



New Spiritual HorizonsSM

Online Subscription and Home Study Program

Lesson 1 - A World Of Experience

Week 1 - Your Life Force

Re-Read Lesson 1 material. Relax and ensure you are 100% cleansed. If you are not familiar with our Personal Cleansing Technique, access our video to learn, visit newspiritualhorizons.com/cleansing

Technique this week:

Experience Your Life Force

If you can, do this technique in nature or outside.

Close your eyes, picture yourself as an evergreen tree. Feel the life force rising up from your roots through your trunk into your branches.

After a few moments, open your eyes and write down your feelings and impressions.

These feelings are what it is like to be a part of your laws in your universe.

Cleanse and tune into your inner guidance.

Meditate on how you can feel this life force at all times. Write down what you receive.

Moving through your next week, choose 3 days to experience this technique again, write your impressions and feelings for each day?

Day 1. _____

Day 2. _____

Day 3. _____