

# Creating a New Vision for Humanity

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Chapter 28

“Powers of Unfoldment” p. 335

## “Destroy the Walls Around You”

### Exercise—

To unfold your consciousness and to expand it further, do the following exercise:

1. Close your eyes and relax.
2. See how the cells and atoms of your bodies try to build the mechanism of your manifestation.
3. Think how you as a cell exist in the body of a nation and in the body of one humanity.
4. Visualize how you relate to the best of your nation and humanity.
5. For at least three minutes feel yourself as humanity.

In doing this exercise sincerely you may destroy many walls around you that were causing you to suffer, to be unhealthy, unhappy, and a failure in your life. Why not choose the path of right relations, harmony, cooperation, joy, success, and freedom.



PUBLISHED BY TSG PUBLISHING FOUNDATION, INC.

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