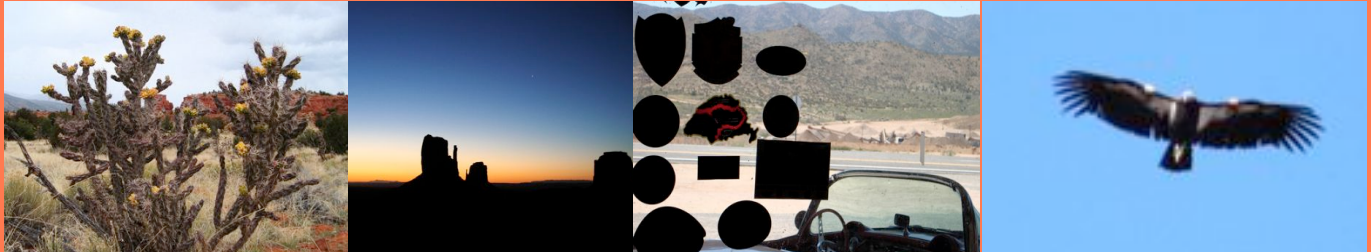


MSS Newsletter

MORNING STAR SHINES



June 9, 2009 v.1, n.5

Tra-iaa—it's May—excuse me.... June?



I wrote about May on May Day, Mother's Day, Memorial Day and dancing in the Carnival Parade, but I couldn't finish the newsletter. (If you want to know more about Mercury Retrograde, [click here](#).) May was great, and now it's June: the door into summer, the kids are out of school, sports, picnics, vacations, and BBQs abound throughout the USA. There are songs about the lazy-hazy-crazy-daze of summer... drink lemonade, swing in a hammock, take a nap... in the midst of whatever angst of economy, find a moment to enjoy the shade of a tree, dinner with friends, a good book, some quiet admiration for nature who is producing like crazy. Treat yourself! Breathe a good breath. We are here now. Put things in perspective: what do you want to remember in 10 years about this summertime?

Food!! Aldo's Special Salad



This salad is easy and tasty: 6-8 cups of arugula, 2 tomatoes thinly sliced, ½ onion thinly sliced, then sliced in half. Dressing: 1-2 T. gorgonzola cheese mixed with soy milk or milk until the consistency of dressing. Toss salad with salt, red wine vinegar and pepper, then toss again with the gorgonzola dressing. Another YUM! (you can also add toasted walnuts and lemon zest for another level of flavor)

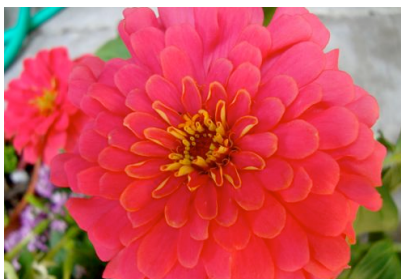
FYI (flower essences):

Tomato: General body cleanser, while cherry tomatoes provide an energetic scrub.

Lemon: Energy cleanser and also helps with scar tissue

Walnut: helps release the grip on habits and patterning

Flower Of The Season: Zinnia



Zinnias have always been my favorite non-fragrant flower. They look so cheery and the essence is the same: it brings cheer and laughter into yourself. It is great for sad times or worries that seem to have no solution right now. Brighten up and have a few drops of Zinnia (indigenous to Mexico).

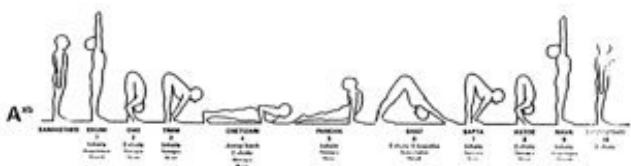
Children love this essence, as it brings back the giggle button, replacing the grumpy button.

Chuckle:

Sometimes, you just have to laugh. After trying to put our tent up in the Monument Valley for nearly 2 hours—in heavy winds—we gave up and parked the car on the tent, piled rocks on the 4 corners, and called it camping. Who knew those gorgeous formations are due to wind erosion?

Yoga Pose: our annual reminder of the salute to the sun!

Bringing back the famed Sun Salutation to salute the long and happy days of summer!



Tadasana: Be the mountain, where the sun rises.

Urdhva Hastasana: Reach the heart up to the sun.

Uttanasana: Take the sun to the Earth

Ardha Uttanasana: Lift back to the Sun

Chataranga Dandasana: Feel the earth's resonance

Urdhva Mukha Savanasana: All paws on ground, heart up to sun

Adho Mukha Savanasana: All paws on ground, tail up to sun

Ardha Uttanasana: Lift back to sun

Uttanasana: take sun to earth

Urdhva Hastasana: reach heart to sun

Tadasana: mountain wise and grounded

The pose explanation corresponds to the figure (in order). I like to do sun salutations in each of the four directions: East-beginnings, South-physical healing, West-transformation, North-spiritual healing. Then I add one, focusing on the heart, where all things transform.

Special Of The Month: The Wow! Travel Pack



Just in time for your summer holiday, this comes with the perfect mist to clear energy (**Liquid Smudge**), another for adjusting to climate, food and time changes (**Be Here Now**), and **Peace Salts** for spreading pieces of peaces wherever you go. Be well, and have fun. [For more Special, click here!](#) (\$35 includes shipping)

Upcoming Events:

June 21: Special 2 hour yoga class at the Lafayette Health Club, starting with Sun Salutations in the 4 directions, and ending with a meditation for peace and happy summer. (LHC info on **MSS Ad Exchange** page)



July 4th: Parade in the City of Piedmont, CA. The Samba School is the featured finale. Here is the link to my blog about the *Carnaval*, and some other pix.. free

July 7: Bainbridge Island, WA. Island Fitness, special dance class at 9:15 am.

August 7: 4th annual Summer Food Fest-- The Vegetarian Gourmet Evening Picnic. 5-8pm. Dilled new potato Salad, Grilled veggie Sausage-stuffed portobello mushrooms, Corn with cilantro-chile butter, Antipasti of summer squash, garlic, peppers, berry-plum galette, herbed ice tea, and sparkling wine with flowers. \$30 and BYOA (bring your own apron).

September 25-27: Yoga Retreat at San Damiano Retreat Center. There are still a few places for the whole weekend, and Saturday has 8 spaces left! Treat yourself with this incredible blessed place, and all of wonderful classes offered. Full payment due by August 1, 2009. 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.

Yucatan Adventure... Want to dance in the streets? Do yoga at an 250 year old *hacienda* in the Yucatan Jungle? Walk in the ancient footsteps of the Maya? I have 2 people who want to go, but need 4 more... Interested? Let me know, and this will happen 10/30-Nov. 6. An unforgettable experience.

GO News!



What makes good news good? A good story or act of kindness that we hear about? A better economy or an unexpected surprise? Is there a way to find a bit of good news everyday, no matter how stressed or busy we are? Yes! Just say yes to the thought, that good news is all around us, dressed up in different outfits and not necessarily in the spotlight. Maybe its just a hummingbird looking for a flower, a baby's smile, or a new puppy, ready to take on life. In yoga there is something called self-less service, where you do something just because, not for any particular reason except to help someone else with no medals attached. Try it, you may find the world of goodness opens!

MSS Ad Exchange

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Susan Brennan, D.C.

As a holistic chiropractor for the past twenty years, I utilize a multi-system approach to treatment. In addition to gentle, chiropractic adjustments, I evaluate muscular and organ function, providing appropriate exercises and nutritional recommendations.

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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



Welcome to Davannayoga, Puerto Vallarta, Mexico

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.

[Click here for more info.](#)



“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 Meditrina (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.



Heavenly Choices SEMJA, Inc.



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