## Dedicated to Elevating the Spiritual Consciousness and Health of Humankind

You are Welcome at Astara.

Whatever your religion, or if you have none at all, you are invited to pursue your spiritual search through Astara.

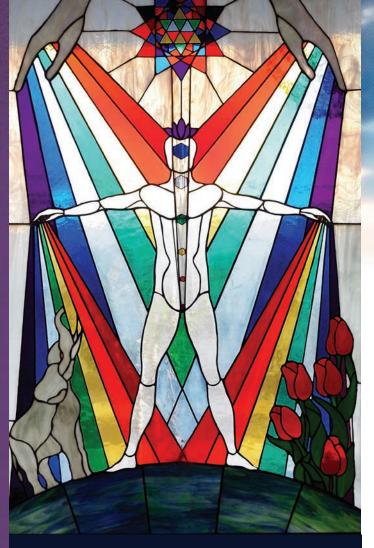
Let this "channel of light" help you see the path of life in its authentic glory and its true possibilities.

People from all faiths study esoteric teachings and mystic philosophy through Astara.

If you search for that deeper "something"... you may wish to discover for yourself the joys and riches in Astara.

"Be the change you wish to see reflected in the world"

- Mahatma Gandhi



## **CONTACT US**

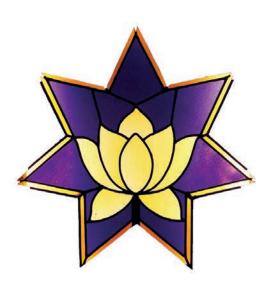
## Astara

10700 Jersey Blvd. #500, Rancho Cucamonga, CA 91730 (909) 948-7412 info@astara.org

For more information: www.astara.org

# Astara

WHO AM I?
WHY AM I HERE?
WHERE DID I COME FROM?
WHERE AM I GOING?



If you are a seeker...

If you search for that deeper "something"...

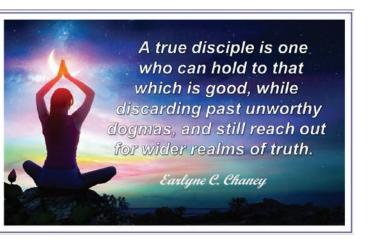
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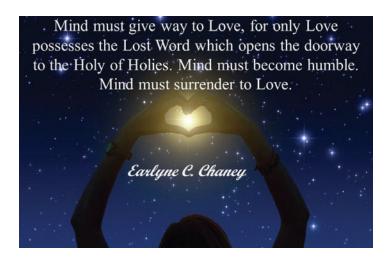
#### Who we are...

Astara is a non-profit spiritual development provider offering resources to help those who are interested in exploring more deeply who they are and who they might become. We bridge the gap between contemporary eastern and western religions, presenting their mysteries in context with the wisdom of ancient religious truths.

For over 65 years, Astara has existed to provide its members with knowledge of the laws of the universe, so that they may learn to make decisions based upon their own Higher Guidance. Spiritual self-realization is emphasized and information is provided to enable each individual to progress spiritually.

Through a series of studies called "Astara's Book of Life" Degree Lessons, you will learn various techniques to help you clarify the meaning of your experiences, and particularly significant, those in Higher Realms of Consciousness that do their best to illuminate it for you.





Members tell us time and again that the best method they've found for understanding the vast material about the nature of your very being, your relation to God, to all sentient beings, cosmogony, ageless principles and so much else are found in the 176 lessons of Astara's Book of Life. These Lessons are Ageless Wisdoms, and more, offering in one source what some spend half a lifetime seeking through countless single-focused books and seminars.

Astara's Degree Lessons are a door to a great repository of the wisdom of great ages, philosophies, sacred texts and codes of living.

## **Begin your Spiritual Journey**

These times call for, a different way of being, of doing, of moving into a sustainable, whole and loving future. We are all asked to be aware, willing and helpful participants in the changes taking place now and to come.

Ageless Wisdom has told of these changes; Astara, and you, were born for them.

# Key Offerings in Astara's Teachings

- Ways to organize your life in harmony with proven, eternal mystic truths which have endured throughout time
- A secret mental technique of spiritual unfoldment, Self-Mastery and Illumination
- How to use your "Third Eye"
- A comprehensive view of life processes including birth, death and the afterlife
- Teachings on the chakras, cosmic kundalini fire, the aura and its forcefields, Prana and healing
- The Power and Purpose of Breath, the use of breath in meditation and spiritual practice
- An explanation of the whole person, divine and human, the Monad, your higher bodies, immortality and regeneration
- Learn how to develop inner faculties that are higher than the physical senses
- Astara provides a worldwide spiritual community that transcends denominational as well as national boundaries

### **Membership Benefits**

- Exclusive access to a Members Only store offering generous discounts on selected products and services
- Access to unpublished written works and audio recordings by the Chaneys, The Voice newsletter archives and a Facebook Group for Members Only
- Degree Completion Certificates
- Members Only special prayer requests