

Reaching New Heights

By Shaya Ostrov, author of *The Menucha Principle*

The GuardYourEyes Reaching New Heights program consists of ten progressive steps to guide you toward your personal freedom. The ten sessions in this series are self-guided, and you determine your own pace.

The videos, questions, and daily assignments are all designed to intensify your focus and awareness on your ability to experience and practice your personal freedom like never before. However, sticking with the program's very clear guidelines is essential to achieving this wonderful life goal. You'll experience your relationship with Hashem and everyone you know in a new light of personal freedom.

Your journey toward personal freedom is about to begin. You are about to begin achieving new heights in your life!

To share feedback about this program please write to heights@guardyoureyes.org.

Program Guidelines

1. Use the links in the table below to access the program materials.
2. Practice each session in sequence.
3. We suggest you practice each session for 3 to 7 days before progressing to the next session.
4. Each session has a worksheet with a list of questions. You must answer the questions for each session, as they are key to achieving personal freedom.
5. If you wish you can choose a partner to accompany you through this program.

Session		Full Video	Meditation Only	Worksheet
1	My Neshama Awareness	Watch · Listen	Watch · Listen	Download (includes sample)
2	The Eyes	Watch · Listen	Watch · Listen	Download
3	My Inner Light	Watch · Listen	Watch · Listen	Download
4	Rejoining the Circle	Watch · Listen	Watch · Listen	Download
5	FACT (Life Skill #1)	Watch · Listen		Download
6	FLAG (Life Skill #2)	Watch · Listen		Download
7	ORI (Life Skill #3)	Watch · Listen		Download
8	Centering (Life Skill #4)	Watch · Listen		Download
9	The Pulse of Life (Life Skill #5)	Watch · Listen		Download
10	The Breath of Life (Life Skill #6)	Watch · Listen		Download
				Download All
<p>You can also download the Reaching New Heights materials on Google Drive. To listen to an audio version of this program on the go, call 1-646-493-6600 ext. 40.</p>				

Reaching New Heights Support

You can reach out for assistance or join a support group that will allow you to share your experience and receive chizuk from others in the program. The support group will provide you with complete anonymity.

Please contact either of these support group mentors for more information: icguardyoureyes@gmail.com or everton.dias@gmail.com