



# New Spiritual Horizons<sup>SM</sup>

*Online Subscription and Home Study Program*

## **Lesson 1 - A World Of Experience**

### **Week 4 - Your Sea of Tranquility**

Your "Sea of Tranquility" is a spiritual state of being which is relaxed and in your feelings. Each time you go to your sea of tranquility you build up within yourself a pivot point of peace and inner strength that becomes a permanent part of your energy.

#### **Technique this week:**

1. Close your eyes. Put both feet flat on the floor. Take a deep breath and relax. Call your inner guidance close to you.
2. When you feel chills, or relaxed, visualise yourself floating serenely on a "sea of tranquility" where everything is relaxed and smooth.
3. Tune-into the feeling there. Let those feelings expand and grow until they wash away all feelings of negativity. Let yourself gently rock with the rhythms of your "sea."
4. Once you feel relaxed and peaceful, take a detached look at an experience in the past where you felt uncomfortable or anxious. Look at this experience from the point of view of your "sea." Do those feelings have a place there?
5. See yourself going through the same situation that caused the tenseness, but, this time, keep the feelings of your "sea of tranquility."
6. Come back and write down the feelings of what you experienced.

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#### **Regrouping Lesson 1:**

Pick a day this week after doing the above technique and regroup lesson 1 by re-reading the lesson and review your worksheets and notes. Reflect - What are you learning about yourself?

What have you learned about staying true to your pivot point (those inner convictions)?

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What feelings do I experience when I remember that I am a soul having a human experience?

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