A COURSE

IN

ABUNDANCE

&

HAPPINESS

JOURNAL

PART 20



with

PeggyLee Hanson

based on the works of

Charles Haanel, 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 <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.

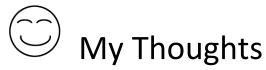
Connect with PeggyLee here:

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.

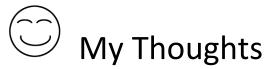


Date		

The Master Key System 20:1-6

"the scepter of power is consciousness, and thought is its messenger, and this messenger is constantly holding the realities of the invisible world into the conditions and environments of your objective world." Haanel goes on to say that, "The Secret of power is the perfect understanding of the principles, forces, methods, and combinations of Mind, and a perfect understanding of our relationship to the Universal Mind," and that these principles are set, unchangeable. What do you know for sure? What principles are not up for negotiation?		

My Thoughts	Date

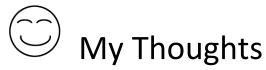


Date	

The Master Key System 20:7-12

What is your dream? Wh	nat is it you desire most? Call it to mind in its fullest of form, and then, record the details
low.	action to you desire most. Can'te to mind in its failest of form, and then, record the details
iow.	

My Thoughts	Date



Date		

The Master Key System 20:13-19

"To become inspired means to get out of the beaten path, out of the rut, because extraordinary results require	
extraordinary means. When we come into a recognition of the Unity of all things and that the source of all power is within, we tap the source of inspiration."	
Oftentimes the ordinary, the everyday grind, gets old, out of whack, stops providing what you long for.	
"Extraordinary times call for extraordinary measures." What might that be for you? Record your thoughts below.	
Extraordinary times can for extraordinary measures. What might that be for your Record your thoughts below.	

My Thoughts	Date



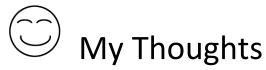
Date		

The Master Key System 20:20-24

"We can live more abundantly every time we breathe, if we consciously breathe with that intention	so that every time
we breathe we breathe this life, love, and spirit."	

Breathing is important. Yes, you use the process to fill your lungs with air, but breathing is also used as a centering mechanism for gaining equilibrium. And, as Haanel also says, the "opportunity of making a conscious connection with All Life, All Intelligence, and All Substance." Sit for a few moments and concentrate on this connection, while monitoring your breathing. Then record your findings, feelings, and emotions below.		

My Thoughts	Date



Date		

The Master Key System 20:25-27

"This 'breath of life" is a superconscious reality. It is the essence of the 'I am.' It is pure 'Being' or Universal Substance, and our conscience Unity with it enables us to localize it, and this exercise the powers of this creative energy." This breath, this Power Of Consciousness, can be used to free yourself from disease, to remove any and all lack of limitation. In which areas of your life could this be useful to you? List them along with the why and the how you would accomplish these breaths.					

My Thoughts	Date



Date		

The Master Key System 20:28-31

"The power to think consecutively and deeply and clearly, is an avowed and deadly enemy to mistakes and blunders
superstitions, unscientific theories, irrational beliefs, unbridled enthusiasm, fanaticism."

you know that you are you going to do with i		at superpower is	the exact sun

My Thoughts	Date



Date

Y	ou have come to the end of Part 20. Look at all the deep work you've accomplished! You're doing great!
	Breathe. Breathe.

My Thoughts	Date