



November 14, 2009 v.1, n.7

Mid-Fall—leaves leaving, cold coming, and pumpkins happy...



Dramatic colors, crisp nights with warm days, pumpkins, gardens going down—this is Fall and we are smack dab in the middle. The harvest continues and even the crazy weather is soothed by this seasonal shift and Earth's sigh. Hot tea replacing iced tea, tank tops get stored and long sleeved shirts come out. Animals stretch in the sunny spots and another blanket is added to the bed. There is a certain invigoration in this change. We are energized and inspired to get with Nature's program and drop leaves (clean closets), prepare for winter (make and freeze pesto, etc), laugh with the wind that blows the leaves off the trees. Find, and be fond of personal evolution, embrace colors that are the prayers flags of Autumn, and send blessings to to all creatures that give you happiness.

Roasted Pumpkin and Seeds



It is the season for pumpkins. Cut around the top of the pumpkin. Once the "lid" is off, cut the long way in to quarters. Remove seeds and wash, and set on towel to dry. Meanwhile, cut the quarters into smaller pieces. If you want savory, brush with olive oil, add salt and pepper and your favorite herbs. Roast at 425° on a cookie sheet until tender. If you want sweet, brush with canola oil, sprinkle with brown sugar and cinnamon. Bake, covered. The pieces can be eaten as is, or used mashed up for soups or pies. Salt the seeds, add extra spices, and roast, turning, until crunchy.

FYI (flower essences):

Pumpkin: This is such a special flower essence, I am highlighting it as the essence of the month... read on!

Flower Essence Of The Month: Pumpkin

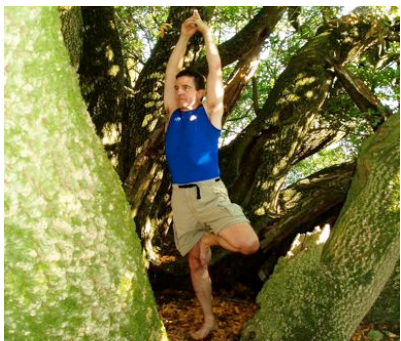


The flower essence of pumpkin helps with procrastination and following through to completion. Just think of the long tendrils and vines that end up with a bright and large hallelujah! We often get bogged down in the list and never get to the end. Think of the delicious feeling that comes with the last piece finished. A perfect flower essence to use at this time of year when the season becomes so busy. Reward for finishing with pie!

Chuckle:

Q: Where do the sick bees go? A: To the *hosbeetal*. (yes, a 6-year old joke from Jake)

Yoga Pose: Tree pose in a tree (Vrksasana), courtesy of Peter H.



There is an ancient circle of California Bay Laurels close to my favorite retreat spot. During the yoga retreat in September, we hiked up to the ridge and stopped for shade under this glorious gift from Mother Earth. Here, one of the attendees did tree in the tree. Really lovely, and such a great way to come into balance before the charge of the holidays. You can try it with a tree, or with a friend (Double tree). Remember to soften your gaze, wave your arms gently with the breeze, before settling into the tree itself. The trick to balance is to feel your roots going down as you also feel your limbs lifting up. Namaste!

Special Of The Month: Be Here Now (\$15 includes shipping)

BE HERE NOW

This was made as a flower essence combo about 12 years ago, targeting jet lag. I decided that it inferred traveling will lag you, and it seemed a little negative, so I changed the name. It helps with climactic, time, food, water, and culture changes. Then I started adding essences for awareness in the moment, being grounded, concentration, calmness, groups.. Someone suggested I make it into a mist, and *voila*, here it is! Oils of bergamot, clary sage, lemon, orange, lavender, and frankincense. With **Blazing Salts**. For more specials, and info [click here](#).

Upcoming Events:



December 12th: 4th Annual December Food Fest: Sat, December. 12th. \$30 each and BYOA (bring your own apron!) Limit:7. 4:30-7pm
Make way for the great recipes in time for the holidays. I will be presenting one pot meals (with salads and home made bread). French Market bean soup; rice crust quiche with chard and wild mushrooms; mixed potato gratin with veggie sausage and cave-aged gruyere; spaghetti squash with pesto and roasted ginger-sunchokes. Mulled wine with fresh juniper berries and cinnamon sticks, and ginger-molasses cookie-crust pumpkin pie with cinnamon cream.

2010 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.



February: And a new addition, the 12 chakra and sound workshop.

July/December: The annual summer and winter food fest.

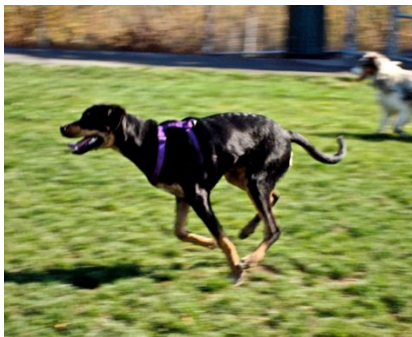
August: Pacific Northwest, Bainbridge Island, whale watch, yoga, explore.

September: San Damiano, 2nd Annual Yoga-Nature retreat

October: Maya Land yoga-dance-nature retreat

Random yoga and energy workshop, announced via the Newsletter.

GO News!



I have discovered a wondrous thing: the Canine species. I have always been a cat person, with exception of Dewey, the dog of my life who we adopted late in his life, and is now in doggie heaven. The coming of a puppy who should be named Sasquatch (Big Foot) was not really on my list. But here we are, with Happy, the Bigfoot, and he clearly is happy to be alive. He plays well, avoids aggression, forgives us for our sins and seems just thankful to be fed, played with and rubbed. I understand the dog's life a little more. Cats eat when they are hungry, sleep when they are tired and do yoga all day, snub at will. Dogs EAT. Sleep when they drop. Do downward dog. Tail wag. Play with mouth, paws, and run in packs. EAT. Tail wag. Fetch.

EAT. Find a treat. Tail wag.... It is a culture unto itself.

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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



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

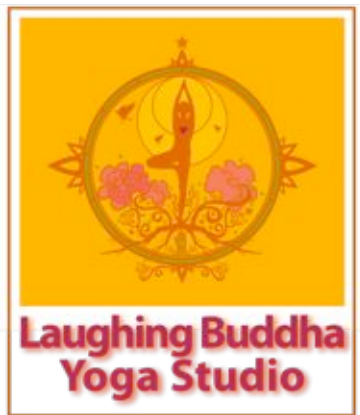
MSS News



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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And in Lafayette, California...

