

ASTARA LIGHT

Elevating Spiritual Consciousness

YOUR MONTHLY BLESSING

JANUARY BLESSING

“May all that is good physically and mentally and spiritually meet in you and all your efforts.”



AFFIRMING MEDITATION

*I search out the true and the good in the practical as well as the inspirational.
-Robert Chaney*

A MEDITATION FOR INNER PEACE IN 2021

From The Astara Archives and from the Astara Staff, Ministers and Board We wish you the Happiest New Year sprinkled with a Little Magic.

In the midst of turmoil I seek within for the calm center of stability which I know is there.

I become quiet in body and mind as I center my awareness in that special inner place where peace abounds.

As I drift further into the silent holy place, I become conscious of a soothing energy pervading my entire being. I know I am filled with the Higher Life which calmly directs me toward the realization of my life's true purposes, even though I may not know exactly what they are I revel in the energies that bathe, cleanse and strengthen me both within and without. I absorb them now and store them for future use.



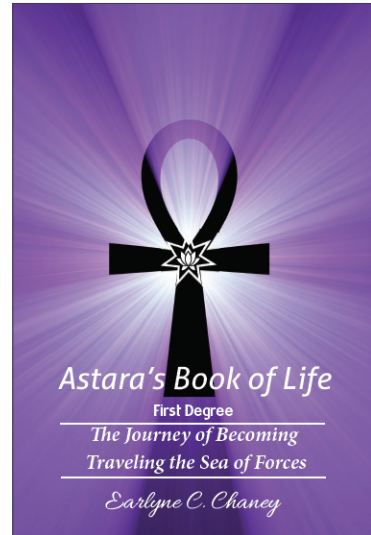
LIGHT STYLE



AMETHYST PENDANT FOR CLEAN LIVING, WELLNESS AND SOBRIETY

Amethyst is a stone of spiritual protection and purification; cleansing one's energy field of negative influences and attachments. It creates a resonant shield of spiritual Light around the body. Additionally, it acts as a barrier against lower energies, psychic attack, geopathic stress, and unhealthy environments. Helps in maintaining sobriety.

BUY NOW



ASTARA BOOK OF LIFE FIRST DEGREE

Improve yourself by knowing yourself. There's a reason this book has lasted the test of time and is internationally acclaimed by yogis, spiritual masters and students and esoteric scholars alike. Achieve your goal of BEING and begin with the First Degree Lesson.

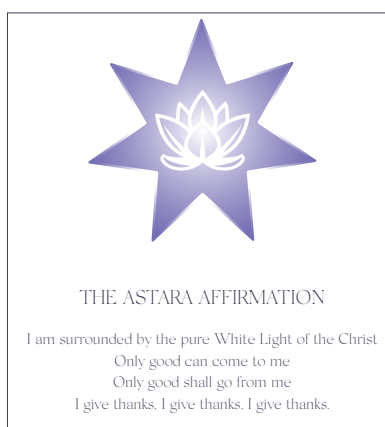
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HIGHLIGHTS: SPIRITUAL ACCELERATORS



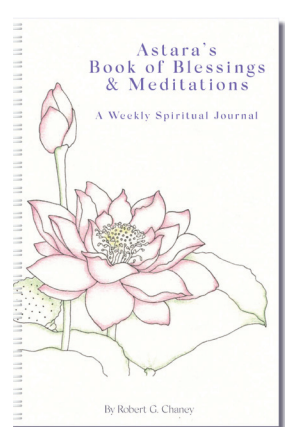
ASTARA TURNS 70 THIS YEAR
Donate Now to Honor Astara and Support efforts to enlighten humanity.

DONATE NOW



ASTARA AFFIRMATION POSTER
Enhance your spiritual space for the New Year and order The Astara Affirmation poster for your personal altar.

BUY NOW



BOOK OF BLESSINGS AND MEDITATIONS
Re-release of Robert Chaney's weekly spiritual journal for all Astarians

PREORDER NOW

FOLLOW THE LIGHT: EVENTS



THE SCIENCE OF MANIFESTATION
JAN 23RD AND 24TH



ASTARA SUNDAY SERVICES
BEGINNING JAN 17TH

Check out our website for all events at [Astara.org/events](https://www.astara.org/events)

SEEK THE LIGHT- [astara.org](https://www.astara.org)