



New Spiritual HorizonsSM

Online Subscription and Home Study Program

Regrouping Questions for Lessons 4 - 6

Your continued commitment to yourself has expanded your spiritual real estate on planet earth and in the universe. Persist, be resolute. By remaining steadfast, you can cement your gains. Realize that your aura has been gradually swelling, so that it touches more people and more things, at a greater distance. This has enabled you to sidestep emotions which would have infringed on you in the past—to respond, rather than react. There is a growing need to prioritize, to direct your time and energy more toward things of genuine significance and less toward trivia. Probably you sense even more New Spiritual Horizons for yourself.

Lesson 4 - Navigating Life:

Let's take stock of where you are. Set aside 20 minutes a couple of days in a row to regroup with these questions. Ensure during this time 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.

Cleanse yourself personally. Remember to breathe deeply and freely. Call your inner guidance close and ask for spiritual backing.

1. How have things been going for you? Make note in your journal of any "highs" or "lows" that come to mind.
2. Review the Lesson 4 material. Review any notes in your Lesson 4 journal. Make a list of 3 areas where you were stimulated by someone to succumb to a familiar emotional habit pattern.
3. Identify any changes in how you feel, and show, respect for your rights and the rights of others?
4. What causes you to be impatient with yourself or others? What do you do to restore your patience?





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Lesson 5 - Wayshower:

1. Close your eyes and go into meditation again. See if you can come up with an inventory of recurring circumstances that tend to make you feel guilty or obligated, and which you are making great strides in releasing.
2. Ask your guidance to share three ways in which your mother and father or whoever raised you let themselves be controlled by the expectations of society?
3. What is the difference between giving for giving's sake and giving because you want something from someone, as that has played out in your life?



Lesson 6 - Harmony

Concrete goals, large and small, provide motivation. Breaking down the steps to get there is essential. The key is to be patient, with yourself and others . . . but not too patient. Don't forget to seek guidance on maintaining a healthy cadence and a good equilibrium. Review the Lesson 6 material and what you noted in your journal and worksheets.

1. Meditate for a couple of minutes about situations and people where you could listen a little more, write down what you pick up.
2. Take some time and envision your future, create a series of pictures and snap shots of future events. Write in your journal your insights, feelings and perhaps some goals for your future.
3. Think of someone you admire. How could you unfold more in yourself the qualities you see demonstrated by this wayshower?
4. Each morning for the upcoming few days, pick one area where you have been holding back and need to take the plunge. What are a couple of candidates for limitations you'd like to start shedding?