



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

*Online Subscription and Home Study Program*

## **Lesson 3 - Foundation**

### **Week 3 - True Feelings Not Directing Your Energy?**

You can discern when your true feelings are not directing your energy.  
You will begin to feel edgy.

When you detect a new thought coming in, check immediately whether it is from your inner guidance or your true feelings before you accept it as your own.

To help you stay relaxed and attuned to your guidance, take some deep breaths and let yourself relax.

The sooner you recognize energy in your electro-magnetic field which is not yours, the easier it is to release it.

### **Technique this week:**

#### **Memory & Childhood Experiences**

Ask your guidance to bring back to your memory a situation between the ages of 14 and 21 where you wanted to do something for yourself and you took the necessary steps to accomplish your goal. Describe your thoughts and feelings and the reactions of your parents.

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Cleanse. Tune into your feeling of calmness and peace within. Ask your guidance to take you back to ages of 0-7 years and to bring to your mind two or three situations where you were trying to be like your own mother or father in order to meet their standards.

Write down your experience.

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