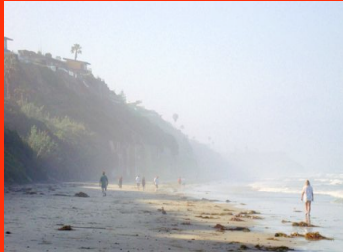


MSS Newsletter

MORNING STAR SHINES



August 2, 2009 v.1, n.6

AHHHH-gust is here...



...with its famous heat, and the final countdown of the lazy days before we all start again. School, that is. Schedules, you say? Wait--where is the hammock, the picnic basket, the evening potluck, reading a book in a tree? Oh, and don't forget the meteor showers. Yes, we're still in the summer mode, but there is a twitch in the air: a subtle whisper of approaching Fall. We are in the midst of global change and global resistance to change. Let it happen! Give change a hug and a tug and a big glass of iced tea. Breathe out. Relax. Dream. The unexpected doesn't have to have a bad reputation. Trust in the wisdom of the invisible forces of love and joy, feel joy, and be joyous. It's still summertime, not bummertime!

Idaho BBQ Potatoes



Did you know that Idaho is the home of the Great Potato? *Yessirree*. This is easy and *delish*! Slice 2 large russet potatoes or 4-5 red potatoes (or a medley) into ¼ inch slices. Slice 2 medium onions or 1 large red onion the same. In heavy aluminum foil alternate in a long line (you will need to make two "boats") and sprinkle with salt and pepper. Drizzle olive oil over all. Fold the foil over and crimp the top and ends. Double the foil. Place on the outer grill and turn every 15 minutes. Check after 45 minutes—should be soft to the touch.

FYI (flower essences):

Red Onion: Unraveling first chakra issues of survival fears

Dill: Be strong enough to cool down and play (if you want to add an herb, this is nice)

Flower Essence Of The Month: Cherry Tomatoes



The essence of the dainty cherry tomato is to clean your energetic field. We have fields around us, including our electro-magnetic field. Often energetic Junk and Gunk gets lodged here. This flower essence is an excellent assist in getting rid of “stuff”. Signs of J & G can be crankiness, unexplained depression, repeating thoughts of someone else or an experience... you know, brain yack that doesn't stop. Have some essence of Cherry Tomato! (you can get it at Green Hope Farm) and rototill your field.

Chuckle:

Why can't the Dalai Lama vacuum in corners? He doesn't have attachments. R-r-r-r.

Yoga Pose: Simhasana with a hop pose, for summer playfulness



Kids love this one, as do the “grown ups” that I teach. We all need to play a little more, and this particular pose will bring a smile to your face. The face stretches enough to stick out your tongue and draw it down to your chin, while looking up at the 3rd eye. Fingers become intimidating claws, and you jump onto one leg with the other lifted behind, all the while expelling breath with sound (heavy breath sound, not screaming). Keep the balance, and then jump back to standing, no expression. Prepare to go the other way. Repeat twice, and feel empowered and well stretched in the face.

Special Of The Month: D-Stress & Relax

D-Stress & Relax

This mist is perfect for letting yourself really relax. I have it in my car, by the bed, and at the front door just to welcome me into a nicer environment. It has flower essences to soothe the nervous system, the mind, the emotions, and let the healing force of deep relaxation re-connect in the body. It is scented with

Ylang-Ylang, lavender, rose geranium, and plumeria. The vibrational salt is **Peace**. [For more Specials, click here!](#) (\$15 includes shipping)

Upcoming Events:



August 9: 4th annual Summer Food Fest. 5-8pm. Come on down for a gourmet picnic! We'll have homemade potato salad, veggie-sausage stuffed portabellini, spicy gazpacho, summer veggie antipasti, berry-plum galette, herb iced tea and sparkling wine. \$30 each, and BYOA (bring your own apron). Please write to sign-up. Limit 8 people.

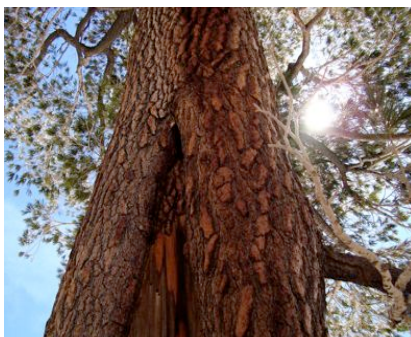
September 25-27: Yoga Retreat at San Damiano Retreat Center. Weekend yoga/dance/nature retreat. There are 4 spaces left for the weekend, and 10 spaces left for Saturday only. It is an incredible price for the times, and promises to be a memorable and fun experience. Sign-up now! Full payment due by August 15, 2009. Click [here](#) for more info.

2009 Workshops have been 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!



I am highlighting the wondrous works of naturopath, chiropractor, and simply amazing gifts of Susan Brennan. She has an ad on our ad page, but her knowledge has helped us and our friends so many times I felt compelled to mention her as Good News in the Bay Area. Please check out her link. OH, and she often finishes a session with the ringing of a Tibetan bowl which reaches into the bones!

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, and gymnastics. Get your custom CDs or DVDs now. www.aldoborzoni.com. Mail to: expertaudio@mac.com or call: (925) 962-9783



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.

[Click here for more info.](#)

SUSAN BRENNAN, D.C.
HOLISTIC CHIROPRACTOR



90 Days to a New You!

It's your life. Only you decide to reap the benefits of regular exercise: increased energy, productivity, strength and balance, and decreased stress level and risk of disease. We can help you have a healthy, balanced life through our commitment to all our members and our wonderful and knowledgeable staff. [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



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 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.



Heavenly Choices SEMJA, Inc.



.....
yogalife

And in Lafayette, California...

