

MSS Newsletter

MORNING STAR SHINES



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Hot times in the summer time



And away we go as Spring has passed its baton to Summer who leaps over the hurdle of a Solstice and then slows down the pace. Va-ca's or Stay-ca's, (or maybe a stray cat?) appear as we decide how to take or make our vacations. I am such an advocate of the one month paid Va-ca, that is prevalent in Brazil of all places. Brazilians know that relaxing is better for us, although I doubt they cut down on the caffeine intake. Green things are growing madly! Fruits are drenching us with sweetness and nutrients. The Barbecue is hollering to be used for all sorts of grilled foods. Even grilled nectarines are great in the summer. Put on your sunscreen and hat, but do pay homage to the Light in our skies, and light up your life. Lazy, crazy, days are here now. Enjoy and pass it along.

Grilled Veggie Yummer



Bake a head of garlic at 350° in olive oil and enclose in aluminum for about an hour or until soft to the touch. Then, on the grill, slice long end zucchini, slim rounds of egg plant and red onion, tofu, red peppers, portabellas (grill whole, then slice). All drizzled with olive oil, S&P, and maybe your favorite spice. Chop one entire bunch of basil and mash it with the baked garlic, ½ tsp lemon juice, ¼ tsp hot sauce, and ½ teaspoon Dijon mustard, a 1T olive oil. Spread this mix on a lengthwise sliced sourdough baguette. Layer the veggies and tofu and sprinkle with parmesan. Put back on grill until cheese melts. Top it with the other half of the baguette, and then slice diagonally for sandwiches. I introduce: the Yummer. Garnish with tomatoes, grilled for 2 minutes each side. Say the word... YUM!

FYI : (About the higher vibe -flower essences- of the veggie flowers)

Tomatoes: clears the physical systems, cherry tomatoes clear the energy systems.

Eggplant: is like the Hoover vacuum cleaner of bad vibes.

Lemon: the Mrs. Clean of the overall package that makes us human. Put these flower essences together and they add a nice lift to any meal. See ad page for Green Hope Farm, or order my product, **Food Zoom**.

Flower Essence Of The Season: Cheery, Cherry Tomato



This little fruit packs a wallop when it comes to scrubbing your energy field like a team of Merry Maids. Every plant has a gift and the flowers have an even more impressive contribution that works with our electrical field and spiritual energy and past *stuffola*, that we could let go of. This mighty mite is a huge delight. Oh, someone stop me now. I just can't say enough about them, and they work with the bottom three chakras since their colors are red, orange, and yellow. Male and female because of their shapes. When Mother Earth was choosing helpers for humans, she did a most excellent job. I have all of these and am going to make an update for **Food Zoom**--- a flower essence combo that brings more light into food, and yourself. Kind of like indulging in a na-

maste dessert! This is an internal wiggle and brings children to serious giggle.

Chuckle:

Overheard in a restaurant: "I need to find the party". "It's over there past the fireplace". 2 minutes later: "I said PARTY, for my grandson's birthday." "Oops, S'cuse me. No idea." Check the hearing aides. One thing that is inevitable is hearing changes... might as well have a sense of humor about this, eh? Pardon? Say what?

Yoga pose: Surya Namaskara



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.

Every year at this time, I highlight the sun salutation. I would suggest you do this in the 7 directions: East, South, West, North, Heart, Above, and Below.

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

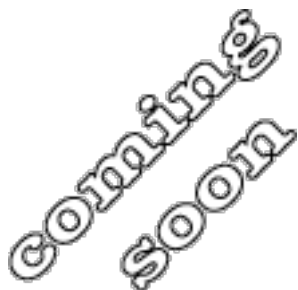
Ardha Uttanasana: Lift back to sun

Uttanasana: take sun to earth

Urdhva Hastasana: reach heart to sun

Tadasana: mountain wise and grounded

Mist of The Season: Mistical Choices



Introducing: **Mistical Choices**. How do you make decisions? From the heart? The head? Intuition? The medley of brain, experience, dreams, and visions? This is the mist for you. It is light, but grounded. Serious in the intention of levity. Let's not take ourselves so seriously we pass up a good portion of the life we are living. Keep choosing wisely to be a bigger and better you – knowing on some level, everything is perfect except the times we doubt it. Have courage to be unique, present, compassionate, and directed. It is a personal bus schedule that sends you to the next place you need to be for this school called Life. And, it smells good, too!

Upcoming Events:



Moga-Yoga is happening 3 nights a week for the month of July! Monday, Wednesday and Thursday at The Rhythm Room, 1018 C Almador Lane, Lafayette.

Monday, Mixed Level, 7-8:15; Wednesday (July only) Mixed Level 7-8:30, Thursday Level 2-3, 7-8:30. On-going Intermediate Yoga on Sundays 9:30-11:00.

Hike first, then stretch, breathe, and commune with your spirit.

Stay tuned for Kid's Yoga starting in September.



August 10. Summer Food Fest:, TGIF—S 'n' S—Snacks and Sauces. Nutritional, delicious treats, shish kabobs and dips, BBQ or dessert sauce—We will make a medley of simply great tid-bites and dunkers. Veggies, fruits, summer harvest is here and we are hungry to take all the bounty in and feast on the light of summertime. \$30 pp, and BYOA (bring your own apron!) You will leave with recipes and a happy belly. Limit 7.



October 5-7. The 4th Annual San Damiano Moga-Yoga-Nature Retreat Set in the golden hills of California, dotted with oaks and bay laurels, it is difficult to find a better place to retreat so close to suburbia. There are trails, and a labyrinth, ponds and places to ponder. Above all, yoga and quiet, and yoga and laughing, and yoga and dance, and yoga and nature. Yoga and you. Yoga means union, and one of the best things we can do for ourselves is to come in to a sense of union within and without. The retreat check-in is at 4pm, with the first class at 5pm (before dinner). The last class is on Sunday morning followed by a farewell lunch. It is a happy time during times that are challenging. Also, there is the annual Animal Blessing at the retreat center which brings good cheer to all. **Shared room**, \$335, **Single**, \$395. Includes all classes, room and food. More to come about schedule details. Non-refundable deposit is \$100, with balance due by September 1, 2012. Register with mostar@me.com.

GO (Good Only) News!



It seems appropriate that I dedicate this space to Debbie Swigert who had a vision and followed it for 31 years. Bringing health and wellness to any community, in any form, is quite a project. Deb did this with grace, style, and contagious enthusiasm for over three decades. She has been a significant leader, healer, and community contributor for good and hard times. She was put out of business and we all feel the loss. However, a shining little light has imparted a goodness in us all. May we stay well, and fit, and happy and share lovely memories of the Lafayette Health Club.

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.

[Click here for more info.](#)



MOGA Dance And Yoga

New venue for "Moga" Yoga, and soon World Beat Dance. This is a sweet studio with mirrors, hardwood floor, ballet bars, and natural lighting. Located at 1018C Almanor Lane in Lafayette, Morning Star is teaching yoga at different levels on Sunday (9:30-11:00), Monday, 7-8:15, and Thursday, 7-8:30. See "Upcoming events" for detailed descriptions. Class cards or drop-in available.



C2020 Optometry

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