



Making a Difference for You Newsletter

Spring 2007

Issue #5

Our Spring Newsletter

We are proud to present our Spring 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 Back 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 Corner

Sage,
Mother Mary Cleansing Bath Tincture
Rose Oil

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

Spiritual Spring Cleaning

Well it is that time again. Time to roll up our sleeves, and dig in. To what you say? To Spring Clean. To clean out the old, dusty, stale collection of thoughts, behaviors, emotions, rituals and chatter that no longer serves us. How do you know that it no longer serves us?... because it no longer serves a healthy purpose. For example, we find that our morning meditation no longer puts us in the place of piece that it used to...or the mantra we repeat to stop the negative chatter no longer works as well or as long.

This is when we realize that we need to clean out the old and begin with the excitement of the new. Spiritual cleansing is important. As we continue to evolve and change, so do our needs, desires, and intentions.

So, how it is done? Try to follow the same routine that we use to spring clean in our homes. We give everything a once over then begin to clean, reorganize and discard the things we have not used or worn in awhile (a good time frame is about six months). This is the same idea for our Spiritual Spring Cleaning.

Start by looking through your resources. All the things that you use to create a sacred space, expand your knowledge or complete your rituals. Go through everything that you use and see what has not been used, what is broken, what needs to be replaced or recycled.

Next, make a list of the intentions that you have for yourself, your family, and/or your home of the spring

and pair it up with the resources that you have been inventoried. As you review your resources, it will become clear what is needed to fulfill these intentions. Then go shopping. This doesn't mean spending a lot of money. Many new mantras, guided meditations, prayers or rituals can be found in a variety of places like libraries, internet, religious centers, spirituality stores, even during your own meditation. Also try thumbing through some of your already acquired religious literature and something new and appropriate will be sure to pop out at you. Try to find one new technique, prayer or ritual to add to your daily routine.

When you are done, whatever does not fit or you find you no longer use, pray about it. Does it need to be discarded, given to a friend, or put away for another time in your life. If you are not sure, tuck it away for later. You are sure to get an answer in a day or two.

Remember, it is hard to go wrong. Just listen to your heart and follow though. You will come to find out that you will feel fresher, renewed and ready for what Spring has in store for your Spiritual Self!

Be Well and Joyful Cleaning!

Namaste,

Rev. Dr. Margret Rose C. Dell'Osso

