

The perfect resolution for New Year. Whatever our situation, whatever the problem, we will find the answer in the magic healing light of the Star. By keeping our vision on the Star, we know that our pathway through the year will always be heading in the right direction.



'Look up! Keep the vision of the Star, trust the power of the Star. If your heart is centred upon the Christ love and all your soul and all your mind, you will love your neighbour as yourself and you will be helping and brotherhood will become a reality on earth. Keep the light burning steadily in your heart. We say this to you, my children, because we know it is the only thing which can help you in your human life.

*Beginning
again!*

You find many distractions for the mind, many disturbances of the emotions, but always remind yourselves that within you is the Light, the almighty Presence, which has all power; power over your mind and emotions, power over your physical body and material life. Your vision will be upon the blazing Star and you will be in conscious contact with your higher self, your divine self, your eternal, age old self. This will direct your actions and bring into your life all the blessings of the heavenly life. You will then be untouched by the little things which now have power to disturb you.'

White Eagle



'The brilliant pure Star shines, holding you, penetrating your soul, strengthening you on every level of your being', White Eagle

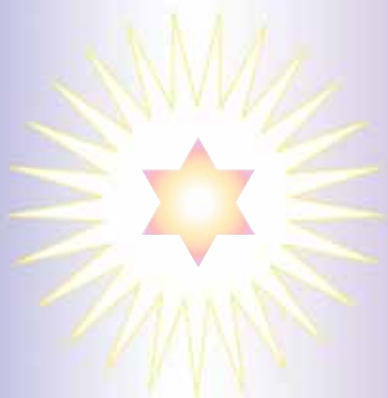
Now is the time to follow your Star, to work towards your goals, to link more closely to your intuition.

Where is your star leading you?

A Star message from White Eagle



The mistake that so many people on earth make is to try and solve their problems by thinking of them on the physical level. Hold on to the jewel you have been given, the shining Star. It is the most powerful instrument that you have ever been given. You do not need to be anxious about any one of your loved family and friends. Hold them in the Star. You are giving them the greatest possible help, because through the Star you are helping them to help themselves.



While you are still in bed, picture the Star shining down on you.

Bathe in its light. Relax and prepare for your day.

Breathe in deeply. Feel the Star Light permeating your body, even down to your finger tips and toes...

Breathe out your worries about the day ahead. Breathe in peace and confidence that you will be able to achieve all that needs to be done in a quiet and calm way.

Continue this quiet breathing for two or three minutes and end with these affirmations:

I am filled with the peace of the Star.

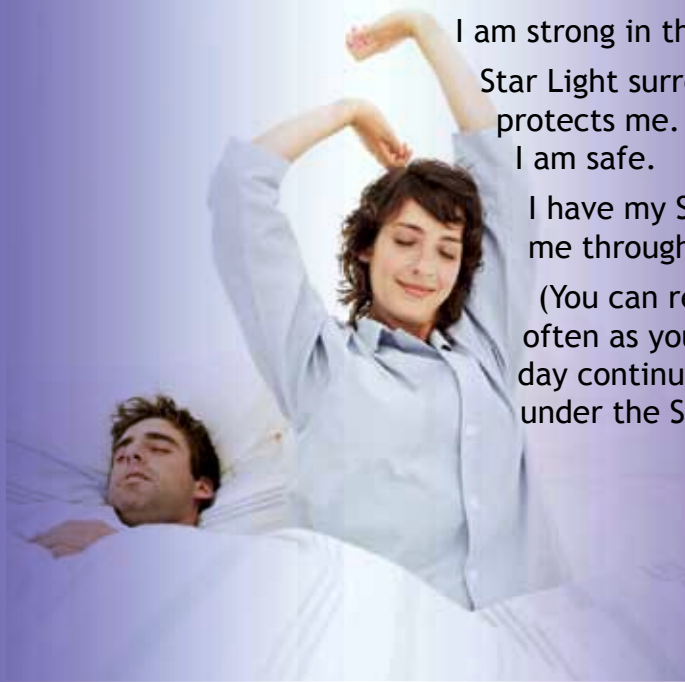
I am strong in the Star.

Star Light surrounds and protects me.

I am safe.

I have my Star to guide me through the day.

(You can repeat these as often as you like as the day continues, to stay under the Star.)






The Star will guide you ↗

Train yourself to concentrate upon that symbol of the Christ-life, the shining six-pointed Star, for it will guide you, unfailingly, to the place of perfect healing. When in doubt, when in need, always look up to that Star. Visualise it shining above you, its rays pouring down into your head and heart, and surrounding you in an aura of light. Of yourself you can do nothing, but you can be an instrument for this healing light of the Christ Star.

White Eagle

Six points of the Star

six of White Eagle's best Star sayings



We are going to suggest to you that the vision on which you keep your gaze should be the six-pointed Star, the symbol of the spirit, symbol of the spirit of Christ.

All humanity needs to follow the Star. It will never lead you astray, never misguide you. Look to the light of the Star: it will never fail you.

Do not allow your thoughts to limit your life, nor the life-force which continually flows into you. You limit this power by negative thoughts, but its flow increases in you and in your life when you attune your thoughts to the Star.

When you view things from the valley, you cannot see the beauty that surrounds you in clear perspective, but when you are drawn up by the Star to a higher level, you see the various conditions and problems of life quite differently.

As you hold your vision steadily and firmly on that Star, you will find yourself being drawn up so that you see things on your earth from a higher vantage point.

If the light of the Star shines from your heart, you open the way for shining brothers from the world of spirit to draw close and lead you through the doorway into the realms of light and truth

(Taken from the new book, 'The Best of White Eagle' – out in the Autumn!)



Begin your meditation by sitting quietly and tuning in to your breathing.

Visualise a bright point of light above you that sends rays of light all around you, so that you are sitting in a ray of light, like a great triangle. The point at the apex of the triangle is above you and its broad base is at your feet.

At the apex of this triangle, visualise another triangle, this time with its point facing down. It becomes bigger and bigger until this too enfolds you, with its apex at your feet and its 'base' above you.

Now you find yourself sitting at the centre of an immense six-pointed star.

Not only this, but you also see another six-pointed star at the heart centre.

You might see it at the centre front of your chest or inside your chest, be aware of how it is for you.

Continue to breathe in the light of the star and affirm, 'I am in the star'. With the next breath, affirm, 'The star is in me.' Then affirm, 'I am the star'.

Repeat the affirmations and breaths as many times as you like.

Visualise rays of light shining out from your heart. You can use this light to send healing to people, places and animals, by seeing them held at the centre of a star.