



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

*Online Subscription and Home Study Program*

## **Lesson 4 - Navigating Clear Courses**

### **Week 2 - Definitions and Experiences**

Re-Read Lesson 4 and pay close attention to where the intellect and feelings are described. Then continue with this worksheet. You will demonstrate to yourself the difference between intellect and feeling.

#### **Technique this week:**

First write your definition of the word "Mother". Put down the meaning of the word as it would be explained in the dictionary.

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Then, find a quiet space to take a few minutes and relax in meditation. Close your eyes and bring to your consciousness your Mother (or whoever raised you.) Identify one of your childhood experiences with your mother that stands out in your mind. Write down your feelings about this experience.

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Using this simple practice the definition you give is the intellectual interpretation of the word and the experience you described comes from your inner feelings. The feelings are often the most difficult to deal with because we tend to protect them so we will not get hurt.

Experience this technique many times with a word of your choosing. If you know the difference between the intellect and feelings you will be navigating clear courses in your life.