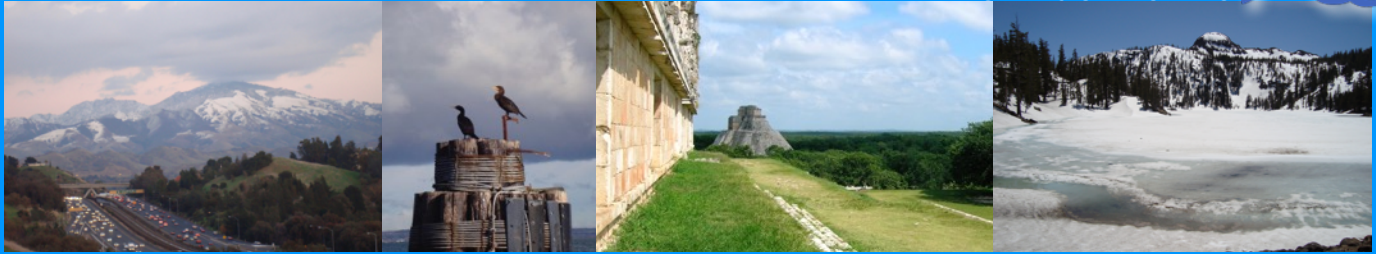


MSS Newsletter

MORNING STAR SHINES



January 13, 2015 v.5, n.2

Happy 2015 and The Year of The Green Wooden Sheep (must google!)



Here we are again in the beginning (more or less) of another trot around the sun. Another opportunity to really put the old stuff that is outdated in a soccer ball and kick it out of the field of our life. Open to the new, healthy, supportive, creative, and loving on all levels— especially with yourself... then toss it around like wildflower seeds that will grow and bloom everywhere. Don't be hesitant— jump in to your life and manifest your dreams! Happy January.

Food Yums: The Gentle Post Holiday Edible Detox-Quinoa Dish (read through first)



Rich foods, and over indulgences can overload our brains and organs. How about a little low level cleanse that is tasty? Rinse 1 C. of Rainbow or Red Quinoa, strain. Combine with 2 1/4C water and bring to boil. Cover, turn down to low for 20-30 min. depending on fluffiness. **Meanwhile**, chop one small onion, grate 1 med. carrot, mince/press 3-4 cloves of garlic, 1" of turmeric root (or 2t powder), and zest (1-2t) of lemon peel. Chiffonade 2-3 cups of kale, chard, and spinach mixed. In a sauté pan add 3T olive oil, heat and add onion. Sliced shiitakes can be added to onions. Cook until translucent. Add sea salt or Bragg's amino acids to taste. Add 3/4 carrot, greens and cook until almost tender (4-5min). Steam, covered, with a few drops of water. In the last 5 min. add to quinoa—2t minced garlic, lemon zest, and grated turmeric or powder. Fluff with

fork. **Dressing**— Squeeze juice of 1/2 lemon into small container. Add 4T Olive oil, the rest of the garlic, pinch of cayenne and remaining carrots. Shake. In a large bowl, toss everything together. Sprinkle roasted walnuts or sesame seeds on top and manga! May be eaten cold.

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

Carrot: being solidly present

Lemon: Mrs. Clean of both body and energy

Garlic: brings light into annoyances (including bugs on plants and fleas)

Onion: peeling the layers to get to the core of issues

Flower Essence Of The Season: Cayenne



Cayenne is the catalyst into action! The essence of the flower can be similar to the plant itself. In this case, it is putting a little fire under slow moving dreams and ideas and Yahoo! Away we go. Great ally for this time of year. On the physical level, it revs up the immune system as well and detoxifies. The essence, of course, has the energy, not the heat, but is the power behind the pepper itself. For more info on flower essences, visit my website: morningstarshines.com

Chuckle:

Find your Star Wars Name! Have fun, *Bormo Thpar!*

First name: first 3 letters of your last name, add the first 2 letters of your first name.

Last name: First 2 letters of your mom's maiden name, first 3 letters of the city you were born in.

Yoga Pose for Accepting the New: Wide Open



Easy to do— stand with your feet together and hands palm-to-palm in front of your heart. Inhale. On the exhale, hop your feet out and open your arms. Eyes, heart, back, front, legs, spirit— Wide open to receive. Think of bringing in goodness and hold for 3-4 breaths. Hope (nice typo!) Hop back together. Touch the ground with both hands to acknowledge the earth, roll up, and strut.

Visit my new website: MOGA! for more info and changing articles.

Highlight of the Season: Believe It!

Believe in your ability to create, to toss out the old and make way for the new. We are incredible beings of heart, mind, compassion, courage, and ready to dance a new dance. Believe helps you think as if there was never a box.

Believe It!

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:



Ongoing Moga at LDMC, 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 (3rd Sunday is 1:45 hr)

New classes at **Indigo Yoga Studio**, 1512B Palos Verdes Mall, Walnut Creek, CA. M/W Kick off your day Yoga, 6-7:15am, Wednesday 7:45-8:45PM, Restorative yoga for balance ad healing.

Meditation Circle. Tuesday, 7:45-8:30. Meditation circle at my home. In the tradition of Native American energy exchange, [offerings are accepted](#).

January 31, End of January Wiggle at LDMC. 3:15pm-4:15 pm. RSVP mostar@me.com. \$15.

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!



We have a Tot Lot across the creek from our apartment. In the winter, we can see the children playing because there are no leaves on the trees. We hear them squeal with delight and outright giggles. I know there is another reality out there, but let us focus on innocence, play, glee, and most importantly living in the WOW! moment. We were all 3 once. Kick up your heels, dance a happy dance, and let it spread through your day.

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 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, 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!
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](#)



Indigo Yoga Studio

1512B Palos Verdes Mall
Walnut Creek, CA 94597
(925) 979-YOGA
[Click here for more info](#)

