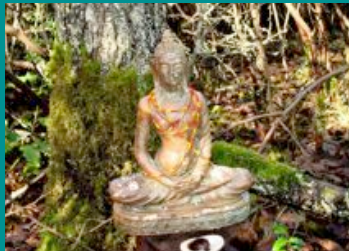


MSS Newsletter

MORNING STAR SHINES



This issue is in memory of my dearest friend and heart sister Kristi Rudolph

December 1st, 2008 v.1, n.2

Passages, Holidays, and Cheers!



The cold winds have begun to blow. A rose, rose hips, and yellowing leaves are all on the same bush, but the change is inevitable. We are weeks away from the Winter Solstice, and it always seems to me like we are on a downhill slope and momentum speeds us to the end of the year. One of the things I witnessed as Kristi passed through her last months was her willingness and determination to let go: of things, of grudges, of agendas, and open where it counted. As we welcome the last weeks of 2008, may we too, let go of things we don't need, and instead reach out and touch someone. This is the path to the healing heart. Happy Holidays and Cheers!

Boy Oh Boy—Back to Roots!



This is “easy-peasy-lemon-Squeazy” as my small yoga kids say. Buy your favorite roots and chop or slice into bite-size cubes, slices, or French-fry like pieces. I use any type of potatoes, 1 sweet potato, rutabagas, carrots, turnips, shallots & garlic cloves cut in half. Toss it with olive oil, sea salt, lemon zest, pepper and rosemary and put on a cookie sheet covered with foil at 375 for 15 minutes; turn everything, 15 more minutes, then uncover and turn occasionally at 400 until crispy on the outside and soft in the middle. Mash the garlic and shallots with Dijon mustard, a little balsamic vinegar, & black pepper for a dip. For a special treat, sprinkle on parmesan the last 5 minutes of cooking.

FYI (flower essences):

Potato Vine: opens crown chakra; energizer of all chakras.

Mustard: helps resolve unexplained depression.

Rosemary: helps remember dreams., and to be happy in our bodies.

Flower Essence Of The Season: Sage



Sage connects us to the earth via the four directions and the ancestors. There are footprints in the earth from generations and eons of travelers. In places of pilgrimage, these are tangible. Sage has been used in cooking, but also as a smudge to clear energy and bring us into purity, as it aligns mental and the spiritual bodies. It is most excellent for jet lag (found in **Be Here Now**). At the end of the year, let go with a fire ceremony and add some sage to clear out the old, and open for new.

Chuckle:

I have a very special piano student who loves to get dirty. In fact, he won first place for the dirtiest kid at his summer camp on the same day as his piano lesson. He wanted to stay filthy so his father could take admiring photos. He was also wet, and I refused to let him sit on the piano bench. He left the room and returned in a huge, black garbage bag, the palms of his hands the only clean places on his body. 10 minutes passed. I smell, he said. I know, said I. 10 more minutes. I am smelly and hot, he said. I said, of course, you are composting! Dirt, water, black plastic = compost. Never again at the lesson, we said together. True story.

Yoga Pose: Dome-asana



One early AM class I was teaching them to line up the domes of the body. It was unanimous to name this pose Dome-asana. Stand with feet close together, but comfortable. Imagine the dome of your head aligning over the dome of the mouth, the dome inside the rib cage, the dome that could live inside the pelvis, let this all float over the dome, or energetic dome of the arches of the feet. Breathe in the lofty areas of the domes and connect them into the dome of the Earth. Feel the ebb and flow of breath into nooks, crannies, and the micro domes of your cells. Ten breaths, then relax, continue with your practice, or your day, fully aligned and at peace.

Special Of The Month: Open-Hearted Mist!



This was made by request. If you are feeling shut down, or heart weary, or simply want to increase your loving capacity, the Open-Hearted Mist will gently help you let go and revive. All transformation happens through the heart. In the Mayan tradition, the heart is the 5th direction. This is made with flower essences for happy hearts as well as oils that are restorative. The vibration salt is the Unity Salts that were made on a Pacific Northwest Island, then combined with the salts of the Yucatan. \$20 including shipping. [For more Specials, click here!](#)

Upcoming Events:

MSS products are now being sold in the Northwest. There are links on the **MSS News** page if you are headed that way... Thank you so much! Happy Holidays.



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

A pre-holiday vegetarian dinner featuring Pumpkin soup, veggie pizza, chard with garlic chips, radicchio-pear-gruyere salad, focaccia, spicy hummus dip, and surprise dessert.

ONLY 2 places left!

\$30 per person

To sign up, write to morningstarshines@me.com.



2009 Workshops are still being organized and adjusted for our economic ease. We still need to retreat and make dreams manifest. I have always been under the going rates for retreats because I feel that spirituality, yoga, dance, meditation, connecting with nature..... are not elitist pastimes. I will continue to offer the most outstanding events at prices that are sensitive to the changes we are experiencing.

Puerto Vallarta for beach and yoga.

Mt. Diablo for summer Solstice.

One island in the **Northwest** for garden retreat, dance, yoga, and great food.

Chakra and flower essence workshops locally or **at your venue**.

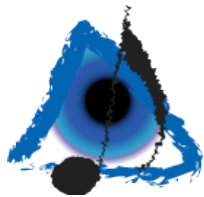
GO News!



There is a 3rd grade teacher Massachusetts helping her students learn geography in an unconventional way. A friend of mine (and the mother) sent me a request to send postcards from wherever to her son. That way, he can find where they came from and remember via the cards. Please feel free to send a postcard to **Flat Robert Pease, Peter Noyes School, 280 Old Sudbury Rd. , Sudbury, MA. 01776**

MSS Ad Exchange

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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. First Sunday of each month, 8:00-8:45 AM, at the Lafayette Health Club. For more info: Jillian Standish, jilyn@att.net, 925-640-6467



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Want to add your ad to this section of MSS Newsletter? Write us morningstarshines@me.com

MSS News



MSS products are now being sold in several venues in the Seattle Area. You can click on the links to read about the different types of places that are carrying my mists. Metaphysical stores, yoga studios, massage practitioners and health clubs are all offering the mists as assists to deepen any practice, alleviate stress, and focus on the positive as we continue our days. Great for animals and children as well. As we continue to grow, the venues will be added and hopefully be in your area some time soon.



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