

A COURSE
IN
ABUNDANCE
&
HAPPINESS



with

Peggy Lee Hanson

based on the works of

Charles Hannel, *The Master Key System*

and

William Gladstone, Richard Greninger, John Selby, *Tapping the Source*



WHO IS PEGGY LEE HANSON AND WHY SHOULD YOU LISTEN TO HER?

Peggy Lee Hanson was thrown into the world of transition when Delta Airlines first merged with Northwest Airlines in 2009. She has since become an expert at helping others experiencing loss of any proportion, mentoring and guiding them through their journey with proven strategies, compassion, and support.

She says, “As a personal transition strategist, I inspire, encourage, support, and compassionately help individuals, especially women, suffering through change to quickly and easily attain the life of their dreams that they are meant - and deserve - to live. “

PeggyLee Hanson is an empowering Speaker in demand, multi-time Best-selling and International Author on Amazon.com, writing her own books and contributing to several others. She has been featured on the cover of yet another and quoted in a personal journal.

She is also CEO and Founder of [Courageous Women Publications](#), a subsidiary of Personal Transition Guidance, LLC, publishing works of entrepreneurs and individuals who desire to share a message or their expertise with the world. PeggyLee has combined her talents as writer and publisher with her coaching business. And that makes a winning combination for anyone who works with her. She has published more than 100 books and created over 50 best-selling authors.

PeggyLee is married to her husband of 40+ years; they have three grown children whose own families are expanding. She enjoys speaking, writing, reading, music, puzzles, board and card games, traveling, watching sports and, of course, people.

Connect with PeggyLee here:

[Email](#) [Website](#) [Facebook](#) [LinkedIn](#) [YouTube](#) [Amazon](#)

“You will see, you must see, that we are at the dawn of a new day; that the possibilities are so wonderful, so fascinating, so limitless as to be almost bewildering....Any man with a knowledge of the possibilities contained in the Master Key has an inconceivable advantage over the multitude.”

~ Charles F. Haanel

You can use as much or as little time necessary to contemplate Part 1. However, I would recommend to set aside at least an hour, to first read through the material in its entirety, and then go back to explore in detail any thoughts or feelings that bubble up. Use the journal provided to record your findings.

Introduction

Charles F. Haanel's *The Master Key System*, along with Wallace D. Wattles' *The Science of Getting Rich*, has been claimed the basis for Rhonda Byrne's book and film, *The Secret*, and Napoleon Hill's *Think and Grow Rich*.

Haanel first created this system as a 24-week correspondence course in 1912, and then published the lessons in book form in 1916.

The 24 exercises / lessons from Charles Haanel include:

1. Sitting still
2. Inhibiting all thought combined with previous exercise
3. Releasing physical tension combined with previous exercises
4. Letting go of all negative emotions combined with previous exercises
5. Visualising a pleasant place
6. Remembering details from a photo of someone
7. Visualising positive facial expressions on the face of a friend
8. Visualising everything that leads to the construction of a battleship
9. Visualising a flower growing from seed
10. Visualising certain geometric forms
11. Concentrating on a quote from the Bible; Mark 11:24: *"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."*
12. Contemplating your unity with Omnipotence
13. Contemplating being part of the Whole
14. Focusing on harmony
15. Contemplating the fact that knowledge needs to be applied to be useful
16. Contemplating that happiness and harmony are states of consciousness
17. Focusing on the object of your desire
18. Focusing on your power to create – create a logical basis for your faith
19. Total concentration on what you want
20. Focusing on "In Him we live and move and have our being"
21. Focusing on truth
22. Concentration on a Tennyson quote: *"Speak to Him, thou, for He hears, and spirit with spirit can meet, Closer is He than breathing, and nearer than hands and feet."*
23. Contemplating the fact that man is a spirit with a body
24. Realising that this is a wonderful world

The author of *The Master Key System* wrote the book as a 24-week class for anyone desiring abundance and happiness. This book is a public domain work, which means you can access the book at no cost. However, be aware that copyright laws may apply. Coaches and mentors have

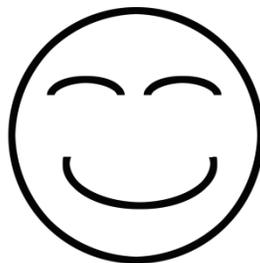
used Haanel's work, such as Gladstone, Greninger, and Selby have, to share their knowledge and expertise, as I am doing in the weeks to come.

Where Haanel's course included 24 chapters, or parts, as he called them, the authors-three have broken down the work into four parts and 18 chapters. My *A Course in Abundance & Happiness* will be somewhere in between.

The authors of *Tapping the Source* allow the reader to form a group of other readers to discuss the point of the book. I absolutely love, and very much appreciate, this generosity. This concept gives way to coaches and mentors, like myself, to do what we do best—learn and then teach what we learn.

It is my hope and vision that by the end of this course you will be in total manifestation of your own abundance and happiness. The exercises within are meant to accomplish that by tapping the source of wisdom through the accessing of your inner voice, which holds the answers to every question you have.

Let's begin, shall we?



Exercise One: Your Desires

This exercise asks a series of 5 questions. I highly recommend to, immediately write or type, your response. Do not edit your thoughts. For what comes to mind first is your inner voice telling the truth, sans any judgment, forethought, or ridicule. You are allowed a full page to answer, but do not let that intimidate you. Some days you may write more, or not so much. Give yourself a break and honor wherever you are. Once your thoughts cease to flow, you are done with the response. Feel free to move on to the next question.

You can either:

1. print off this set of pages and then hand write your responses, saving in a binder, or
2. type your responses within the online document (hint: when you get to the end of each line, depress the tab key to move to the next line) and either:
 - a. save in a file
 - b. print off and save in a binder

Now Breathe

You did great work!

Perhaps emotions began to bubble up and out that were uncomfortable, though.

Take this time right here and now to sit back, get quiet, and relax. Read through the directions on what to do next before actually doing the release.

If you feel safe enough, close your eyes, take in a deep breath, to inhale all of the good that came from this exercise.

And then, slowly, exhale, ridding and releasing your body of the bad feelings or self-judgment that might have shown up. While blowing the air out, mentally give a substance to your breath, and watch the negativity dissipate into the distance.

Do this exercise 3 times.

Ahhhhh.

Perfect!

Honor your feelings in what you might do next. If you want to journal more thoughts, do so. If you're good to go for the day, wonderful!

Thank you so much for placing your trust in me while we walk this journey together.

Lots of love and many hugs,

Peggy Lee

