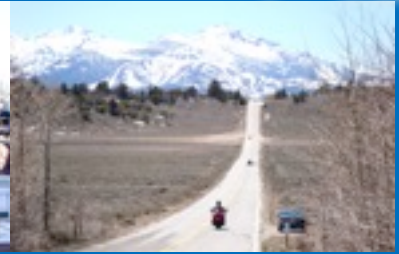


MSS Newsletter

MORNING STAR SHINES



December 2, 2013 v.3, n.6

Happy Holi-Daze



Thanksgiving was later, Hanukah earlier, storms causing headaches with delayed flights, crazy traffic—here we are again, celebrating the coming of light as the Solstice approaches—followed by Christmas, and New Year’s, the Super Bowl, Chinese New Year—it just doesn’t stop. In the name of holy and happy, we eat, share, give, rethink, make resolutions, and somehow manage to come out ahead. ‘Tis the season to be jolly. Tra-la, tra-la. Easy, cheap gift: The Smile, a universal language. Use it freely and often. It stimulates 400 chemicals in your body that are Dr. Feel Good. Happy Holidays everyone!

Healthy Eats: Winter Veggie stew with lentils and fried sage



Chop up a medley of roots (about 4-5 cups) in $\frac{3}{4}$ inch pieces: turnips, parsnips, rutabagas, potatoes, carrots, onions, and garlic. Start by sautéing chopped onions, then add 3 minced cloves of garlic, 2 tsp. rosemary, salt and pepper. Add 1 cup of dry red wine and reduce. Add the roots, 1 tsp. cumin and turmeric, and 4-5 cups of vegetable broth. Turn up the heat until it comes to a boil, add $\frac{1}{2}$ cup lentils and simmer for 50 minutes or until roots are tender. In the last 10 minutes of cooking add 1 cup chopped greens of your choice (Kale, spinach, chard). Fry 12 leaves of sage in hot olive oil until crisp. Sprinkle over stew in bowl. Serve with a hearty bread.

FYI : flower essences (the energy behind the food)

Sage: connects with indigenous ancestors and the four directions.

Onion: helps with getting through layers of “stuff” to our true selves.

Carrots: in a word: grounding (being present).

Flower Essence Of The Season: Sage



Sage has been used by indigenous peoples as a smudge for centuries. It is a natural cleanser of energy. As a culinary herb it presents a unique flavor and is a staple in holiday stuffing. As a flower essence it aligns with Native American healing, the sacred four directions, and a master road map when we may feel like our way is occluded. I find it very steadying when I feel overwhelmed with traffic, technology, and mental blabber. It is calming and peaceful as it links us to our spiritual heritage of being wise beings.

Chuckle:

We have two cats, Fluffy, and Josie (Josephine Baker, actually). Josie can't meow, while Fluffy has a vocabulary of about 300 sounds (often starting about 4 am with his daily news broadcast). Josie clicks, and if you sneeze, she thinks it's her language and will answer you in clicking sounds. Lately, she has connected with her inner dog. We have taught her to roll over. It is hilarious, and she gets a hit of catnip for the good deed. We always applaud after her stunts, and she seems happy.

Yoga pose: Viparita karani



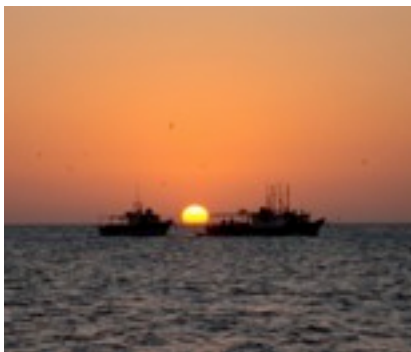
When I learned this pose years ago, I was told its other name was martini-asana. My teacher told me that it had the same effects as a martini without the booze and calories. It is very easy. Sit sideways to a wall, hips at the wall. Turn your body around and put the feet up the wall. Close your eyes and slow your breath. Hold for 3-5 minutes or more! This has a wonderful effect on your central nervous system, and cascade of relax throughout your system. Give yourself this gift.

Special of the Season: Angel Mist (and Holiday Specials)



This is a gentle cleanser and relaxer. It is great for hyperactive kids, animals with nervous habits and hot spots, and a good way to calm down the mental chatter before sleeping. For those desiring more of a sleep aid, there is Angel Mist Plus with special flower essences for ease of deep sleep. Any of the mists are great stocking stuffers, can be carried on airplanes, and assist your energy in being calm and centered. Take a look at the **Specials** page as well as the **Mists** page for detailed descriptions. You can use **PayPal** and order from the website, or write me directly to order at mostar@me.com

Upcoming Events:



Solstice Fire Ceremony. December 21, 7-8pm. Bring the old to throw into the ceremonial fire, and the new to lift into the smoke up to the universe. Say good-bye and hello. Offerings accepted, limit 8, at Morning Star's home.

4th Annual "Deckasana". April 12, 9-4:30pm. The one day retreat is located at a beautiful home with an amazing deck overlooking the Mt. Diablo Valley. It is scheduled later than usual to assure better weather. There is an optional hike at 8am along the rim of the Lafayette Reservoir. Bring mats and food to share at lunch. **Limit:** 14. **Fee** \$85. Sign up early as this popular retreat fills up fast. More details to come. Props provided. Added this year: pranayama and discussion of the Yamas and Niyamas.



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!!

Weekly meditation Circle. The first Tuesday of each month from 7:45-8:30pm. Non-denominational: Weekly themes, sage cleansing, breathing, peace, inner and outer balance. No charge (**offering only**). At Morning Star's home. No meeting Christmas Eve or New Year's Eve.

Park on street or in lot, and come up stairs. Men, women, and teenagers welcome.

GO (Good Only) News!



There is a non-profit organization called SEVA (Sanskrit for selfless service) that is bringing in wonderful things in terms of the gift of sight to all places of our globe. They have a terrific calendar and it is not only a great gift, but a contribution to this foundation. A little goes a long way, and this is pure goodness. Check out the site, get inspired, and support this worthy cause. Started with a vision of vision, it continues to change lives. I, personally, love my calendar—it cheers me up! Click on this [link](#) to order.

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.



Holistic Chiropractor
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, 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](#)