

ASTARA LIGHT

Elevating Spiritual Consciousness

YOUR MONTHLY BLESSING

SEPTEMBER BLESSING

“Whether life is rough or smooth, may it provide you with the elements which your Self needs and desires for growth. May it present you with opportunities to use the talents you now possess and the joy of developing new ones.”



AFFIRMING MEDITATION

As I become outwardly calmed, the interior processes which attune me to the Infinite Being begin to function.

First, an attitude of receptiveness permeates my consciousness.
Throughout my being I await the downward flow of spiritual essence.

AS THE YEAR BEGINS TO DARKEN LET'S FOLLOW THE LIGHT

Four months remain of this year. That gives us all enough time to upgrade our systems to be able to hold more and more Light and to help bring more Divine Light down to earth.

Each week delivers longer nights and shorter days and as the light of the sun starts to fade it's a subtle reminder to strengthen our own inner Light and luminosity.

September reminds us our world is made of substances either dark or light, hard or soft. So let's use this month to reflect on how we are interacting in the world as Light workers. Are we hard or soft, Light infused or tampered down by the darkness we see around us? As our outer world reflects the changing season, our inner Light is one thing that should remain constant and unwavering.

Re-read your Degree Lessons or pick up a new Degree Lesson where you stopped off. Incorporate more Lama Yoga into your daily routine and share your Light on line with us at our many weekly free sessions. The more we turn our faces towards the Light, the more we will reap from the golden harvest of love and oneness.



LIGHT STYLE

Beaded Opal Necklace - Medium

This beautiful beaded opal necklace is approximately 9 inches long and weighs 0.5 ounces. Opal is a mineraloid. Encourages Serenity. \$120.00 USD

SHOP



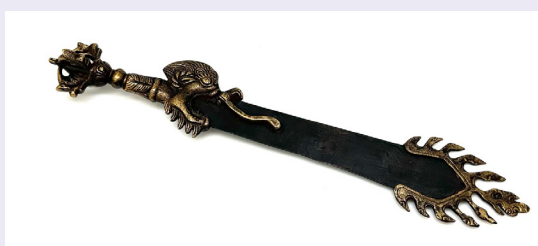
Rudraksha Mala with Lapis

This light and comfortable mala features lapis beads and a bright blue tassel. It is 17 inches long and weighs approximately 1 ounce. \$36.00 USD

SHOP



SPIRITUAL ACCELERATORS



Manjushri Tantric Tool

Powerfully Symbolic imagery of Manjushri is his sword, the vajra sword of discriminating wisdom or insight. The tool cuts through ignorance and the entanglement of conceptual views. \$210.00 USD

SHOP



Pink Salt Sphere

These beautiful pink salt spheres are great for grounding and clearing. Each weighs approximately one pound each and are approximately 3 inches in diameter. \$30.00 USD

SHOP



Shungite Palm Stone - Medium

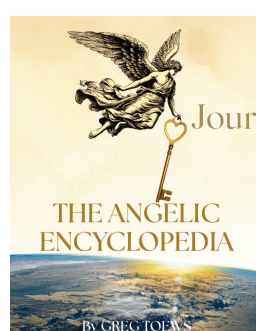
Shungite Strengthens the lower chakras Protective of psychic energies projected by others Protective when placed in the environment Absorbs negativity in rooms. \$50.00 USD

SHOP

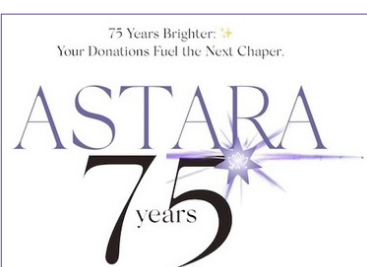
EVENTS

www.astara.org/events

JOURNEY WITH THE ANGELS
EVERY TUESDAY AT 4:00 PM PST



Journey with the Angels
1 Angelic Process every week.



ASTARA TURNS 75!

Join astara and celebrate October 17th-18th. A weekend of celebratory meditations, sessions and practices taught onsite and via zoom.



INCREASE YOUR SPIRITUAL CONNECTIONS IN 2026

Follow Astara on our social media platforms and website to keep up-to-date with our free classes, study groups, guided meditations and happenings.

SEEK THE LIGHT- astara.org

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