

## DEBS BLOG 2005

December 28, 2005 World Peace Day coming 12/31!

We are approaching World Peace Day, December 31. On this day, at noon Greenwich, 6 a.m. St. Louis time, people the world over gather together for an hour of prayer and meditation for World Peace. Throughout many local communities, across the nation and around the globe, humanity unites energetically to anchor the vibrational signature for World Peace into the aura of our planet. If you can, you are invited to join us at Pathways for Circle of Light's "Peace on Earth" service at 6 a.m. that day. But wherever you are, set aside time and energetically join with us and our brothers and sisters around the globe, as well as the Beings of Light on the Inner Planes, as we focus our intent and our energies for World Peace. We are each a powerful creative being. United together we actualize a force that truly can create the positive changes that we desire to see manifest on our planet. Join with us as we claim our true power, to create a world of Peace and Light that honors all living beings. Your energy is a valuable addition, connect with us on December 31.

To read the message that I gave to a large gathering on a previous World Peace Day, and for more information about this auspicious event, please [click here](#).

Blessings to all,  
Deborah

December 27, 2005 Celebrating the Calendar New Year

As we look towards the calendar New Year opportunities arise for us to make plans and set goals. The Universe is in a constant state of flux or change. By putting out our plans or goals, it is as if we put a lens or a channel out into that free flowing changing state. We can focus or direct Universal energy to assist us in reaching our goals. With such a focus we can decrease the amount of chaotic random vibrations that might otherwise affect us. We can literally selectively "tune in" to the energetics that are in harmony with our goals and "ride the wave" of that energy towards their accomplishment.

When we set out our plans for the New Year, we are stating the vibrations that we desire to bring into our lives and through the Law of Attraction it manifests. (Love those Universal Laws!) Of course, this all happens in line with other Universal Laws like the Law of Karma or the Law of Dominant Desire. Remember that the Universal Laws are the Keys to the movement of energy in the Universe. These Laws are the underpinnings of all the happenings on all the planes.

There are probably as many ways of setting out our plans and goals as there are individuals. For myself, spending over 40 years of my life working with the Tree of Life and the world of correspondences, I like to have goals that are attributed to the seven movable lights in the sky (Sun, Moon and the five visible planets). These great energetic

foci represent the major qualities of one's personal life. By creating goals in line with these forces, we have access to powerful windows of opportunity to work with them based on their astrological configurations. We also have the benefit of being able to accentuate the individual qualities of the planetary attributes by using planetary mantras. Mantras have been in use for thousands of years and when used in conjunction with planetary energy can accentuate or mitigate favorable or unfavorable planetary aspects or placement. (See "Healing Mantras" by Thomas Ashley-Farrand for planetary mantras.) Thomas refers to a quote in his books stating that the energy of saying the planetary mantra can so mitigate an unfavorable situation that it would correspond to the difference between breaking your leg and stubbing your toe. Now that's effective magick!

Besides setting goals or focus points for the upcoming calendar year, many individuals incorporate some form of divination for a look at the year ahead. With astrology we can run our progressed chart for the year or check upcoming transits against our natal and progressed charts (or calculated points on those charts). We can do tarot spreads for the year, for the individual months, for various aspects of our lives; the possibilities are only limited by our creativity. Exchanging readings with friends can help to minimize the personal bias we sometimes encounter in reading for ourselves, and what a great addition to New Year's celebrations.

Some prefer to create a ritual or a blessing ceremony to welcome in the New Year. Creating ceremony, sacred times of honoring and communion, opens us to shifts in our consciousness on finer levels of being that then, reflexively, bring new desired energetics more easily into our lives. Some celebrate with a sacred feast, remembering to create a plate for Mother Earth and leave it as an offering outside for all the beings (seen and unseen) with whom we share our world. The main message here is to create a special occasion and activity for the calendar New Year. Whatever your personal belief system, you are surrounded energetically by people who feel that this is a moment where commitment to new directions are most easily undertaken. Now is the optimal time, they feel, to release the past and embrace the desired future. Take advantage of that ambient energy. Consciously flow with the moment, create your next steps and move with power and grace into the New Year.

Blessings to all,  
Deborah

#### December 20, 2005 Happy Solstice!

At 12:35 p.m. C.S.T. today, Winter Solstice occurred. This is the point of longest night, from here the days will once again begin to lengthen. Such an important event to the ancient peoples, the return of the Sun, that it has continued to be a dominant holiday festival into modern times. Light, and therefore Life, is returning! Let us take a moment in our meditation time today to give thanks for the renewal of life. Let us enact ancient traditions, giving gifts and being of goodwill and joy-filled, so that the returning Sun is born into a positive vibration and that these qualities might strengthen as the energies of the Sun grow stronger over the coming months. All hail the Sun King! May the bringer

of Light and Life to Mother Earth symbolize for us the renewal of our personal commitment to the Light of our Spiritual Journey, manifesting for us in the tradition or path of our choosing. Blessings to all, dear brothers and sisters, in the Name of Infinite Intelligence, Dear Father-Mother God, So Mote It Be!

December 19, 2005 My Personal Experiences with Astara

I have been a member of Astara for about a decade now. A dear friend, now in Spirit, who has been very instrumental in my continued spiritual development, Mayre Schoene, introduced me to them. On more than one occasion we visited Indiana where Dr. Robert and Earlyne met. It was on Mayre's suggestion to me to consider joining Astara that my journey with them began.

During the early years of my membership there were some difficult situations that unfolded in my life. There were times that I felt overwhelmed by events surrounding me. On those occasions, when I went to sleep at night, I was taken to Astral Astara. I have very clear memories of receiving healing for my finer bodies. While at Astral Astara I was given small tasks to accomplish, given encouragement and support, as well as acknowledgement of my abilities to successfully work through all that was blocking me on the physical plane. I returned from those nights empowered and enriched by my lessons. Faith in myself and in my abilities was restored and my life moved forward once again.

When one first joins Astara, within the first few lessons, Astral Astara is mentioned. A link between the individual and the energy of Astral Astara is put in place on the inner planes. This is no idle remark. This connection is very real and inner plane assistance is available to all Astarians. "An Astarian never walks alone" is a true quote from their material. Astara's staff has heard many stories about help from the Inner Planes coming to members. I know that Astara was definitely there for me in my hour of inner need.

As I continued to study the material I found that it rang very true with me. Through a desire to share such information with others I volunteered my time and space to establish a study group. That has been an on-going monthly group for eight years now. Our group has completed the series of eight degrees and several from that group plan to return to join in discussions as we begin the journey once again, seeing the lessons from a new perspective, from a new reference point in our continuing growth.

Annually Astara plans a journey to a spiritual destination somewhere in the world. I have been fortunate to be able to travel overseas with Astara several times now. What a joy it is to travel with a group of like-minded people, open to the esoteric energies encountered on our journeys. I have been to Egypt with them twice, floating down the Nile on a cruise ship visiting the ancient sacred temple sites. Both times we had private time in the Great Pyramid and each person was assisted to lie in the Sarcophagus in the King's Chamber. With other Astarians I've traveled to England (and into Stonehenge), Ireland & Scotland; Machu Picchu (in Peru) and most recently China and Tibet. It seems that

traveling with Astara, doors are opened and the way to profound experiences is made clear.

My son, Jon, and I were in Egypt with them on 9/11. We had arrived there on 9/10. It was quite unnerving watching the news and knowing we couldn't go home. But Astara took excellent care of us. With maximum protection we were able to continue our journey and visit many of the temple complexes as originally planned. Our relatives were notified that we were safe and important messages were relayed between our families and us. I make it a point to call Astara on 9/11 every year and let them know how grateful we are for the work they did for us on that fateful journey.

In meeting the personnel of Astara, and traveling overseas with them, one is instantly aware of their kindness, generosity and approachability. There is a genuine sense of caring and concern flowing from them towards each and every Astarian. They exemplify the Astara teachings with their daily grace, peace and inner knowing. I have learned a great deal through Astara and look forward to learning even more by sharing the lesson material with others once again. There are Astarians all over the globe, like-minded people pursuing their spiritual development, creating a network of Light Energy and radiating that Light out to the world.

Joshua David Stone in the first book of his remarkable series on Ascension "Complete Ascension Manual" notes the value he's found in the Astara material. I also feel that this material has much to offer the sincere seeker. I have just received the initial information packets from Astara. If you're in the St. Louis area, please come by and I'll give you one, otherwise please feel free to contact them for more information. The point of all this is that this is worthwhile material that gives you a balanced foundation on your spiritual journey. Consider them as an adjunct on your personal quest.

Blessings to you on your journey,  
Deborah

December 13, 2005 About Astara

If you've been looking over this site you've noticed several references to Astara. The most important of which is the formation of a new study group beginning in January of 2006, noted on our calendar of in-store events. In November I gave an introductory presentation about Astara and I'd like to share some of that information here with you in response to questions I've received.

Astara is an international metaphysical organization with headquarters in California formed in the 1950's by Dr. Earlyne and Dr. Robert Chaney. It is comprised of a series of lesson materials that span over eight distinct degrees. Through that material a solid foundation for esoteric/spiritual development is presented to the reader. Each of the lessons is about twenty pages long; there are two lessons to a book and eleven books to a degree. Much of the material in the lessons has been brought through under the guidance

of Inner Plane Masters and presents abstract concepts in a manner in which they can be understood and incorporated into one's spiritual journey.

One of the facets makes Astará unique is that they permit you to develop and pursue your studies at your personal rate. You can purchase the material one book at a time, or as many of the degrees as you so desire. There are no annual dues required and Astará honors all spiritual and religious paths. The lesson material is composed of a plethora of material gleaned from, and based on, various esoteric and spiritual traditions. You are encouraged to read and pursue your individual development; there is no bias towards any particular faith or doctrine. There is only one requirement that I have noted after completing the entire course of study and that is openness to a belief in reincarnation. Since Astará presents material about the development of your soul self, a complex journey of working through karma and soul growth, it becomes a given that the perfection of your vehicles and the returning to Source will (more than likely) take more than one lifetime to complete.

Another important consideration to understand before embarking on the material is that Dr. Earlene is a Christian Mystic. She has the great gift of helping one to see the meaning behind the symbols and the parables encountered in Christianity. While the vast majority of the material mentions no specific faith, Dr. Earlene does point out important correlations of esoteric principles with Christian beliefs as they unfold through the lessons. Opening the door to the esoteric significance of many of the concepts with which we may have encountered in our youth, and expected to believe based on faith, makes the study of this material very interesting and healing for some. (If you have a knee-jerk reaction to the word "Christianity", I would invite you to lay that baggage down. When you bring yourself into polarity on an issue you lock yourself into that mindset, in effect giving it more power to control your thoughts and emotions.)

Pathways provides the space and the time, free of charge, for individuals studying the Astará material to gather together to discuss their thoughts and comments on the particular book that we are working with on that evening. (The book number is noted on the calendar of in-store events where the second Monday of the month Astará meeting is listed). All degree materials must be purchased direct from Astará and membership is directly through their California office. I, personally, think that the material is of great value and as a student of the Astará degrees want to provide an opportunity for others to benefit from group discussion of their lessons.

Hopefully this has answered some questions about "What is Astará?" In my next entry I'll add some personal experiences I've had through my contact with Astará.  
Blessings, Deborah

December 5, 2005

Well, once again Pathways takes a giant step forward. As we grow, we learn. And our newest learning venture is our personal involvement in our web page. First, thanks go

out to Rex and Ken for their great assistance in getting us this far. We still count on their continued assistance but are looking forward to being able to be more adept at input to the website. We get in so many new items, and there's news of in-store events to share, that being able to make changes more easily will help us to keep you better informed. They've been very gracious in helping us, but we've been conscious of the time involved and so have not made as many frequent changes as we would've if we could have done so on our own.

If you've explored the new site, you've seen that there's an up-coming web store; the guidance of Rex and Ken continues, now in a new venue. Well, if you've been in Pathways you realize that there are literally thousands and thousands of items in the store. From cases filled with one-of-a-kind crystals and jewelry, all hand selected by me (one of my great joys), to meditation tools, oils and herbs, statues, books, CD's, et cetra; there's so much to catalog for our web customers. It will all take awhile, please check back frequently. The "News" and "New Arrivals" pages will help. So, here's the new look, here's the new site, Mercury's direct and here we go!