

MSS Newsletter

MORNING STAR SHINES



March 21, 2013 v.3, n.3

Bling, bling, it's Spring!



Marching in with bells on, at least in the SF Bay Area, the trees are blossoming and the daffodils are singing. After a cold, and dry winter, it seems that spring has Sprung. Time to get the winter gunk out of our blood, and heated houses that makes us dry. Open windows, let the sun shine in, and do a happy dance. Maybe you will toss something out, clean out a closet, settle on the patio with a good book, after a long walk. Move it! Groove it! Spring and its contagious fever is here. Take advantage of the energy boost, because it comes with the Springtime. And don't forget what the Cheyenne say: "Walk softly in the springtime, for Mother Earth is pregnant."

The Jolly Green Giant



Greens, greens and more greens. Toss them, blend them (add an apple and some lime juice, or go Coco-Loco, with simple coconut water and lime juice. The old ladies in Mexico used to tell me it was the best thing I could put in my body, first thing in the morning. Natural digestive miracle. Be creative, get your red blood cleaned out with green things. Start healthy. Miner's lettuce is growing abundantly in the hills and is great in salads. Add a few green onions--perfect!

FYI : (the flower essence's magic)

Coconut Palm: aligns the chakras.

Lime: highlights all healing properties of other flower essences.

Miner's Lettuce: brings light and wisdom into the heart.

Garlic: Yes! Helps rid energy of negativity.

Flower Essence Of The Season: Black Cherry



Encourages creative and artistic expression, especially if one is blocked in writing, composing, painting, etc. Just look at the flower with its pure white color and golden stamen...then the fruit that we all marvel at with its sweetness, and great antioxidants gifts. It is going to be featured in one of my new mists "Namaste"... for alignment with inner and outer life and light, and creativity flowering like the cherry blossom trees. Japan celebrates the cherry blossoms as heralds of good luck and manifestation. Welcome to cheery cherry land!

Chuckle:

To Be or Not To Be... a cat. We have 2 cats, and they are both characters. One tears around the house as if something was chasing her, the other cat often being the chaser. But the funniest thing is this: if you sneeze, she will try and talk to you. She can't meow, but makes odd clicking sounds as if in response to the depth of your conversation in the language of Sneeze. Can you top this? Kitties: amazing creatures.

Yoga pose: Balance: Ardha Chandrasana (half moon pose)



You can do this against a wall. Stand with one hip at the wall, and bend down with knees bent. Hands are under the shoulders. Slowly, extend the outside leg and rotate the hips up. Your back will be on the wall. Extend the outside arm up and the lower arm down. Pick up the quadriceps and breathe. Change sides. It is a beautiful pose that eventually will be done away from the wall. Happy balance.

Special of the Season: Spring Clean



It is Spring time, and a few years ago I was guided to make a mist called **Spring Clean**. The flower essences are for clearing out what does not serve us anymore. The oils are mainly citrus and they are famous for the Mr.&Mrs Clean of the Energetic World. Add the energetic cleanse to the cleaning and shining out of winter. Sparkle! Gleam! **Spring Clean!** And regenerate, rejuvenate, and be light-lighter-lightest. Make your intention to clear out the dark corners, mist and breathe! It is as simple (and complex-let

go) as that. You can use **PayPal** and order from the website at [Mists](#) , or write me directly to order at mostar@me.com

Upcoming Events:



Moga-Yoga is happening 2 nights a week; Monday, and Thursday at The Lafayette Dance And Movement Center, 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)



April 6, 9-4:45

Deckasana! April 6 is the annual one day Moga-Yoga retreat on a beautiful deck overlooking the incredible Mt. Diablo and valleys. It is from 9-4:45, with an optional hike at 8. Yoga, chakra balancing, yoga strength circuit, and pot-luck lunch are in your future. All for the exceptional price of \$85, with a limit of 12 people. Bring something to share, water, mat, and towel. Eye pillows will be available for sale, as well as mists. See you there! Write me at mostar@me.com to register.



October 4 - 6

And don't forget the 5th Annual Moga-Yoga retreat at San Damiano's in October. This first weekend in October boasts of perfect weather, the animal blessing, and yoga, yoga, yoga. Oh, and massage... And did I say yoga? Yep, deposits are already coming in and the limit is 14. Just write mostar@me.com to sign-up, and send your non-refundable deposit to hold your space. Let's make this the best ever!

GO (Good Only) News!



This is dedicated to my friend, Bill Bennett, the former principle oboist for the San Francisco Symphony. Bill collapsed while playing a concerto and passed a few days later. He was a super-human, from musical ability to humor, and extraordinary pie making. The good news is the awesome community that has sprung up to take care of the family with meals for the next several months. Privacy respected, but love and tenderness abounds in this difficult time. Makes me happy to be human.

MSS Ad Exchange

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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

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
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[Click here for more info.](#)

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