



September 30, 2013 v.3, n.5

## Happy Fall, Falling, Fallen...



This is how Fall started out, on September 21, in the Bay Area. Huge black clouds, torrential rains, a very drenched annual Art, Wine, and Music Festival in our hometown, cars hydroplaning down the freeway, and everyone wondering, "what the heck?". Changes, my friends. The next morning had unprecedented lows, and heaters went on. Yikes. Maybe this is a little sign from nature to dance wildly in the moment. Turn up the heat, laugh uncontrollably, and enjoy, as we realize we are not always in control. Better to be in harmony. Get out there and harmonize amidst the torrents of change. It is a good way. Happy Fall!

## Food Genie: Roasted Whatever



We took beets, 3 kinds of potatoes, eggplant, and just roasted them in the oven with olive oil, salt, and a little garlic. Roast at 375°, turning after 15-18 minutes, and then again, 10 minutes later. *Mangia!* I sprinkled lemon thyme on the beets, and basil and lemon zest on the potatoes. We had veggie sausages and the roots for dinner with a salad. Get creative! Carrots, shredded ginger, leeks... it is a wide world at this time of year, and into the late Fall.

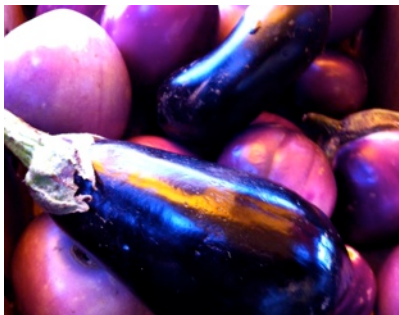
## FYI : (about the flower essences of these plants)

**Eggplant:** releases negativity in your energetic field.

**Garlic:** close behind eggplant for neutralizing negativity.

**Carrots:** grounding (duh! Really, we are talking about a root in the ground!).

## Flower Essence Of The Season: Eggplant



The essence of a flower is about the energy of the flower and the higher levels of awareness and possible healing it offers us. In this case, the eggplant flower is purple with yellow stamen and usually purple fruit. My eggplant this year decided to be pure white, and then later in the season the fruit itself turned bright yellow. Gosh. Eggplant lifts the problematic power chakra up, clears it and ups the vibration, thereby eliminating the testy negative vibes we have or pick up. The particular plant I had this summer was then elevating the healing through the crown chakra, spiritualizing the lesson. At first I was confused, and then suddenly the fruit started turning bright yellow and I realized the full circle had happened:

bringing back alignment with Spirit into our 3rd chakra. Wow, what a gift!

### Chuckle:

Well, hail to aging ears: A friend was over for brunch and somehow the conversation got to micro breweries. He said there was one locally in a brew pub. However, I heard we have a local place for group hugs. I thought, well that is an interesting take on beer. Maybe I need to find that place. I always like a nice hug. (Mental slap!).

### Yoga pose: A little twist, is good for you



When we rotate our spines, we also give internal massage to our organs: kidneys especially. There are many varieties of this, but I am offering a basic one: You will need a chair and a wall. Put the chair by the wall, and put your inner leg on the chair. Slowly elongate your spine (heart up and tail bone down) and turn away from the wall, with a hand on your knee. Breath for 5-6 breaths. Reverse. Drink water.

### Special of the Season: Liquid Smudge

Liquid Smudge

This was my first mist ever and my over all greatest seller. A smudge historically disempowers negativity and is found in every culture around the planet. I say, this clears the air with a boot. In times of transitions, especially going into to Fall, work school, etc, we need a little clearing of convoluted energy. I never travel without this. Kids cranky? Mist. Traffic, politics, spouse, co-workers annoying? Mist. This changes environments like no other because it has flower essences to soothe angst, eliminate drama and depression,

and spread a little light where there was darkness. Lighten up the coming season with **Liquid Smudge**. You can use **PayPal** and order from the website at [Mists](#) , or write me directly to order at [mostar@me.com](mailto:mostar@me.com)

## Upcoming Events:



**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!). Let's make this the best ever! This popular retreat is full. Hope to see you next year.



**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).



**NEW!!**

**Monthly meditation Circle.** The first Tuesday of each month from 7:45-8:30pm. Non-denominational: Monthly themes, sage cleansing, breathing, peace, inner and outer balance. No charge, offering only, at Morning Star's home. Starting October 1. Park on street or in lot, and come up stairs. Men, women, and teenagers welcome.

## GO (Good Only) News!



Oh boy, after an 18 month hiatus, I am teaching dance again! World Beat is being well received at **The Big C Athletic Club** in Concord (CA). It is a rich program that uses world music, polyrhythms, and Feldenkrais under the umbrella of dance—and, sweaty, as well. Have you danced lately? In the kitchen, or perhaps a little happy dance? With kids? Try it, it is a feel good experience even for 5 minutes. Like the Cherokee elders say, “We don't live to dance, we dance to live.”

## 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.



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Certified Naturopath

### 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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