

## Astara Book Of Life

This series of 88 Lessons on mysticism born from the ancient wisdom teachings is a comprehensive encyclopedia and training in every topic from birth to enlightenment. The lessons include teachings, exercises, and step-by-step guidance in the practice of meditations and yoga. Previously accessible by membership only through the mystical society Astara, they are now made available to the public. It is recommended that for complete understanding you follow the lessons in sequence, however by looking at the titles of the individual lessons you will find specific topics that may interest you. This first lesson covers: The Long Journey of Becoming, Healing and the Magic of the Mind and Prayer, Prana and the Fountainhead of Light

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This book is one of a series of eight. Altogether they cover a large and comprehensive body of esoteric material from sacred texts, timeless philosophies and teachings of Great Masters as channeled through Astara's founders, Robert and Earlyne Chaney.

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