



Making a Difference for You Newsletter

Summer 2009

Issue #13

Our Summer Newsletter

Our Summer 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.

Our website is up and running at www.mad4peace.com. We are moving forward with new server capabilities and new services all available over the WEB! Feedback is always welcome. Feel free To email us on the website or our office email at making6151@aol.com. We always look forward to hearing from everyone even if your work here is done.

Classes & Events

Forgiveness Healing Circle
September 26, 2009 at 2 p.m. Please RSVP.



Available Products

BACH Flower Essences are available in several new prepackaged products. Please consult over office staff for more information.

Bach Flower Essences Products Corner

Rescue Remedy Pastilles
Bach Kids Confidence Remedy
Bach Emotional Eating Support Kit
Bach Kids Rescue Remedy
Natural Stress Relief for Pets
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.

Home and Spiritual Cleansing and Blessing Products

Sage
Rose Oil
Nag Champa incense
Mother Mary Cleansing Bath kit
Affirmation cards (special order)
Meditation tapes (special order)
Holy Water (special order)
House Clearing and Blessing Kit (special order)
Archangel Tinctures (special order)



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Go With The Flow Exercise:

Spiritual Enlightenment Corner

“Go With The Flow”

(the missing link in finding peace)

Since we have been young teenagers, we have heard the phrase, “go with the flow”. What does that mean? Let things unfold the way that it is meant to? Know that everything is in Divine Order? A gut feeling that we are doing the right thing. Our heart tells us that we are on the right track.

Trying to incorporate it into our lives has been a bit more difficult. What about our brain that tells us to worry, to be afraid, to control things, to conger up every negative thought or experience we have stored in our brain to come forward and immobilize us.

Often times in our society, we hear commercials, read advertisements even self-help books that want us to progress and process things in a certain way. What if that WAY is unfamiliar to us or opposes what we know to be true. It does not bring us peace, but rather discomfort.

Contrary to even their best intentions, these illuminations tell us how to act, think, behave and believe. It may even push us further away from going with the flow and allowing things to just unfold.

As a result, a transition to a peaceful existence is made that much harder. Peace involves a state of bliss that has no thought, no judgment, no movement. You can just BE in the moment without having to do a thing. I am often asked how to obtain peace, what to do, how to think, what to say.

What if the answer is NOTHING. Peace involves no expectations whatsoever. It involves no thought, no judgment, no analyzing, no processing, nothing but allowing yourself to be an impartial observer to the world around you. When it is required to DO something, the peace that surrounds you will allow you to flow with the best decision, movement, behavior or thought.

When we have no expectations of what should happen, how something should look, what someone will say, then we cannot get our brain involved in formulating a response or reaction. This eliminates the prefabricated response, usually in judgment, which can pull you right out of your place of peace and comfort.

We can just allow people and things to be what and who they are. In other words, GO WITH THE FLOW.

1. Wake up in the morning and clear your mind of all thoughts, dreams and lists of “things to do”.
2. Everytime a thought comes to mind, send it back out just as easy as it came in. Now don’t struggle with releasing the thought other wise it will be even harder. Just take some deep breaths, wrap the thought in love, and visualize it flowing to the heavens.
3. As the day progresses allow yourself to become an impartial observer. As the traffic flows, the birds chirp, the phone rings etc., allow yourself to just let it be what it is. Do not get annoyed with the traffic, or the drivers. Do not try to figure out who is calling when the phone rings, do not try to plan an outcome of a phone call before you make a phone call. Again, if a thought intrudes, breath slowly, wrap it in love and give it to the heavens. If it comes back, take more time to breathe and visualize.
4. As the day comes to a close, what did you observe? Were you able to allow things just to be. Did you find that when you let things flow, just be what they are, that things went smoother, that you could allow people and things to be their own. IF someone was in a bad mood, did you let it be? Not try to fix it or Change them? Was it difficult at first. Leaving people and situations to themselves takes some time but the outcome is worth it. Stopping the negative chatter also takes some time, but it is also worth the time. You do not end up so exhausted trying to read into people’s moods and issues, and you begin to spend more time on balancing out your own life and goals.

*** Make sure not to become angry with yourself because the exercise is harder than it sounds. The angrier you get, the harder it is to stop the chatter and wrap things in love. Above all, be kind to yourself and allow things to flow.

Namaste,

Rev. Dr. Margret Rose C. Dell’Osso

