

MSS Newsletter

MORNING STAR SHINES



September 21, 2008 v.1, n.1

Grapes, Mums, And Adios To Summer



The last official days of summer are slipping away like sand through fingers. Trees are beginning to let go of their green outfits and blaze into the striking colors of Fall. Grapes are being harvested, chrysanthemums are blooming, school is in session... You betcha, Autumn is here. The Equinox on the 22nd is the last day of equal light and dark. Celebrate! We still have Indian Summer to enjoy, the richness of lingering summer produce, starry nights, and nature's example of letting go, moving on, and being entirely in the moment. Try it, you might like it! (PS: can you find the secret star in the newsletter?)

Yum's The Word: Spaghetti al Pomodoro Fresco



Someone gave us a bag of tomatoes and our basil was flowering, what to do? Just leave it to my wonderful Italian hubby to come up with something delicious. We used spaghetti, but any pasta would do. Chop up to 2 cups of fresh tomatoes, sprinkle with salt and let stand in a bowl for at least 15 minutes. Chop ¼ cup basil and add to tomatoes with a little olive oil. Cook pasta (don't forget to add salt to the water, not oil.) Drain and put into a large bowl. Cover with the fresh tomatoes, a generous pouring of olive oil, grated parmigiano, and mangia! Truly, truly fresh.

FYI (flower essences):

Tomato: vibrational cleanser, cleansing of blockages, a oneness of energy and physicality.

Basil: helpful in recovery of illness, good for releasing emotional chaos inviting peace to prevail.

Olive: open-mindedness, ancient knowing that releases rigidity and oils our grip on fears.

Flower Essence Of The Season: Grape



Have you ever felt like you've been through a grape press? A meat grinder? A complete, even unexpected kick in the pants by the universe? Grape flower essence helps us remember our wholeness even when things are laden with illusions that all is lost. Our unique expression of heart and soul is timeless. The vines of our true Selves keep growing and blossoming with vision, wholeness, and remembrance of light. Grape pairs well with White Nicotiana and Coffee essence for clearing of smoke and jitters and coming into peaceful and loving balance.

Chuckle:

Every once and awhile my mouth is full of toe jam from eating my foot. I reversed words in a yoga class, telling the class to come to a seated position (from laying on their sides). "Please keep your eyes crossed and your legs closed," I said serenely. Oops. I was amazed to see them trying to follow my directions. NO! Eyes-closed and come to a cross-legged position. We did laugh.

Yoga Pose: Virabhadrasana II



Technically, this translates to Warrior II. I once had several pregnant women in my class. They decided they did not want to call it Warrior anything. I told them to come up with a new name, and they agreed on Active Goddess Pose. I tell the children it is the "I can do it" pose. Confidence is great gift to give. Stand tall with legs in a wide stance. The front leg is bent with the knee directly over the ankle. Back leg is strong, and torso is erect with arms out. Look beyond the front hand. Hold for 10 breaths and let your spirit soar in your body. Change sides. Great for transitions or self-doubt.

Special Of The Month: Focus!

FOCUS!

We are headed into the last quarter of the year, with changes all around us on all levels, including elections, economic transition, and Mercury Retrograde. We need to be relaxed and able to focus as we are tugged by collective, personal, and planetary energies. This mist has essences and oils to help clear the debris and pinpoint what you need to see. Whether for a deeper meditation or visualization practice, presentations, studies, or even the house chores, FOCUS! is a great ally. [For more Specials, click here!](#)

Upcoming Events:

The biggest upcoming event is described below in GO news. Good Only News is full of our changes this edition. We hope by the end of the year to have completely new everythings!



Late Fall food Fest Sunday, Dec. 7, 5pm-7:30-ish.

Join us for a pre-holiday vegetarian dinner. Featuring pumpkin soup, veggie pizza, chard with garlic chips, homemade bread with seeds, and spicy humus spread, and surprise dessert.

Limit: 6,

Price: \$30

To sign up, write to connectingsystems@yahoo.com.



2009 will bring an assortment of workshops devoted to connecting our inner spirits with our outer world...through dance, nature, flower essences, yoga, exploring, breath, and meditation. Oh, and did I mention, fun?

2009 will include the Pacific Northwest, the International Guitar Festival in the Yucatan, perhaps a retreat in New Mexico, and a beach-yoga getaway week near Puerto Vallarta.

GO News!

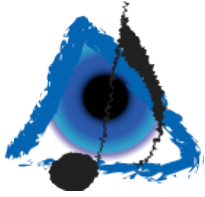


This is really BIG NEWS! After nearly 10 years, I am laying to rest "Connecting Systems". For one reason, it seems to link with many computer companies, investment firms and other more techno things that have nothing to do with me or my products.

We have a new logo, are redesigning the website, and are now selling displays of mists to different venues. **Morning Star Shines** is our new name and domain. If you search you will find the front page of Connecting Systems as we are in transition. I thank you all for the support and know that we are forging

ahead in vision and vibration: Up, up and away!

MSS Ad Exchange



Custom CDs and DVDs - Audio Restoration - Soundtracks

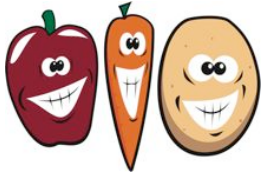
Any audio from CDs, cassette tapes, 78s and vinyl records transferred to Pro Tools for professional editing and mixing, or pristine digital restoring. Custom made movies on DVDs from your tapes, films, and photos. Over 20 years of experience making soundtracks for dance and theater productions. Get your custom CDs or DVDs now.

www.aldoborzoni.com. Mail to: expertaudio@mac.com or call: (925) 962-9783



Hypnotherapy, Reiki, Matrix Energetics

Kate Schrup is offering Matrix Energetics, Reiki, Hypnotherapy and more, currently available at Meditrina (www.meditrinasp.com) world healing spa. Contact Kate at 510-835-4659.



“Laugh-yette” Laughter Club

Laughter Yoga is an evolution of body-mind healing systems that combines simple laughter exercises, gentle stretches and yogic breathing to enhance health and happiness. Join with a group of others to laugh and have fun! No special clothing or props are required. You don't even need a sense of humor! "As seen on Oprah". Sunday mornings, 8:00-8:45 AM, at the Lafayette Health Club. For more info: Jillian Standish, jilyn@att.net, 925-640-6467



Now offered at LHC: Quantum Biofeedback

This is the most amazing healing technology we have come across and is the most sophisticated form of biofeedback out there. This technology is used by many holistic health care practitioners and doctors, including Dr. Jeff Spencer (Dr. for Lance Armstrong and his team) for healing and optimal wellness. [Click here for more info.](#)



Psychotherapy that goes beyond words...

Body-centered psychotherapy invites all facets of being—physical sensations and movement, emotions, images, memories, beliefs, energy and spirit. Experience deep change in limiting patterns and illuminate untapped resources in your Self. **Lisa Kully**, Licensed Marriage and Family Therapist and Certified Hakomi Therapist. Rockridge (Oakland) Office (510) 601-7980

www.embodiedpsychotherapy.net

Want to add your ad to this section of MSS Newsletter? Write us at connectingsystems@yahoo.com