



March 24, 2009 v.1, n.4

Marching on... is it spring?



Did you feel that gust of freeze? Just after the breeze of soft? Welcome to March, the month of change. Of push and pull, of snow and sun, and sleet and rainbows, and all plants (and a few plant-nets) confused. We are here, just arrived and our baggage has been lost. What to do? Distract yourself with something beautiful to look at. A happy child, or a courageous bloom; a smile from a stranger or kiss on the cheek from a friend. We are born again. The earth is sprouting, changing, and giving. Let us do the same: sprout a smile, change a thought, give a hug. We ARE a part of this amazing world. Let us spring without getting sprung! March on and wiggle.

The Mighty Portobello with A-Spare-Guy (plural for a-spar-gus)



Easy... put a little olive oil and a sprinkle of salt on a portobello (or 2). Bake in a toaster oven for 15-20 minutes at 350°. In the meantime, snap off the ends of fresh asparagus. Put in a fry pan with a little water, soy sauce and lemon juice. Bring to a boil for 2 minutes. Turn off heat, but leave on the burner. After 2-3 minutes test for crispness, and color, pull out the veggies and put into cold water. Squeeze a little lemon juice and drizzle olive oil. For an extra treat, grate some *parmigiano* over the top and broil for two minutes. Slice the mushroom and serve together with bread. Double yum. Happy Spring! (or chop all and toss with herbs on pasta!)

FYI (flower essences):

Asparagus: Gently filters information in multi-layered experiences allowing us to find the wisdom.

Funghi: helps us find unyielding determination without creating a harsh shielding in the process.

Flower Essence Of The Season: Cherry blossom essence



There is a long-standing celebration of Cherry Blossoms in Japan. The Cherry tree holds magic and even tigers could hide in the blossoms. The fruit is small, sweet, and deeply red/purple. This essence is about bringing spiritual awareness (i.e. your true self) into the deepest part of your being, the root chakra. This is the place that houses our sense of being in a body and surviving those challenges. The sweetness is the truth of our brilliance. Let go of limits and remember the spirit knows no impossibilities. Open the spring wings and fly with a giggle and faith, and magic!

Chuckle:

Language. You must love the fact there are so many languages on this planet, and we all still speak smile, music, and dance. Who knew that while trying to ask for a ride in Mexican Spanish (*aventón*), I was accidentally asking for a wild party (*reventón*). Then I would dance a bit, showing my sincerity for the ride... um, party. Confusion, and of course trouble, especially when I offered to reciprocate if I ever got my own car.....

Yoga Pose: Balance



When winter gives up its icy grip, we are aroused by spring. There is a balance as the seasonal changes push us to inner changes. Try a balance pose to bridge this river of melting snow into springtime waters. Especially now, as our climate is changing as well. Stand on both feet. Lift one heel while activating the other leg and lifting your torso out of your hips. Lift the leg up and slowly pivot over the hips, extending the leg and the arms in the opposite direction. This is Virabhadrasana III, Warrior 3. Steady the breath. This can be done near a wall, or at any stage of the pose to trust your inner balance and breath. A chair is a nice prop! Change sides.

Special Of The Month: Spring Clean



Made with flower essences that help you let go on all levels...from the favorite pair of shoes in the closet that you bought in the 80's to a grudge in the 6th grade (or last week), to the unknown person that almost killed your car while changing lanes and talking on a cell phone, to the mix-up that landed the expensive Italian wool sweater in the dryer so it only fits hobbits now..... let it go! Who needs it? In a world of scared, busy, and, often irritable people, let us start at home and send the thought out into the world with

the powerful chaser of love.... Made with Spring Forth Salts, tangerine, lemon, grapefruit, sweet orange, and rose essences. [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!



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

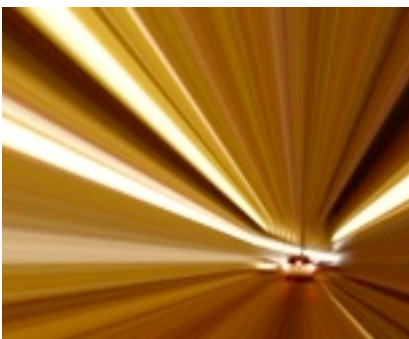
September 25-27: Yoga Retreat at San Damiano Retreat center. Click [here](#) for more info.



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.

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!



Lisa Saunders is an amazing woman with an amazing vision doing something for children in the East Bay of the SF Bay Area. It is a summer program that includes drumming, dance, and art. [Check this out](#). The price is right, and more than that, self esteem is written into the moves and confidence looms ever-present. In these times, this is truly Good News Only.

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Set in the most beautiful and traditional neighborhood of Old Town Puerto Vallarta. We feature beginner's, intermediate and advanced yoga classes as well as private yoga instruction.

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“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



Hypnotherapy, Reiki, Matrix Energetics

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

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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