New Spiritual Horizons SM

Online Subscription and HomeStudy Program

Lesson 7 - Respect Your Sensitivity
Week 2 - Self-Respect

Read Lesson 1 material. Relax and ensure you are 100% cleansed. If you are not familiar with our Personal Cleansing Technique, access our video to learn, visit newspiritualhorizons.com/cleansing

Technique this week:

Regardless of the cycle you are in, the following questions are designed to help you take a look at yourself and stimulate thoughts and feelings from your conscious and unconscious mind.

Cleanse, relax and meditate on the thoughts and experiences that each question brings to your mind. Write down your answers.

What is my definition of self-respect?

In what ways can I improve on my self-respect?

How can I realize a greater peace within myself?

What situations give me a feeling of inner security?

In what ways could I express more kindness?

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