



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

*Online Subscription and Home Study Program*

## **Lesson 8 - Two Worlds at Once**

### **Week 1 - How An Authority Figure Affects Your Communication**

When you make someone into an authority figure, you create a situation of greater and lesser, which causes a feeling of separation. You could be making an authority figure if you do not feel free to express how you really feel. You may not communicate for fear of being rejected. If you are more concerned about what the person will think of you, you will not be your real self.

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

Let's take a look at your parents influence. Answer each of the questions below.

What did your parents want you to become when you grew up?

How does that differ from what you actually have done with your life?

What are your feelings about living up or not living up to their expectations?

What did you do (or, what do you intend to do) during the cycle of 21-28 years?