

# Yes, No, Maybe Essential News

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## SEVEN DECISIONS

By MARCELLA VONN HARTING

**T**his speech was given at the YLEO Convention in the Fall of 2006 by Marcella Vonn Harting based on the book *The Traveler's Gift* by Andy Andrews.

I'm honored to be here today. Thank you for all your love and support. I especially choose to thank my family, my husband, daughter, Kortni, and son, Dallas, for all the support and work with supporting me. Mary and Gary for the friendship and love and support and for each and every one of you. I would not be here if it wasn't for you.

I'd like to share a few words about Leadership with you. It is a fact that people follow a man or woman who simply says, "Follow me". By taking

leadership, ironically a person deserves leadership. As you lead others to success and a life of their dreams, the life you seek and deserve will be revealed to you.

My friends, it all comes down to this. Your story, your circumstances, your timing may not be as dramatic as others, but the stakes are exactly the same. There comes a time in every person's life when a decision is required. And that decision, should you make it, will have a far-reaching effect on generations yet unborn. There is a thin thread that weaves from only you to hundreds of thousands of lives. Your example, your actions, and yes, even one decision that you make will literally change the world.

Change your life.  
Change your family's future. Change the world.  
Seven decisions that determine personal success:

1. The first decision for success: The Buck Stops Here. I accept responsibility for my past. I am responsible for my suc-

cess. I control my thoughts. I control my emotions. I am responsible for my success.

2. The second decision for success: I Will Seek Wisdom. I will choose my friends with care. I will be a servant to others. I will listen to the counsel of wise men.

3. The third decision for success: I Am A Person Of Action. I am energetic. I move quickly. I inspire others with my activity. I am a leader. I can make a decision. I can make it now. I am daring. I am courageous. I am a leader I seize this moment. I choose now.

4. The forth decision for success: I Have A Decided Heart. A wise man once said, "A journey of a thousand miles begins with a single step." Knowing this to be true, I am taking my first step today. I am passionate about my vision for the future. I will not wait. My course has been charted, my destiny is assured. I have a decided heart.

5. The fifth decision for success: Today I Will Choose To Be Happy. I will greet each day with laughter. I will smile at every person I meet. I am

a possessor of a grateful spirit. Today I will choose to be happy.

6. The sixth decision for success: I Will Greet This Day With A Forgiving Spirit. I will forgive even those who do not ask for forgiveness. I will forgive those who criticize me unjustly. I will forgive myself. I will greet this day with a forgiving spirit.

7. The seventh decision for success: I Will Persist Without Exception. I will continue despite exhaustion. I focus on results. I am a person of great faith. I will persist without exception.

I close with this quote:

"Watch your thoughts, for they become words. Choose your words, for they become actions.

Understand your actions, for they become habits.

Study your habits, for they will become your character.

Develop your character, for it becomes your destiny." Anonymous

Change your life,  
Change the world,  
Marcella Vonn Harting

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## 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

**T**his newsletter article is about my new venture (with permission from Marcella).

There are so many misleading facts about the foot and its function, and the possible abnormalities and difficulties that are associated with the feet. I was so impressed with a new system of testing balance and foot pressure that I started a new company and am now pursuing getting this technology to the practitioner and out to the general public.

This 3 dimensional pressure testing pad (system) is revolutionary. There have been 2 dimensional pads for quite some time, and 3 dimension pads up to this time were large bulky machines that take up space and cost 17 to 25 thousand dollars! Our new system is portable, takes up little space, and makes the testing of body balance, gait (movement through walking), and will reveal the specific results to show the need for orthotics.

I was so impressed that I bought the Arizona franchise! Our company is called 3D Balance Imaging. When it comes to the feet, they comprise only 3% of the mass of the body, yet support 97% of body weight! The feet have 26 small interconnected bones (25% of all the bones of the body), they have 33 joints, 107 ligaments, 19 muscles, and miles of arteries and nerves.

The average person takes 8 to 10,000 steps per day and this will add up to 115,000 miles in a lifetime! The average 150 lb person walking one mile exerts the equivalent of 63 tons (127,000 lbs.) of pressure on each foot! If you are a runner, the forces placed on the foot are much greater exceeding 3 to 5 times your weight! Statistically speaking (APMA Facts), 75% of all people will experience foot health problems in their lifetime, with women 4 times more likely to have these difficulties because of the types of shoes they wear. The old way of treating foot problems was to put your feet into a plaster or foam casting material, send that mold to a lab, and hope there would be some type of changes with the use of fiberglass or leather inserts that were made from these molds.

The new 3D Imaging pad will "read" the gait (movement while walking across the pad), balance, and static foot impression, and the image is sent over the internet. The orthotic is made with all the phases of movement, and standing impression modes which give the exact fit that each foot requires for correction and less gravitational stress. This pad offers the read out of balance which then gives the advantage of the use of the proper exercises issued to the client that

will be required to help their body balance correctly if orthotics are not indicated.

I could go on and on with respect to this new system. As you can tell from this article, I have become passionate about this advanced balance and gait testing system. So passionate I came out of retirement to get it out to the public!! Marcella and I will let you know when we will have a specific seminar in the near future on body balance, (both internal and external), gait testing, and the rewards of a healthier lifestyle when they are applied properly.

To learn more about this testing system, go to our web site, [3dbalanceimaging.com](http://3dbalanceimaging.com) and see for yourself what the future holds!

Yours for better health, naturally,  
Dr. Krieger, President  
3D Balance Imaging



## Do You Have An Animal Testimonial?

**O**ver 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. Send your testimonials to me at [naturalcareinstitute@earthlink.net](mailto:naturalcareinstitute@earthlink.net) Write "animal testimonial" in the subject line of your email. *Thank you in advance for your contribution.*

Happy Holidays to All,  
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## Chronobiotic™ News By G.I. "Atom" Bergstrom

**R**ose is the "queen of flowers," and rose oil is the "queen of essential oils."

Rose oil is a sedative, antidepressant, and anti-inflammatory. It counters high cholesterol and dampens the effects of amphetamines.

Rose oil has been used in the treatment of atherosclerosis, radiation burns, cancer, and even AIDS.

Spiritually, the five petals of a rose (or multiples of five) are Nature's reminders of the five tattvas (the first five "chakras") and the Five Element Law of acupuncture. One of the most powerful folk healers in the world, Terresita Urrea (of El Paso, TX, and Clifton, AZ) healed 50,000 people before dying

at 33 revolutions around the Sun. Her saliva smelled like roses, and the fragrance of roses accompanied many of her well-documented healings.

A half-hour before dying, Terresita declared, "I'm going to die soon, but I am going to come alive later and my story will create a great furor."

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.

## Blue Lotus Healing Arts, Inc with YL Essential Oils

By Anita Tamboli

When Jan Adams told me her clients were able to see tremendous results with one or two sessions, I believed her.

At Marcella Vonn Hartings suggestion I had one session with Jan and experienced my own personal insights and clearing. Jan had me complete a questionnaire online based on an issue I had not resolved. We connected by telephone and Jan began by giving me several columns of words to write out. These words had a particularly strong emotional effect on me. How had she come up with words that tore at me so? As she asked me questions I realized she was guiding me to face long-buried issues that were contributing to my present concern. My concern was, "Why can't I commit to releasing weight?" With Jan's insight, I remembered childhood wounds that

had set patterns in place I live with today. She walked me through the feelings into a healed state. I had the opportunity to feel the pain and then feel the joy of being healed.

Jan uses YL essential oils in her work. She named several oils, Valor, Thieves, EndoFlex, Lemon-grass, Forgiveness, Inner Child and Sacred Mountain, for me to use every day to build my physical and emotional strength.

When I phoned Jan back several days later to interview her for this article, I felt like a different person. It was as if a barrier of crud that was around me, separating me from others, had been cracked open and dropped off. What I've noticed since has been the ease and comfort I feel in connecting with others. I no longer feel distant or reserved. Jan's work is phenomenal, and I highly recommend her to anyone

interested in healing.

Jan told me, "Through years of healing myself, I found The Philosopher's Stone. My life lead me, actually required me, to put myself out there and find tools that produce measurable results. My passion is to help people find an easier way to journey into the unknown. I am a fellow journeyer and desire to share what I have learned. I support people to develop a strategy that really works. I help untangle who they really are from their limiting belief system."

You can read more about Jan Adams and her mission statement on her website: [www.myphilosophersstone.com](http://www.myphilosophersstone.com)

You can reach Jan by email at [bluelotusarts@msn.com](mailto:bluelotusarts@msn.com) or by phone at 828.631.3903.

You can also view Jan's remarkable art at [www.janadamsstudio.com](http://www.janadamsstudio.com)

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

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www.marcellavonnharting.com***

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