



June 21, 2013 v.3, n.4

No Bummer-It's Summer!



Here, in the San Francisco Bay Area we have an interesting ecosystem. Basically tis the time of cold fog that rolls in through the Golden Gate and moves across the Bay and over the hills. Move out about 20 miles and it is forty degrees warmer. Mark Twain was right when he said the coldest winter he ever spent was a July in San Francisco. Where we live we get a touch of fog in the early morning and then it burns off leaving us with beautiful weather for the rest of the day. How is your summer? Take time to literally smell the roses, hang in a hammock, or just stare at the glory of the season. Take your vacation and enjoy the energy of simply kicking back... a real chill thrill. Have fun,fun,fun!

Food, glorious food!



The sky is the limit as we get deeper into the amazing season of produce. Have you had a Caprese lately? This is easy, fresh and healthy. You only need 4 ingredients: 3-4 tomatoes , 8 oz. regular mozzarella or mozzarella di bufala, 8-10 fresh basil leaves, and olive oil. Slice the tomatoes and the cheese to pieces about ¼ inch thick. If your mozzarella came in water, reserve a bit. Chiffonade the basil, and then alternate the cheese and tomatoes and basil on a platter or in a casserole dish. Salt everything, and add 1/3 cup olive oil and 2T mozzarella water. Let sit for about 20 minutes and serve with sourdough bread. Gently toss the goods, and you are in the yum zone!

FYI : (about the flower essences of these plants)

Tomato: energy cleaner—a scrub brush for your chakras!

Basil: finding the spirituality in sexuality.

Flower Essence Of The Season: Tomato

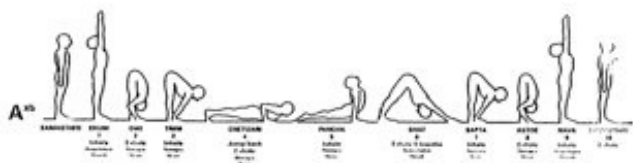


The flower essence of tomato is about not only cleansing, but moving through blockages. Consider the plant itself with those yellow flowers that transform into an edible fruit—the leaves are poisonous, but the fruit is sweet and happy. It is the same thing with our energy blocks that sometime need a little help moving them out of our system. Tomato assists in that move. While subtle, we always feel the lift that more light brings in. Happy scrubbing!

Chuckle:

Another 6 year-old joke. What do you call a fish with no eye?...Fffshshshshsh (or no I)

Yoga pose: Surya Namaskara A (Sun Salutation)



The pose explanation corresponds to the figure (in order). I like to do sun salutations in each of the four directions: East-beginnings, South-physical healing, West-transformation, North-spiritual healing. Then I add one, focusing on the heart, where all things transform.

Every year at this time, I highlight the sun salutation. I would suggest you do this in the 7 directions: East, South, West, North, Heart, Above, and Below.

Tadasana: Be the mountain, where the sun rises.

Urdhva Hastasana: Reach the heart up to the sun.

Uttanasana: Take the sun to the Earth

Ardha Uttanasana: Lift back to the Sun

Chataranga Dandasana: Feel the earth's resonance

Urdhva Mukha Savanasana: All paws on ground, heart up to sun

Adho Mukha Savanasana: All paws on ground, tail up to sun

Ardha Uttanasana: Lift back to sun

Uttanasana: take sun to earth

Urdhva Hastasana: reach heart to sun

Tadasana: mountain wise and grounded

Special of the Season: The 4Rs

The 4Rs

Release, Relax, Rejuvenate, and Rejoice. This mist is made with about 50 flower essences and the oils of sandalwood, amber, lemon and lavender. It is a wonderful scent with the immediate effect of exhaling completely instead of holding our breath. It also soothes the energy system and has a calming effect—like a virtual hammock on a warm beach. Revisit your essential self and find relaxation and peace in that space. Special price through July of \$15 plus shipping. You can use **PayPal** and order from the website at Mists , or write me directly to order at mostar@me.com

Upcoming Events:



July 26th, 5-8:30

Summer Food Fest: Enjoy the flow of the summer produce and come for a vegetarian workshop in cooking up a great meal. We'll grill shish kabobs and other veggies, have exquisite sauces, and finish off with dessert. \$35 includes everything but your apron. BYOA! Limit 6. July 26th 5-8:30! Write me at mostar@me.com to register.



August 10, 2-4

Energetic Boundaries Workshop: Feel like you are being stepped on once in awhile? Or just can't say no? This is all about our energy and the boundaries—not fences—that we have. Boundaries are so important in everyday living. When we are stable in our personal light, there is clarity. Workshop is from 2 to 4pm. Offerings accepted, and **Boundaries** Mist available for purchase.

Limit: 8



October 4 - 6

5th Annual Moga/Nature Retreat at San Damiano. Come give yourself the treat of retreat. Hours of yoga, peace, chanting, dancing, hiking and personal time. It is a gift ready to be honored. Arrive by 5 and we close the circle at noon on Sunday (but please stay for lunch!). 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! More information soon to come.

GO (Good Only) News!



After a difficult year of health threats and injuries, I started recuperating slowly. The diagnosis of pancreatic cancer was reversed. I had a second knee surgery in 8 months and am back in physical therapy. My exercise program was put on hold, and I learned to receive the generous thoughts, acts, cards, donations, and energy directed my way. Then, Voila! I got involved with the Dailey Method, (see ad page) and it was an angelic addition to my life-- great instructors, and a challenging program. My deconditioned body is finding strength again. I am so happy to have them in my life, and my life is better because of this program, the upbeat people who guide it, and my special and international circle of wonderful and loving friends.

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. Mail to: thegoldenears@me.com or call: (925) 285-6451.



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.](#)

SUSAN BRENNAN, D.C.
HOLISTIC CHIROPRACTOR



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, 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



THE DAILEY METHOD®

The Dailey Method - Lamorinda

The Dailey Method® is a unique combination of ballet barre work, core conditioning, muscle strengthening, yoga, and orthopedic exercises.

[Click here for more info](#)