

ASTARA LIGHT

Elevating Spiritual Consciousness

YOUR MONTHLY BLESSING

MAY BLESSING

“ Into all your activities, the problems and triumphs of your life, may there ever flow an influence from on High ... one that stabilizes and harmonizes, and brings serenity and an open way to accomplishment and realization. ”



AFFIRMING MEDITATION

Though the world about me is troubled, I am becoming a center of composure, an influence for stability in myself and the world around me. With the inner sense of soul I become aware of vast influences at work in my life. I know not their exact nature, but I know they are present ... and I trust.

Thus, I know that good exists, that it is unfolding in and through me, and that it is woven through the fabric of my life in many unseen ways.

LETS HAVE A MINDFUL MAY

As the world around us continues its restless dance, May invites us to cultivate a deep wellspring of calm within. Like the quiet unfolding of spring blossoms, our inner peace can be a resilient force, anchoring us amidst any storm.

This month, we'll explore practices for nurturing that inner stillness – from mindful moments in nature to gentle breath work and reflections that ground us in the present. Join us as we discover how to navigate the complexities of our time with grace, strength, and the unwavering tranquility of a peaceful heart.

Astara has several events this month to activate spiritual development and accelerations for up leveling your overall energy.



LIGHT STYLE

MOTHER'S DAY GIFTS READY TO SHIP FROM ASTARA

ROSE QUARTZ PENDULUM

Pendulums are used to seek out unseen energy. These rose quartz pendulums, engage the heart energy to tap into the subconscious mind and allow deeper self-reflection.



SHOP NOW

TURQUOISE PYRAMID STONE SILVER NECKLACE

The power of the pyramid and the spiritual insight of turquoise combine in this stylish sterling silver necklace.



SHOP NOW

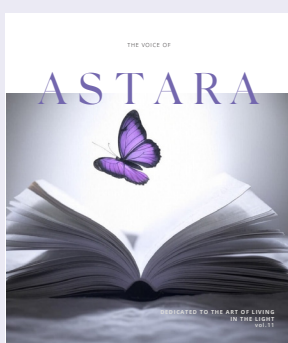
SILVER PUFFED HEART NECKLACE

Silver puffed heart necklace is a symbol of the power of the heart and the love that it generates. This stylish sterling heart is puffed and overflowing and makes a great gift.



SHOP NOW

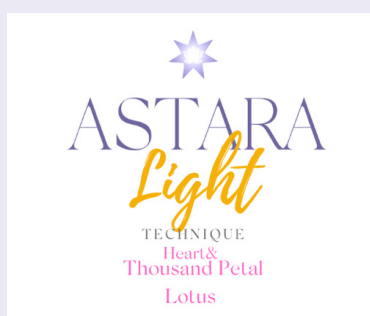
SPIRITUAL ACCELERATORS



THE VOICE OF ASTARA SPRING 2025 MAGAZINE

Since August of 1952, The Voice of ASTARA has been the life-force of Astara; informing and teaching a diversity of ideas and techniques to elevate the consciousness of Astarians while guiding them on their path of spiritual awakening and evolution.

READ NOW



ASTARA LIGHT TECHNIQUE: HEART & 1000 PETAL LOTUS

The 3rd module in the Astara Light Technique Series: Heart & 1000 Petal Lotus Pre-recorded 100 min. video and Presented by Greg Toews Includes inner teachings and how to process the information from the Light frequency.

SHOP NOW

EVENTS

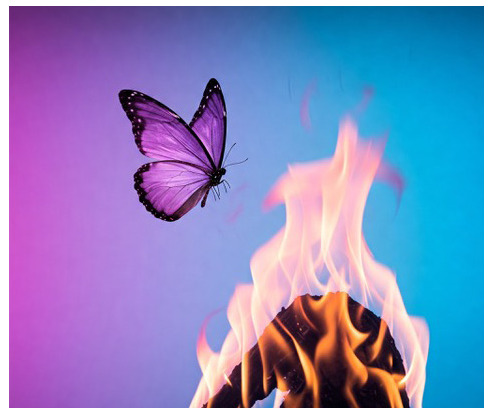
www.astara.org/events



WESAK 2025
Monday, May 12th



PLANT PRANA OILS CLASS
Saturday, May 24th • 9am - 5pm at ASTARA



FIRE INITIATION
MEMORIAL DAY WEEKEND
Sunday, May 25th at 5pm



INCREASE YOUR SPIRITUAL CONNECTIONS IN 2025

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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