

# Yes No Maybe Essential News

Volume 2, Issue 8

www.marcellavonnharting.com

August 2003

Marcella Vonn's

CALENDAR OF EVENTS

[Check web site for updates](#)

## ***The Miracle of Young Living CD is a Terrific Tool***

**Use the magic!  
[order on our web site](#)**

## **Australian Blue Essential Oil Blend**

Introduced at YL's Annual Grand Convention, this blend contains blue cypress, distilled from the wood of *Callitris intratropica*, the Northern Cypress Pine of Australia. With a warm, woody fragrance blue cypress has sweet, earthy undertones that uplift and inspire and also bestows a grounding and stabilizing influence. The blend also contains Ylang Ylang, the calming essence of Cedarwood, Blue Tansy and the antioxidant power of the limonene in White Fir. The blend supports the emotions. (Code #3311) 15ml.

Editor: Anita Tamboli  
email: [atamboli@msn.com](mailto:atamboli@msn.com)

Co-Publishers:  
Marcella Vonn Harting  
and Anita Tamboli

©2003 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.

## **Emotional Success**

**By Marcella Vonn Harting**

**T**he meaning of success is a favorable or desired outcome, the gaining of wealth and fame according to the dictionary. I ask you the question, "*What is the meaning of success for you?*"

Having graduated from Robbins Research International, Inc.'s Mastery University I too am asking myself the question!

In looking for the answer, I invite you today to join with me to be the answer! In the search for success in my own life I have been looking everywhere for the golden secret of how to succeed in all areas of my life; marriage, family, relationships, business, communications, sports, etc.

What I have discovered is the goal or dream obtained is only a benefit to the journey. This issue of Yes No Maybe Essential News is a start of a continuing dialog into how our own self programming is influencing our destiny today unconsciously and for the rare few consciously. We will look at how our limiting belief systems are sabotaging our success in all areas of our lives.

We will take a look at how this starts to manifest in our bodies through our organs. It is my personal opinion, if we can address the present conditions manifesting, and what situations occurred before the symptoms, based on a program I learned called SAF, we

can look at what conditions are likely to appear based on mathematically probabilities. In this issue we will present to you a chart you can use with supporting your organs with Young Living Essential Oils and supplements.

SAF is a tool I employ increasing my awareness to my physical and emotional body dissolving challenges or symptoms in my life. We have included testimonies from Young Living distributors who are partnering with SAF in building their Young Living organizations.

***"THE DIFFERENCE BETWEEN A SUCCESSFUL PERSON AND OTHERS IS NOT A LACK OF STRENGTH, NOT A LACK OF KNOWLEDGE, BUT RATHER A LIFE OF WILL." -----Vince Lombardi***

The ancient Egyptians were very knowledgeable about the use of oils for opening the mind and releasing emotions and getting rid of negativity; they called it "*evil deities*". It was nothing more than negative thoughts, negative emotions and negative programming. They felt they had to release all of this before they could progress in the next life. You will find many benefits with the use of essential oils and our supplements. Experience the use of oils in supporting your body, mind and spirit.

Essentially yours,

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.

**Marcella Vonn Harting**

### The Doctors Forum

By Dr. Ken Krieger

**N**OT SLEEPING WELL? This months column will discuss the very difficult topic of insomnia. Why do I say it is difficult? Insomnia is not itself a disease, and it can be a symptom of any one of a variety of diseases. Usually insomnia is caused by pain or anxiety. It may be associated with minor or serious disease considerations. Physiologically there are many theories as to the mechanism involved in sleeplessness. Emotional stress due to fear, worry, anxiety, intense excitement all bombard the central nervous system (CNS) with stimuli that prevent restful response. Probably the greatest cause of insomnia is connected with deficiencies in nutrition. A lack of calcium or poor absorption of calcium, a lowered assimilation of magnesium, or a deficiency of the vitamin B complex, especially B-6, as well as other trace elements, can cause nerve irritation, restlessness and inability to sleep.

These warning signals will guide you to the nutrients that will help in your sleeplessness. They are almost self explanatory. Products we have available in Young Living, Mineral Essence, Coral Sea and Super B, are all

*"It takes a lot of courage to show your dreams to someone else."*

*Erma Bombeck*

*"To live a creative life,  
we must lose our fear  
of being wrong."*

*Joseph Chilton Pearce*

necessary for those who have insomnia. Sleep deprivation will take over your life if you don't straighten out your anxiety problems. Do you exercise enough or not at all? With the use of the proper nutrients and vigorous exercise your life of sleeplessness will change very rapidly. Take the nutrients as per label directions and get at least 30 minutes of exercise per day. A good brisk walk to begin with is so important.

Do you eat properly? Remember that disturbances of the endocrine system can be the culprit of insomnia. Are you hyperthyroid, anemic or hypoglycemic? Are you taking a medication with a side affect of insomnia? If you can answer these questions with a yes, you must begin the process of changing your eating habits, medication usage (with your physicians help) and progress yourself to a greater use of exercise to help the cause of the insomnia.

SLEEP WELL!

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

**Dr. Krieger** is a Chiropractic Physician in Phoenix, AZ. Dr. Krieger by Phone: 623-561-2478 Email: Drkriegerstria@aol.com, or Web site: [www.arizonaspinedoc.com](http://www.arizonaspinedoc.com).

## SAF-Self Awareness Formulas And Essential Oils Conversion Chart

SAF Organs And Glands	Emotions & Conditions	Single Oils	Oil Blends	Supplements	Stress 120 Questionnaire Emotional Support
#1 Thymus	Aggression Protection	Cinnamon, Clove, Frankincense, Lemon, Melaleuca, Oregano, Spruce	ImmuPower, Thieves, Exodus II	ImmuneTune, ImmuGel, Radex, Exodus	Valor, Sacred Mountain, White Angelica, Cedarwood, Canadian Red Cedar, Fir, Spruce, Melissa
#2 Heart	Love Synchronize	Aroma Life, Goldenrod, Roman Chamomile Helichrysum, Marjoram	Peace & Calming, Harmony	HRT, CardiaCare, Essential Omegas	Joy, 3 Wise Men, White Angelica, Release, Melissa, Harmony, Jasmine, Live With Passion, Ylang Ylang
#3 Colon	Hate Detoxify	Peppermint, Spearmint, Tarragon, Fennel	Di-Tone, Thieves, Longevity	Cleansing Trio	Forgiveness, Peace & Calming, Purification, Release, White Angelica
#4 Stomach	Happy Digestion	Peppermint, Fennel	Di-Tone, Lemongrass w/Patchouly or Peppermint	Detoxzyme, Royaldolphilus, Polyzyme, Sulfurzyme, AlkaLime	Di-Tone, Peace & Calming, Acceptance, Present Time, Invision, Gratitude
#5 Anterior Pituitary	Observant Coordinate	Sandalwood, Frankincense, Lemongrass, Peppermint	Brain Power, Clarity, Cit- rus Fresh, Valor, Lav- ender w/Basil Helicrysum w Frankincense	VitaGreen	Harmon, Peace & Calming, Surrender, Present Time
#6 Liver	Sadness Transmuta- tion	Geranium, Ledum, German Chamomile, Rosemary, Sage	JuvaFlex, Di-Tone, Release	JuvaTone	Joy, Acceptance, Awaken, Envision, Live w/Passion, Legacy, Valor, Abundance
#7 Lungs	Monotony Vaporization	Melaleuca Alterni- folia, Canadian Red Cedar, Cedar- wood, Eucalptus Radiata, Cypress, Rosemary, Ledum, Douglas Fir, White Fir, Pine, Tsuga	Exodus II, ImmuPower, Melrose, Raven, RC, Thieves, Legacy, Purification	Allerzyme, Fresh Essence, Mountain Essence Es- sential Water, Vitamin C	Live w/Passion, ImmuPower, Hope, Gathering, Inner Child, Envision, Purification Awaken, Release, Thieves, Legacy
#8 Repro- ductive Organs	Apathy Reproduction	Clary Sage, Sage, Vitex, Geranium, Ylang Ylang	Dragon Time, Mister, EndoFlex	NeuroGen, Pre- nolone, EndoBal- ance, UltraYoung	Live w/Passion, Harmony, Valor, Awaken, Clarity, Motivation

Self Awareness Formulas (SAF) is a registered trademark of Kathy M. Scogna.

Essential oils suggested can be purchased through Young Living Essential Oils. Chart continued next issue.

## 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](mailto:mvonn@aol.com)

[www.marcellavonnharting.com](http://www.marcellavonnharting.com)

Sponsor # 9248

[www.youngliving.org/mvonnharting](http://www.youngliving.org/mvonnharting)

This newsletter is published on the web site and is available to everyone in our organization. Pass it on. Tell your downline to subscribe to the newsletter on the web site.

*Yes No Maybe  
Essentials, Chronobiotics &  
Conscious Communications*

[www.marcellavonnharting.com](http://www.marcellavonnharting.com)

### **Subscribe NOW, Subscription Form**

We will **mail** to those who subscribe to the newsletter.  
The subscription price is **\$12 per year**.

The newsletter is free at [www.marcellavonnharting.com](http://www.marcellavonnharting.com), "Newsletter".

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Check Enclosed for Mail Subscription, Check Here: \_\_\_\_\_ Check No: \_\_\_\_\_

Mail to: Marcella Vonn Harting, 8714 N. 58th Place, Paradise Valley, AZ 85253

## **SAF —Self Awareness Formulas TESTIMONIALS**

✓ 've just finished SAF levels 1 & 2 with Jan Adams. I uncovered the root of a life long physical and emotional condition from it's inception to the present day. Jan is an extraordinary facilitator. With Jan and the structure of SAF I feel very safe to stay present to my feelings from the past and to release them. I am in awe and amazement of the healing power of Young Living Oils allowing me to move through my feelings with grace and ease. SAF has changed my life. **Sara Wiehe**

Call for a session. Sara Wiehe, phone: 216-371-8022, email: [swiehe@aol.com](mailto:swiehe@aol.com)

Reach Jan Adams for information or an SAF—Self Awareness Formula session.

Phone: 800-495-9262

Email: [bluelotusarts@aol.com](mailto:bluelotusarts@aol.com)

Web site: [www.bluelotus.org](http://www.bluelotus.org)

✓ went to Young Living's Annual Grand Convention this year in Salt Lake City. While there I had Kirlian Photography done. It showed my throat area, heart area and left leg. Then I took the SAF course in August with Jan Adams. My first chain showed my parathyroid, my thymus and my colon area. The oils I learned to use for these areas are the same oils I was guided to use at the convention after the Kirlian Photo. I was astonished; it was such an acknowledgement. Learning SAF is a life changing experience. I now know how to help myself be a happy healthy person and not be afraid to face what I always hide, the dark side.

Having been a Young Living distributor for one year I now have a tool to help me share the oils with others. My favorite saying is "I have an oil for that." **Connie Cavazos**, Glendale, Arizona