



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

*Online Subscription and Home Study Program*

## **Lesson 3 - Foundation**

### **Week 1 - You and Your Environment**

Personally Cleanse. If you are not familiar with our Personal Cleansing Technique or need a refresher, access our video to learn, visit [newspiritualhorizons.com/cleansing](http://newspiritualhorizons.com/cleansing)

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

1. List the ways you are a part of your surroundings.

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Go outdoors, sit quietly by yourself and meditate on ways you are a part of your surroundings. Observe and become aware of the sunlight, the sky, growing things — everything around you.

2. What did you learn about your feelings, your inner nature? Write your answer.

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3. How have you been keeping yourself from enjoying these simple yet important realities about yourself?

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