



New Spiritual HorizonsSM

Online Subscription and Home Study Program

Lesson 2 - Lines of Communication

Week 1 - Discernment

The following techniques will help you discern both your own inherent energy and the energy of your parents (or whoever raised you in your first seven years), so you can see how these people have influenced your life . . . and might still be influencing it now on an unconscious level.

As everyone always does "the best they know how," be aware that this discernment is not to judge anyone or to be devoted to anyone. It is simply to help you see what is you and what is not you.

Technique this week:

Sit down in a comfortable chair where you will not be interrupted. Take several slow, deep breaths, inhaling through your nose and exhaling through your mouth to help you relax more deeply. Think about cleansing yourself of all tension, negativity and worry. Think of inner peace as you breathe in and out.

When you feel an inner calm and glow, tune into your inner guidance to help bring back to your mind experiences from your first seven years that are hindering you in your life today.

1. Bring your mother (or mother-figure) to your consciousness. Ask your spiritual helpers to bring to your mind a childhood experience from your first seven years that stands out for you. Write down your feelings about what happened in that experience.

2. Bring your father (or whoever was your father image) to your consciousness. In the same way, bring to your mind a childhood experience that stands out for you in your first seven years. Write down your feelings about the experience.

3. What situations today stimulate similar feelings in you now? Write down your insights.
