



September 21, 2012 v.3, n.1

## Summertime?? Hasta la vista, baby!



We are headed for Fall. And Indian Summer it is here in the Bay Area. Highs in the 80's or 90's and the lows down to the 50's. Nature is such a great leader in showing us how to let go of the things we don't need anymore. I think as I look around at my "stuff", I wonder first, how did I get so much, and then why do I keep it? There is a 500 year-old oak tree right outside of our window. Our deck wraps around her so as to give her room. Everyday in Autumn, her leaves drop lightly into the creek below. I want to be like an Oak tree. I want to drop the things I don't need, and welcome space... More space for breathing, seeing, listening, and imagining. How about you? Find a little space place. Sit in it and watch the leaves float to the Earth. Toss one thing that doesn't really help now... like my Jane Fonda Exercise book from the

80's (yes, true story!). Here we go, be like a leaf, and free fall! Happy Autumn...

## Fresh Harvest Spicy Salad



Lucky for us this is the time of exceptional harvest: tomatoes, corn, basil, grapes, greens galore. Do something fresh and easy: Bake a head of garlic at 350° for an hour (wrapped in foil and covered with olive oil). Seed and chunkily chop a variety of tomatoes, including cherry tomatoes. Cut off the kernels off of 2 ears of corn. Chop up about a cup of basil leaves. Combine with a little sea salt. Squeeze out the garlic, and mash it with a little oil, Dijon mustard, a juice of half a lime, 1 tsp each red wine, and balsamic vinegar. Pour over the tomato mix and toss gently. Let sit about 15-20 minutes to absorb the flavors. High yum factor! (For a little kick, deseed and finely chop a Serrano chili into the mix. Kazam!

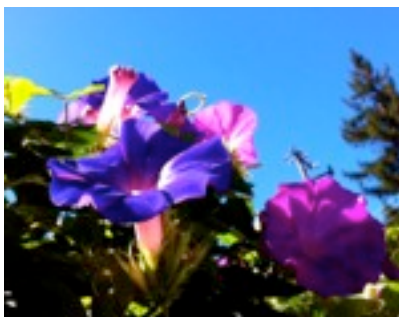
## FYI : (About the higher vibe -flower essences- of the veggie flowers)

**Tomatoes:** clears the physical systems, cherry tomatoes clear the energy systems.

**Basil:** spiritualizes our sexuality, helps us be comfortable in our bodies

**Corn:** supports and anchors our spiritual wisdom in practical ways-- like in the middle of a concert with 100,000 people...we may be close, but are unique. Great with animals in confinement as well, like kennels.

## Flower Essence Of The Season: the Morning Glory



I have always loved Morning Glories, because they are...glorious! I love the way they creep up fences and open their flowers for about a day or two. Their apparent happiness and being unfettered by fences is part of their message. You can live in joy, instead of burn-out. As old habits that don't work are shed, a new awareness is unveiled to delight in your own joy and gifts. Truly, a wonderful gift from the flower realm.

### Chuckle:

So three men walk into a bar. It's amazing not one of them saw it. (rrr) still don't get it? Iron bar!

### Yoga pose: Vrksasana (Tree Pose)



Here is the Equinox, and time of perfect balance of night and day. We just had a new moon, where energy is drawn to the Earth, and with waters... which affect us as well. Trees are changing as well. Try this old standard: Stand with weight evenly distributed. Pull yourself up nice and tall. Charge up one leg, and gently peel the heel up on the other leg. Turn out your leg, and settle the foot as high as is comfortable on the standing inner thigh (or knee). The energy of the foot into the leg is equal to the energy of the leg into the foot. Slowly raise both hands and bring your hands together in front of the heart. Slowly raise your arms. Let your arms move gently as if limbs in a breeze. Keep breathing. Slowly the hands come down and are at the heart again. Turn the leg in, and lower. Wiggle. Repeat on the other

side. Great for balance!

### Mist of The Season: Mistical Choices



This is the latest of the mists that I make. Or, I should say that I am guided to make. This one took me weeks, because I had to realize some of this had to do with me making choices that seemed impossible. Which is a profound illusion. Infinite possibilities are where the action is. There are over 50 flower essences in this mist that together support us in dropping the veil that confines us, and shows us the world of limitless love, healing, abundance, and self actualization. The oils are plumeria, lemon, frankincense, and high altitude lavender. Sit quietly and ground yourself. Take a few breaths, then spray a little mist in front of you, and waft it in with

your hands while inhaling. Imagine you are being drawn to new doors and openings that you haven't seen before. Let the magic work as you choose to choose from a different, mystical place. Order on our MSS website or write to order at: [mostar@me.com](mailto:mostar@me.com) **\$20 plus shipping**

## Upcoming Events:



**Moga-Yoga** is happening 2 nights a week this Fall; Monday, and Thursday at The Rhythm Room, 1018 C Almador Lane, Lafayette.

**Monday**, Mixed Level, 7-8:15

**Thursday** Level 2-3, 7-8:30.

On-going Intermediate Yoga on **Sundays** 9:30-11:00. (3rd Sunday is 2 hrs.)

Hike first, then stretch, breathe, and commune with your spirit.

(read additional info in the ad exchange section)



**October 5-7. The 4th Annual San Damiano Moga-Yoga-Nature Retreat**

This event is **SOLD OUT**, but next year's doors will be opening soon. We have a great time practicing yoga, exploring the trails and gardens surrounding this wonderful place with fantastic views and great food. Time for massages, time for peace, time for laughing and wiggling. It is truly a blessed, restorative and rejuvenating experience. Checkin is 4pm; first class at 5:30.

## GO (Good Only) News!



I started studying flower essences in 1983. I was fascinated by the premise that flowers have an individual energy that can be transferred into water, thereby preserving its vibration which affects our own electromagnetic fields and the many layers: emotional, physical, mental, and spiritual that make us who we are. The flowers are unfettered by ego, and live in a state of love. I always suggest a flower essence of the season, and I use many in my mists which deepens the effect of the mist. I get my essences from [Green Hope Farm](#) in New Hampshire. They are great people, with lovely products, same day delivery, and just all around happy to help, including our animals. Check it out! See what resonates. They are the best!

## MSS Ad Exchange



### 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) 285-6451.



SUSAN BRENNAN, D.C.  
HOUSTIC 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.](#)



### MOGA Dance And Yoga

New venue for "Moga" Yoga, and soon World Beat Dance. This is a sweet studio with mirrors, hardwood floor, ballet bars, and natural lighting. Located at 1018C Almanor Lane in Lafayette, Morning Star is teaching yoga at different levels on Sunday (9:30-11:00), Monday, 7-8:15, and Thursday, 7-8:30. See "Upcoming events" for detailed descriptions. Class cards or drop-in available.



### 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.](#)



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### Matrix Energetics, Reiki, Hypnotherapy, Health and Longevity!

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