

MSS Newsletter

MORNING STAR SHINES



December 3, 2010 v.2, n.5

HO-HO-HOLIDAYS!



Fall has received a ticket from the Cosmic Police for exceeding the speed limit of normal human living, and leaving us behind in some sort of cosmic dust. A collective scream might work, or a little yoga, anyone? Dance? Laugh? November in the San Francisco Bay Area brought us what August never did: summer. How confusing to have 80 degree days and Halloween. At last we are rolling 2010 into 2011. Have you made your list of things to do or not to do? Let us consider that ancient question, "To be or not to be" and have more being in our lives instead of doing. Well, that would be different, wouldn't it? I, personally, am ready for new things. I plan to buy a jump rope, and finally learn to play the harmonica. And get up to greet the day in the tradition of my Native roots. I hope to spread smile like an incurable virus in all directions. Happy Happiness! Make a New Year's Revolution and be a wild child of this Universe.

Getting back to the Creative Roots



'Tis the season for roots! Garlic, onions, beets, turnips, parsnips, rutabagas, carrots, ginger, potatoes, yams, yikes! I love Roasted Roots (cut into pieces, drizzle oil, some salt and pepper, favorite herbs, chili flakes, lemon slices. bake at 400°, turning, until done.) Roasted Garlic all by itself is yummy for spreading, adding to mashed potatoes or salad dressings. Trim top of one head, put in aluminum foil, and drizzle olive oil, S&P. Bake for 1 hour at 350. Great to squeeze into a bowl, add oil, Dijon, herbs and spread on sourdough bread—sprinkle parmesan and broil until crisp. Try Scalloped Roots. Slice turnips, parsnips, rutabagas, and potatoes. Put a layer of one on the bottom of a casserole dish. Sprinkle with flour, dot with butter, S&P, a few thin slices of shallots, leeks, or onions. Repeat with the next veggie. Add 1 ¼ Cup soy milk or low fat milk. Cover and bake at 375 for 45 minutes. Uncover, sprinkle bread crumbs and parmesan on the top and bake at 400 for 15-20 minutes, until tender. Yahoo! The flour, butter, and milk will thicken into a nice sauce. (Cheese can be added into layers: swiss, cheddar, gorgonzola, or truffle cheese.)

FYI : *In general roots are grounding or anchor into our systems their special gift.*

Carrot: be here now, but also mindful of our divinity

Turnip: helps bring sunlight and humor into our wintery days

Flower Essence Of The Month: Rosemary

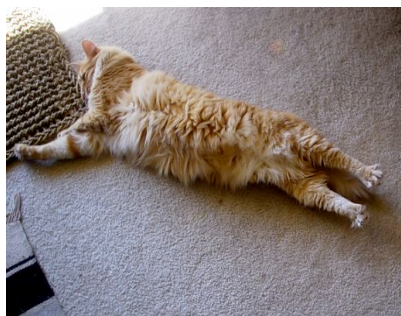


Rosemary has many gifts, the least of not is being happy to be in your body and truly comfortable with community, and is also a memory aid, including remembering dreams. Being as it assists us being fully present, it can help transform the absent-minded into the mindful person. As an herb, it works really well with roasted roots!

Chuckle:

Q: What did the egg say to the chicken? **A:** Who ever is first wins!! (of course we must ponder, what the prize is.... Scrambled eggs or Cordon bleu, and the deeper question, who WAS first?)

Yoga Pose: Parivrtta Anything!



Parivrtta means to revolve oneself around the midline axis. I like to call it a spiral, but in yoga it is most often referred to as a twist. The main effect of this revolution is a great massage for the organs, which can get a little stressed with the holiday cuisine. They also support a supple spine. All *parivrtta* poses need to be followed by a few glasses of water or tea. The list of poses that include this spiral is long indeed, and goes from the most simple to more advanced and challenging. It is important to “grow” the spine long, meaning the crown of the head is reaching towards the sky and the ribs are lifted out of the pelvis. Then you can begin to turn from the low ribs. To include the neck, you can eventually look over your shoulder in many poses. At any rate, keep the neck long. And as always, Breathe!

Special of the Season: Believe it! and Revolution Mist—a mighty duo



Believe It! is a mist that has flower essences to help break through the barrier of limits. Truly, if you can think of it, dream on it, visualize it, make it so.... Believe it! This is for manifestation, of either opportunities, understanding, breaking free from things that just don't work anymore. Breakdowns lead to breakthroughs... we are behind the Material Curtain that dictates what we can and cannot have. HA! Not so. Put your energy where your truth is, and Believe it or not, things will happen. Add **Revolution Mist** for making your resolutions manifest and there is a dynamite team. For a complete **Holiday Specials** list, [click here](#). Great for gifts. If you are sending you can order via **PayPal**, and I am now shipping via USPS. All 1 oz. bottles are legal on aircrafts (little bonus) Usually \$20/mist, Holiday Special is 2 for \$30.

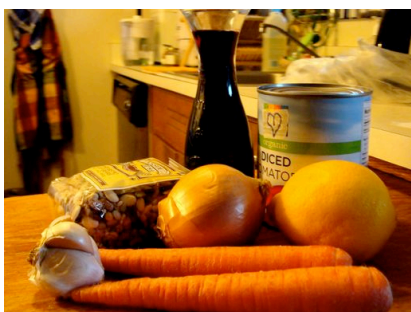
Upcoming Events:



World Beat dance class. Ongoing on Saturdays: 10:15am at The Works on Telegraph in Berkeley. You will not know you are exercising until you realize you are sweaty! Music and moves from around the world, with emphasis on Afro-Latin and fun.. [The Works](#).

December 21. 8:30-900pm. Winter Solstice Meditation, Lafayette Health Club, following yoga.

Ongoing Yoga classes at the Lafayette Health Club: Tuesday, 7:15-8:30, mixed level; Sundays, 9:35-11:05, intermediate. The 3rd Sunday of each month is a 2 hour class.



January 22, 2011, 5-8pm. Winter Food Fest. Kick off the New Year with some healthy, vegetarian edibles that also boost the immune system. Featured will be Roasted Vegetable Soup; Scalloped roots with Italian Cheese; Beet Salad with onions, cilantro, chili, and lime juice, Stir-fried "Beef" strips with chili sauce, wild mushrooms, spinach, and spicy walnuts; mulled cider with winter herbs and berries, Lavender short bread with a Cassis sorbet for dessert. Price is a little higher due to prices being higher! \$35 pp or \$60 per couple. BYOB and BYOA (bring your own bottle of whatever, and bring your own apron). **Limit:** a most definite 6.



March 26. 9-5pm. 2nd Annual Yoga,Deck-Asana-Blast-Off-ana Retreat. We are hoping for good weather as we gather on the deck of the generous George, Julie, Zach, Ben Clan. The deck has expanded and hopefully 15 people can gather to do asana practice, pranayama, land blessings, chakra balancing, and meditation for the Spring Flinging Glory of our local hills. The price will be the same great deal of \$75, BYOF for potluck lunch. This filled up fast last year, so first come with deposit, first mat on the deck. You can contact Mo* at mostar@me.com for questions.

GO News!



(I was the first to come up with this, but there are many now and I am happy)
Congratulations to Kelly and Tyler who are getting married on 12/11/10. May they live long and prosper and remember the road to the wedding may have a few bumps, but weddings are a time where we all celebrate love. Thanks to all of us who live love daily.

MSS Ad Exchange

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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.](#)



Morning Star Shines - Personalized Mists

I have many mists for sale, but I also make them to order. Depending on your needs, I will put flower essences, a vibrational salt, and essential oils in a blue bottle with your name on it. Flower essences work in the energy field first and then the physical. One of the personalized mists that is now a regular is **Angel Mist Plus**-- in addition to a gentle clearing of low vibes, it has FE for better sleep. \$25/mist. Contact me at: mostar@me.com



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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.



Heavenly Choices SEMJA, Inc.



And in Lafayette, California...

