

Yes, No, Maybe Essential News

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**With this issue we
begin publishing every
other month. Look for
us next with our
March-April issue.**

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THE POWER OF PRECISION By MARCELLA VONN HARTING

Conscious Communications/Sonics is a consciousness and awareness of using thoughts, words, and feelings to speak specifically in alignment for manifestations of our heart-felt desires. Experiencing my awareness to my language has been one of the three most pivotal influences in my life and in my creation of a life I love living.

The most important point I can make here is about your awareness of the connection between the words you say and your current reality. You begin seeing how to access your personal choices moment to moment in your daily life. You wake up and gain awareness, first to what you are saying to yourself, and second, to what you are speaking out loud. You then experience how your words and feelings together determine what you manifest in your life. The words we use to describe experi-

ences are other than the experiences. They're just the best verbal representation we can come up with. Knowing this, it stands to reason that one of the measures of success is how accurately and precisely our words can convey what we choose.

We create our tomorrows by the way we live today, and we live today ruled by our every thought and action.

Once you know what you choose, it helps to be able to know *HOW* to get it. How do you get whatever you choose: **ASK!**

1. ASK SPECIFICALLY.

How high, how far, how much, when, where, how, with whom?

2. ASK SOMEONE WHO CAN HELP YOU.

Go to an athletic trainer to get your body in shape, not an obese "couch potato".

3. CREATE VALUE FOR THE PERSON YOU'RE ASKING.

Win/Win. Look to see how you can help that

person first.

4. ASK WITH FOCUSED, CONGRUENT BELIEF.

Ask with clarity and specificity.

5. ASK UNTIL YOU GET WHAT YOU CHOOSE.

Keep changing your approach until you get what you choose.

For many people the hardest part of this is asking with specificity. We generalize and make lots of assumptions. Specificity is the key to effective communications

In summary, personal experience as well as scientific research has shown the direct link between the focus of a person's attention, and for the purpose here, specific word choice and the resulting material impact. Becoming aware of your thoughts and consciously choosing them will support your body, in optimum health and enhance the alignment of manifesting your heart-felt desires.

Yours Consciously,
MARCELLA VONN HARTING



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

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

Essential oils are acidic, not alkaline. "Acidic" got its bad reputation from its derivation from malum, the Greek word for "apple." In Latin malus, the forbidden fruit that got Eve in so much deep doo-doo, eternally assigning malic acid and malate to the same category as malady, malediction, malefaction, maleficent, malevolent, malformed, malicious, malignant, malnutrition, malpractice, etc.

Unfortunately for the unsophisticated reader, the common drumbeat of many modern-day health gurus is acid is bad and alkaline is good.

The cover of a recent so-called health book depicts alkalinity as a lush forest and cascading waterfall contrasted to acidity as a desiccated barren desert. Well, guess what? Deserts are usually dried-up alkaline flats, whereas the lush foliage of mountain forests is almost always due to acidic soil. The fastest growing plants, trees, require an acidic soil.

It's pertinent that the ancient worlds' largest metropolis, the Peruvian city of Chanchan, was obliterated by over alkalinization of its irrigation water!

Zone One morning essential

oils are usually even more acidic than Zone Two midday or Zone Three evening essential oils, giving morning oils a higher vapor pressure, allowing them easier access to the lungs and chest cavity.

Next issue: Metaphysical Nose Anatomy.

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

Care to Share Your Testimonial?

WE request your favorite testimonials to print in this newsletter.

Do you have a story to share about Young Living's oils, supplements or personal care products?

Short or long, we would love to hear from you.

An excellent way to assist and empower others is to tell them your experiences of success with a product.

Send your personal stories to mvonn@aol.com and atamboli@cox.net with the word "testimonial" in the subject line.

A bottle of YL essential oil will be sent to you if we publish your testimonial.

Please include a statement of release, "I give permission for my statement to be published by yes, No, Maybe Essential News. Include your name and the town or area where you live. Thank you for sharing.

Seven Steps to a Fulfilling Workplace

There are seven steps to creating a fulfilling workplace according to Tony Robbins, the famous motivational speaker and coach of millionaires.

The seven steps are: 1. Get clear, 2. Get certain, 3. Get excited, 4. Get focused, 5. Get committed, 6. Get momentum, 7. Get smart

Step 1 – Get clear. 1. What do you love about your company? What are the magic moments? What's extraordinary? What have you accomplished? What are some of the things you would like to continue to create? 2. What do you hate about your company? What's challenging? What don't you want to happen again? What have you learned by going through these experiences? Why were they incredibly valuable? 3. What decisions have you made that have been empowering for you? What decisions might you continue to make

as a result?

Step 2 – Get certain. 1. Write down anything that was once a dream, goal or desire, big or little, that you have achieved. 2. Circle the 2 or 3 items on your list that seemed the most difficult or impossible to achieve. 3. For the 2 or 3 items write down the steps you went through to turn them into reality.

Step 3 – Get excited. 1. Write down every goal you'd like to accomplish in the next 12 months at your workplace; anything you would like to do, be, share, create, have, give, learn, enjoy or experience. It can be financial, personal development, physical, relationship or contribution. Dream without limit. Write for 10 minutes without lifting your pen. 2. Next to each goal write the number of months each will take to achieve; 1 month, 2-3 months, 5 months, 10 months, 12 months.

Step 4 – Get focused. 1. Circle your top four one month goals.

Step 5 – Get committed. 1. For each of your top 4 one month goals, write a paragraph about why they are "musts" for you to achieve. 2. What are some of the things that you may need to do that you don't want to do in order to achieve these goals?

Step 6 – Get momentum. 1. Choose now; what is one small thing you will do now? 2. What is one big thing that you resolve to do immediately to achieve this goal?

Step 7 – Get smart. 1. Set up a way to measure your progress daily.

Submitted by **Dr. Nancy Brandt** DVM,CVA,CAC, a veterinary medical doctor. Dr Brandt can be reached for a consultation at 702-617-3285.

The Doctors Forum

By Dr. Ken Krieger

Yes, it's that time of year again when we hear the new year's resolutions of masses of people who ate the wrong things, and too much of the wrong things during the November and December holidays.

Now, "I'm going to LOSE this weight, and get myself back in shape!!", is the statement we hear the most in our office this time of the year. So, if it is true, then what should people do to lose weight and get into shape? Believe it or not, (and I know you believe me!), the best way is to eat less and exercise!! What a novel concept! I know none of you choose to hear that statement, however it IS the best way to lose weight properly, and KEEP IT OFF! Most "diets" will work, BUT more than 42% of those who start

these plans go off of them in the first 6 weeks, and then gain more weight in the long run. Discipline, discipline and discipline are the 3 major components of weight loss. Make your decision that you WILL commit to counting calories, YES, counting calories, and getting aerobic exercise at least 3 times per week of 30 minute intervals. As an example, if you are 175 lbs, and you choose to be 135 lbs, and have the frame size for that weight, then you must limit yourself to 1,350 calories per day. It seems like so little. And, you will be surprised when you begin writing down your caloric intake. You will change your habits. You will change what you eat. You will begin eating other foods that are filling. You will not have those cravings for sugar and

empty calories. We have it so easy now; most of the foods you eat have the calories listed on the package. Make sure you eat the correct serving size and calories combination. The rule of thumb is 10 calories times your desired ultimate weight. Example: 150 lbs, X 10= 1,500 calories per day, 200 lbs, X 10= 2,000 calories per day, etc.

Remember, you CAN DO IT!! Discipline yourself, count those calories, exercise a minimum of 30 minutes per day at least 3 days per week and watch what will begin to happen. Have a blessed new year, ..

Yours for Better Health Naturally,
Dr. Ken Krieger

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