



# Making a Difference for You Newsletter

Fall 2007

Issue #7

## Our Fall Newsletter

Our Fall newsletter is here! 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.

WE ARE IN THE PROCESS OF PUTTING TOGETHER A GREAT NEW WEBSITE (Thank you Forest!) which can be found at [www.mad4upeace.com](http://www.mad4upeace.com). We are moving forward with new server capabilities and new services all available over the WEB! Check it out. Feedback always welcome.

## Classes & Events

**Do not forget our annual Christmas Party!  
It is scheduled for December 14<sup>th</sup> from 6-10 pm.  
We have such a wonderful time each year. We hope that you can join us!**

**OUR WOMEN'S GROUP is scheduled to start in January!!!**

**The focus will focus on all aspects of emotional empowerment, issue resolution and positive intention. Please make sure that the front office has your name if you are planning to attend.**

A Spirituality class will be held on December 28<sup>th</sup>, 2007 from 7-9 pm. It will be a meditation and New Year's resolution class. Cost is \$10.00 a person. Come and set your intentions for the 2008. "Out with the things that no longer serve us and in with the new and wonderful blessings for each and every one of us". Class size is limited to 9. Sign up with the front desk if you plan to attend.



## New Products

### **BACH ESSENCES FOR YOUR ANIMALS!**

Dr. Karen Bethel will put together a tincture for your animals so that they may have the same healing and protection benefits as we have had for ourselves.

### **BACH SLEEP REMEDY NOW AVAILABLE.**

### Products Corner

Sage,  
Mother Mary Cleansing Bath Tincture  
Rose Oil  
Personalized Product Baskets

### Bach Flower Essences –

Rescue Remedy tincture  
Rescue Cream  
Rescue Remedy spray  
38 Flower Essences

### Blessed Intention Candles

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.



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## Spiritual Enlightenment Corner

Use the change of season to change your  
perspective

How do you prepare for the change of season? Do you pull out the decorations, change your wardrobe, change your hairstyle or clean your house?

How about the things that we focus on? Do we change our perspective when we change our scenery? Positive thinking is important all year long but especially effective when we are making a change. We need to stop that negative chatter "Can I do this? Will it look good? What will other people think?"

This is where we can sabotage ourselves without knowing it. The negative thoughts we can accumulate in a day can number in the hundreds. When we are feeling unsure or insecure or vulnerable our mind can go into overdrive. The same thing occurs when we are stressed. Even if the stress comes from doing good things for ourselves and others, it can be too taxing on our body and soul. As they often say, Too much to do and not enough time!

These negative thoughts not only negate our good deeds and/or the positive changes we are making for the season, but it can produce negative outcomes.

So, along with the changes we make to get ready for another season, take stock of the thoughts that drift through your mind. Change the negative chatter for a good thought, a positive intention, or a new mantra. Whatever the choice, the outcome will be well worth it.

We wish you a Happy Fall Season.

Namaste,

Reverend Dr. Margret Rose C Dell'Osso

