



Making a Difference for You Newsletter

Summer 2007

Issue #6

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 Back Flower Essences?

We are very pleased that Dr. Karen Bethel continues to provide our clients with the healing qualities of Flower Essences. We highly recommend making an appointment with her 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 Bethel, 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.



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

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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Classes & Events

**WE ARE STARTING A WOMEN'S GROUP IN
OCTOBER!!!**
**The focus will focus on all aspects of emotional
empowerment, issue resolution and positive intention.**

Spiritual Enlightenment Corner

Beat the Heat!

So, how is your summer? Feeling hot, tired, overwhelmed? Our issues and burdens seem to take on extra significance in the summer heat. The sun and humidity seems to make people, including ourselves, extra sensitive. Not to worry, it serves a purpose.

Summer has its own special gift. Like spring cleaning, summer's sweltering heat makes us take heed. When we are uncomfortable, it is more difficult to sweep things under the proverbial carpet, so to say. We notice that extra 5 pounds, how dehydrated we get when we do not drink enough water, how flaky and dry our skin gets when we do not moisturize, and how negative our thoughts can get as well. "I am too fat. I am too tired. I hate this traffic." Before we know it we are grumbling, and angry and miserable.

On a positive note, heat can be a source of cleansing and purification. We have used it on a spiritual level for centuries to rid, cleanse, purify and set intentions. Think of the last time you lit a prayer candle or sage. The smoke and heat set an intention for something better in your life.

Utilize the warmth and heat of South Florida to cleanse your Body and your Spirit. Set the intention that the heat be used to burn anything off your aura (energy field that surrounds your body where charkas are located) that no longer serves you or keeps you back. Moving forward, learning and growing, is important for all of us.

How do we set an intention? Intentions are verbal statements or thoughts which summarize your goal. It does not have to be long or fancy or complicated. Be clear. Be simple. Be positive. Look into your heart and the words will be there.

So, take the time for yourself and utilize the benefits of this summer heat. Use all of that wonderful energy for your own blessings.

Be Well. Namaste.

Rev. Dr. Margret Rose C. Dell'Osso

