

MSS Newsletter

MORNING STAR SHINES



March 21, 2014 v.4, n.2

Shoveling and Flinging Spring!



Whether in the East (shoveling snow) or the West (shoveling dirt), we are shoveling and then flinging Springtime all around us. Yes, in California we are in the scariest time in hundreds of years of drought, and the East coast had temperatures similar to Mars on a hot day. But, we must breathe in the magic of Spring, and focus on flowers, produce, fledglings, and newness. As the Cheyenne say, "Walk softly in the Springtime, for Mother Earth is pregnant." Indeed. Take a breath and let it out releasing winter. Cheers!

Food for thought and eats:



Welcome the mighty team of asparagus and lemon. Lemon is a powerhouse cleanser to our system. Asparagus is kidney magic. Put them together and what an amazing collaboration right there on your table. I put asparagus in a fry pan with a bit of water. Turn the heat up to high or medium high, and put a lid on it. When the water boils, cook for one minute and then turn it off. Run the asparagus under cold water to release internal heat. It will be bright green. Squeeze some lemon juice over it and a little olive oil and salt/pepper. You can eat it as is, or chop it up to put into salads or a crunchy taco with eggs and rice/beans. Eat up!

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

Asparagus: a soft wand of magic to help find wisdom in the densest situations

Lemons: the Mrs. Clean of the flower nation... if left on a deserted island, she is your girl..

Olives: breaking through old patterns.

Flower Essence Of The Season: Daffodil

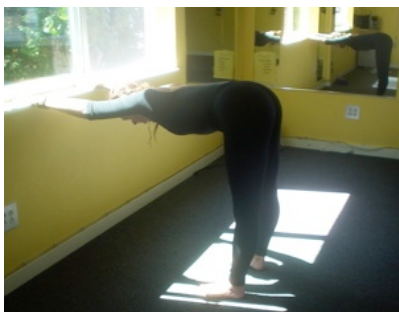


A cup of sunshine in the most dismal of days: This flower essence is a stalwart companion for depression (as is its color sister, mustard). Ruling the 3rd chakra, we come into our humor, our personal connection with our gifts, our innate wisdom. In addition, it is an enhancer for hearing truth and the small whispers of the universe to guide us. It amplifies the message and connects to our truth, therefore our knowing. Put a few blossoms in a bowl of water in the sunshine. Leave for an hour, then drink the water. Yum, Yum, Yum.

Chuckle:

Why do we always invite a mushroom to a party? Because we love a fungi. (fun guy, get it??—don't throw a tomato, it isn't the season yet...)

Yoga pose: Adho Mukha Savanasa on the Wall (Get your dog down)



Put both hands on a window ledge or a table. Walk back and put your feet under your hips so you are in a 90 degree angle. Lengthen your back, neck, and stretch legs and arms at the same time. This is a modification and perfectly acceptable downward facing pooch. Bend one knee, then the other to enliven the hamstrings. If they are tight, keep the back long, and the knees bent a little. Connect to your inner canine.

Highlight of the Season: Spring Clean



With all of winter starting to be behind us, we also begin beginnings. We breath deeper, our clothes don't have to be so warm, the heater doesn't need to be so hot, and a breath of newness enlivens us. The combo of flower essences is for radiant life force, cleansing, and balancing. The oils are primarily citrus (grapefruit, lemon, tangerine, lime, and orange) which add another dimension of cleanse and renew. Spray it in rooms, cars, garages, yourself, and let the sun shine in! 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:



June 21, Solstice Ceremony. We will have a 15 minute meditation, followed by some drumming, singing, and magic. Every ceremony is followed by a feast, so we will end back at my house with a potluck. **Limit:** 10 people. (Offerings accepted). Sign up by writing me at mostar@me.com.

July 19th, 4:30-7:30pm I will have a Food Fest again. Summer produce, new and delicious recipes, plentiful bounty and grilling. **Price:** \$35 pp, BYOA (bring your own apron). I might resurrect some recipes of the past. Reserve your space by writing me at mostar@me.com.

August 9, 2-4:30 A workshop on energetic boundaries. Do you get caught up in other people's stuff, or feel like a door mat now and then? Do you get involved with circumstances like someone else is driving your car? This workshop is for you. It will be 2.5 hours long and include a nice summer tea. (Offerings accepted). Sign up by writing me at mostar@me.com.



October 3-5, 6th Annual San Damiano Moga/Nature Retreat! Come celebrate Fall, nature, animals, friendship, and the inner/outer practice that is yoga. For those of you who have attended you know the magic. For those of you who have not, come and discover it. This is a popular retreat because of the ambiance, outrageous amount of yoga, dance, oms in the chapel, and wonderful staff. Non-refundable deposit is \$125. Single room, \$425, Shared, \$345... includes all meals, classes, and room. Laughs are free. Register now by writing me at mostar@me.com.



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 1:45 hr) Hike first, then stretch, breathe, and commune with your spirit. (read additional info in the ad exchange section).

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!



Holistic Chiropractor
Certified Naturopath

This time there are two recipients of the GO News! space. Hail and many blessings to Susan Brennan who is retiring after more than 30 years of service as an outstanding healer and friend. Well deserved Journeys! And located in the Pacific Northwest in Poulsbo, Washington is [Mystical Choices](#) that have been carrying my mists for years. If you are in the Seattle area, this is great day trip, and stop by the stores for magical, mystical gifts and treats

MSS Ad Exchange



The Golden Ears - Care for Senior Pets

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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.



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