

Yes No Maybe Essential News

Volume 3, Issue 2

www.marcellavonnharting.com

February 2004

Marcella Vonn's

CALENDAR OF EVENTS

Check web site for updates

***The Miracle of
Young Living CD
is a Terrific Gift***

**Share the magic!
order on our web site**

Animal Scents™ Ointment

uses rosewood, palmarosa and patchouli essential oils to protect, moisturize and help return your pet to optimum health. Directions: apply small amount directly on dry skin as needed, not to exceed five applications per day. For external use only. Ingredients: mink oil, lecithin, beeswax, lanolin, sesame seed oil, rosewood, wheat germ oil, palmarosa, patchouli, myrrh carrot seed oil, Melaleuca alternifolia, rose hip seed oil and rose. 8 oz

Code: 5165

Editor: Anita Tamboli
email: atamboli@msn.com

Co-Publishers:
Marcella Vonn Harting
and Anita Tamboli

©2004 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.

FEAR FACTOR **By Marcella Vonn Harting**

Ralph Waldo Emerson said, " *We are afraid of truth, afraid of fortune, afraid of death, and afraid of each other.*

Fear is the cause of most unhappiness and lack of fulfillment. It is the primary cause of all negative emotions and will cause you to settle for far less than what you really choose. We all have an inner fear "of not being enough". It's when this fear is stronger than our desire that we are imprisoned by our will. Fear paralyzes us into a frozen state as the world moves on. The fear of rejection stops us in our tracks from networking.

Your desire must be stronger than your fear. If your yearning for what you choose to have, do, or be is stronger than your fear, you will act in spite of the fear. Propelled by your desire, you will walk through obstacles as if they were not there.

Author Richard Bach wrote that when we are "passionately obsessed by anything we love----sailboats, airplanes, ideas-an avalanche of magic flattens the way ahead, levels rules, reasons, deserts, bears us with it over chasms, fears, and doubts." Courage is the interface between fear and action.

We can develop courage in any life skill and it gets stronger with practice. When I started presenting classes it took a lot of courage to be able to get myself up in front of people and present. Even today I muster up courage to present in front of an audience. When courage becomes instinctive, it's a very empowering feeling. No matter how big the fear-if your desire is stronger than your fear and you have practiced attaining courage-you will continue towards your dreams. The more time you invest in building your desire, the less energy you grant to your fears and worries.

F E A R stands for Fantasized Experiences Appearing Real. Whatever your mind focuses on begins to actualize.

Eleanor Roosevelt suggested this method for overcoming the fear of trying something new. (Now we all know there is no trying----you either do it or you don't.) She said: "I believe anyone can conquer fear by first doing three things. Do it once to prove to yourself that you can do it. Do it the second time to see whether or not you like it. And then do it again to see whether or not you want

Continued on Page 3



Marcella Vonn Harting's Mission Statement

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.

I am passionately committed to sharing the systems I use to embody personal fulfillment with my global family.

Marcella Vonn Harting

Dr. Terry Friedmann

Dr. Terry Friedmann was a guest speaker at Marcella Vonn's Young Living Intro Meeting held in her home. Yes, when not traveling the entire month, Marcella Vonn holds regular monthly meetings in her home or within the area of Scottsdale/Phoenix. (Check out the web site for postings of these meetings.)

Dr. Friedman, the second medical doctor to join YLEO at its inception, has collaborated extensively with Gary Young on the use of essential oils. The author of several books, including "Freedom Through Health" Dr. Friedman has much to share.

Dr. Friedman said ICP™ helps bind sugars in the body. "Whenever I'm working with anyone who has diabetes, I make sure they get lots of ICP™." He also recommends Animal Scents™ Ointment for cracked skin that may accompany advanced diabetes. (Several attendees said they use it on their skin to help soften the dry areas.)

"Essential oils eat up and break up petrochemicals that enter the body when we take drugs. I consistently encourage the use of essential oils. One caution is for anyone using blood thinners; use discretion and be careful." Dr. Friedmann stated there are so many chemicals in our environment, essential oils can assist us in coping with these toxins.

To encourage a strong immune system, Dr. Friedmann suggests taking one tablet of ImmuPro™ at bedtime. He said one of the best actions we can do for ourselves is to take two ounces of Berry Young Juice™ each day. It's the best antioxidant we know. *More next month.*

A CALL FOR TESTIMONIALS

MARCELLA VONN HARTING Is sending out a call for your testimonials.

One of the very best ways we can assist and empower people is to give them information, especially by sharing a personal experience.

Do you have a success to share with others? Have the oils, supplements or personal care products assisted you?

We would love to hear from you. You can email your personal accounts to mvonn@aol.com with a copy to atamboli@msn.com. Please include the word "TESTIMONIAL" in the subject line.

Also, please include a statement of release, such as: "I give permission for my statement to be published by Yes No Maybe Essential News." And do include your name (first initials are OK) and the town or area where you live.

For each statement we publish, Marcella Vonn will gift an oil or supplement to the person who submitted the account.

Thank you in advance for caring to share.

FEAR FACTOR

Continued from Page 1

to keep on doing it." Focus on your desire and achieving your goals. Let your desires and dreams be the complying drive taking you to the next level. Once you know what you choose, and your desire to achieve it is strong, you need a blueprint or map to get you where you choose to go. Goals are a step-by-step process of how you are going to realize your dreams. Living life with a purpose is realized through our goals and dreams. With clear goals of who you choose to be the universe stops and aligns to your potential. Goal setting is essential to the process of our success. A long-term project at Harvard University studied the financial success of graduating seniors. Only three percent of the seniors actually wrote their goals down on paper. Twenty years later, surviving members of the Harvard graduation class shared

that the three percent who had set goals were worth more in financial terms than the entire other 97 percent. Next month I will share with you a technique learned from Toni Buzan and Bob Stevens called Mind Mapping.

Essentially Courageous,

MARCELLA VONN HARTING

**"All dreams can come true,
if you have the courage
to pursue them."**

—Walt Disney

The Doctors Forum

By Dr. Ken Krieger

FLATULENCE.....YES I am really going to discuss flatus, or as my dad always said, "breeze squeezing". Many people don't like to talk about intestinal gas. It would be a much better place to live if we would talk about bowel movements and intestinal gas with an adult attitude. It's part of life and in many cases lets you know if you are digesting properly or not.

The most carefully planned diet fails to accomplish its purpose unless digestion and absorption are adequate and normal. The body must produce proper digestive enzymes and hydrochloric acid in the proper amounts to break down the foods we eat. Too little HCL inhibits protein digestion and the absorption of Vitamin C, and causes the destruction of Vitamin B-complex. When this occurs, you will have poor utilization of Calcium, Iron, and other minerals. Assimilation can become poor to the extent that anemia and bone fragility may develop. When this occurs you will also have what is called putrefaction bacteria multiplying in tremendous amounts forming great quantities of stomach and intestinal gas. When

you have lost the normal bacterial floral of the bowel, you will have a great deal of propagation of gas-forming, disease and odor-forming bacteria. Oral antibiotics kill normal bacterial flora, and they **MUST** be replaced. This can be done with acidophilus and the intake of yogurt.

Your (diet) "live-it" must consist of adequate amounts of fresh, raw green veggies in particular, and remove as much of the sugar, hydrogenated fats and oils, processed foods and chemically treated foods as you can. Detoxzyme™, Royaldophilus™, and Mineral Essence™ are keys to enrich a proper balance of acidophilus and digestive enzymes. Sulfurzyme™ and AlkaLime™ are also important for those who have acid base imbalances and require increased alkaline levels in their body. Di-Tone™ (5 drops) and Peppermint (5 drops) mixed and rubbed on the stomach region and around the naval has benefit also, especially in severe cases.

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

Dr. Krieger is a Chiropractic Physician in Phoenix, AZ. Reach Dr. Krieger by Phone: 623-561-2478, Email: Drkriegerstria@aol.com, www.arizonaspinedoc.com.

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

www.marcellavonnharting.com

Sponsor # 9248

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 Language*

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, "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

Chronobiotic™ News By G.I. "Atom" Bergstrom

The Aroma-Alchemy of Genius (cont.)

What is genius? "Genius" is a Latin word for the male generative force.

The conventional (and patriarchal) origin of the word "genius" is only half the story. It leaves out the female generative and reproductive force.

A crucial male-generative force chemical associated with memory is MELANIN. An equally crucial female generative-and reproductive-force chemical associated with memory is MELATONIN.

Overnight, the female generative force floods the brain with melatonin, which peaks at the beginning of Lung Time (3:00 AM). Melatonin is one of the most powerful antioxidants in the universe, and, without it memories would be other than encoded into the brain.

On the level of basic chemistry (ignoring for simplicity's sake, electricity, magnetism, irradiance, barometric pressure and quantum states) genius is UNFOLDED at Lung Time via the synchronized interaction of melanin, melatonin, CORTISOL, and ADRENALINE.

The pineal acts as a "macrotransistor" with the left side of

the body as the "source," and the right side of the body as the "drain." The pineal and the optic tract act as the "gate." The calcium in the human body becomes a "Heisenberg resonator" (to borrow a term from Star Trek teleportation tech!) for quantum entanglement, seminally analogous to the much more prosaic use of CALCITE in the original Edwin H. Land Polaroid process (before Mr. Land switched to QUININE and IODINE).

The pineal gland has a lot in common with a transparent form if calcite called Iceland spar.

The quantum potentiality of calcite is mentioned (briefly and with no correlates to biology) by Anton Zeilinger, "Quantum Teleportation: The science-fiction dream of 'beaming' objects from place to place is now a reality—at least for particles of light," Scientific American, Apr. 2000.

Four essential oils to use to accelerate learning are Pine (*Pinus sylvestris*), Lemon (*Citrus limon*), Rosemary (*Aniba rosaeodora*) and Vetiver (*Vetiveria zizanioides*).

G. I. "Atom" Bergstrom is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition. Reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis at 2116 Clay Street, Kilgore, TX 75662 or phone 903-984-3458.