

# MSS Newsletter

MORNING STAR SHINES



March 22, 2011 v.2, n.9

## Tra-la-la-la, T'is Spring!



And a happy Spring to you. Sometimes lately, I feel sprung, but I think it is from the cold. I also think that although the metaphor of “going into reflection” is powerful, I don’t like winter very much. Perhaps with some cross-country skis, or a long vacation in paradise, I could do January and February a little easier. But at last, here is the Equinox, where dark and light are perfectly balanced. And, then for 3 months each day gets longer. Oh happy heart! The birds are singing, the nests are being made. Bees are coming out of hibernation and here in the San Francisco Bay Area, the daffodils are shining their light through the Spring rains. Hop! Laugh! Spring has sprung.

## Food for thought:



While you can drink a nice Spring tonic (nettle leaf, red clover, burdock, and raspberry leaf--add a little lemon and peel), it is more fun to actually crunch something in the mouth. Grill or roast spring onions, garlic, asparagus, radishes, small new potatoes, and artichoke hearts. Chop into pieces, and add to spring greens. Sprinkle with salt and a bit of chili powder, then toss with lemon juice and olive oil and for taste some croutons. Super Spring Yum. We like adding roasted seeds and a blue cheese to balance our the flavors. Even a fresh mandarin would be happy in the presence of these veggies.

## FYI : (about the flower essences that you can add)

**Asparagus:** helps with 3rd chakra issues, and enhances harmonious interactions with others

**Artichoke:** powerful chakra amplifier, especially integrating higher spirituality into the heart

**Radish:** Life Force Alert!! Connects with earth energy and spice and away we go.



## Flower Essence Of The Season: Daffodil

Just a look at this flower brings a smile to the face. It is so deliriously happy. With not much imagination you can see that is a decorated megaphone of light, a living, blooming, highlighter! Imagine also that your small inner guidance voice can be amplified and lit up with sunshine and spiritual confidence. Don't trust that voice sometimes? This is the flower essence for you. Feeling stuck in the muck of daily life? This is made to order. The mist of the season has this essence in it among many others to bring in light after a winter time.

## Chuckle:

Each day on our tropical, Mexican vacation we would have a surprise. Like looking for our red hotel, and finding it had been repainted white in the course of the morning. Or discovering our rented scooter had no rear brakes. Or trying to have a glass of wine that tasted like vinegar and being told it must have been too hot, and would I like some ice? And who knew fish like crackers, and barracudas hover? Oh, and let's not forget the extremely thoughtful and patient iguana. Find something in your day to laugh about. It's good medicine.

## Yoga pose: Dvi Vrksasana (Double Tree pose)



Let's balance the light and dark, the stable and the growing, the dormant into movement. Tree pose is a great asana to do alone or with a friend. Stand in equal balance. Peel up one heel and turn out the leg with the knee bent. Pull the foot up as far as you can. Breathe. The energy is equal of foot into leg and leg into foot. If you are two, one arm is around the waist, and the other is with hands together at the heart. Slowly raise your hands above your head and move gently like a tree in the breeze. Then hands come back together and lower to heart. Release and let the knee go forward. Gradually settle down and slowly relax the leg and lower. Reverse. Trees with friends.

## Mist of The Season: Spring Clean



**Spring Clean** has an array of spring flower essences that work on getting rid of winter sludge. A virtual whirlwind that gets into the nooks and crannies of our selves and cleans out the cobwebs, shines up the inner vision, and presents us with a lemon fresh thought of breath. The oils are grapefruit, lemon, tangerine, rose otto, and all pulls the idea of clean into our spring.

## Upcoming Events:



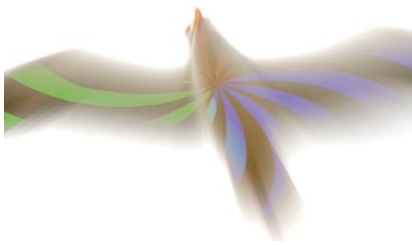
**April 21, 4:45-8pm. The Annual Spring Food Fest!** Recipes for tonics, blood cleansers, and guess what? Sauce! Fresh sauces for dips, pasta, pizza, baked potatoes. We will get all sauced up with fresh pico de gallo, guacamole, yogurt-garlic-spinach-parmesan, chocolate-kahlua fondue for dipping, cheese fondue and fresh spring veggies, crisp tofu with pesto dip. A world in a topping. A medley of yum. Register at [mostar@me.com](mailto:mostar@me.com)

**Fee:** \$35pp, and as always, BYOA (bring your own apron).  
**Limit:** a definite 6 to a possible 8.



**April 28, 2:30-3:15 World Beat Class at the Works.** FREE! As part of the Bay Area and National Dance Week, Morning Star will be teaching a 45' dance class. High cardio, fun world music. Check out other classes at **The Works** that are free during this week. Click link to register: **World Beat at The Works!**

**May 19, 1-3pm. Master Dance Class based on the World Beat format.** Study rhythms, intuitive dance changes and styles, technique in the warm-up and cool down, and a playlist of world music. Wear comfortable clothes—shoes optional. **Fee:** \$25 pp, **Limit:** min. 10, max. 20. Sign up through: **The Works Exercise and Dance Studio**



**June 20, 27, July 11, 18, 25, 6:45-9pm.** Introducing a series of themes to enhance inner-outer communication, well-being, and integration of holistic health and humor. A spiritual and confidence enlightenment. . . Boundaries, Chakras, Yoga poses for energy alignment, Sound, Dance and Humor, Vibrational Remedies. Each workshop devoted to walking a circle around our intricate selves. Are you sometimes unable to express your truth inside? Do negative thoughts get the better of you? Can you balance your energy with compassion and understanding? Learn about the meaning behind the sounds that you speak or sing. Move music and rhythm through and feel the difference. Everything is energy and energy vibrates.

Learn how flower essences can be an addition to health. **Fee:** \$300, series; \$70 drop-in. [mostar@me.com](mailto:mostar@me.com)



**October 5-7. The 4th Annual San Damiano Moga-Yoga-Nature Retreat** Set in the golden hills of California, and dotted with oaks and bay laurels, it is difficult to find a better place to retreat so close to suburbia. There are trails, and a labyrinth, ponds and places to ponder. Above all, yoga and quiet, and yoga and laughing, and yoga and dance, and yoga and nature. Yoga and you. Yoga means union, and one of the best things we can do for ourselves is to come in to a sense of union within and without. The retreat check-in is at 4pm, with the first class at 5pm (before dinner). The last class is on Sunday morning followed by a farewell lunch. It is a happy time during times that are challenging. Also, there is the annual Animal Blessing at the retreat center which brings

good cheer to all. **Shared room**, \$335, **Single**, \$395. Includes all classes, room and food. More to come about schedule details. Non-refundable deposit is \$100, with balance due by September 1, 2012. Register with [mostar@me.com](mailto:mostar@me.com).



## 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.**  
HOLISTIC 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 Spring Specials....**



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

**The Spring Line-up—Silver Lining, Spring Clean, and Open Hearted Mist.** For changing weather days, cleaning in inner/outer house, and opening to new possibilities, this is your team. **Silver Lining** keeps light in heart of sky regardless of weather, **Spring Clean** gets rid of emotional and closet clutter, and the **Open Hearted Mist** keeps the heart energy clear as can be (especially when re-doing one's life!).

**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.

**All trios** are \$48, plus shipping.

In the making... ”**Mistical Choices**” to help to connect with hearing your deeper guidance to assist with both day to day choices, AND bigger life changing decisions. Coming in May!

### **GO (Good Only) News!**



I was standing in line at Trader Joe's with a \$20 bill. The total was \$20.88. Heck, I thought, I'll have to put everything back and return later. But, a Good Samaritan was behind me and pulled a dollar out of his wallet. “Playing it forward,” he said. I vaguely remembered something about passing a good deed along before it happens. I said ”Thanks, this is so cool. I have done this, but have never been on this side of the line“. Play it forward, friends, it could be you!