

A Course

in

Abundance

&

Happiness

**JOURNAL**



**with**

**PeggyLee Hanson**

**based on the works of**

**Charles Hannel, *The Master Key System***

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 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](http://www.courageouswomenpublications.biz/), 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:

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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 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.

**The Master Key System 1:1-7**

“The world within is governed by mind. When we discover this world we shall find the solution for every problem, the cause for every effect….”

I don’t like to admit it, but the problems and woes, though few, in my life, are of my own doing, my own creation. So, it makes perfect sense that only I have the power and control to solve them, too.

What problems are you now experiencing where you had a hand in creating? What can you now do to solve those problems?

**The Master Key System 1:8-21**

“The world without is a reflection of the world within.”

When thinking happy thoughts, those thoughts reflect what we see outside. Take this photo for instance. I love snow and could not wait to share this beauty that was outside my window. But if you don’t like snow, or have an aversion to it or cold weather, then you may only see cold, wet, slippery roads, or a longing for springtime.

What if, for the moment, you could see something positive about the snow, or something else that doesn’t sit well with you? What would they be now?

**The Master Key System 1:22-23**

“It is through the subconscious that we are connected with the Universal Mind and brought into relation with the Infinite constructive forces of the Universe…. Our future is entirely within our own control. It is not at the mercy of any capricious or uncertain external power.”

You hear stories of this master key. Stories of cancer survival or complete obliteration thereof, of physical power lifting cars off someone trapped beneath. If your future is entirely within your power, how would that look like? Be very specific in your response.

**The Master Key System 1:24-28**

“All agree that there is but one Principle or Consciousness pervading the entire Universe… It is all powerful, all wisdom and always present.”

Some may call this Presence God, Source, Spirit, or other name. No matter what you call it, this presence is within you, within all of us. It is this very reason we are alike---human---or as Haanel puts it, “having the Cosmic Mind.”

Contemplate for a moment, the Omnipotent, the Omniscient, and the Omnipresent Consciousness. This, to me, is God, without the teachings of the Bible, Koran, or any other book created and written by man. It’s just that Pure Energy. What do you see? What do you feel when Presence is upon you?

**The Master Key System 1:29-34**

“Mind is static energy, thought is dynamic energy - the two phases of the same thing. Thought is therefore the vibratory force formed by converting static mind into dynamic mind.”

Dynamic, in this use, means ever-changing. You have the ability to control your mind by the thoughts you think. It is your choice what your thoughts are, and once you control your thoughts in all situations, you have mastered “the fundamental basis in all things.”

Recall a situation where your thoughts ran wildly rampant. Describe what went on, in detail. What might have been one single thought that could have turned that situation around?

**The Master Key System 1:35-40**

“The world within is the cause, the world without the effect; to change the effect you must change the cause.”

Here’s an example. Many years ago while in the corporate environment, I had a nemesis. No matter what I would do, she would never leave me alone, always causing some sort of disruption to my life. Until, one day, I realized, I could not change her. I could only change myself. That one single thought changed my life, exponentially. I became stronger, stood up for myself, and did not look to my coworkers to do that for me. I looked within at the cause of my frustration, fixed it, and therefore, changed my world without.

Think of a situation now where you feel you aren’t in control. Look within yourself to see a cause. How can it be fixed or changed that will affect your world without?

**The Master Key System 1:41-45**

“In order to express life there must be mind; nothing can exist without mind. Everything which exists is some manifestation of this one basic substance….”

If you did the previous exercise, you found that you could replace adversity with acceptance, lack with abundance, or sadness with happiness. It takes practice to learn the control, yet, once mastered, you can make anything happen in your world without.

Continue to sit quietly, as Haanel suggests, each day. After the time has passed, log your thoughts. You will be surprised at the growth experienced in your world. Note how it has changed your world without.

***You have come to the end of Part 1. Look at all the deep work you’ve accomplished!***

***Breathe. Breathe. Breathe.***