



July 26, 2010 v.2, n.4

## Mid-Summer's Day Dreams



Yes, here we are nearing the end of July--my birthday month. I love my birthday, and allow all sorts of day dreams to run wildly in my head. Dreams of being a hummingbird and learning to fly backwards, or being a child and selling gourmet mud pies. Or having the most superb real vacation, paid for, with nights of sparkling sunsets, water to swim in, hammocks to nap in, and great, fresh produce to eat. Doesn't this sound "fabu"? Let's all make a day dream and send it into the universe like a helium balloon reaching the stars. Happy Mid Summer!

## Grilled Zucchini a la Mo



One zucchini per person (extra if you want leftovers). Slice zucchini lengthwise into  $\frac{1}{4}$ " thickness. Combine the following: one teaspoon turmeric,  $\frac{1}{4}$  cup olive oil, juice of 1 lemon or lime, 1 teaspoon Worcestershire sauce or Bragg's Liquid Amino Acids,  $\frac{1}{8}$  teaspoon cayenne. Stir.

Rub into the zucchini with a little pressure for more absorption. Grill for 8-10 minutes, turning a couple of times. Put on a platter, pour the remaining marinade on top. Garnish with several chopped basil leaves and flowers. Great side dish.

### FYI :

**Basil:** courage to be fully you; integration of sexuality and spirituality

**Zucchini:** renewed enthusiasm and life force after mind, body or spirit challenges.

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

**Lemon:** the Mrs. Clean of the flower essence world

## Flower Essence Of The Month: Blackberry



As a fruit, they are most delicious, as an herb, the leaves balance and soothe intestines and elimination, as a flower essence it aligns the chakras. Look at the perfection of the flower, the way it is delicate and lifted above the thorny branches. This essence goes to the roots of our energy and smooths the imbalances out. Find your local sprawling blackberry bush, and put a few of the flowers in water. Drink! For more details check out [www.greenhopeessences.com](http://www.greenhopeessences.com)

## Chuckle:

Near the end of every yoga class, I always say, roll to your right side, and use your right arm as a pillow for your head. Until last week, when I was watching someone, and said “as a pillow for your leg”. A silent tremor waved through everyone as they considered the odds of completing this task. Head, I said, HEAD. Giggles, and more giggles as legs drew back down. Argh.

## Yoga Pose: Sun Salutations

Celebrate the Sun with Sun Salutations. Usually published on the Solstice, we are in the apex of summer, and perfect time to do this. Namaste.



*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

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.

## Special of the Month: The Journey Mist



This mist has flower essences and oils to support the act of journeying. Even though we have goals and destinations, it is good to be aware of the road and detours that we take to get there. Sometimes, our end place is nowhere near what we thought, but many times better. For more details click [here](#).

## Upcoming Events:



**World Beat** dance class, Saturdays at 10:15am at The Works, in Berkeley (on-going). This is a high energy, sweaty class based on music and styles from around the world. [The Works](#).

**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.

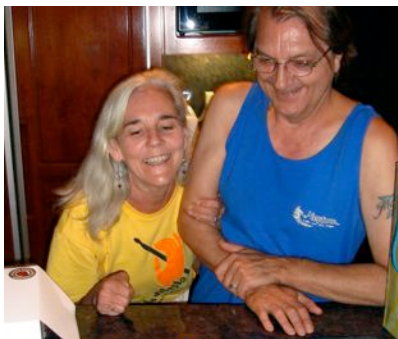


7 yoga classes, one dance class, Laughter Yoga, quiet time... and repose. There are no other retreats this affordable with so much available beauty and so close. This is an advanced beginner-intermediate+ level of yoga. Non-refundable deposit of \$100. \$325 for shared room (4 available), \$375 (2 available) 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!

**LOL---** Laughing Out Loud. I am taking time to laud several people I know, who have gone beyond a normal distance to achieve a dream: My nephew and hero **Jonathan** for getting into Davis and having the most amazing arms from his disciplined work-outs. My piano student **Benjamin** for writing such amazing music at the ancient age of 11. The people who keep on dancing well into their 70's/80's and love it. My parents for always loving me, and my husband for starting yet another business. **Anna Laurita** for seeing a dream become reality at her yoga studio in Puerto Vallarta. And many more...

## 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.

[Click here for more info.](#)



### 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...

