



# 15 Times Exercise

Sri Harold shares this special spiritual exercise, based on the principle of focusing on a goal. You do it by writing a clear goal down, fifteen times every day. You can do this with a spiritual goal, like "I am a healthy, happy, spiritual person." Or you can say, "I travel in my dreams." Use the present tense, and keep it short so you'll write every day. This exercise helps you open the windows of your world and invite Divine Spirit to begin making changes in your life.

Write your statement every day. Then watch the little things that start happening. Events will start to shape themselves where you have new choices. It's up to you to make the right choices, but doors will open for you.

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- 15.