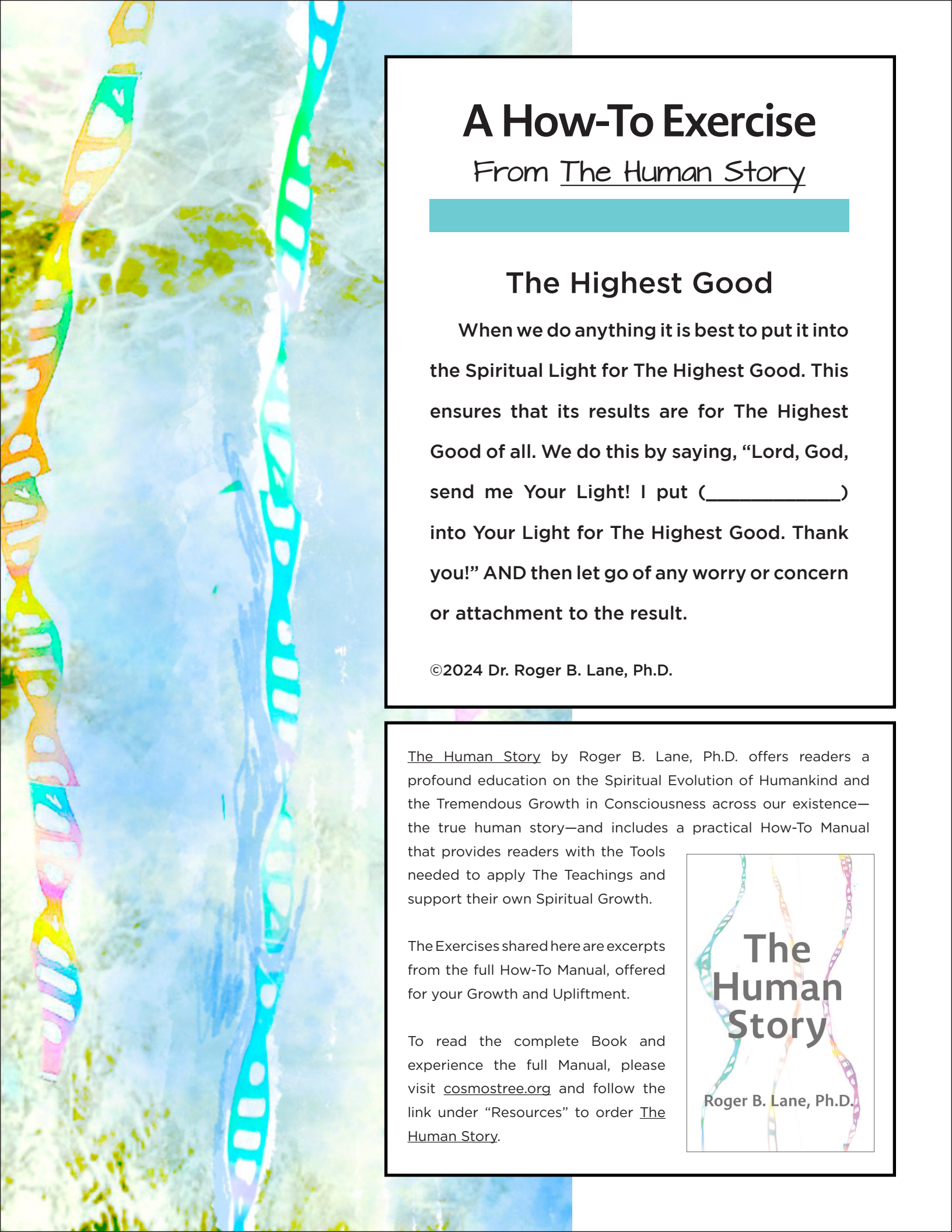




A How-To Exercise

From The Human Story

The Highest Good

When we do anything it is best to put it into the Spiritual Light for The Highest Good. This ensures that its results are for The Highest Good of all. We do this by saying, “Lord, God, send me Your Light! I put (_____) into Your Light for The Highest Good. Thank you!” AND then let go of any worry or concern or attachment to the result.

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The Human Story by Roger B. Lane, Ph.D. offers readers a profound education on the Spiritual Evolution of Humankind and the Tremendous Growth in Consciousness across our existence—the true human story—and includes a practical How-To Manual that provides readers with the Tools needed to apply The Teachings and support their own Spiritual Growth.

The Exercises shared here are excerpts from the full How-To Manual, offered for your Growth and Upliftment.

To read the complete Book and experience the full Manual, please visit cosmostree.org and follow the link under “Resources” to order The Human Story.

