

# MSS Newsletter

MORNING STAR SHINES



September 22, 2014 v.4, n.4

## Hey Y'all, It's finally Fall!



Well, not for those of you down under who are bursting in Spring, or those of you in the tropics where it just shifts a little. For us in the north, Autumn is gently head-butting summer out of the picture. Sure, we have warm days, but the mornings are crisper, the smell in the air is different, and the Liquid Ambers and Maples are starting to turn heads with their colors. School is back in session, and there is an undercurrent of life heading towards October, Halloween, and the outrageous energy of the holiday season. Life is glorious! Admire a pumpkin or a mum, be one with this colorful time, and take some time to sit in awe of our surroundings.

## Yummy Fall treat: Roasted Garlic



Garlic is harvested in the Fall. To roast, cut the top of the garlic off and put the head on a sheet of aluminum or a garlic roaster. Pour some olive oil into the head, add salt and pepper. Sometimes I put a few basil or rosemary leaves on top, or ½ t of whiskey—makes it a little sweeter. Bake at 350° degrees or until it is soft. You can serve it warm, with goat cheese and crostini, or mash it up to blend with mashed potatoes, marinades, caesar salads... endless!

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

**Garlic:** The flower essence of garlic can be used to get rid of bugs—either energetic nuisances, or in the garden on a plant.

## Flower Essence Of The Season: Eggplant



Looking at the flower gives us an idea of its energetic properties. The petals are purple/lavender—the color of higher spirituality. The inner stamen is remarkably yellow—the color of the 3rd/power chakra. Eggplant is a great ally to release negativity from your energetic field. It is good to combine it with garlic, cherry tomato, pennyroyal, and lemon flower essences for an overall cleanser of your field. The Merry Maids of the flower world here to serve you! For more info on flower essences, visit my website: [morningstarshines.com](http://morningstarshines.com)

## Chuckle:

Why doesn't the Dalai Lama vacuum in corners? He has no attachments (argh)

## Yoga pose: Assisted balance with a rotation



In yoga the act of revolving is called parivrtta. It is often translated to a “twist”. I, personally, don't like the word “twist” because it reminds me of an injury and doesn't involve the decompression of the spine and rotation of the ribs for back health and flexibility (I do like the dance, tho). Stand with one leg on a chair near a wall. Lift your spine up and lengthen from the bottom to the top, like a slinky expanding. Start to rotate the outer ribs toward the bent leg's inner thigh, and then bring your opposite hand to the outside of your knee. The spiral includes the neck as you look behind you. You can extend both arms as an option. Continue to elongate and breathe. Reverse. (By the way there was a typo last newsletter, the pose is called Viparita Karani)

Visit my new website: [MOGA!](http://MOGA!) for more info and changing articles.

## Highlight of the Season: Be Here Now

# BE HERE NOW

In times of changes, whether traveling or simply local change of climate, time, and energy, it can be challenging to stay present. This mist assists with transitions as well as neutralizing air borne critters. Enjoy the change of season by Being Here Now!

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:



**October 3-5, 6th Annual San Damiano Moga/Nature Retreat!** It's almost here. The Massage therapists are signed up to add to a beautiful experience of walking in gardens, on trails, many yoga classes, dancing, oms in the chapel, wonderful food, and repose. 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).



**November 2: Meditation Workshop at The Big C in Concord. 1:30-1pm.** Beat the Holiday stress with inner calming. Scientific data supporting the benefits of meditation, three 15 minute sessions, Q&A, home practice and handouts. Non-members, \$30. Gift Certificates available.

Sign up by writing me at [mostar@me.com](mailto:mostar@me.com).

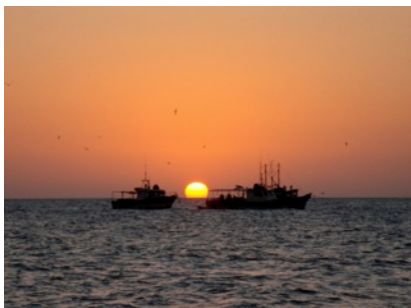


**November 8, 5-8pm : Food Fest For Fall**—talk about alliteration!

We will be making curry pumpkin soup served in the pumpkin, stir fried greens with roasted walnuts, wild mushroom risotto, and for dessert, the standard apple pie with my grandmother's recipe. You will cook! You will enjoy! BYOA (Bring your own apron)

**Cost:** \$35 pp, recipes included. You will eat! You are encouraged to bring wine with dinner, no corkage fee. There will be spicy tea as well. **Limit:** 6

Sign up by writing me at [mostar@me.com](mailto:mostar@me.com).



**December 21, 5:30-7:30. Winter Solstice Ceremony and Feast.** Offerings accepted and pot luck follow a traditional Native American Ceremony to honor the change of season and the welcoming back of Light.





**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.

### SAVE THE DATES!!!



**Yucatan Yoga-Maya-Nature Adventure: October 23-November 1st, 2015.**

Arrive anytime on Friday, Retreat begins on Saturday, after yoga, with a trip to the Green Gulf and the Flamingo Reserve at Celestún. Sunday is the famous “Merida en Domingo” where people come to enjoy the foods, dancing, music, performances, and shows. Monday takes us to Izamal, and a fantastic B&B at Hacienda Macanché, Tuesday Chichén-Itza, one of the world’s wonders.

Wednesday, relax, explore, and yoga. Thursday, back to Merida. Friday, an amazing 65 million year-old cave, and the beautiful Puuc architecture of Uxmal, Saturday enjoy the Day of the Dead altars and market in Merida. Oh, did I mention yoga? And Sunday... *Hasta La Vista!* Many more details, and price to

be determined. By the way, in Chichén, there is a temple to the Morning Star, and 3 to Venus.



### GO (Good Only) News!



It is so nice to have friends. Friends laugh together, cry together, enjoy each other, and support each other through trying times or happy times. My best friend is my husband, who puts up with me, celebrates me, and sometimes has to deliver a reality check when I stray from myself. Blessing to friends, near and far.

## 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.



### **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.



### **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!  
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ATP, Dolores Cannon's Past Life Regressions  
19020 Front Street, Poulsbo, WA, (360) 620-2356  
[hearthealer777@yahoo.com](mailto:hearthealer777@yahoo.com)



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