



New Spiritual HorizonsSM

Online Subscription and Home Study Program

Lesson 2 - Lines of Communication

Week 3 - Typical Patterns

The purpose of this technique is to help you identify outside feelings you usually pick up.

Technique this week:

Make a list during your day to help you identify the different feelings you experience. Write down your initial impression, in one of three columns, as to where the feelings came from. These feelings could come from one of the following:

1. Your true feelings - What you feel inside.
2. Your programming - What you have been 'taught' to feel
3. Influences from others - What you feel is being expressed.

True Feelings	Your Programming	Influences from Others



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Technique continued:

Set aside time each day to meditate on the feelings coming up during your day. Also, you can recheck your first impressions with your guidance.

In particular, concentrate on the third column, "Influences from others."

For each one you can break this down as follows:

1. Was this feeling from a member of your family?
2. Was this feeling from a close friend?
3. Was this feeling from someone you work with?
4. Was this feeling from an acquaintance?

Once you have determined where the feelings are coming from you can decide whether you wish to accept that feeling or get involved with it anyway. If you decide not to get involved, visualise snipping it away with an imaginary pair of scissors. If you decide to get involved, then take action. You might want to call the person or even act without contacting them personally.

At the end of the week, summarise in three sentences what you have learned about yourself from doing this technique.
