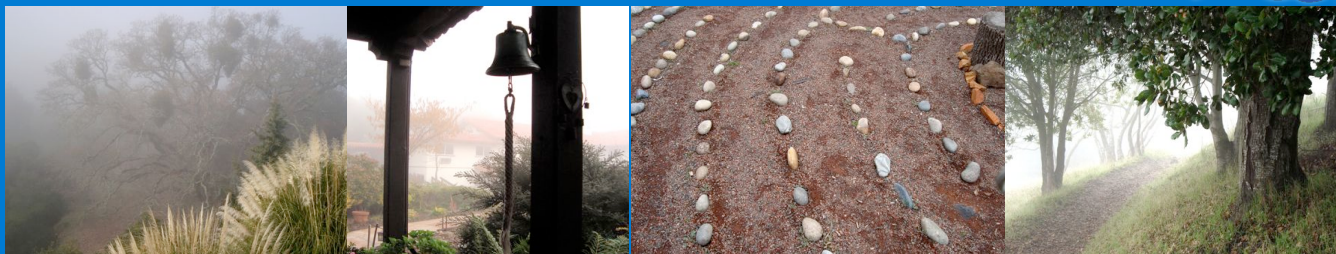


MSS Newsletter

MORNING STAR SHINES



February 12, 2009 v.1, n.3

My my, it's February...



Opened a day late by Phil, the groundhog, who did predict 6 more weeks of winter, it is the last February of the first decade of the 21st century. Where are we? In California it is bizarrely warm with trees blossoming before all the leaves have fallen off. In the Midwest, trees are bent over from ice. In the extremes of change there is a place of balance: the quiet in the heart. Happy Heart Month. Enjoy your ancestry, your family, yourself.. and find someone to smile at for no reason whatsoever!

Oatmeal



The gracious oat that feeds fantastic horses, and lowers cholesterol can fill your belly and make you happy. I use some unusual ingredients to make a full brekkie last a long time. Add $\frac{1}{2}$ C. organic, quick oats (can be purchased bulk at many health food stores), to 1 cup cold water. I use half soy milk or apple juice). 1TBSP Blackstrap molasses, $\frac{1}{2}$ t. cinnamon, heaping T. chopped roasted almonds, and a couple of t. dried cranberries, goji berries, or apricots. Heat on med, until bubbling—Stir for 5 min. Remove from heat, cover and let sit. Add what you want to make it more creamy.

FYI (flower essences):

Cranberry: filters the bitterness and fills in sweet memories of life's beauty.

Goji: ancient memory of perfect health and adrenal balance.

Almond: helps with fear of aging.

Flower Essence Of The Season: Japanese Magnolia

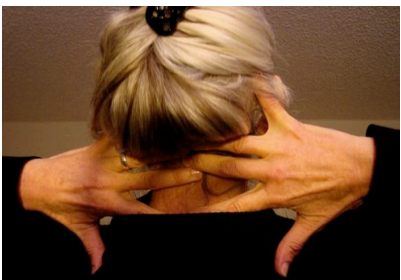


This flower blooms on a tree before the tree has any leaves. Sometimes in the San Francisco Bay Area it blooms as early as late December. It weathers the cold whilst bringing color and softness to the grey days. It reminds us there is life in dormancy and change is courageous and beautiful. It holds a vision of light in dark times.

Chuckle:

Two small children were watching football. When asked later what they thought, one said, well first they tossed a quarter. Then the 2 teams tried to slam into each other making people mountains, yelling "Get the quarter back!" over and over. The other said, I wouldn't want to get that banged up for twenty-five cents!

Yoga Pose: Open Your Heart! (and save your neck!)



Stand with both feet under hips, or sit in a chair. Put the three long fingers criss-crossed on your neck with your pinkies up and thumbs down. Exhale and pull in your belly; inhale and open your elbows, lift your heart, but use your fingers to keep your neck long. Exhale, bring elbows together without yanking on neck. Repeat 3 times thinking of the grace of a swan's neck.

Special Of The Month: (again) 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!



March 22: Spring Clean Meditation/moves, and chakra balancing workshop 1pm-4-- Place TBA

June 19-21 Summer Solstice Camp out on Mt. Diablo. Hiking, Sun salutations, other yoga, great meals, meditation, and -weather permitting- star gazing. \$50 plus camp fees and pot luck food sharing.

July 12 : 4th Annual Summer Food Fest:... amazing menu to come

July 31-August 7 : Bainbridge Island yoga/dance/relax week.Friday. Also available, weekend only workshop 7/31- 8/2 details to come

September 25-27: Yoga Retreat at San Damiano Retreat center. Click [here](#) for

more info.

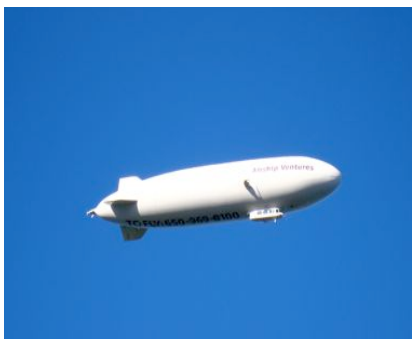


2009 Workshops are being organized and adjusted for our economic ease. We still need to retreat and make dreams manifest. I have always been under the going rates for retreats because I feel that spirituality, yoga, dance, meditation, connecting with nature..... are not elitist pastimes. I will continue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

Puerto Vallarta for beach and yoga (?).

One island in the **Northwest** for garden retreat, dance, yoga, and great food. Chakra and flower essence workshops locally or **at your venue**.

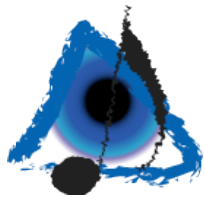
GO News!



Thanks to all of you who sent postcards to the little boy in Massachusetts. He has received more cards than any other person in his class. It's not too late! The address is:

Flat Robert Pease, Peter Noyes School, 280 Old Sudbury Rd. , Sudbury, MA. 01776

MSS Ad Exchange



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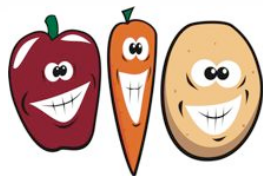
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Kate Schrup is offering Matrix Energetics, Reiki, Hypnotherapy and more, currently available at Meditrina (www.meditrinasp.com) world healing spa. Contact Kate at 510-835-4659.



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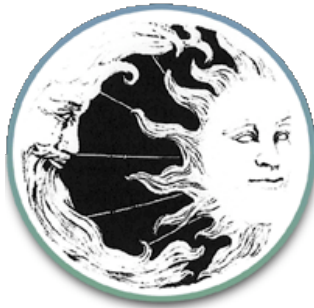
Want to add your ad to this section of MSS Newsletter? Write us morningstarshines@me.com

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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