

# MSS Newsletter

MORNING STAR SHINES



March 21, 2015 v.5, n.3

## It's Spring! Go-pher It!



In the Spirit of birth and change, I am adding 2 categories to the newsletter: Animal Medicine, and Power Foods/Herbs. I was inspired by my husband who was walking with a friend on our local bike/walk/run trail, and saw a small mound with a little guy peeking out. Really tiny, but a big spirit. I do not believe in co-incidence. I believe that everything is living and a sign or a lesson. Gophers are as popular as wrinkles, no WiFi, and bankruptcy. However, they bring us insight and a gift, if we just pay attention. It is spring, and Mother Earth is pregnant. Plants and animals are coming out of hibernation. Let us follow that lead and welcome in radiant birth of new ideas, patterns, sweet remembrance of our innate spirits. Step into new balance and Happy Spring!!

## Food, glorious cleanse!



In spring we are pushed instinctively to clean out the sluggish dormancy of winter, and regenerate our bodies. How about a healing, cleansing, tasty rice? Take 2C of rice and 3 3/4 cups of water, add 1 tsp Himalayan salt, 2 T chopped garlic, 3-4T grated fresh Turmeric (or 1 1/2 T powdered), 1/4 C fresh, chopped dill (or two tsp dried), 1T lemon zest. Half way through the cooking toss and add 1/2 t cayenne. Toss when done with roasted sesame seeds. Drizzle with a little lemon juice and ghee. Goes with stuffed mushrooms!

FYI : Flower Essences add energy healing to our beings, beyond the physical.

**Garlic:** release of negativity (including bugs)

**Dill:** Expansion beyond learned reactions. Transcend the lower instincts into higher spirit.

**Lemon:** The energetic Mrs. Clean

**Turmeric:** Amazing cleanser/balancer of the 2nd Chakra, liberating the old into exhilaration.

## Flower Essence Of The Season: Calendula



What a power house that resonates with our Manipura Center (City of Jewels = our abundant, and inherent gifts). Ruled by Light, the Solar plexus is the center of personal expression, wisdom, and humor. There are books written about the many herbal contributions, especially to the healing of skin and digestive issues. The flower essence is a merry emissary to Earth and Nature Spirits and enhance our personal direction. The flower petals are edible and contribute to teas or salads, cupcake toppings with Johnny Jump-ups, Lemon zest, and poppy seeds. Hail to thee, oh great Golden Flower!

For more info on flower essences, visit my website: [morningstarshines.com](http://morningstarshines.com)

## Chuckle:

Look around you and see what caused a reaction that you wanted to bark back at— transcend it and laugh. Let the low vibrations speed on to somewhere else as you are in charge of your moment, Yee-Haw!

## Yoga Pose: A test of Balance



We are here to Spring forward into birth. One foot on the ground, and one foot ready to leap into blossom. It is fine to use a wall until you are confident and moving with your steady partner in life, the breath. Inhale, and connect with Earth and inner balance. Hold steady on the exhale. Come back to standing and take a deep breath in, exhaling audibly. (We hold on to so much, let it go without identifying it). Reverse. Give yourself several minutes of no screen time. Drink water, and happy day.

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

## Mist of the Season: Spring Clean



Of course! And what better way to clean than to include all of the Citrus Essential oils and their flower essences. In addition to being present as we let go and fly up into the Now Moment. Oils of Tangerine, Grapefruit, Lime, Orange, Manuka, Frankincense, Cedar, Pennyroyal.. Be like the dormant tree who blossoms into renewed life. Special price: \$20, including shipping. See Specials Page for more vibrational remedies and assists in Lightening up! 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)

## GO (Good Only) News!



Music, sweet music. It is a universal language, and expresses what we cannot with words. It is community, dance, laughter, tears, expression of heart and soul. GET YOUR GROOVE ON! Whether Mozart or Green Day, Ceelo, Imagine Dragons, or Debussy — connect— to you, and your world.

PS. Don't be a stranger— pass this on and let me know how you are doing:)

## Animal Medicine: Gopher



“Gopher shows the skill of uncovering hidden truths and meanings and all that lies beneath a situation. Gopher will show timing in which path to take of the many choices available and how those choices are interconnected. Is it time to "dig" with a sense of purpose and direction? Gopher shows how to maneuver with purpose and keep the balance of instincts in tune the heartbeat of the earth. Pay attention to the movement and follow Gopher's wisdom for deeper truths await”.

*StarStuffs, Animal Totems*

## Fill in the Gap!



That's what my husband told me about the new space on the page. All of the sudden I realize we are feeling changes all over the world, to do with freedom, equality, the rising feminine. The Equinox, in it's essence means equal. Equal light and dark. The Spring gives way to more light, growth, relax, breath. What if all of us focus on the Divine Mother? Not cliches, trends, shoes, the red carpet, but the Divine Mother inherent in us all? Sensitive, productive, intuitive, healing, and then the balance of the masculine—active, protective, creative, anchoring, and above all loving. What if that started happening? So, I offer **Girl Power** for all of us, and **N-Light-N** to bring us together in a happy dance. *Gap Filled : )*

## Power Foods / Herbs: Turmeric Root

Turmeric Root (Tropical) dates back 2000 years of foods and curative qualities, including the All-American Hot Dog Mustard— colored and flavored with (that nasty stain) turmeric. DO NOT OVERDO! 1-2 grated T per day, or 2tsp powder, enhanced 2000% when combining with black pepper. Studies show it kills cancer cells, detoxes liver (along with Milk Thistle) and blood. It's also a huge anti-inflammatory, anti-depressant, and more.

## 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](#).

**Yahoo! 6th Annual Deckasana** Saturday, April 11, 7:45am-4:45pm. Arrive for Rim walk at 7:35. Random yoga poses along the way, Yoga, lunch, free time, chakra clearing, yoga. *Adios!*

Register at [mostar@me.com](mailto:mostar@me.com). \$85 full day, \$50 half day— pot luck lunch

**Summer Solstice Celebration!** Bring your drum, your love, your kindness and respect for Earth and all life. We will trek up a hill and find a sacred space to celebrate abundance, and our connection to both Sun and Earth. Pot luck fol-

lows. (Solstice officially June 21, at 9:38am, PST) 4:30-6:30pm.

**Cinco De Mayo Food Fest!!** May 2, 12-3pm. The best preparation for 5 de Mayo. A lunch like no other. \$35 for supplies, and BYOA (bring your own apron :) Tasty treats! Menu to follow on [MSS website](#).

## 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.



## 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. 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. 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.



### 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](mailto:hearthealer777@yahoo.com)



THE DAILEY METHOD®

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### Indigo Yoga Studio

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

