



New Spiritual HorizonsSM

Online Subscription and Home Study Program

Lesson 4 - Navigating Clear Courses

Week 3 - Checking Your Relaxation Level

How would you like to find out more about your level of relaxation? Revisit this worksheet everyday and practice the relaxation technique.

Technique this week:

Become aware right now of your own physical body. Take inventory of its current state.

Look at your hands -- are they clenched or relaxed?

Is your jaw set or relaxed?

Are your shoulders tense or loose?

Write down what you find.

Here is a way to become more relaxed.

Take a number of slow, deep breathes, inhaling through your nose and exhaling through your mouth. Think about cleansing yourself of all tension, doubt , negativity and worry.

Then think of inner tranquility and peace as you breathe.

How do you feel? Write down your experience.

Whenever you find yourself becoming upset and too concerned about something, try this simple technique so that you are able to maintain a more relaxed state of consciousness in your daily life.