# A COURSE

IN

ABUNDANCE

&

HAPPINESS

JOURNAL

PART 19



with

**PeggyLee Hanson** 

based on the works of

Charles Haanel, 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.

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. 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.



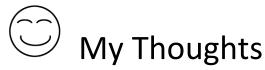
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## The Master Key System 19:1-4

"In seeking the truth we are seeking ultimate cause; we know that every human experience is an effect; then if we may
ascertain the cause, and if we shall find that this cause is one which we can consciously control, the effect or the
experience will be within our control."

Sit with the above quote for a minute, and then read it again. "Every human experience is an effect." What have you caused that which has resulted in an effect? In other words, what have you done to get what you wanted and, ultimately, what got you to where you are today?				

My Thoughts	Date



Date	

The Master Key System 19:5-9

"we speak of Mind and Matter as two separate entities	, but clearer insight makes it evident that there is but one
operative principle and that is Mind."	

You've learned along this journey that the mind is the creator of all there is. Thought is the mechanism that which brings about change, actual physical change. Feeling blah? Change your thoughts to "I am happy." The atoms and molecules in your body begin to reflect that change in thought. Record below the thoughts you have that you would like to change. Make sure you write down the affected result.				

My Thoughts	Date



Date		

## The Master Key System 19:10-19

"We are in the presence of continual change, and we know that this change is but the evolution of the Universal Mind,
the grand process whereby all things are continually being created anew, and we come to know that matter is but a form
which Mind takes and is therefore simply a condition."

thought would start you on that Journey to your best life?	Change your thoughts, change your mind. Change your mind, change your brain. Change your brain, change your life. In every single aspect. Physical. Mental. Moral. Spiritual. What one thing would you change in each? What one thought would start you on that Journey to your best life?				

My Thoughts	Date



Date		

## The Master Key System 19:20-24

"Thought is the vital force or energy which is being developed and which has produced such startling results in the last
half-century as to bring about a world which would be absolutely inconceivable to a man existing only 50 or 25 years
ago."

Could you have imagined 50 or 25 years ago a world of cell phones or digital communications as you know them today? Put your imagination to the test. What, to make your life easier, would be an invention you would create? Give it					
all the details below, such as how it would help, who, and why.					

My Thoughts	Date

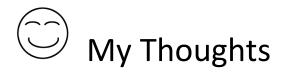


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### The Master Key System 19:25-29

"You take the necessary time to eat in order that the body may be nourished, why not take the time to assimilate your mental food? Let the thought rest on the fact that the appearances are deceptive. The Earth is not flat, neither is it stationary; this sky is not a dome, the sun does not move"  Your exercise this week is to concentrate on the object of your thought. Be conscious of nothing else. Retire to you usual chair, if necessary. Come back to this journal to log your thoughts.					

My Thoughts	Date



Date						

Tou have come to the end of Part 19. Look at all the deep work you ve accomplished! You're doing great!
Breathe. Breathe.

My Thoughts	Date