

A Course

in

Abundance

&

Happiness

**JOURNAL**



**with**

**PeggyLee Hanson**

**based on the works of**

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

Copyright © 2023 PeggyLee Hanson. All rights reserved. No portion of this book may be reproduced mechanically, electronically, or by any other means, including photocopying, without written permission of the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission from the publisher.

**Limits of Liability and Disclaimer of Warranty**

The author and publisher shall not be liable for your misuse of this material. This book is strictly for informational and educational purposes.

**Warning – Disclaimer**

The purpose of this book is to educate and entertain. The author and/or publisher do not guarantee that anyone following these techniques, suggestions, tips, ideas, or strategies will become successful. The author and/or publisher shall have neither liability nor responsibility to anyone with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this book.

 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 [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:

[**Email**](mailto:peggylee@peggyleehanson.com)[**Website**](http://www.peggyleehanson.com) [**Facebook**](http://facebook.com/PeggyLeeHanson)[**LinkedIn**](http://linkedin.com/in/peggyleehanson)[**YouTube**](http://youtube.com/PeggyLeeHanson)[**Amazon**](http://amazon.com/author/peggyleehanson)

“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.

**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?

**The Master Key System 3:5-7**

“This energy is very real energy, and this sun is a very real sun

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.

**The Master Key System 3:8-9**

“If there is any interruption of this radiation...this 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 come out 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.

**The Master Key System 3:10-13**

“...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?

**The Master Key System 3:14-15**

“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.

**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 into possession of your birthright.”

How will you use this newfound power and infinite strength to gain what you desire?

**The Master Key System 3:22-28**

“Mentally concentrate on the object of your desire: when you are concentrating you are impressing the subconscious...it 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.

**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.

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

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