A Course

in

Abundance

&

Happiness

**JOURNAL**

**Part 17**



**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 [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. 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 17:1-4**

“The vibrations of mental forces are the finest and consequently the most powerful in existence. To those who perceive the nature and transcendency of mental force, all physical power strikes into insignificance.”

The power of thought...a strength of a hundred men cannot win against. The even, unbroken flow of thought, while in the deepest concentrated effort, is no match, even for Hercules. Record below how your concentrated thought process is a stronghold for manifesting your dreams and goals

**The Master Key System 17:5-11**

“Concentration is much misunderstood; there seems to be an effort or activity associated with it, when just the contrary is necessary... Such concentration leads to intuitive perception and immediate insight into the nature of the object concentrated upon.”

Haanel uses the example of how an actor places himself inside the character he is playing to come across as that person. What character do you need to portray to become the person, to be, to have, all that you desire?

**The Master Key System 17:12-17**

“The mind may place the ideal a little too high and fall short of the mark; it may attempt to soar on untrained wings and instead of flying, fall to Earth; but that is no reason for not making another attempt.”

What is the thought you desire to bring to life? The more persistent you are, and the more concentrated effort you employ, will take you “into a realization of the joy…” Record your concentrated thoughts below.

**The Master Key System 17:18-20**

“All of us are dynamos, but the dynamo itself is nothing; the mind must work the dynamo; then it is useful and its energy can be definitely concentrated.”

How can you harness the power, the dynamo, of your mind to overcome the “conflict between the higher and lower self”?

**The Master Key System 17:21-27**

“If you concentrate on some matter of importance the intuitive power will be set in operation, and help will come in the nature of information which will lead to success.”

What one thing or desire do you have your sights set on to come true? It can be something different than previously declared. Record the thought below. State it aloud. Concentrate on it becoming so. Also recorded below other thoughts, ideas and insights received from your unconscious mind.

**The Master Key System 17:28-32**

“Premature wealth or position cannot be retained because it has not been earned; we get only what we give, and those who try to get without giving always find that the law of compensation is relentlessly bringing about an exact equilibrium.”

How often do you look for a freebie, a deal where you pay nothing to get something? Have your thoughts changed due to the increased knowledge and awareness in the law of cause and effect? Contemplates this idea for a moment, and then, begin to record your thoughts below.?

**The Master Key System 17:33-37**

“If you wish to eliminate fear, concentrate on courage. If you wish to eliminate lack, concentrate on abundance. If you wish to eliminate disease, concentrate on health...Thought is the property of those who can entertain it.”

Your assignment this week is to simply concentrate. No concerted effort is required. “Let the thought dwell upon your object, until it is completely identified with it, until you are conscious of nothing else.” Record your results below.

***You have come to the end of Part 17. Look at all the deep work you’ve accomplished! You’re doing great!***

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