

# Yes, No, Maybe

Essential News

## Recommit Yourself to Taking Massive Action

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What are you doing today to THRIVE? I am not talking about survival in today's economic environment, but are you Thriving? When 14 million Americans are out of work, hovering around 9%. We have the highest number of people on food stamps in our history—15% of Americans on food stamps right now, which equals 25 million Americans—these are not easy times!

I ask you the question, When things are seemingly out of control, what can you control?

Looking at a poll taken 63% of Americans now believe their best times are behind them. That the quality of life for themselves and their children will be worse in the future than today! And France and other European countries the stats are over 70%.

When there is no possibility of a great future—people don't even TRY! Which I called learned helplessness. So, why am I writing about such gloom and despair? Maybe to create a place to start....see lots of things happen to all of us throughout our lives. Terrible things and

stressful things. A great man said, I am not defined by this moment—I am defined by what I do with this moment!

The Young living convention this year is titled VITALITY. Let's start with Vitality, Webster defines vitality as, In such a manner as to give life.

One of my most influential books I have ever read is, MAN'S SEARCH FOR MEANING by Viktor Frankl. Between 1942 and 1945, psychiatrist Viktor labored in four different Nazi death camps, including Auschwitz, while his parents, brother, and pregnant wife perished.

Based on his own experience and the stories of his many patients, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose.

I have 3 steps to assist us with creating Thriving.

Step 1. See things as they are. No BSing yourself! Tell the truth. We have great resources and can add value.

Step 2. See it better than it is—create a compelling future. Someone has it worse— WITHOUT A VISION, PEOPLE PERISH!

Step 3.

1. Feed your mind— Leaders are Readers!
2. Make your Body stronger—mind & body connection
3. Find a role model and get a plan
4. Help someone worse off than you.

In closing let me congratulate all of you that are committed to becoming the best you can be and reaching your full potential. In our world of essential oils and Young Living that looks like going to the convention and sharing Young Living all over the world. I look forward to seeing you there, please stop me and say HI and if I can assist you in any way with this information please ask.

Everybody wants to grow, but nobody wants to change! This is our moment! How will you define this for you?

The Secret to Living is Giving,  
Marcella Vonn Harting

## Young Living Convention

### *Vitality - Live For Today*

September 22-24

Lake Buena Vista, Florida

*Be the First to Sample New Products at  
the Convention Product Expo!*

One of the highlights of Young Living conventions is the Product Expo, where you have the exclusive opportunity to sample and learn about our newest products. Come and enjoy the atmosphere of excitement as you mingle with other distributors, view live product demonstrations, and learn from a variety of informational booths throughout the expo. In addition, you will receive special discounts if you purchase products at convention, including half-price shipping on orders of 250–299 PV or free shipping on orders of 300 PV or higher.

Acquire the tools you need to create lasting purpose in your life by attending interactive and educational workshops presented by natural-health experts from around the world.

Start living for today by registering for convention! It will leave you feeling inspired, energized, and ready to savor each step in your life's journey.

Begin your journey to vitality by visiting [www.youngliving.com/2011convention](http://www.youngliving.com/2011convention) today!

## Dr. Brandt's Course

Dr. Brandt is offering again her pioneering course in Veterinary Aromatherapy.

This is the first course utilized by veterinarians and animal enthusiasts of its kind in the world. The first class will begin in September. See Dr. Brandt's website for more details [www.nancybrandtdvm.com](http://www.nancybrandtdvm.com)

A Course in the Safe and Effective Use of Therapeutic Grade Essential Oils in Animals Facilitated by Dr. Nancy Brandt, Pioneering Veterinary Therapeutic Aromatherapy. 4 Module Basic Course.

Module 1: Classifications and properties of Essential oils, including biology, chemistry and functions. Biology and physiology of olfaction. Therapeutic grade vs. aroma grade Extraction from the soil to the bottle. Quality testers, safety, care of oils and possible toxicities and cautions.

Module 2: General Techniques, Inhalation, Ingestion, Environmental, Topical, Medical, Products and dilutions, Selection techniques, Using Essential Oils with other Modalities, Veterinary Uses, 12-year clinical studies, Essential Oils Roles in our lives

Module 3: Use in Prevention of disease, Use in Detoxification and reversal of disease, Uses in First Aid, Dr. Nancy's Aromatic Materia Medica, Indications and Methods of use, Species Specifics

Module 4:  
General Case Studies, Clinical Observations and Precautions, Combination Therapy, Recipes and Protocols, First of its kind from a veterinarian, Environmental Responsibilities

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## Head Notes and Trees

Zone 1 morning essential oils — from 12:30 am to 12:00 noon — tend to have top note vapor pressures — high volatility, high flash-off rates, lighter molecular weights.

Top note essential oils are Sun-seekers, tending to float up to the morning Zone 1 treetops, hitching a hydraulic ride up the sap as if their droplets were microscopic hydrogen dirigibles.

Top notes are known as HEAD NOTES — hence, “brain notes.” Top note essential oils

also align and resonate with skin, hair, nails, teeth, brain, pineal gland, oral glands, adrenal medulla, breasts, and LUNGS.



Valerie Gennari

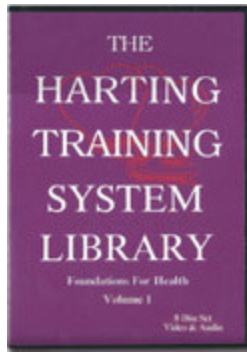
Cooksley (Aromatherapy: A Lifetime Guide to Healing with Essential Oils, 1996) wrote, "It is interesting how most essential oils useful in respiratory ailments are those that are distilled from the bark, leaves, berries, and branches of certain trees."

Indeed, morning is the optimum time to support, sustain, and strengthen the lungs, especially at Lung Time (3:00-5:00 am) and its 90-degree shunt, Spleen-Pancreas Time (9:00-11:00 am), aka Citrus Time — Lemon Oil Time, Orange Oil Time, Grapefruit Oil Time, Neroli Oil Time.

Time-Conscious Aromatherapy and Time-Conscious Herbology will both be on the curriculum of the EverNew Highways School of Time-Conscious Living.

For more info and my schedule, stay tuned to Atom Bergstrom Blog on One Radio Network in cyberspace. Here's a Time-Conscious Eating tip ...One of the best midday Zone 2 — 11:30 am to 7:00 pm — sources of both vitamin D-2 and D-3 is ... LETTUCE. The more sunlight lettuce is exposed to, the more vitamin D-2 and D-3 you get.

**Atom Avive Bergstrom**  
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## Harting Training System Library CD Set

Products sold through **CrownDiamond Tools.com**

## 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](http://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

## January 2011

### PLATINUM

STAR MOREE

### GOLD

REBECCA STEELE

### SILVER

DROP OF BALANCE

LILJA ODDSDOTTIR

MELISSA MARIE

SIMPLER TIMES HEALTH

### EXECUTIVE

BONNIE RUBIN

CATHERINE E LEAVITT

CHUN YNG LIM

CLAUDIA HOFMAIER

DEBORAH L KNUTSON

DIFFERENT STROKES

HANDY MULLETT

HEATHER DOWNING

KRISTIE KOLLMANN

MARY RUTH CAIN

MELINDA MACLEOD

REX LASSALLE

SHERRY J LITASI

VALBORG

WONG CHENG CHUA

## February 2011

### PLATINUM

SOLUTIONS FOR HEALTH

### GOLD

SHARNAEL WOLVERTON

### SILVER

CINDI OR BRYAN

ELBA LETICIA SANCHEZ

JVONA JAMBON

KATHLEEN SCOTT

KRISTAANN BABECK

LEANNE K RAFFERTY

### EXECUTIVE

AKEMI KANESHIRO

ANDREA OLLAGUE

BETTY KAINZ

BOWMAN SALES &

BRENDA VARELA

CARLOS LUIS ANDRADE

CARLOS NIEMES

DARREN SCOTT YEE

DEWI INDAWATI LOHO

DIANA ACOSTA

GABRIELA BITAR

HILDA TORRES

JANETTE M OPREAN

JENNIFER SOUTHERN

JOSEFINA ISLAS DE LA

JUANA M. ENGLÉS

JULIE WALKER

KAREN C. ABBOTT

KATHLEEN L. STUBBERT

LAURA MICHELE

LINDA F WILLIS

LORENA W HOLMSTEAD

LUZ CECILIA NERI

MAJORY L. MCELROY

NANCY SUE OR

NATALIA GARCIA

PEGGY CARLSON

RODNEY R SCHADEY

STEPHANIE VIZZARI

TERRY ALLEN

THERAPEUTIC KNEADS

VERA SMITH

ZOE DODDS

## March 2011

### CROWN DIAMOND

ABSOLUTELY ESSENTIAL

### DIAMOND

GIRIJA & HAL TROPP

### PLATINUM

MAX AND KAREN

### GOLD

DARREN & SERA

DAVID P. OR TERESA

SHU LI LAW

### SILVER

APRIL OR CHARLES MIER

CHENG CHENG LAW

CLAIRE & PAUL

DOROTHY DOUGLAS

ELAINE SO

FRANCESCA EBRAHIMI

FURLONG PROPERTIES

GENE LITZA

JUDY HENNESSY

LORI GASCA

NAKARA KENNEY

NATHANA JOY OF BEING

TORIE MORRIS

ZEV TROPP

### EXECUTIVE

ALICE L SIEDELMAN

ANN SCHAR

BRANDIE L PAIR

CANDACE ALICIA

DARLA LYNN HARNES

DENNIS ALEXANDER

GARETH TAYLOR

HANNAH B HICKMAN

JENNIFER JO SPANIER

JORDY HANSSON

JOSPEHINE

JULIE SENUM

JUSTINE BUCKLEY

LEIGHA VADEN

LUCRETIA STAR

MARZIEH SAFARIPUR

MELISSA BROOKS

MIRELLA ALESSIO

MORGAN PRIGGE

NANCY STALBOERGER

NURIA SUAREZ CASTRO

OON SIEW KEE

PATRICIA GWEE To Be Continued

## *Yes, No, Maybe Essential News*

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