



New Spiritual HorizonsSM

Online Subscription and Home Study Program

Lesson 3 - Foundation

Week 2 - Your Prized Possessions

Re-Read Lesson 1 material. Relax and ensure you are 100% cleansed. If you are not familiar with our Personal Cleansing Technique, access our video to learn, visit newspiritualhorizons.com/cleansing

Technique this week:

If you were to pass on or graduate from planet earth tomorrow, what would be the six material possessions most difficult for you to part with?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

If you were to pass on from planet earth tomorrow, who would be the three people most difficult for you to release? Write your answer.

Meditate on how can you learn to release these possessions and these people while you are still here on earth, and not be possessive of them? Write your answer and experience when you were meditating.
