



Making a Difference for You Newsletter

Summer 2006

Issue #3

Our Summer Newsletter

We are proud to present our Summer Newsletter. We want to share with everyone 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.

What are Bach Flower Essences?

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

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

Spirituality and Mental Health

By: Rev. Dr. Margret Rose C. Dell'Osso, PsyD,
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"The emphasis on soul purpose is deliberate and definitive, because the soul is the aspect of our self which carries our purpose from our Divine Source – God, Buddha, Spirit, Creator, Christ or other Higher Power. Therefore, this is the aspect of the self to put in charge." (C. Dale, 2003, *New Chakra Healing*, p. 14. Minnesota: Llewellyn Press.)

From the beginning of time, our understanding of the human condition has inspired scholars and laymen alike. Simply speaking, we all are human. We have the same needs, feelings, dreams, and desires. We all hope for prosperity, love, fun and good health. Every day we wake up, get dressed, make plans and follow through on them in order to manifest our own desires.

However, since the pressures of our lives and our own divine purpose are individualistic in nature, our humanness extends out beyond the physical or mental to include our souls, our spiritual connection. In the psychological arena, the American Psychological Association (APA), recognizes the mind and body connection but has yet to embrace the existence of the soul.

For centuries, Eastern doctors have taken a spiritualistic approach to human concerns, including healing that has incorporated the concepts of mind, body and soul. However, their Eastern spiritual systems and economic structures provided many limits for this holistic approach to be utilized by the masses.

It has become an avenue to manifest further stabilization and healing with many clients.

My treatment goals shifted from the physical or mental processes to embrace the spiritual aspects of their being in order to assist them in healing mental imbalance.

Spirituality within mental health became the balanced focus of my practice. Spirituality defined as the quality or state of being spiritual. Spirit defined as the vital principal or animating force within living beings. Many people have confused Spirituality with the practice of old-world religion. In my opinion, old world religion is a man-made institution that often uses fear, guilt or judgment as common ways to interpret people's place in the world. Religions tended to segregate the masses, not unite them. It has separated people from other classes and cultures, genders and political processes. People lost their own ability to relate to each other. They lost their own belief that they can heal themselves, forgive themselves and others, love without judgment or manifest their own destiny.

In a nutshell, I found a way to connect their head with their heart. Their heart being where their soul resides and this Spirit that resides in our soul connects us to everyone and everything. It became a way for people to realize that things are larger than ourselves and are constantly in play. This process therefore connects us back to Divine Source, our Creator, and the Universe. This knowledge to heal therefore is within us not around us. Not only are we able to heal but we also have the knowledge to empower our own destiny.

It is also my opinion, that everything is made of energy and its interaction with everything around us is what sustains us. In our attempt to prosper, our actions need to move beyond our human self to embrace the energies and people around you with respect, non-judgment and love. It is when you have achieved this reality that you can truly begin to fathom your connection to Spirit, the Universe, and complete well-being.

Hands-on healing, meditation, chanting, prayers, candles, intentions, whatever role it takes, has become a way for people to connect to their own internal healing processes and personal empowerment.