



New Spiritual HorizonsSM

Online Subscription and Home Study Program

Lesson 2 - Lines of Communication

Week 2 - Inner Communication: What Are Your Motives?

Communication is blocked when you do not clearly understand your motives in your relationships with others.

If you are involved in possessiveness or wanting to be taken care of, you are sure to stimulate problems in your communication.

If you try to save people, you cut off communication with impatience.

As always, an attitude of live and let live stimulates free and open communication.

Technique this week:

Communication

Meditate on an area in your own life having to do with communication.

Ask yourself these questions:

1. How can I communicate more clearly with other people around me?

2. In what ways am I in too much of a hurry and rush through areas of communication?

3. In what areas do I become stubborn and block the energy in my communication?
