

MSS Newsletter

MORNING STAR SHINES



January 21, 2014 v.4, n.1

Happy New Year!



We are still in the first month of the year, and the Chinese New Year is still ahead, so it feels OK to say Happy New Year. Well, I can say the weather is beyond strange here in the SF Bay Area. Only 2 rains since May, and none for 13 weeks, temperatures in the low 70's—it is whack. Looking at it from a different perspective, it is change, and each year we are given the opportunity to change, reinvent ourselves, grow, laugh, create, and experience new ways of being. Breathe in change and let it live in your cells. It is healing and exciting. Happy Year of the Wooden Horse! (trees, green, energy, fire!)

Foodies: How about marinades?



This is the time of year to roast veggies, bake gratins, casseroles, make hearty soups, and even outlandish frittatas. A few ingredients go a long way to help our immune system in the winter. Combine a ½ inch of fresh ginger, minced with 2 cloves minced garlic, ½ teaspoon turmeric, juice of a lemon, olive oil and red chili flakes. Baste on yams, turnips, and potato slices (and fish or tofu). Bake until done. For a different flavor try dill with lemon zest and juice, black pepper, a splash of Tabasco, a little white wine, olive oil and a tad of garlic. Yum.

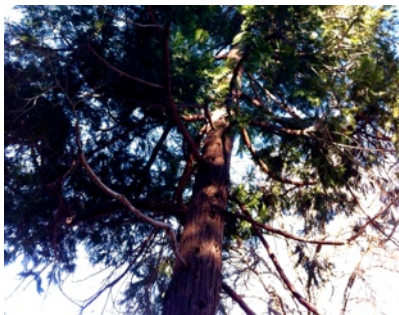
FYI : flower essences (the flower essences bring the energy behind the plant)

Lemon: the Mrs. Clean of energy.

Hot peppers: catalyst for change.

Olives: breaking through old patterns.

Flower Essence Of The Season: Cedar



The Cedar tree was essential to living for the Natives in the Pacific Northwest. All parts were used, and it as a valuable smudge (clearing negative energy). As A flower essence it clears negativity from the energetic field, and ground in the changes that go with that clearing. It is a dear and sweet energy that offers life support under its wonderful greenery. It blasts through negative and brings us into the Light.

Chuckle:

The best chuckles often come from children. One of my piano students is going to play in a talent show at the end of the school year. He has a song he wants to play, but his mom thinks he should for a couple of months before choosing, because he will have advanced. I asked, "So what do you think?" He answered, "well, I just refused to play at all, and with enough time she will begin to bribe me. After I get a few bribes, I'll see what I can do". Hilarious. I wonder if the mom is on to that trick...

Yoga pose: Vrksasana



Pose for balance and the year of the Wooden Horse: Vrksasana.. Tree pose. Stand evenly balanced in both legs. Carefully charge up your left leg, by energizing the muscles around the bones. Lift your torso out of your pelvis and peel up your right heel. Slowly bring the leg up with the knee bent to the side and place your foot on your standing leg. Eventually the foot is way high on the inner thigh, but as long as there is contact, that is fine. The energy of the foot into the bone of the standing leg, is equal to the energy of the leg into the foot. Hands go into "namaste" in front of the heart. Slowly lift them overhead and breath. Be the grounded, amazing tree. Gently come down and reverse.

Highlight of the Season: Be Here Now

BE HERE NOW

I am re-introducing this amazing compilation of flower essences and a new array of essential oils. **Be Here Now**, was formerly known as **Jet Lag Juice**, and tried out by countless flight attendants flying all over the world. The essences help acclimate to food, time, weather, and culture changes. In addition, there are essences for grounding and just being present. The new combo

of oils are High Altitude Lavender, Rosewood, Lemon, and Gardenia. Guaranteed to help you be present wherever you are. Cheers! Take a look at 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:



October 3-5th. Hail to the Fall! 6th Annual Moga Retreat at San Damiano, Make plans NOW as this get full very quickly. **Limit:** 14. **Single** \$425, **Double** \$350. Includes all meals, rooms, and classes, and tremendous amount of peace.

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.



Ongoing Moga at *Lafayette Dance and Movement Center*, 1018 C Almador Lane, Lafayette.

Monday, Mixed Level, 7-8:15

Thursday, Level 2-3, 7-8:30.

Sundays, Intermediate, 9:30-11:00

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. Tuesday, 7:45-8:30, weekly, themed, meditation circle at my home. In the tradition of Native American energy exchange, offerings are accepted.

GO (Good Only) News!



We have a dear friend in the Yucatan who has been our Mac guru forever and also helps us fixing every computer *malaise*. We didn't hear from him, and found he was in an induced coma due to the complications of the H1R1 influenza. After 20 days under, he called us yesterday! He made it through, and wasn't at all tempted by holiday treats... Get well, Pepe.

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.](#)



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