

# ASTARA LIGHT

Elevating Spiritual Consciousness

YOUR MONTHLY BLESSING

## OCTOBER BLESSING

“With our expression of gratitude for your presence on this earth plane we send you a blessing from the heart of Astara. It is wrapped with love and tied with the ribbon of appreciation. It is substance of the Higher Planes, and is now yours forever. May it blossom in the garden of your life and be a joy for you to behold.”



## AFFIRMING MEDITATION

May there come to me from the Infinite those qualities which will enrich every aspect of my nature.

## THE WHITE LIGHT & GRATITUDE

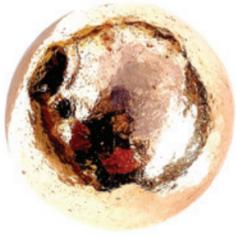
As we enter the Holiday season and practice the Astara Light Technique, let's be reminded of the power of gratitude and the self-empowerment of the White Light.

Sitting as a focal point of these radiant rays you also will be uplifted by the White Light. For you cannot be the transmitter of these powerful rays without experiencing a transformation in your own nature and an awakening of similar qualities. It trains your own mind to break away from the habitual trend of thought which reacts to particular sets of stresses and frustrations. Astara meditations will help to stimulate the best qualities of your own nature and to overcome the negative. You will emerge from the meditation a new person, with an inner radiance, a new understanding and a higher purpose, humbled in the face of your own power, and grateful to have received a blessing from Divine beings. 1st Degree Lesson.

Join Astara as we meditate and bless and share healings throughout the Holiday season. Check out [www.astara.org](http://www.astara.org) for happenings through the Holidays.



## LIGHT STYLE



### COPPER SPHERE

Copper carries the wise energy of Mother Earth and instructs the users to walk in balance with nature. Copper is a known conductor and these spheres are used to open up receptivity to different wavelengths. Traditionally it has been used to relieve arthritis pains and joint issues.

[Order](#)



### ROSE QUARTZ CABACHON PENDANT, MEDIUM

Rose quartz is the stone of universal love. It restores trust and harmony encouraging unconditional love. Rose quartz purifies and opens the heart on all levels to promote love, self-love, friendship, deep inner healing and feelings of peace. Rose Quartz Activates the heart and back heart.

[Buy](#)

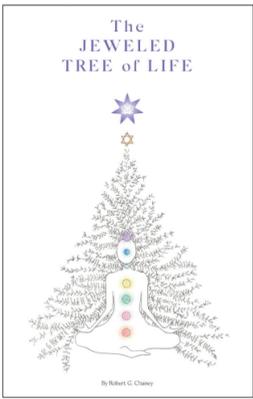


### ANKH, COPPER

This copper ankh is approximately 9.25 inches tall, and 4.75 inches wide. It weighs approximately 6 ounces. Handmade for Astara and consecrated for spiritual work, healings, blessings and to increase connectivity.

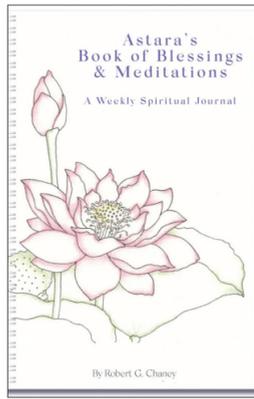
[Shop](#)

## HIGHLIGHTS: SPIRITUAL ACCELERATORS



**THE JEWELLED TREE OF LIFE**  
The Jeweled Tree of Life Book by Robert Chaney originally released in 1957 and revived from the Astara vaults, this little book celebrates the Season with an esoteric treatise on the Christmas tree and the chakra system. A quick and delightful read for all spiritual seekers.

[Books](#)



**THE BOOK OF BLESSINGS AND MEDITATIONS**  
This book presents both material and method for a year long journey of spiritual growth and greater enlightenment. Organized into 52 sections, for each week of the year, it is suggested that the reader internalize each simple blessing and practice the accompanying meditation throughout the week.

[Order](#)

## FOLLOW THE LIGHT: EVENTS

## CELEBRATE ASTARA'S ANNIVERSARY WEEKEND



Astara's Annual Winter Solstice Celebration  
December 21  
SAVE THE DATE



Let's Get Everyone Blessing the Prayer Petitions this Season  
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[SEE ALL EVENTS](#)



INCREASE YOUR SPIRITUAL CONNECTIONS IN 2022.

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](http://astara.org)

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