reach you?</p> <p>Thank you - Naomi Marie, Life Insight Consultant, 541-201-7644 or naomimarie@charter.net</p>	
<div><div>To be still, really still, is to be true.</div><div>Gangaji</div></div>					