



New Spiritual HorizonsSM

Online Subscription and Home Study Program

Lesson 1 - A World Of Experience

Week 3 - Commitment to Yourself

If you commit yourself to your personal growth and allow nothing, not even yourself, to hinder you from growing, you will stimulate opportunity for your soul's growth and will then see your total picture.

By doing so, you will:

Accept yourself as you are — Feeling part of you

Understand yourself as you are — Intuitive part of you

See yourself as you are — Visionary part of you

Know that you are — Prophetic part of you

When you seek opportunity, you will be in the flow of spiritual energy because you have inner discipline. If you choose to continue in this flow, you will experience the feelings of joy and fulfilment. Out of your opportunity comes direction. This creates an ever expanding opportunity for your growth. You will awaken to new dimensions of opportunity, that you have given yourself.

Once you have that commitment to yourself, all you will need is patience and trust.

Technique this week:

Morning - Setting Your Direction

See your physical body as an elaborate and sophisticated tool that you can use to communicate with others. Stay relaxed and observe how you communicate to the people in your environment today. As you go through the day, look at the situations where you feel free to communicate and the situations where you hold back. Take notes during the day as you gain insight into where you communicate in a relaxed manner and where you feel restricted or tense.

Today - Where did I hold Back:

Today - Where did I feel Free:
