

MSS Newsletter

MORNING STAR SHINES



January 25, 2010 v.2, n.1

Twenty-ten.... Here we are! At the top of a new decade...



Here we are, between worlds of the nines and the tens. We are headed up the chart of life, looking for the best ever everything. We were challenged with beginnings because Mercury was retrograde from 12/26-1/15... yikes! Which means we were trying to go forward, when the energy was pulling us behind, insisting we let go. Maybe now you feel like making resolutions. Or, maybe you want new ones already? You want to exercise?... let go of some part of your schedule. You want to smile more? Let go of judgments. Do yoga? Let go of things that keep you inflexible. You want to be more creative? Be receptive to your inner voice. You want to eat differently? Start giving thanks for real food, take time to taste it, and eat a lot of natural colors. You want to laugh more? Play with animals and

children. Happy New Year! And on Valentine's Day we celebrate the Chinese New Year, too.

French Market Soup *ala Mo-Etoile* (star in French)



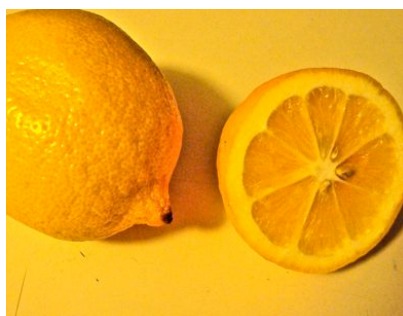
Buy a bag of mixed legumes. Cover with water plus 3" and soak overnight with 2 TBSP salt. Drain water. Put into soup pot. Cover with water (plus 3") and bring to boil for 15 minutes, then turn to low. Add one chopped onion, 1 sliced carrot, 2 cloves minced garlic, 1 tsp chili powder. Cook for 1½ hours. Add one large can (28 oz) diced tomatoes, 1-2 veggie bouillon cubes, juice of 1 lemon, ½ tsp black pepper, 1 cup dry red wine, 2 lengths of soyriso (any brand) and cook for another ½ -1 hours or until tender.. taste and adjust. Add 2 cups chopped greens (chard, kale, or spinach) and remove from heat. Let sit for 15 minutes. Serve with big salad, hot sour dough bread, and robust red wine. Freezes very nicely!

FYI :

Beans are loaded with energy and in the winter months, we need extra to keep up warm. Any flower essence of beans/roots are going to address the deepest roots of issues, be grounded and offer ways to maintain energy while working on the resolutions.

Carrots: groundedness; **Onions:** letting go, one layer at a time

Flower Essence Of The Month: Lemon!



Lemon as a fruit has so many beneficial qualities, it's amazing. Lemon oil is great for wood, or a few drops in the laundry adds freshness as well as inhibits mold. It is no surprise that the essence made from the flower also has cleansing properties. It is the Mrs. Clean of flower essences. Cleans out the emotional gunk we collect, and cleans out our minds of thoughts unneeded. It is one of those essences I have in my emergency kit. It is in both Liquid Smudge and Angel Mist.

Chuckle:

What did the fish say when he swam into a concrete wall? Dam.

Yoga Pose: Supta Baddha Konasana (lying down, bound-feet together, wide angle pose)



In big transitions (ie a new decade), it is a time to do a little restorative yoga which is gentle with complete support. You can do this easily at home with props. If you don't have an eye pillow, you can use a folded towel. The eye pillow helps relax the optic nerve so the lens doesn't have to constantly adjust for input. Make sure there is a folded towel under your neck, and rolled up blankets to support the thighs. Chest and head are higher than belly, and arms are relaxed. There will be a gentle stretch and opening of chest, abdomen, lower back, and inner thighs. Breathe slowly, then normally. Be aware this is a 10 minute commitment to inner peace and outer harmony for yourself. Then go out in the world!

New Year Special: Presenting a Duo! (\$25 for both, plus shipping)



Om Shalom, and **Revolution** mists. We are all making resolutions, and the Revolution Mist is a great ally that helps anchor what you visualize. However, it is not always so easy to let go. Om Shalom works with the higher chakras of intuitive vibration, but also is held in wisdom and patience. As we know, Rome wasn't built in a day, nor will the opening to change happen with only The List. Breathe and be patience. You are in charge of your Self. Happy days are here! For more specials, and info [click here](#).

Upcoming Events:



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 12th: Dance for Haiti Benefit World Beat Dance class on Bainbridge Island at Island Fitness. 7-8:30pm. Come dance and move and send this loving energy to another island not so fortunate right now. All proceeds go to Doctors without Borders, and directly to those in need on Haiti. For more information, go to the ad page and click on Island Fitness.

March 14th : Nearly Spring Food Fest. Spring greens, tonics, tender salads and uplifting entrees... Place TBA, limit of 8 participants, \$30. A well-needed reprieve after the winter.



March 28 : A day workshop of yoga (9-5:30), including chakra clearing, hike on the ridge, weather permitting, and Spring tonic recipes. Limit 10. Location is in Lafayette, and this is already filling fast! In fact, there are now 6 spaces left. (\$75 for the day, with pot luck lunch. Teas and tonics provided) For those of you who can't get enough, I might be convinced to do a 7-8:15am class at LHC with focus on sun salutations—part of the stimulus package!

April 24 / May 1st : 10:15 am to 11:15. Open studio dance class with Morning Star at the Works in Berkeley (free, but must register online via National Bay Area Dance Week).

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

October: 1-3 San Damiano, 2nd Annual Yoga-Nature retreat. (Limit 20, with shared rooms, some singles available) Prices at the Retreat Center have gone up (they are adding AC in the rooms), but still are way below other places. Shared Space: \$325/ Single: \$375. Non-refundable deposit of \$100 secures your space. This retreat was full in one month last year. Take a leap and join us! (includes all meals, hike, 10 classes and a one-on-one 10 minute consultation with Morning Star.)

GO News!



A Yucatecan tradition is the making of the “Old Man” (*El Viejo*). This guy is dressed fully, has a baseball hat, and usually a beer bottle. He is stuffed with hay and fireworks and adorns many of the homes in pueblos. Just before midnight, he is pulled into the street, drenched with gasoline and as the clock strikes 12, lit! Yes, and run like crazy. He symbolizes everything that was the past and it is left in smoke and then ashes. We make him out of newspaper, do not drench with gasoline, and use our BBQ. We write everything we want to let go of, forgive, and forget. Then we also make another list of dreams. After the Old Man is gone, we let our dreams rise up to the infinite with gratitude. Once again, happy new decade. (and you can make *El Viejo* for Chinese New year if you want!)

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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, 9:00-9:45 AM, at the Creekside Center for Natural Medicine. For more info: Jillian Standish, jilyn@att.net, 925-640-6467



Matrix Energetics, Reiki, Hypnotherapy

Relax, sleep better, and have more energy with **Katherine (Kate) Schrup**, MPH, who is offering Matrix Energetics, Reiki, Hypnotherapy, work and life balancing, and more. Distance sessions are available. Contact Kate at 510-835-4659 or kschrup@gmail.com

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.



And in Lafayette, California...

