



December, 2010



### **Greetings! Holiday Blessings to My Young Living Family!**

Dear Friends,

Thank you for being in my Young Living family. The Holiday Season is a wonderful time for you to share your knowledge and appreciation of the magic of Young Living oils. A gift of any of our wonderful products is a great way to show you care for the health and well-being of the receiver. If you have not seen the *Seasonal Essentials 2010 Holiday Catalog*, I urge you to look through it for gift ideas before you head to the mall. If you do not have the catalog, you can view it at [www.youngliving.us](http://www.youngliving.us). Just click on the "Products" tab at the upper left, then scroll down to "Virtual Catalogs." Thanks and appreciation to Young Living for making these

blessed oils available to us and to the world. I also want to let you in on some "Insider Information" I received from Nancy Sanderson via email:



"Starting on Black Friday, Young Living will be giving our customers a special holiday treat! Each week, we will launch TWO spot promotions! These are in addition to the regular PV promotion and the 10% off product. These exciting promotions will not be detailed in an eBlast or in eNews. You can only find out what they are by going to our website. So visit us at [www.youngliving.com/promotions](http://www.youngliving.com/promotions) each Friday to see what special promotions we are running that week.

KEEP IN MIND: There is a limited supply of each item, so the promotion will run only while supplies last. In some cases, the available amount is very limited, and the promotion may last for several hours only. So, if you like what you see, place your order right away!"

I wrote last month that I was taking my husband, Dean, to the Cleveland Clinic to see if he qualified as a candidate for a new procedure they are testing. Unfortunately, Dean did not qualify for that procedure, but I just got word today that there is an alternative he does qualify for. Of course we are using the oils on him to help improve his condition before his surgery on January 20, 2011.

I have many wonderful distributors in my Young Living Family who promote special techniques to heal the body and provide health and wealth to their friends and family. Carla and Bill Green are just such distributors. I am happy to post their message here: "If you are interested in a protocol that reverses the signs of aging AND grows your Young Living business, contact Carla Green, Second Chance Facial Rejuvenation, for upcoming training dates: [www.secondchanceface.com](http://www.secondchanceface.com) or [www.bit.ly/secondchanceintro](http://www.bit.ly/secondchanceintro)"

Young Living always helps me through my problems. I believe these oils have saved my life, many times. I have learned that you never take a remedy until the symptoms occur. Lately, I have become very short of breath and have an irregular heartbeat. So I carry capsules of oils in my pocketbook. When I feel the need for a capsule, I dowse out which of the 4 capsules I need and take it immediately. This usually calms down my symptoms. I am going to list the 4 capsules that I carry. 1. Cove oil. Clove oil opens up all the blood vessels and allows increased circulation, I learned this from a wonderful Michigan distributor, Shannon Hudson. Shannon had a stroke and was partially paralyzed. She told me she takes 1 to 3 capsules of clove on a daily basis. 20 drops in each capsule. I have found that I become very short of breath if I do not take a capsule of 20 drops of clove oil on a daily basis. 2. This is the heart strengthening oil formula, which is 5 drops of Thyme, 5 drops Goldenrod and 7 drops Wintergreen. Oftentimes I take this remedy when it is hard for me to walk long distances and I feel a tightness in my chest. 3. Pain formula, which is 5 drops Aroma Seiz, 5 drops Trauma Life, and 7 drops Thyme. There was a misprint in previous newsletters where I stated I used AromaLife instead of Trauma Life. Two years ago, I went to a cardiologist who gave me Lisinopril to lower my blood pressure. Since Dean's broken back incident, I have been using the pain formula to lower my blood pressure instead of Lisinopril. 4. Staph-MRSA formula, which is 4 drops Christmas Spirit, 5 drops Lemongrass, and 4 drops RC. I find I usually have to take this formula once or twice a week. Several people have emailed me and thanked me for helping them understand how to use the oils. They even go so far as to say that I have saved their lives.

I hope everyone has a Merry Christmas and a Happy New Year. If you have any questions or need help with your downline, please contact me at: [mhardy@allegan.net](mailto:mhardy@allegan.net), or (269) 673-4849.

Love and Light,  
Mary Hardy

# “Physician Heal Thyself”

## The Universal Law that Connects Us to Our Creator

Rev. Mary Hardy, Ph.D.



“Physician Heal Thyself,” is a phrase that requires that you totally understand the issues with your diseased and/or blocked body that are causing your illness. It is my belief that if you can become one with yourself, you can become one with the Creator. It is only by communicating with your Creator that you can totally understand the power of healing yourself. The oils have the power to help you do this.

The person that helps me with my emails, Kathy, has been having to leave work early because her face breaks out with psoriasis, her lips become swollen and burn, and she gets horrible headaches and cannot stand the pain. Two years ago she was forced to sell her house and move into a trailer in the city where there is chlorinated water. It has taken me a while to figure out her problem. I was giving her oils like the staph formula, which is 4 drops *Christmas Spirit*, 5 drops *Lemongrass*, and 4 drops *RC*, and this took the stinging and burning away but it only lasted a short time. Then it dawned on me that she is now bathing in chlorinated water, which she is allergic to, which causes the skin to be sealed so the internal organs cannot breathe. This causes an autoimmune condition which leads to very severe problems. It is my experience that sealing the skin in this way can lead to diseases such as lupus, chronic fatigue, and other autoimmune disorders. The shower head that she was using did not have a filter system on it. So the first step we did was to buy a shower head filter from [CUZUWaterFilter.com](http://CUZUWaterFilter.com), which has zinc and copper filings in the filter. The zinc and copper filings will change the chlorine to copper-zinc-chloride which will not be absorbed by the body. So this way, you can protect your internal organs. This system is better than a charcoal filter. Since Kathy has been using the filter, her face has cleared up and she does not have the terrible headaches and the stinging pain on her face. Since the oils create a frequency, it is necessary for her to use the staph formula whenever the symptoms reappear. This seems to antidote the chlorine. You never repeat a remedy until the symptoms come back. Many times when I suggest the formula, people ask how often they should take it. You never repeat a remedy until the symptoms come back.

A good example of this is when women have hot flashes and pain from menstrual periods. Young Living has new product called *Progescence Plus*. It is not a cream, it is an oil, which carries a frequency. If you have cramps during your period, or have hot flashes during the day it is suggested that you carry this product with you and take it only when the symptoms appear. I have suggested that women take the Young Living oils, like *Lady Sclara*, *Progescence Plus*, etc., as directed on the bottle and also when the symptoms

appear. When people tell me they are using *Lady Sclara* or *Progescence Plus*, and they are not working, it is usually because they are using them only once a day and not every time the symptoms appear. The important thing in dealing with the frequency of the oils is that you take the remedy when the symptoms appear. The oils carry frequency which will counteract the frequency of the hot flash or pain, so that is why it is important to take it when the symptoms appear. It cancels out the frequency that is causing the disruption. We are electrical in nature. When the electrical frequency is in the body to cause pain or a hot flash, the counter frequency will eliminate this discomfort. It is best to take the remedy just as the symptoms are beginning to appear.

In the past I have talked about the glia brain. It is a seamless organ that carries the frequency of the oils throughout the whole body. The glia brain covers the brain and every nerve channel in the body and has a connection to every cell in the body. That is why it can change the frequency in the body in seconds and is the largest organ in the body. If there is a disruption in the body anywhere and you hit the right frequency, you can eliminate the problem immediately. Remember, the oils are frequency. I learned how frequency works in the body from my Homeopathic training. A Homeopathic remedy is a substance that is reduced to only an energy pattern. This is done by taking a substance like Juniper and reducing it 1 to 100 times until the chemistry of Juniper can no longer be identified in the remedy. That is why the statement of Homeopathy is “Like cures like.” You can take an herb or an oil, like Juniper, and look up its herbal contents and see that it works on the kidneys. Likewise, the oils will work on the kidneys and the homeopathic remedy will work on the kidneys because it carries the energy pattern or frequency that will stimulate and balance the kidneys, not block the kidneys, as drugs would do, to get the desired affect. I will add here that most Homeopaths do not have an understanding of energy medicine so they do not understand how Homeopathy or Energy Medicine works. This is because the knowledge of the glia brain was written out of the Medical textbooks in the 1940s. The glia brain operates on essential fatty acids which are substances like our *Omega Blue* (cod liver oil), or sesame seed oil. Growing up in the 1940s, I, and many other children, were required to take a teaspoon of cod liver oil every day. The only reason for this was because the medical profession knew the importance of feeding the glia brain. There is no other explanation.

Interestingly enough, I believe that you can reduce the existence of chronic diseases like diabetes, fibromyalgia, and chronic fatigue syndrome, by

feeding the glia brain with essential fatty acids. I know for a fact that if you want to improve the function of the oils and how they work in the body, it is a necessity to first feed the glia brain with our *Omega Blue* or other essential fatty acids. I have helped people balance their sugar so they do not appear diabetic, by having them take the *Omega Blue* and the oils that deal with balancing sugar in the body. The four oils that balance sugar in the body are *Ocotea*, *Dill*, *Fennel*, and *Coriander*.

I am a Dowser and when people call me up and ask me what they need, if I have a hair sample or a witness, I can dowse out a remedy that will best help them. As a Dowser I have a chart to determine the diseased state in their body. My friend Marie called me up and said she could not clear her lungs and was feeling very bad. I dowsed out that she needed *Fennel* and *Ocotea*. I then checked to see if she was borderline diabetic. I then advised her to start taking the *Omega Blue* and a capsule of *Ocotea* and *Fennel*. I imagine that if she checked her sugar on a daily basis, that she would register as a diabetic a large percentage of the time. What is beautiful here is that anyone can take the oils and muscle test themselves to see if they need them. A simple way to muscle test yourself is to make circles with your fingers using the middle fingers and thumbs on each hand. Then, link the circles and try to pull one circle through the other to test how strong you are. Now, hold an oil or supplement by pressing the bottle over your stomach with one arm and make the circles again and see how strong you are while holding that product. If it makes you stronger, you need the oil. If it makes you weaker, it is wise not to use it. This is a good way to tell when you should or should not take an oil or supplement. I never take a remedy unless I muscle test for it.

Working with my husband's heart failure has taught me a great deal. The oils have frequencies. What I have tried to do is match the frequency of the drugs that he is required to use with a combination of oils put in a capsule. I have learned to substitute his Lasix, which is a drug to reduce edema in the body, with a combination of oils that Dr. Terry Freidman gave me in the beginning when I started Young Living. It is 5 drops *Juniper* (for kidney function), 5 drops of *Cypress* (for circulation), and 10 drops of *Tangerine* (for edema). If you study the herb, you will find that the frequency of the oils will act the same way on the body as the herb does. In fact, I believe that drugs are made by taking the constituents of the chemicals found in the herbs, and reducing them to a synthetic chemical produced in the lab. However, lab produced chemicals can be very deadly. An example: *Birch* and *Wintergreen* carry large amounts of methyl salicylate. *Birch* is 99% methyl salicylate, and *Wintergreen* is 95% methyl salicylate. Both of these oils in their natural forms contain chemical constituents that will block the

methyl salicylate from hurting the body. As a kid I sucked on lots of wintergreen candy with no harm to me because it was a natural wintergreen. However, products like Ben Gay, which originally contained natural occurring methyl salicylate, now use synthetic methyl salicylate, which can be made in the lab for pennies and can actually cause harm instead of healing. It has been reported that Ben Gay, with synthetic forms of methyl salicylate, has actually caused death to people that have used it because they have died of methyl salicylate poisoning. However, in its natural form, birch and wintergreen were used in toothpastes, cough drops, etc., with no harm to anyone as long as the natural form was used to make the product.

The other drug that I have learned to use for my husband is the Pain formula. In April, he had a compress fracture of his L2 vertebrae in his back. I made up a formula for pain, which is 5 drops *Aroma Siez*, 5 drops *Trauma Life* and 7 drops *Thyme*. Interestingly, this formula also mimics the drug, Lisinopril, which he was taking to lower his blood pressure. How Lisinopril works is that it reduces the pressure in the kidneys to lower the blood pressure. If you check the function of the L2 Vertebra, it controls this function. So, by giving him the pain formula, it actually takes edema out of his system and lowers his blood pressure and also works on bone pain. I feel it is important that if we are going to use a combination of the oils we have to investigate how the combinations work on the body. Whenever he has low back pain, or pain anywhere in the body, I muscle test him for Lisinopril and for the pain formula. He usually tests strong for both of them. So I have concluded the pain formula can be interchanged with the Lisinopril, which is a chemical drug, and give him the pain formula to keep his blood pressure down and pain out of the body.

I know that in the future whenever I or my family are asked to take a chemical drug, I will dowse out the frequency and see how the drug works in the body. Then I will find an oil combination that works the same way. Recently I took Dean to a Chiropractor who is giving him the actual muscle tissue of the heart in pill form from Standard Process, so that it will help strengthen the heart tissue. Again, like cures like. Interestingly, the medical profession is giving Dean a little white pill call Coreg, which is designed to strengthen the heart tissue. These supplements carry a very similar frequency. Because it is important that I follow the medical procedure and practices, I am giving both forms, Coreg, and heart tissue medicine from the Chiropractor, to my husband. He muscle tests for both of them. Since he only has 20% of his heart muscle functioning, it is important that we feed the heart using the best practices that we know of.

"Physician Heal Thyself." This practice allows you to connect to the Creator by raising the frequency within the body and brain.

Greetings From Your Upline!  
Mary Hardy  
3252 Lakeview Drive  
Allegan, MI 49010



Visit Mary's website at [www.templeofsakkara.com](http://www.templeofsakkara.com)



My Young Living Family!

Happy Holidays to

by raising the frequency within the body and brain.

This practice allows you to connect to the Creator

“Physician Heal Thyself.”