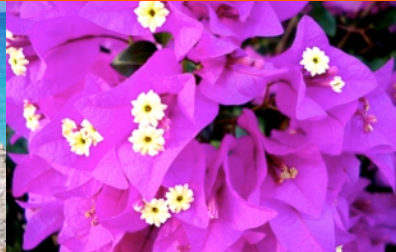


# MSS Newsletter

MORNING STAR SHINES



June 16, 2014 v.4, n.3

## I see a hummer—it must be summer!



Yes, the bar is open and the local hummingbirds are lining up for their sweet fix. They are pretty funny because they land on a nearby branch, sing a little bit, then finally buzz down to the feeder (no red dye, organic sugar), and seem happy as meadow larks. We have the typical weather here in the San Francisco Bay Area: coastal fog that buries the City, sweeps across the Bay, over the hills to cool our morning off. Further East, the sun has no fog to burn through and it is hot. The garden is humming as well with seedlings turning into plants and the first harvest of arugula and spinach just ending. Lazy walks at night, starry skies; how fortunate we are, even with a severe drought, to have so nature abounding. Enjoy these days and make the most

out of summer picnics, friends, swims, and of course, laughter.

## Food for thought and eats: Molletes



A cheap and easy, fun, tasty food treat. The only labor is chopping for the salsa. You will need 2 Roma tomatoes seeded, and chopped, 2 Serrano chilis seeded and minced, one medium onion, chopped finely, ½ C cilantro, chopped finely, and the juice of 2 limes. Salt generously. Split sour dough rolls in half and spread a thin layer of refried beans. Cover with grated cheese (light cheddar or jack). Broil until bubbly. Cover with the salsa, get a napkin, and chow down! Yummy, healthy, quick! **Bonus:** Add 3 heaping T, including juice to a smashed avocado and stir = guacamole!

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

**Tomato:** an energetic cleanser, clearer of blockages

**Chilis:** catalyst for action

**Limes:** enhances all other flower essences to to their job

## Flower Essence Of The Season: Tomato



Tomatoes bring us many gifts, including the small, but mighty Cherry Tomato. The little guy acts like a scrubber on our energy system. The bigger ones can be the virtual backhoe to clear blockages. We all feel resistance at times, and tomato can be a great ally. Feeling a little murky? Scrub it out with the essence of the cousin, cherry tomato. Do note that the different colors highlight the different chakras.

## Chuckle:

Two men walk into a bar: Thud, thud! (from a 10 year-old)

## Yoga pose: Vipariti Karana—the Prince of Poses



My first yoga teacher called this Martini-asana, because of the effects on the central nervous system without the alcohol. It is easy to do, and it companions well with **Un-Plugged**. Simply, you lay on your back with your feet up the wall. For a variation use a pillow under your hips, and an eye pillow to further enhance the pose. A little mist, and you are in for 10 minutes of complete revitalization without stimulation. Give yourself a treat and pose on. And visit my new website at [MOGA!](#)



## Highlight of the Season: Un-plugged

This mist is about soothing the nerves and disengaging from electronic devices (iPhone, iPad, texting, bluetooth, wi-fi, electric toothbrush, TV, beeping anything, microwaves, pagers, etc) take a little time off to be Unplugged. The oils are Neroli and pine, like taking a nap with scented orange blossoms in a beautiful forest. The flower essences work on your entire system to wind down. It is a little pricier to make, but well worth it for the end result. It's Summer: UN-Plug!

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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:mostar@me.com).



**Ongoing Moga** at *Lafayette Dance and Movement Center*, 1018 C Almador Lane, Lafayette. See what's up at [MOGA!](#)

**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).

**Meditation Circle.** Tuesday, 7:45-8:30, Bi-weekly themes during summer, meditation circle at my home. In the tradition of Native American energy exchange, offerings are accepted.

## GO (Good Only) News!



Last summer a pine tree was chopped down and chipped and they buried my garden under 4 feet of pine chips. This year it is proving to be mulch and I have the best garden ever. It is radiantly growing and we will have produce for the entire apartment complex. Long live pines!

## 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. Visit [The Golden Ears](http://TheGoldenEars.com) website for details. Mail to: [thegoldenears@me.com](mailto:thegoldenears@me.com) or call: (925) 285-6451.



### 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, and visit the [MOGA](http://MOGA.com) website! 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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