

ASTRA HERBS

Living by Ancient Wisdom

Astra DragonBean

Part of

11.11 – The Cosmic Library

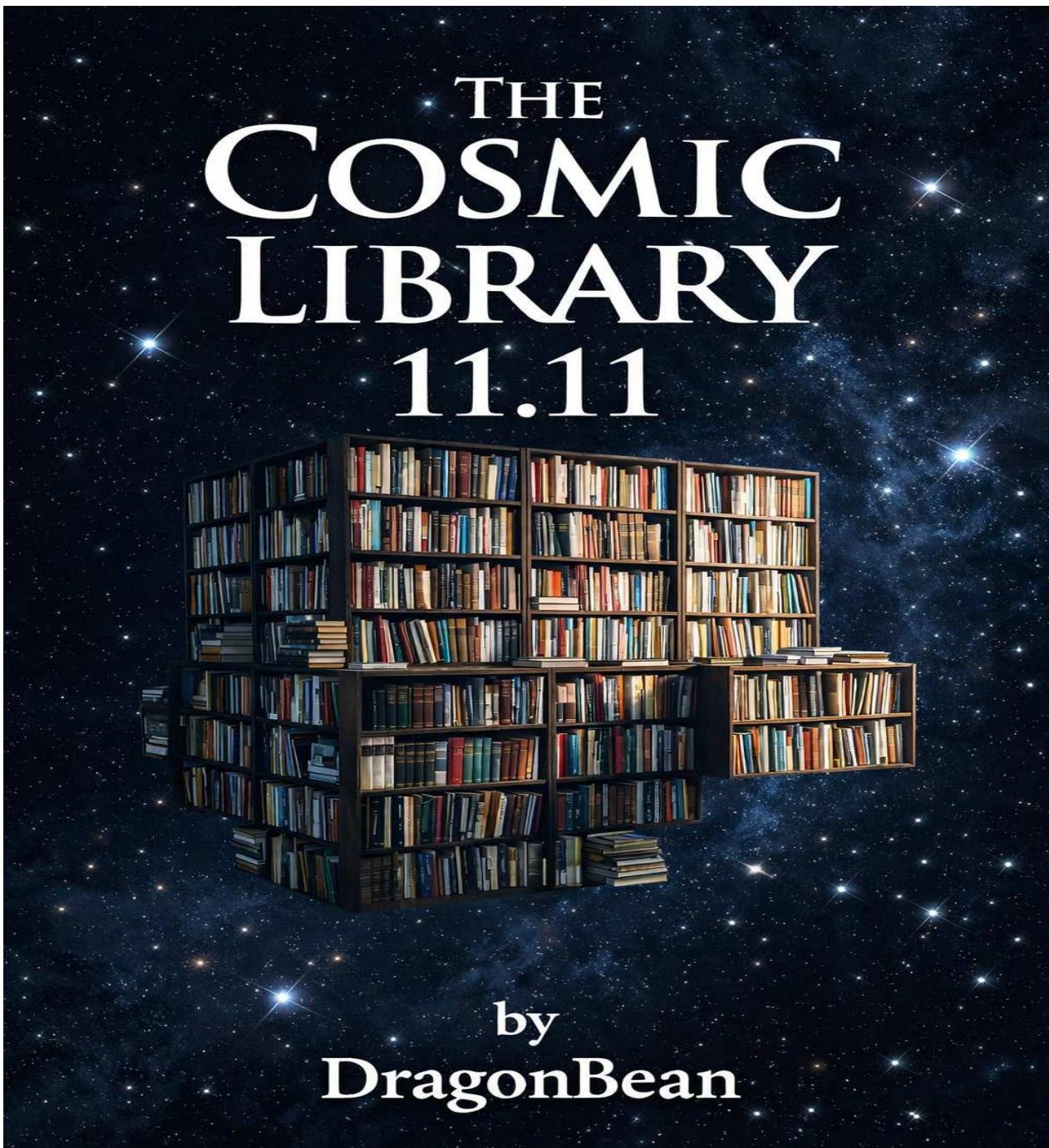
INTRODUCTION

The Cosmic Library

The Cosmic Library is a growing collection of stories, insights and worlds that together form one greater whole.

Each book is its own universe, written from a unique perspective, yet connected by the same core: consciousness, imagination, and the invitation to look beyond what is visible.

This book is part of 11.11 The Cosmic Library.



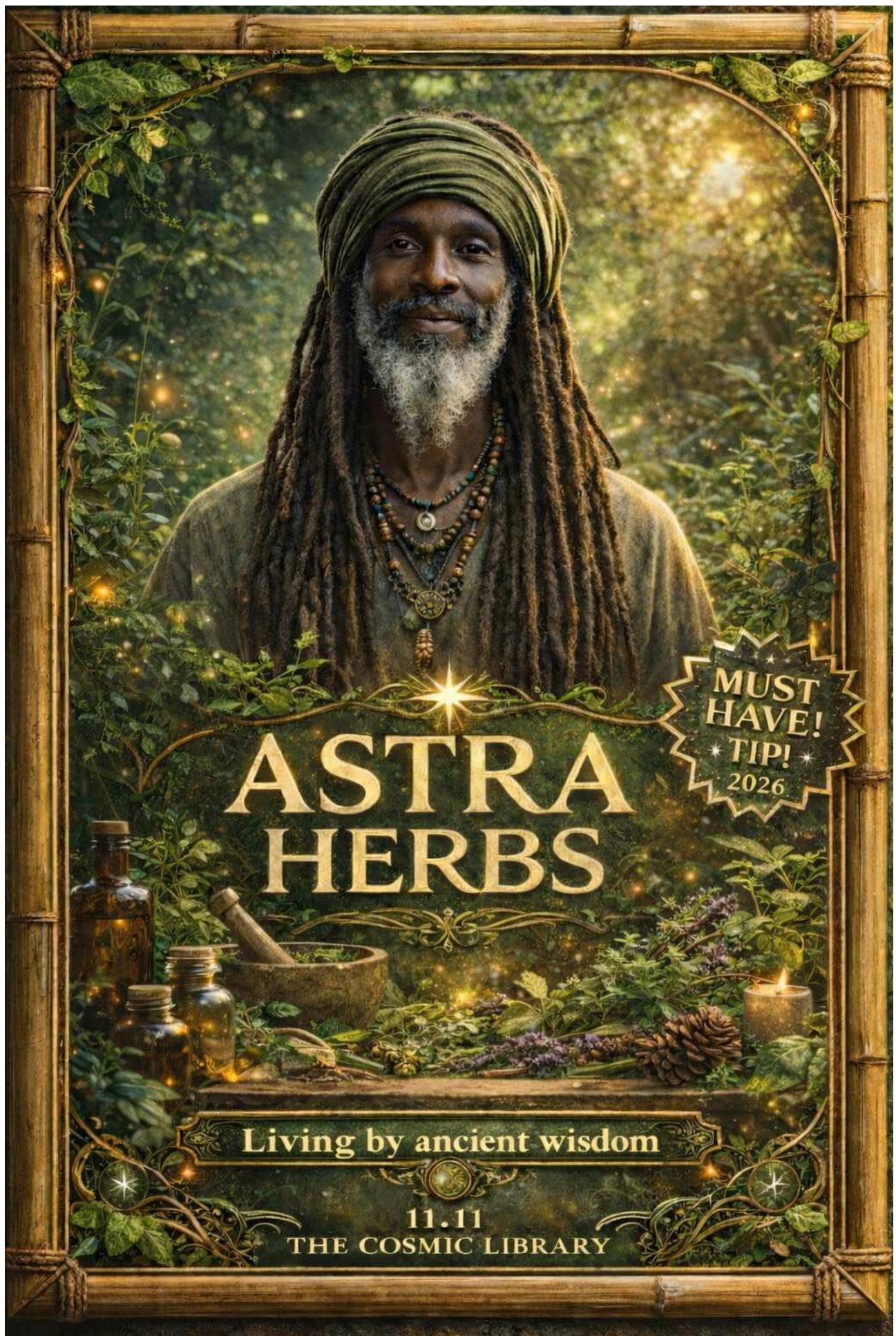
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Important Disclaimer

This book is written based on traditional knowledge, personal experience, and ancient practices. The information in this book is **not medical advice** and is **never a replacement** for the advice of a doctor or specialist. If you have symptoms or complaints, always consult a medical professional. Use herbs and techniques consciously and with respect for your body.

FOREWORD

Welcome, Cosmic Traveler

Dear Reader,

If you are holding this book in your hands, it is no coincidence.

Every story, every thought, and every discovery begins with a moment of recognition. Not because you are learning something new, but because you are remembering something that has always been within you.

The Cosmic Library is not an ordinary collection of books. It is a place of remembrance. A place where imagination and consciousness meet, and where you are invited to look beyond what appears on the surface.

Not to tell you what to believe, but to allow you to experience what you can discover for yourself.

For you do not stand outside the universe.

You are part of it.

Every thought you think, every choice you make, and every step you take is a movement within that greater whole.

This book is an invitation.

An invitation to read.

To feel.

To discover.

And perhaps, just perhaps, to recognize something within yourself that you have never truly lost.

Welcome to

11.11 The Cosmic Library

Foreword – by Astra

*This book is not new.
It is old.*

*Older than pills.
Older than hurry.
Older than forgetting.*

What you read here was not taught to me from books, but from life. From listening. From watching. From feeling. People always came to ask questions: What do you take? How do you stay so strong? What do you do differently?

*One day I thought:
maybe it is time to write it down.*

*Not to convince.
But to remember.*

Introduction – The Ancient Way

Health does not begin with illness.

Health begins before it.

Long before there were words for stress, inflammation, or burnout, people already knew: what you eat, what you think, and how you breathe determines how you live.

In many **African**, **Surinamese**, **Antillean**, and **Jamaican** traditions, health was seen as a living flow. You keep that flow clear through simplicity, rhythm, and attention.

Not by taking more.

But by choosing better.

Astra Herbs is a return to that ancient way.

A part of **11.11 – The Cosmic Library**, where knowledge is not invented, but remembered.