



Making a Difference for You Newsletter

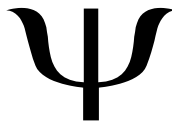


Summer 2010

Issue #17

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.mad4upeace.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.

Our blog on mad4upeace.com is up and running. Find provoking questions which promote soul searching and reflection questions. We encourage everyone's participation. We never know when our feedback will provide valuable information and healing to others.

Classes & Events

Forgiveness Healing Circle
September 4, 2010, 3:00pm
Donations accepted



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.



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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)

Spiritual Enlightenment Corner “Release without Fear”

Namaste, everyone! I wish everyone well this 2010 summer season.

Summer is a time for fun, vacation, family time, and in the process a time for reflection and release. Take stock of relationships, marriages, child development, career prospects and goals for the upcoming fall season.

It is a time for a new school year, new leagues and clubs are forming and we all feel a rush with tax-free week and new clothes, uniforms and fall fashion.

During this time, we collect our thoughts and realize with joy, sadness and fear that things are changing and some of it may not be pleasant. Children going to college, marriage, or retirement can all be part of the process.

Human beings as a whole are terrified of change. The fear that we are unable to transition to a new location, a new job, a new relationship or an ending of one makes us hold on to things that no longer fit. We try to

convince ourselves that things will change; or it is really not that bad or for the sake of the children, I need to hold on. We even have heard from others “if God wanted me to change it, he would change it”.

In reality, if we are given the knowledge and wisdom that things are not working and stress is a daily part of our day, God has told us that it is time to change. When we are not at peace, it is his communication with us to regain our balance and grounding so we can get back on track and continue our life journey.

With all of this being said, we still find ourselves stuck in a rut or path that is not healthy.

So, with me today as part of reading this newsletter I want you to promise yourself that it is time to change and do not let your ego or fear stop you. God has our back and every thing will fall into place and resolve itself easier if we take the first step. It is as if God rewards us for taking the first step towards our empowerment.

As children of God, we are not meant to suffer or struggle but if we allow ourselves to live in a world that focuses on only human doings and physical happenings, we then allow negativity to creep in and take over our thoughts, feelings and behaviors.

So repeat this prayer/mantra each day for 30 days,

“Dear God, from this day forward I request your assistance in creating a life for myself of peace, empowerment and joy. I promise to do my part to share these gifts with others and banish negativity. I am in gratitude for your love and protection. Please bless me each day. Amen”



Namaste, Dr. D