A COURSE
IN
ABUNDANCE
&
HAPPINESS

JOURNAL 1



with

PeggyLee Hanson

based on the works of

Charles Hannel, The Master Key System

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WHO IS PEGGYLEE HANSON AND WHY SHOULD YOU LISTEN TO HER?

PeggyLee 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 <u>Courageous Women Publications</u>, 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.

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"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. 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.



Date					

The Master Key System 3:1-4

"The cerebro-spinal system is the organ of the conscious mind and the sympathetic [system] is the organ of the unconscious."
When explained in this manner, and that's because of these two systems, the practice of chiropractic medicine becomes clearer. Our entire body operates through these two systems. What thoughts will you send to your cerebro spinal system that will, once received by your Solar Plexus, become truth?



Date						

The Master Key System 3:5-7

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"This energy	ic voru roal	onorau and	thic cun	ic a vor	u roal cun
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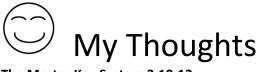
Eastern medicine also sees the solar plexus as the core of our being. Chakras are designated within the upper body
and torso that distinguish the light, the energy of all controlled. With regard to the personal magnetism described and
generated by this power, recall and record as many instances possible when you've had a pleasant sensations meeting
someone.



Date							

The Master Key System 3:8-9

"If there is any interruption of this radiationthis is the cause of every ill to the human race" One of my coworkers many years ago told me if there is something not right with my life, the dis-ease has to conout or be removed, thereby leave my body in one way or another. Contemplate times when you've been sick. Can you relate those instances to a stressful situation? Write them below and any thoughts you have to this awareness.	
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The N	Master	Kev	System	3:10-13

Date					

the subconscious can and will carry out such plans and ideas as may be suggested to it by the conscious mind." Simply and as posed in item 13, how will you let your light shine to generate this energy?					
					
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The	Master	Kev	System	3:14-15

Date		
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"It is this personal devil which makes men fear the past, the present, and the future; fear themselves, their friends, and their enemies; fear everything and everybody." What do you fear most? What else are you afraid of? Ponder your thoughts and write them below. Don't leave anything out, and above all, do not self-edit.



Date
Date

The Master Key System 3:16-21

'When you find that you are really one with the Infinite power…fear will have been destroyed and you will have come nto possession of your birthright."						
How will you use this newfound power and infinite strength to gain what you desire?						



Date					

The Master Key System 3:22-28

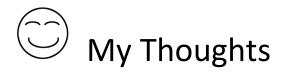
"Mentally concentrate on the object of your desire: when you are concentrating you are impressing the subconsciousit
is the method which is producing such extraordinary results that many think miracles are being accomplished."
In some circles, those miracles are termed as manifestations. You actually make your desires, wants, and wishes
come true. Reflect back to see if anything such as this has happened to you. Write about all of the occurrences below.



Date							

The Master Key System 3:29-33

Physical relaxation enables the blood to circulate freely to and from the brain and body." It is now time for this week's exercise. Return here after each time to record your thoughts.							



Date						

You have come to the end of Part 3. Look at all the deep work you've accomplished!

breathe. breathe.

My Thoughts	Date