



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

*Online Subscription and Home Study Program*

## Regrouping Questions for Lessons 1 - 3

As a result of your participation in the New Spiritual Horizons subscription you have been getting to know yourself better. You may feel more sensitive to the people and things around you and more aware of how you interact with them. By working with this material a more concrete, harmonious, and conscious partnership with your spiritual guidance is rapidly developing. Achieving a more balanced life is the goal. Through your commitment to understanding yourself, you are likely to be experiencing valuable insights.

The questions below are designed to regroup the progress you are making at understanding your true nature. Write the answers to the questions below in your notebook or on a piece of paper.

**Each time you visit these questions set aside, at least, 20 minutes and ensure you will not be interrupted or under time constraints. Find a place and position that is comfortable and that you feel secure, a setting that is buffered from outside pressures or influences. Personally cleanse yourself and the environment. Breathe deeply and freely. Ask for spiritual backing from your inner guidance.**

### Lesson 1 - A World of Experience:

1. Close your eyes and let your mind wander for a minute or two. Write down in summary form the first three thoughts that come to you.
2. Review the Lesson 1 material. Review any notes in your Lesson 1 journal. Make a list of 3 areas where your understanding of the balance of feeling and thought has been making a difference in your life.
3. What is starting to become more clear about your life plan? How is your resolve to pursue your life purpose manifesting itself?
4. Ask guidance to share with you two areas that you are spiritually solidifying and two areas where it will benefit you to spend more time and allocate more energy.

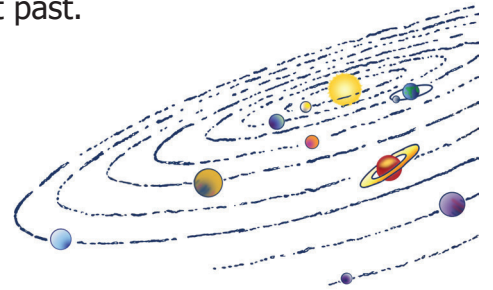




## Regrouping Questions for Lessons 1 - 3

### Lesson 2 - Lines of Communication:

1. Appreciate where you have been and what you have gained. Review the Lesson 2 material and any corresponding notes in your journal. Take a moment just to let your consciousness drift. See what memories from the last 3 months surface. Write your experience.
2. Close your eyes and go into meditation again. Make a list of the things, situations, or people that have stimulated worry or troubled thoughts in the recent past.
3. What steps have you taken to begin to heal these areas which tend to separate you from your true self?
4. Are there things which used to feel overwhelming or bother you that you are getting a better handle on?



### Lesson 3 - Foundation:

1. Know where you are going. Setting direction is important to being loyal to yourself in the present. It will accelerate the pace at which you change your habits for the better, and help you sense the growth in yourself. Review the Lesson 3 material and what you noted in your journal.
2. What are some of the challenges that you see facing you and keys to help you succeed with them?
3. How do you feel you could be at more peace with yourself and others?
4. Over the coming three months, what are some areas in which you seek spiritual and material accomplishment?
5. What is one key to strengthen and streamline your inner and outer communication? Is there a word or phrase, or picture, or sound or symbol, or sensation, that the universe can use as a signal system to bring this tip to your conscious mind and awareness?

