

ASTARA LIGHT

Elevating Spiritual Consciousness

YOUR MONTHLY BLESSING

JANUARY BLESSING

“ Let the Great White Light shine upon and within you. Let it convey to your life the impulse toward satisfaction and achievement. Let it shine upon your path forevermore. ”



AFFIRMING MEDITATION

Each time I pause a moment and read this, I activate in my life those spiritual principles which direct me toward strength of body, calmness of mind and emotion, accomplishment of purpose. As these qualities function within me I become transformed. Vigor and vitality are expressed in my physical self. My mind is alert. I gain perception and insight.

A WHITE LIGHT MEDITATION

From Astara President Greg Toews

Visualize yourself in a brilliant ball of light.
Completely surrounded by white light.
In front of you and behind you.
The left side and the right side.
Above you, and below you.
Completely surrounded. By white light.
You're visualizing... The ball of light.
Now, we want to strengthen the light.
We want to amplify this ball of light.
This ball of light, helps to balance and regulate our nervous system. It helps to break down ways of thinking and release old emotions.

But it also helps us access... the inner world, our true nature, our spiritual self.
It helps us to disconnect from all those things going on outside.
In the outer world. You know, the environment, the surroundings, the news.
Our family. And for us just to be able to go inward. Just spend time with ourself.
So to do this... We're going to do a kind of breathing and visualization where we breathe. White light into different areas of our body. And we expel out the old, dirty, used up energy. This helps to bring more White Light into the body.

Happy New Year from All of Us at Astara



LIGHT STYLE



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Please note Astara's new address: 58 Malaga Cove Plaza Palos Verdes Est., CA 90274



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