



Making a Difference for You Newsletter

Fall 2006

Issue #4

Our Fall Newsletter

We are always proud to present our newsletters. Our fall newsletter is hot off the presses. We want to continue to share our information about the services we provide, our upcoming events, new products and services.



About Us

Making a Difference for You, Inc. is a privately owned mental health, homeopathic and spiritual counseling center providing services for all ages and ethnic backgrounds. Our practitioners and counselors have over 45 years of experience in psychiatry, psychology, naturopathy, inter-faith counseling and education.

Are Bach Flower Essences right for you?

We are very pleased that Dr. Karen continues to provide our clients with the healing qualities of Flower Essences. We recommend making an appointment with Dr. Karen to have your own essences tincture made up for you.

Who Was Edward Bach?

Created in the 1930's by Dr. Edward Bach a medical doctor and bacteriologist, the Bach Flower Essences are 38 plant and flower based formulas that can help manage the emotional and mental stresses of everyday life by bringing negative attitudes and feelings back into balance and perspective. By helping to restore and maintain balance the Bach Essences free the body's own healing functions and help to promote overall wellness.

Which Essence is right for you? When you make an appointment with Dr. Karen, she will help you fill out a questionnaire to determine which essences are right for you. An Essence will be especially made for you and your specific needs. Call now to make an appointment to have your essence designed for you.



Products

Blessed Intention Candles for purchase \$5.00. Each candle has been blessed and has a special intention printed on it. You may choose from:

Abundance, Divine Connection, Love, Emotional Empowerment, Forgiveness, House Blessing, Self Love, Healing and Creativity. Special intention candles are also available.

Spiritual Products – Sage, Mother Mary Cleansing Bath Tincture, and Rose Oil now available.

Bach Flower Essences – now available for sale in our office. Rescue Remedy tincture, Rescue Cream, Rescue Remedy spray and other tinctures are here.

Classes & Events

Educational Classes – are being presented on a monthly basis. Please see the Events Board in the office or our website for the upcoming events

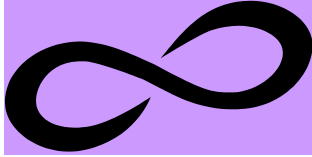
Energy Healing/Reiki is now being offered, please call the office to make arrangements for an appointment.



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Spiritual Enlightenment Corner

Our place in the world

By: Rev. Dr. Margret Rose C. Dell'Osso, PsyD,
LMHC, NCC, DAPA, DSP, DABFE

We often find it difficult in a changing world to find a place where we fit. Sometimes it is about our direction, our path, our choices or our confusion in which choice to make. One thing is for sure, we have an obligation to be true to ourselves and find a way to be honest about our goals, our beliefs and our purpose on this earth.

How do we find these answers? One of the choices is self-reflection. Learn to find a place and a time each day to process and reflect on your day and your actions. Are you happy? Are you kind? Are you learning each day? Are you listening to your heart? Do you meditate or pray each day? Are you sitting in the silence and listening for the answers to your inquiries?

When we learn to ask, and listen, our path becomes clear. Doors open up and blessings become abundant. Teach yourself today to slow down enough to spend some spiritual time with yourself each and every day. Listen, believe in yourself, have faith and soar.