

# MSS Newsletter

**SPECIAL  
ISSUE!**

MORNING STAR SHINES



December 5, 2011 v.2, n.8

## Happy Holidays 2011!



It is the end of 2011 and we are rolling into all sorts of hype about 2012. For now, let's enjoy what we have and truly give thanks for our lives, our surroundings, our friends, our music, and especially the simple ways to show a little love in this blessed time of Winter. I read there are meteors shooting across the skies until Dec. 13. Make a wish! Let go of the old, and jump of the surfboard of the new wave of life. Laugh out loud. Share a hug. Eat a cookie, dance the happy dance, do a backbend! Peace to all and pass it on. There is power in numbers. Just by aligning intention, we can make a difference.

## Easy Munchie for Pot Lucks



One sourdough, seeded baguette, cut length wise. Combine 1 roasted head garlic (squeezed out of paper), 1 tsp Dijon mustard, 1/3 C soft butter. Spread on bread. Slice one red pepper into thin pieces and criss-cross on bread. Put one smoked oyster in each space. Sprinkle with basil, and a few drops of tabasco. Sprinkle with parmesan cheese and broil until bubbly. Cut into squares. Enjoy! Easy to use sautéed mushrooms (any kind) instead of oysters for a nice veggie dish.

### FYI :

**Red Pepper:** a sweetness of peace in the lower chakra area

**Mustard:** helps with deep depression

**Basil:** adds a spiritual blessings to the physical experience

## Flower Essence Of The Season: Maple

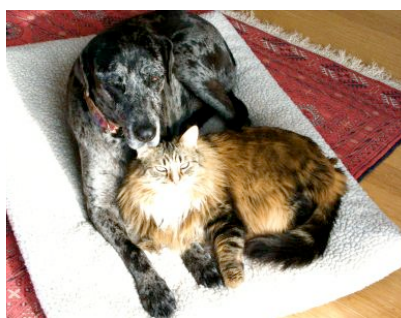


The glorious, sweet maple tree that provides stunning colors and amazing syrups, is also a fantastic flower essence. It helps balance our yin/yang, and reminds us that we are worthy of living, giving, and receiving in a grounded way. We can also let go of outcome and expectations, and enjoy the sweet surprises. Maple also helps with both issues of trust and self-doubt, which are connected, don't you think? Be at home in your body, be at home with your sweet self. Enjoy the remembrance that we are whole already, just expanding into more of ourselves and our gifts.

### Chuckle:

So, I asked my husband to put on a little music while I cooked dinner. I asked for The Four Seasons and began humming Vivaldi's Spring. Suddenly, out blasted "Sherry Baby", followed by "Big Girls Don't Cry". I blinked. What happened to Vivaldi? Who said anything about Vivaldi? You asked for The Four Seasons. And so I did. Never thought Vivaldi went to Jersey!

### Yoga pose: Breathe and balance



Simply sit comfortably with back straight and breathe. Breathe up your front body and down your back body. Reverse that. Breathe Love into the front of your heart, and Gratitude out of the back. Reverse. Do that 10 times and feel the difference. When stuck in traffic or a parking lot, breathe and feel your feet. Be here now, and let the sun shine in. Feel the kindness that is abundant if we just take a breath. Even cats and dogs can be friends--we all breathe life in. *Photo: "Kate and Jammie", by Martha Trupiano.*

## Happy Holidays and Winter Solstice!



This is the time of year we consciously give and receive. MSS mists are perfect gifts offering more than aromatherapy. Because I use flower essences they are vibrational remedies, which have a multi-level effect. We are vibrational in nature and all of the mists I make work harmoniously with our own energy frequencies. The added bonus is essential oils neutralize air-borne bugs, including virus, fungus, microbes, and bacteria. The 1 ounce bottles are air travel friendly.

Each mist is **\$20** including shipping, but for the holidays there are special prices if you buy a trio, or any duo. Good until December 31, 2011. **Scroll**

**down to page 5 and see all the amazing details!**

## Upcoming Events:



**Dance the year out!!** Every Saturday at 10:15, move to the groove of World Beat at The Works in Berkeley—bring a friend for free! [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](#).



**December 20, 2011 Winter Solstice Peace and Beauty Meditation**, at the [Lafayette Health Club](#), 8:35-8:50 (after yoga). Spend 15 minutes sending peaceful thoughts to the inner and outer world.

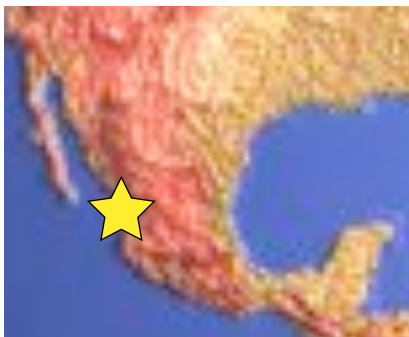
**January 22, 1-4 pm. The Power of Sound.** All sounds have vibration and meaning. This workshop will explore the power behind the vowel sounds that we hear in many indigenous chanting. There will be a brief presentation, and then we will end recording what we sing. **Offering** (see offering explanation below). Place TBA.



**March 10, 4:30-7:30. Spring Food Fest**

***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!



This seasons' Good Only News is directed down south to Anna Laurita and **Davannayoga** in Puerto Vallarta. I met Anna years ago when living in the Yucatan. I was teaching yoga there and before I knew it, there was a great group at the lovely home she and her family were living in. We became friends and went to different parts of the world, but kept in touch. She and her family are now living in Puerto Vallarta, and Anna has become a wonderful yogini and teacher. If you find yourself in PV, look around the old *centro* and find a place to really connect and do some yoga. As we say in Spanish, “*Vale la pena*”, or it’s worth it!

## 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.](#)



### Teresa Brewster - Intuitive Healings & Readings

Be More of Who You Really Are!

Reiki Master, Intuitive Healer,

ATP, Dolores Cannon's Past Life Regressions

19020 Front Street, Poulsbo, WA, (360) 620-2356

[hearthealer777@yahoo.com](mailto:hearthealer777@yahoo.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)

## Introducing the new mists and Holiday Specials....



**The Newbies: Girl Power and N-light-N** ([click here for detailed descriptions](#))

**The Winter Line-up—Silver Lining, the Revolution Mist, and, Liquid Smudge.** For cold weather days, making resolutions, new beginnings, and boundaries. **Silver Lining** is great for lack of light in heart of sky, Revolutionize your life with change, and **Liquid Smudge** keeps the energy clear as can be (especially when traveling and staying in hotels).

**The Three Mistkateers—Journey Mist, FOCUS!, Believe It!** These “guys” have your back! New trails, new awareness, manifestations. Journey Mist is for the traveler on the road of self-exploration or adventure (life), **FOCUS!** is a gift that included meditation, projects, or tests, **Believe It!** makes the dream in the ethers manifest in this physical plane, and you better believe it!

**The Three Mistics—Om Shalom, Comfort Zone and N-Light-N.** For integrating our being with our doing— insights into spirit/physical awareness. **Om Shalom** affects the higher chakras while keeping you in your feet and staying peacefully aware, **Comfort Zone** is the necessary place we need to have respite from the demands of life, stress, and lessons, **N-light-N** brings more light into corners, obstacles, and most importantly, our hearts.

**The Three Misteries-- Eternal Flow, Unplugged, Girl Power.** For delving into the mysteries of consciousness and universal knowledge. **Eternal Flow** is about healing the lower 3 chakras, while being aware of a flow beyond time and space. **Un-plugged** releases demands, especially electric and wireless and

soothes our systems, **Girl Power** connects with the unfathomable force that is the feminine at any age, soothing, supporting, and amplifying those gifts.

**ANY 2 mists** (see product page) for \$33, plus shipping. All trios are \$48, plus shipping.