

# MSS Newsletter

MORNING STAR SHINES



September 27, 2011 v.2, n.7

## Let the Fall games begin!



The Autumnal Equinox has passed. We are finally getting warm, sunny days. Here in the SF Bay Area, we read about summer elsewhere, but we were day after day enveloped in cold fog, hoping to sweat and complain about heat, soon. School began and the skies cleared. The contagious energy of routines, homework, and Fall sports wafts around us and pulls us into the whirlwind. Pumpkins, pears, tomatoes, apples, corn, golden leaves twirling on the way down to the ground—this is Autumn. Early Fall can be hot, giving way to chilly nights as Halloween approaches and the time changes. We are in transition, yet again. Don't worry, be happy! Dance, sing, laugh. Seize the day, and make it a thumbs up experience. Happy Fall!

## Treviso, pears, and cave-aged Gruyere salad



Treviso is an Italian radicchio that has long burgundy, slightly bitter leaves. You can order it or find it in good markets. This is pear season, so take your choice. And make sure the Gruyere is cave-aged. Cut the Treviso into 1" wide pieces. Peel the pears and cut into bite size cubes. Slice the Gruyere into 1" long by ¼ " thick squares. Toss with 1 ½ tsp. apple cider vinegar. Add salt and pepper. Drizzle olive oil over the salad (¼ cup). Toss again. Mouth watering excellence. Mangia!

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

**Pear:** good for harmony in groups; opens us to be healed by sound

**Eggplant:** : clears our energy field of all negativity

## Flower Essence Of The Season: Pomegranate



Pomegranate has exploded in the stores as an effective, natural fruit that has amazing benefits for our bodies. As a flower essence it primarily supports women, their unique biology, vitality, and creativity. The flowers are orange with a small red bud that connects it to the stems. Eventually, the flower falls off and the bud becomes the fruit. Treat yourself to some pomegranate juice with a few drops of the flower essence for a ongoing zap for overall health and expression. For more flower essence info, check out [Green Hope Farm](#).

## Chuckle:

Ok, it really isn't funny, but I witnessed an old fashioned rumble (big gang fight) between 2 flocks of turkeys. The feathers flew, beaks pecked, the screaming was horrendous, and I don't know who won, but it would be an end to crime if we had turkeys patrolling our streets in baseball hats and colored T-shirts.

## Yoga pose: Spinal Roll



The spinal roll is done with knees bent and chin slightly tucked. This action lubricates the vertebrae by stimulating the synovial fluid around each joint. Three times is a known stress reducer. This can be done in a chair at work, to let a steam off and relax the adrenals. Keep feet hip distance apart, inhale. As you exhale being to drop the chin and slowly, one vertebra at a time roll down with navel pulled into the spine, and knees slightly bent. You can use your hands on your legs for support if you wish. At the bottom, make sure your neck is relaxed. Take a breath in (not so easy in the forward bend), and slowly exhale, rolling back up. The last thing that comes up is your chin as your head realigns. Repeat 3 times. Enjoy. (Do not do this if you have low blood pressure or low back disc problems.)

## Special of the Season: Mist of Change



We are in huge transitions everywhere. It is sometimes hard to stay grounded, centered, and present. We are experts at personal distraction. Why not consider that change is the only constant of the Universe, and get a little help. This mist is for change on all levels: travel, jobs, moving, emotional changes, new lives... it is a long list. It is a calmer, which also works with the adrenals to stay

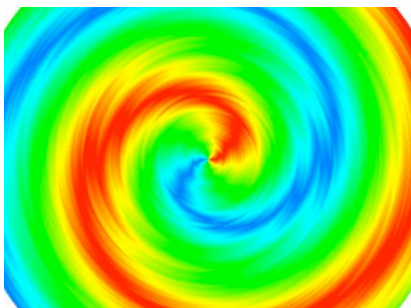
in chill mode even though there may be a chaotic or mysterious feeling about you. For more info on mists, [click here](#). You could combine it with the yoga move for instant relax and go with the flow. Order directly by writing to: [mostar@me.com](mailto:mostar@me.com). \$20 including shipping.

## Upcoming Events:

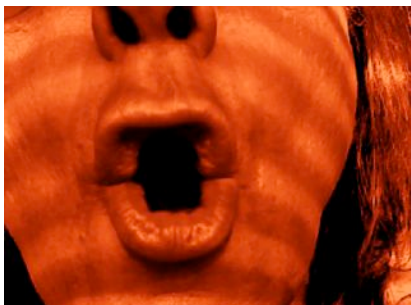


**World Beat** dance class. Ongoing on Saturdays: 10:15am at The Works on Telegraph in Berkeley. Dance, dance, dance! It is good for everything! Move yourself and feel your life force. Around the world in 60 minutes! [The Works](#).

**“Moga Yoga”** Join me every Tuesday night at 7:15 (mixed level) and Sunday morning 9:35 (intermediate), for yoga. Yoga means Union. This ancient practice has transformed with time to meet the needs of today, while quietly addressing universal problems of health on all levels. I use humor, wiggle, and breathing to move through the various poses with whatever modifications are needed. Prepare to explore possibilities, and also to perhaps sweat and laugh. At the [Lafayette Health Club](#).



**October 22: 2pm-4:30, Chakra Workshop.** We are energy first. Learn or re-learn how the main chakras work, and how to apply energy flow to health and peace within your being. Included is a CD that has music to balance the chakras, and a flower essence remedy for chakra alignment and balance. When things seem crazy and out of control, a chakra clearing will help with being grounded and establishing healthy boundaries. **Offering** plus \$25 for music and mist. I will also include movement to integrate the unseen with the seen. It will be fun, informative, and you will leave relaxed and happy.



**November 5: 2pm-4:30, Sound Vibration Workshop.** Learn the power behind the basic sounds we make. A look into indigenous chanting and the meaning behind the universal sounds we make. Great for personal healing and steadiness of thought. A sound meditation (no pun intended). **Offering.**

***What is an offering? It is the Native American tradition of giving something in return for a service that is usually spiritually healing in essence. You look into your heart and ask what is an appropriate energy exchange. Also a little tobacco is given as it represents gratitude. The tobacco industry has warped the ancient respect for the plant.***

## GO (Good Only) News!



I feel so blessed to have so many friends in so many places: Argentina, Mexico, Uruguay, Australia, Italy, France, Costa Rica, Alaska, Washington, Oregon, Nevada, Idaho, New Mexico, Colorado, New York, New Hampshire, Florida, Tennessee, Arkansas, Kansas, Missouri, Oklahoma, Illinois, South Africa, Beirut, Brazil... Oh an all over California! It is good news to have friends... Send them heartfelt blessings and hugs.

## 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](http://www.aborzoni.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.](#)



### 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](http://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](mailto: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](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



Coming Soon: New Mist!!! **“Girl Power”**

This mist supports the sacred feminine and all of the miracles that are involved with being “a girl” of any age. Creativity, personal power, expression, clarity, vision, intuition, connection with the higher realms of spirit—this is our mist, ladies. We are in the work force, politics, schools, teachers, mothers, visionaries, voices of truth and balance for our male counterparts. It will be ready by the holidays. Order early by writing me at [mostar@me.com](mailto:mostar@me.com). Great Holiday gift. \$20



**San Damiano 2011.** I was going to write a bit about the fantastic weekend of Moga-Yoga, but I decided to let the evaluations speak for themselves: “Great!”, “Delightful, challenging, fun, supportive, beautiful, delicious”, “Wonderful!”, “Great classes, great people”, “Great schedule”, Overall experience was excellent!”, “I enjoyed every minute of the retreat.”, “Great, grand, and terrific”, “Wonderful--more than expected”, “Excellent! The best ever Moga Yoga retreat”. Save the date for next year: October 5,-7. See you there!! Thanks for the good words! *(It was even suggested I give myself a raise!)*



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, closed its doors at the end of July. In the same building (upstairs) **Teresa Brewster** does energy work. She continue to carry my mists. The happy vibe will continue on in the same space. In times of stress and what make look like darkness, there is goodness to be had. Get a reading and “be more of who you are”



**Teresa Brewster**  
**Intuitive Healings & Readings**  
**Be More of Who You Really Are!**

Reiki Master, Intuitive Healer,  
ATP, Dolores Cannon’s Past Life  
Regressions

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