

# MSS Newsletter

MORNING STAR SHINES



December 12, 2012 v.3, n.2

## Fall passes the baton to Winter and here we go!



Sweaters, and fires, and raindrops, oh my! At least here in the Northern US of A, we are experiencing the throes of winter storms, and hiding behind good cups of tea, lined boots, and more indoor activities. I expect those with snow and ice have their own escapades and we all have escapes for the winter season. This is blasted off by the ominous 12/21/12... predicted Maya changes for planet Earth, and planet Each of Us. How about we work as a team and love our togetherness? And the concept that, as the internet, we are all connected more organically than we think? Just a thought to consider as you have a feeling about something, and all the sudden that something is there in some way-- maybe we are starting to hone our senses. Be sensible and allow some levity. Laugh out loud, sing holiday songs, give the gifts that keeps on giving...

Hugs and smiles. Happy Days!

## Food for the Soul's Sole: Roots!



Soup of Root: Gather many root veggies, and roast with olive oil, S&P, at 350, until tender. Put in blender with soup stock, soy milk, or bouillon. Thicken on low heat. Stir, and put into soup bowls with chunky whole grain breads on the side. Hearty, warm, happy! (Potatoes, turnips, parsnips, radish, rutabagas, leeks, onions, garlic, sun chokes, carrots, chard/kale stems (cut up greens and add to simmering soup). Season to taste. (Cumin, chili, sage, cilantro, cheese... be creative!) YUM...

## FYI : (all flower essences of roots connect us to earth)

**Carrots:** are grounding.

**Radish:** sings of life force.

**Onions:** help peel the layers back to core issues, with loving tears of cleansing.

**Garlic:** Yes! Helps rid energy of negativity.

## Flower Essence Of The Season: Garlic



Garlic has many wonderful properties when eaten in a variety of ways. Folklore brings in magical properties to ward away evil spirits and vampires. Medicinally speaking, it is an anti-fungal, bacterial, and a long list of terrific gifts, minus the aroma that you may carry with you afterwards. As a flower essence it is a projection of light dispelling lower resonant vibrations. It works on many levels as is seen by the flower itself. A HUGE flower made of hundreds of tiny flowerettes—edible of course, and with the light of pure white that surrounds the heart.

## Chuckle:

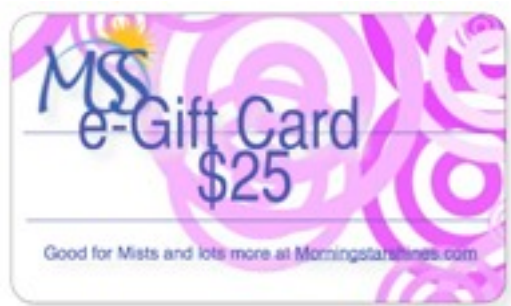
Why does a crane stand on one leg? Because it would fall if it didn't! (4th grade humor)

## Yoga pose: Vrksasana (Tree Pose)



Let's be like trees and balance. This is the perfect pose to find your center. Steady yourself and raise the right leg, knee bent. Open at the hip, and put the foot right above your left knee. All the way up the inner thigh if you can. Arms come into namaste (hands together in front of the heart), and then go up like the limbs of a tree. The energy of connecting the foot into the leg is equal to the energy connecting leg into foot. Solid, and focused.....breathe, bring hands back to Namaste. Slowly center the right leg again, and lower. Change sides.

## Holiday Specials (and spoilers!)



**MSS Mists** are perfect stocking stuffers. All 1 ounce, so good for travels. I never leave home without **Liquid Smudge**, the King of the Mists and the first one ever made. Now, these 25 years later, I have about 25 mists. All the mists are made with the highest quality flower essences, vibrational salts, and amazing essential oils. This is a gift that works on many levels, and smells great besides. Check out the the **Specials** page and see what tickles your fancy. The mist will be delivered in a beautiful gift bag. You can use **PayPal**, or write me directly to order at [mostar@me.com](mailto:mostar@me.com)

And soon we'll introduce our **MSS eGift Cards**. You will be able to purchase a gift card for \$25 and that buys a mist and pays for shipping!

## Upcoming Events:



**Moga-Yoga** is happening 2 nights a week; 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)

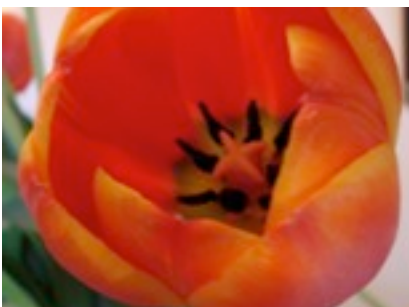


**Friday, Dec. 21 7:15-8:15 pm**

Join me for a celebration of the winter solstice and blessings for a New Year. There will be some drumming and chanting and a fire ceremony to burn the old, and bring in the new. There will also be a group meditation with focus on peace and simplicity.

Write me at [mostar@me.com](mailto:mostar@me.com) to register.

## GO (Good Only) News!



I was in the market last week when a woman approached me and as if I was Morning Star. I said yes. She had heard I have not be well and said she attended one of my yoga classes many years ago and was moved to tears. She said it was a life changing experience. I was a little stunned and definitely honored. We went our separate ways. Then, as I was checking out, she returned with flowers! She gave me flowers as a thank you. I was now deeply touched. How kind and generous. I was much more tolerant of the aggressive drivers in the parking lot with my tulips by my side.

## 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.

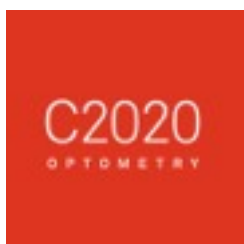
As a holistic chiropractor for the past twenty years, I utilize a multi-system approach to treatment. In addition to gentle, chiropractic adjustments, I evaluate muscular and organ function, providing appropriate exercises and nutritional recommendations.

[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.](#)



### 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)