

MSS Newsletter

MORNING STAR SHINES



May 23, 2011 v.2, n.6

Good Golly, where the heck is Spring?



There seems to be a confusion about the actual timing, the groundhog, plant your garden, paint your wagon, wear a T-shirt... Even here in California, we had a fire in the fireplace last week. Enough complaining, already. We had tornadoes in the South, and a royal wedding across the pond. Trees are blossoming, and flowers are trying to run amuck in the muck. Somewhere in this convoluted energy is the essence of rebirth, life out of dormancy, and new sense of freedom and hope. Buy a balloon, fill it with helium and dreams and let it go. Plant seeds, dream big.... New beginnings are here. Happy Day!!!

Spring Tonic Salad:



Arugula, spring onions, tomatoes, artichoke hearts, with a gorgonzola dressing. Really easy: fresh arugula, slimly sliced spring onions and cluster tomatoes, chopped marinated artichoke hearts (or fresh if you have steamed a few and had the self-control not to eat the hearts, but to marinate them in garlic, herbs, lemon juice and olive oil). Gorgonzola dressing: 1 TBSP gorgonzola, added to $\frac{1}{4}$ cup heated soy milk. To this add 1 tsp red wine vinegar, salt and black pepper, and stir heartily. Toss over the salad and top with thin slices of dried goat pecorino. Serve with love and focaccia! (and beverage of choice). Garnish with nasturtium or calendula blossoms.

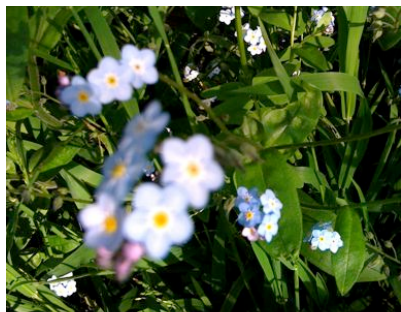
FYI : *Flower essences: are the energy behind the plant and especially the flowers. The flowers carry us to another level of wholeness.*

Spring onions: uncovering the old layers to embrace the potential of the unknown.

Wild lettuce: relieves tension in joints, encouraging flexibility.

Artichokes: finding the amazing heart under protective layers.

Flower Essence Of The Month: Forget-Me-Not



This flower is also called Eyes of Mary. I often take a back road home to avoid the freeway. It is a dramatic climb of 1000 feet in a mile. It is full of California Bay Laurel trees, Eucalyptus, and Oaks. And at this time of year, clouds of blue Forget-Me-Nots. Can you imagine being surrounded by the green leaves of spring and clouds of tiny blue flowers draping down steep hills? The vibration is power-packed: Love without small print. No hidden agendas; simply non-invasive, supportive without inferring, love. The essence also helps with memory as the name suggests. If you have the inclination to fix or change others, this essence will help stay in the compassionate heart, allowing others to walk their own magical path.

Chuckle:

For many months I have had a low grade infection and did not realize it. Of course, my body knew, I wasn't listening. So, my mouth malfunctioned. We eat a lot of hummus at our house. Suddenly, without my control, I began to call the hummus "Motrin". Would you like some "Motrin" with your carrots? I am craving a little spicy "Motrin", etc. Come to find out, the Dr. suggested Motrin to help with the discomfort and fever. Doomed, forever more is the word "hummus" at our house.

Yoga pose: The Thinker with a Twist



This is a great stretch in airports or at home. I also call it the newspaper stretch. It is a hip opener and a back stretch. Sit tall and at the edge of a chair or sofa. Cross one ankle over the opposite knee. It is imperative that the foot be flexed to protect the knee. Lean slightly forward, leading with the heart. Slowly, guide your hand or elbow towards the crossed knee. Turn from the ribs slightly until your heart is now "looking" at your foot. Hold for 5-10 breaths. Relax face. Repeat on the other side.

Special of the Season: Liquid Smudge

Liquid Smudge

Liquid Smudge was the first mist I ever made. It has been the best seller over the years and is described as clearing the air "with a boot". The flowers essences involved are for clearing the energetic field and space of low resonate vibrations. You know how the airport can feel with fear in the air, or a room where there has just been a nasty confrontation? Or even yourself in a bad mood? Liquid Smudge is a spirit lifter. I have clients who are Dr.s, body workers, therapists, yoga teachers, health club owners, justices, teachers, students... a long list. And it is anti-fungal, anti-microbial, anti-bacterial, and anti-viral. Fresh smell of lavender and mint. Order directly by writing to: mostar@me.com. \$15 including shipping.

Upcoming Events:



World Beat dance class. Ongoing on Saturdays: 10:15am at The Works on Telegraph in Berkeley. Treat yourself with world music and movement—fun, sweaty, and uplifting. [The Works](#).

May 29 (Saturday). San Francisco Carnaval Parade in the Mission District of San Francisco. FREE! This is great local color and entertainment. The parade starts at 10am. “Live Your Fantasy” is the general theme. Bring a chair and kick off the summer right.

July 4 (Monday) The 4th of July Piedmont Parade. Great fun for the family. A real old-fashioned parade including bag pipes and dogs. Free. Followed by great music, dancing and picnicking in the park.



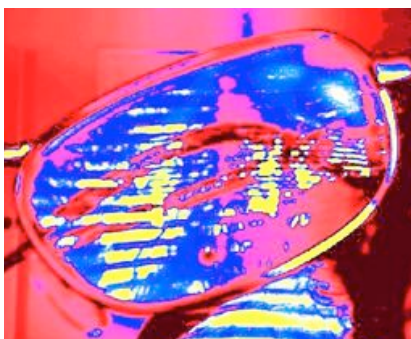
June 29 (Wednesday) Sound and Vibration work shop 7-8:30pm. Learn the power inherent in vowel sounds. Many Native singing is more (or less) than words. You can add to your life by embodying sounds for stress reduction and relaxation. This is fun and also a powerful meditative practice to add to your life. At the [Lafayette Health Club](#). \$15. Minimum 8

July 24: Summer Food Fest. Impromptu Summer’s Yummers. We hit the season’s produce at the Farmer’s market in the morning and find the best of the best, and then come up with a great menu based on the available staples in my house. It could be fresh pasta, a risotto, herbed squash with veggie sausages. Surprise! \$35 pp, add BYOA (bring your own apron)



September 23-25. Third Annual Yoga Retreat at San Damiano Retreat Center. Start the Fall season with some reflection, laughter, quiet time, yoga, more laughter, good food, yoga, massage, dancing, hiking, more laughter, quiet time, yoga. Seven yoga classes, one movement class, hiking, free time, massage, 6 meals and room. Shared room \$325 pp. Single room, \$375. Minimum 10, Maximum 18 people. Schedule will be published on the website by June.

GO (Good Only) News!



The good news is that there is actually a good news only web site! Also, the ad page has a new addition (r-r-r). I met the most amazing optometrist. Everyone who I have referred has been delighted with the skill, service, knowledge, and sincerity. Check out David Poon at C2020. Seeing is believing!

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.aborzoni.com. Mail to: thegoldenears@me.com or call: (925) 246-5318



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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.](#)



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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.

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C2020 Optometry

Advanced Eyecare + Personable Service + Handcrafted Eyewear. We started C2020 in the Rockridge Oakland neighborhood with a simple mission in mind: to provide the best eye care, service, and high quality handcrafted eyewear. Provider of VSP, childrensvisionfirst.org, and other insurance 5833 College Ave., Oakland, CA 94618. Tel. 510-658-2020.

[Click here for more info.](#)



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



Matrix Energetics, Reiki, Hypnotherapy, Health and Longevity!

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 have been sold in different venues in the Seattle area. I am focusing on my local area now, but as always you can order directly from me or my website.

Heavenly Choices in Poulsbo, Washington, is closing its doors at the end of July. They are wonderful people feeling the economic crunch. From my perspective they sell the very things we need right now to help the stress we are feeling. Click on the link and see what they have! They have been selling my mists for years. THANK YOU!!!!



Heavenly Choices SEMJA, Inc.