

# MSS Newsletter

MORNING STAR SHINES



May 18, 2010 v.2, n.3

## Tra-la-ha-ha it's May....



We made it through Mercury Retrograde (again!) and it's mid-May on Planet Earth who is bound and determined to dance, leap, uproar, upturn, and celebrate—whatever!.. This is the month that bursts into the next season, without rhyme or reason. (Pardon my poor poetry). Where do you just want to burst? Change? Let go? Bring it on—the good times are ready to roll. We have had it with the negative, crushing forces that doom our imagination (\*^%\$&^%##@!-it) my very best at expletives... Don't let the crowd get you down. Do something crazy. Paint something bright. Go to a parade (the SF Carnival Parade is on May 30, where I am a soloist this year). Take a long walk and smell the scents around you. Have a cup of tea and taste. Increase your sensuality so the breeze is felt on your skin and the essence of flowers comes to you without a sneeze. In this northern hemisphere, Mother Earth is doing the wild happy dance. You are invited!

## May Happy Eats—Habanero Quesadillas with cilantro, avocado, and lime



You can still continue with cleansing, but with a different twist... Habanero (Ha-bah-Ney-ro) peppers are purported to be the hottest pepper around... at least in this hemisphere. In the Yucatan, they are sliced, put in lime juice/a little zest, and salt, and served as a condiment. Only the juice is used. We found a habanero cheddar cheese at Whole Foods, but you can do this on your own. Grate 1 Cup cheddar or Monterrey jack cheese. Grate also ½ of a habanero pepper. Salt well. Sprinkle with lime juice, and add minced Cilantro. Put a few TBSP of the cheese mix on a corn tortilla. Put on hot oiled pan, sprinkle with canned black beans. When cheese begins melting, fold tortilla, turn and crisp both sides. Serve with salsa, and avocado chunks.

### FYI :

**Cilantro:** is connecting your cool , spicy self to the spiritual world.

**Peppers** (in general): are about inner peace. This one is a jump start to heat up grace and flow in love.

**Avocado:** is about the 3rd chakra and digesting love.

**Corn:** is living with community—even in tight spaces.

## Flower Essence Of The Month: California Poppy



They are everywhere singing in beauty, so I must listen. To those of you who are unfamiliar with flower essences, “essence” is the key word. We have spiritual and physical needs, and flowers offer assistance on both levels. They share healing benefits—on an energetic level-- with us. As unusual as it may seem, reflect in the pleasure of gardenia, jasmine, rose or the comfort of chamomile. California Poppy offers (as an herb) a healing of pain, and as an essence, opening of heart in a kind and deep way, especially during spiritual growth spurts which seem daunting. For more details check out [www.greenhopeessences.com](http://www.greenhopeessences.com)

### Chuckle:

Think of a 5 year-old wave-- wild and excited. Wave at someone with that effortless joy. There are least a gazillion 5 year-olds who will answer you!

### Yoga Pose: Hip Opener with a Twist



Sit on the edge of a chair and cross the right, flexed, ankle over your left knee. Press lightly down on your right knee with your elbow. Sit up tall and begin to lean forward from the heart, as you gently direct the right hip back. Slide your hand to your ankle and look behind you, keeping your neck long and shoulder open. Hold for 4 breaths. Then release and sit tall again. Cross your right ankle over the left knee. Put your left elbow on the right knee, turning to the right and repeat. Wiggle a little, breathe, and repeat on each side. This is a great airport stretch!

### Special of the Month: The Happy Mist



This is a good time to remind ourselves of happiness. No one can really make us happy. Our happiness comes from the glory of our spirit and our gratitude of the goodness around us, however small. Happy to be alive, happy to breathe, stretch, and let go of stress. Kids and animals LOVE this mist. Laugh and feel happy. Here is a simple exercise: each day write down 3 things you don't really need, and 3 things you are grateful for... Let go, mist, breathe. Don't worry, BE happy!

## Upcoming Events:



**May 30 :** Parades!!! San Francisco's Carnival Parade. Located in the Mission, it is packed with music, dancing and joy. The group I am in is 9th place, colorful, and great to watch. FREE!

**July 4th:** A real, down home parade with dogs, and old cars, and boy scouts playing the kazoo, and yes, Samba Batucada d'Leste School I dance with. It is old time fun and laughs galore! FREE!

**July 11 :** Hot Mid-Summer Food Fest! Pestos, grilled goods, focaccia, veggie burgers, kabobs, gelato, apricot/peach cobbler..... yum is the word (\$30 pp)



**July 30-August 1:** Bainbridge Island Retreat (postponed for now). This will be a great weekend of yoga, dance, farmer's market, wine tasting at the Island Vineyard, beach combing, eagle watching, visiting a Norwegian town, and then going to the Wooden Boat Capital of the World, Port Townsend, more yoga, and then some more dance There is nothing like the Northwest in the summer.

Maximum 12, minimum 6. My fee for the weekend classes is \$150. It is possible I reschedule this for late August or early Septmeber. Let me know if you are interested!



**October 1-3:** Second Annual San Damiano, Moga-Yoga/Nature/Who knows? Retreat. The setting is close to us in the Bay Area and economical because it is a retreat center run by the Franciscan Brothers. Stroll through the organic and meditation gardens. Walk trails that lead to wilderness areas, ancient stands of Bay Laurel, and stupendous views of Mt. Diablo. Enjoy good food and quiet.

7 yoga classes, one dance class, Laughter Yoga, quiet time... and repose. There are no other retreats this affordable with so much available beauty and so close. This is an advanced beginner-intermediate+ level of yoga. Non-refundable deposit of \$100. \$325 for shared room (4 available), \$375 (2 available) for single. Includes all classes, lodging, and meals. Additional is the chair massage heaven offered on Saturday pm.

Deposits can be sent to 3366 Mt. Diablo Blvd. #A4, Lafayette, CA 94549. **All the info [here!](#)**

**February 2011:** Trip to Puerto Vallarta to visit the Davana Yoga Shala with my dear friend Ana Laura who I met in the Yucatan. I am just setting this up, with a few field trips to other beaches. To learn more about Ana, see our ad page.

## GO News!



Remember , you read it first here... Good Only News. This month I am asking you to send me a brief encounter with Good Only News. Something that made your day, excited, inspired, delighted --- write me at [mostar@me.com](mailto:mostar@me.com) All responses will be posted... Let's start a new happy, GO GO GO epidemic and shake it all about... like the hokey-pokey!



## MSS Ad Exchange

The  
**GOLDEN  
EARS**  
care for senior pets

### The Golden Ears - Care for Senior Pets

After a life time of loving and caring for animals, Aldo Borzoni is starting a leading edge business of caring for the elders of the furry community. For dogs whose pace has slowed down, or dogs and cats who need special play time and stimulation or medication administered. This is for them. Patience, knowledge, and years of experience caring for four-leggeds. Check website for details. [www.aldoborzoni.com](http://www.aldoborzoni.com). Mail to: [thegoldenears@me.com](mailto:thegoldenears@me.com) or call: (925) 246-5318



**SUSAN BRENNAN, D.C.**  
HOLOGISTIC CHIROPRACTOR

### 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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### 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](http://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, 9:00-9:45 AM, at the Creekside Center for Natural Medicine. For more info: Jillian Standish, [jilyn@att.net](mailto: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](mailto:kschrup@gmail.com)

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

