

Welcome to The Science of Personal Mastery Course: Lesson 10.

Think about any changes, improvements, or personal growth you have experienced since you first started this Course, and how you have benefitted personally from this Course, and when ready, tell them to me out loud.

Thank you.

Before you continue, go to your Lesson Notebook. Make sure you use the procedure of putting the day, date, time, location where you are, the conditions etc. Write, "Since I started this Course I have experienced the following changes, improvements and/or personal growth in my life:" Then, in as much detail or as briefly as you like, write those changes, improvements and/or personal growth experiences and how you have personally benefitted from taking this Course.

Welcome back.

We will now continue with developing your new consciously created self image. This new self image will be at a new vibration and frequency. It will begin to attract into your life, and "allow" all your wishes, desires, and dreams to manifest easily and gracefully into your physical reality and experience.

Your new self imagine will help make you a more powerful creator. It will help make you have complete "mastery" in your personal life (mastery being defined in part as not only being able to create the external conditions you desire, and manifest what you desire when you choose, but more so being able to maintain any emotion and inner feeling you desire regardless of the outside/external conditions.)

This new self image will also help, in part, make you more calm, at peace, serene, centered, confident, happy, accepting, forgiving, understanding, compassionate, joyful, blissful, fulfilled, and content.

This new self image will help make you "successful" in every area of your life based on your definitions of success in any particular area.

First we need to make sure a few words are activated and illuminated.

For each word below, see if the word is in your personal dictionary. If it is, read everything you have there about the word and make sure you feel "good about the word".

If the word is not in your personal dictionary, activate and illuminate the word (and add it to your personal dictionary).

Here are the words:

process, command, decree, more, becoming, feel, good, deeply, profoundly, accept, will, be, am, I, myself, person, kind (as in type), type (as in kind).

Welcome back.

Now you will continue the process from the last Lesson. You will do the same process as you did in the last Lesson with the following statements.

You will again do only one statement per day. You will do one statement everyday for 7 days in a row (as there are 7 statements).

Again, as in the last Lesson, you may change, modify, or delete your words or phrases (on your 8 headline pages) as you do this process. You can also add any words and phrases you desire to add. You can also change the order of the words and phrases as their importance to you might change.

Use the same process and procedure from the last Lesson.

Start with the following phrase and, as soon as you have completed it with all your words and phrases from all 8 headline pages, come back and continue with the Lesson.

Let's begin. Here is the first statement:

I am in the process of becoming the (kind or type) of person that...

Welcome back.

If you had any cognitions think about them and when you are ready tell them to me out loud.

Thank you.

Now, stop the Lesson and come back tomorrow to continue.

Welcome back.

Now do the following phrase and as soon as you are done, come back and continue the Lesson.

I command and decree that I become the (kind or type) of person that...

Welcome back.

If you had any cognitions think about them and when you are ready tell them to me out loud.

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

Now do the following phrase and as soon as you are done, come back and continue the Lesson.

I will be the (kind or type) of person that..

Welcome back.

If you had any cognitions think about them and when you are ready tell them to me out loud.

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

Now do the following phrase and as soon as you are done, come back and continue the Lesson.

I am more today than before the (kind or type) of person that..

Welcome back.

If you had any cognitions think about them and when you are ready tell them to me out loud.

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

Now do the following phrase and as soon as you are done, come back and continue the Lesson.

I feel good about being the (kind or type) of person that..

Welcome back.

If you had any cognitions think about them and when you are ready tell them to me out loud.

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

Now do the following phrase and as soon as you are done, come back and continue the Lesson.

I deeply and profoundly accept myself as the (kind or type) of person that...

Welcome back.

If you had any cognitions think about them and when you are ready tell them to me out loud.

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

Now do the following phrase and as soon as you are done, come back and continue the Lesson.

I see myself as the kind or type of person that...

Welcome back.

If you had any cognitions think about them and when you are ready tell them to me out loud.

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

Think about how you feel now about yourself, and when ready tell me out loud how you feel about yourself.

Thank you.

You may start the next step now, or you may take 1 or 2 days off. If you take time off, take no more than 2 days off before you continue.

Let's begin the next step.

You must now begin your training to understand the meaning of the phrase "I AM." This is actually training about how to manipulate, compress, and collapse time and space. It is also training about how to manipulate and alter physical matter.

There is much talked about and written about the phrase "I AM". Most of it is misguided because most of what is written and talked about relating to "I AM", is based on the incorrect English translation of the Hebrew in the Old Testament (Torah). "God" is asked by Moses in the Old Testament (Torah) "What do I say when people ask me your name?" "God" says to Moses, "I AM who I AM".

This is an incorrect translation of the original Hebrew. The Hebrew words can only be, and have always been translated "I WILL BE who I WILL be" or "I SHALL be who I SHALL be" (simply look at a Torah, not an English Christian translation of the Old Testament, it does not say I AM who I AM, it says I will be or I shall be). The Hebrew words are in the future tense (will or shall), not the present tense (am). Every English translation of the Torah since the first translation up to present has ALWAYS been translated I WILL be or I SHALL be, never I AM.

In all other language translations of the Torah (since the earliest translations were discovered) the future tense is used (that language's equivalent to the English words will or shall), not the present tense (that languages equivalent to the English word "am").

It is only in modern times, that certain Christian translations started using the present tense (am), instead of the correct future tense (will or shall).

However, in this Course, we will not go into all the details about the history of "I AM". Most of it is a philosophical, academic and intellectual discussion that will not help you to become better at manifesting your desires or achieving inner "enlightenment" and bliss.

We will focus here on the key elements of "I AM" that will directly impact and increase your abilities and "powers". Specifically being able to create, manifest, and "call forth", whatever you desire, and achieve inner joy and bliss.

We are only focusing on the actual English language words I AM, which have no connection to the Old Testament (Torah) or the "name" "God" may have given to Moses.

First activate and illuminate the following words before you continue (if they are already in your personal dictionary, then read all you have there and make sure you feel good about the words):

truth, lying, deceiving, delusional, conflict, doubt, relate, perceive, feel, respond, react, tangible, wizard, effected, collapse, condense, compress, manipulate, eternal, infinite, extension, pure, omnipresent, omnipotent, dominion, control, absolute, know, command, decree, declare, relate, permeates, universal, limitless, extension, universal, encompassing, pervasive

Welcome back.

If you say "I AM perfectly healthy" when you have a cold (sore throat, cough, congestion, running nose etc), you "know" (consciously or subconsciously) you are not making a truthful statement. You "know" you are lying to yourself. You "know" you are deceiving yourself. You "know" you are delusional. You create a conflict within yourself. You increase doubt.

There is however a way you can say something like "I AM healthy" even when you are sick, and KNOW it is a TRUE statement of FACT, thus calling it forth into existence in the physical world where it is "tangible".

When you can do this, you then have the ability to create real magic in your life. You then have the ability to change not only "matter" with you words and thoughts (your mind), but you are also no longer effected by "time" or "space". You truly become like a "wizard".

With this ability released, you have complete command, dominion, and control over everything in your world. By this we mean you have control over how you "see, perceive, feel, and are effected within" by every and any situation, condition, event, circumstance, or person in your life experience.

Yes, you can create the situations, conditions, events, circumstances, and people you choose in your life, and you can change external conditions, but only to a certain extent. Karma (and other people's individual and collective desires to a degree) also have a role in what you experience in your physical life.

But how you react, respond, relate, feel, see, perceive, and how you are effected (your emotions) by these external conditions are in your 100% control right now.

Knowing the secrets (and releasing the ability to "do it") of saying "I AM" (or "It IS"), and knowing it is "true" even if it does not appear or seem to exist in the physical at the moment you make the statement, allows you to in a sense "collapse, condense, and compress" time and space. You can even "reverse" time or "go back in time" to an extent.

This is in addition to being able to cause physical matter to change form or be created "out of nothing" via the Law of Attraction (your thoughts alone).

This is just the beginning of the training on this subject.

Let's begin the first process on this subject (and the next process in the development of your new self image).

Pick a desire/dream you have on one of your 8 lists. It should be something that you really want, but that you do not have right now.

Maybe you want to be rich, but you are broke. Maybe you want to be in a great relationship but you are single. Maybe you want to be thin and in great shape but you are fat and out of shape. Maybe you want to be content and joyful, but you are mostly unfulfilled and sad.

For this example I will use "I want to be rich, but I am not".

Pick some desire now that you can fill in the black with here: "I want to be\_\_\_\_\_, but I am not." When you are ready continue.

You will use your statement in the following process replacing the example I am using.

Say the following statement out loud 3 times slowly, noticing how you feel and how the statement resonates within you (you will fill in your desire replacing the word "rich" in this example).

"I AM rich".

Now, tell me out loud how you felt saying that.

Thank you.

You need to use your imagination now. Fantasize if you must. You do not have to agree or believe any of what you have read or are about to read. Create an hallucination in your mind if you need to. Use your powerful imagination. Have fun. Enjoy this process.

Now, imagine that 99% of YOU is not your body, and that 99% of YOU is not in this physical world. Imagine instead that 99% of you is simply "energy" or a "wave", and an extension (a part of) Source energy/light/love which is turn permeates and IS everything in the Universe. Imagine that you are an extension of "frequency and/or vibration". Imagine that you are an extension of a "wave" of non physical Source. Imagine that you are an extension of the universal, limitless, all encompassing and

all pervasive. Imagine that you are an extension and one with all that is (seen or unseen, was, is and will be).

Read the above paragraph again slowly and imagine it is true or at least possible, as best you can, to any degree you can, using your imagination (you do not have to "know" it is true or believe it is true, just try to imagine it is true or at least could be true or could be possible).

"YOU" and "I" are the same. When you are asked to use the word "I", do not think of just your body. Think as little of your body as you can. Think instead of what you imagined in the above exercise.

Say out loud "I", 3 times noticing how you feel and how the word now resonates within you.

Now tell me out loud how you felt saying "I", and how it resonated within you.

Thank you.

Now say the following out loud 3 times noticing how you feel and how it resonates within you.

"I AM".

Now tell me out loud how you felt saying "I AM" and how it resonated within you.

Thank you.

As for everything in this Course, you do not have to believe or agree with anything that is written, proposed or suggested here. As you continue to read, if things do not resonate with you as true, just imagine that what is being presented is in fact potentially true. Play a fantasy game with yourself. Use your imagination and have fun with this.

If it does in fact resonate as true, then embrace that.

We are going to use the word light in a moment. If you read *The Field*, you know a little about "light" being photons, and that we all emit photons. Thus on a subatomic level (quantum level below that of the electron: wave) we are now scientifically proven to be all beings of "light". We ARE "light" which is "energy" or more accurately a "wave" (as light is not matter), where there is no beginning or end, no time, no space and no mass. Thus we ARE everything simultaneously (as not only is all "connected", but everything is the same energy/light/wave simultaneously).



Internationally renowned physicists say that "we (the physical body)" are all just "frozen" (or slowed down) light (waves), and that the non-physical SELF is light that is not "frozen", or more accurately waves.

Think of water being frozen into ice and made into a statue. The "statue" IS water, just frozen. It looks like something other than how water looks. And steam (vapor) is ALSO water. Steam also does not look like water. Thus water can take many forms. Imagine all the ice sculptures that can be made, all out of the same water. When the ice sculptures melt, it goes back to being and looking like the same water it always was. It was always just water, nothing else, it only appeared or seemed to be something other than water.

In the same way, vapor (steam) condenses and also becomes and looks like water again. But just like ice, vapor was always water.

A pot that is made of clay, is still clay, and will always simply be clay no matter what form it takes. Clay can be "made" or shaped into many "forms" but is always the same clay, and always returns to looking like just clay.

It is the same with energy/light/love (which are words that in most instances all mean the same). "Light", or a wave, can take many forms. "You" are non physical "light", a wave (a vibration or frequency). A PART, or portion, or extension of the you that is non-physical "light" slows down and becomes your mind/ego. Also a part, or a portion of the you that is non-physical "light", slows down and becomes your physical body. Thus you can "drop" your mind/ego and/or body and YOU are still YOU, energy, "light", a wave, love.....eternal, infinite, omnipresent, omnipotent, and one with all that is.

Do not worry if you do not "get this" 100% now. Just take it in for now at any level of awareness you have.

Now, say the following statement out loud 3 times noticing how you feel and how it resonates within you.

"I AM the pure expression of 'light' ".

Now tell me out loud how you felt saying "I AM the pure expression of light" and how it resonated within you.

Thank you.

When you say "I", do you mean the non-physical SELF(consciousness/awareness), the mind/ego (personality and thinking components), the physical body, or all 3 (please, as best you can, describe to me out loud your current awareness of this).

Thank you.

Now say the following out loud 3 times noticing how you feel and how it resonates within you.

"Light is love, love is Source," (you can use other words instead of Source such as God, The Universe, Consciousness, Awareness, The Field, The Force, Infinite Intelligence etc. Choose the word you want to use. In this example we will use Source.)

Now tell me out loud how you felt saying " Light is love, love is Source".

Thank you.

Now say the following out loud 3 times noticing how you feel and how it resonates within you.

"I am the pure expression of Source. Just as Source is love, so am I. I am love".

Now tell me out loud how you felt saying "I am the pure expression of Source. Just as Source is love, so am I. I am love".

Thank you.

Now, again tell me out loud your current awareness of "who or what" is the "I" that is the pure expression of Source, and just as Source is love is also love. Is it the SELF, the mind/ego, and/or the body?

Thank you.

Now say out loud the following 3 times, noticing how you feel and how it resonates within you.

"I"

Now tell me out loud how you felt saying it and how the feelings are different now than they were the last time you said it in this Lesson.

Thank you.

Now say the following out loud 3 times noticing how you feel and how it resonates within you.

"I AM".

Now tell me out loud how you felt saying "I AM" and how the feelings are different now that they were the last time you said it in this Lesson.

Here is the end phenomena we are looking for.

When you say "I AM" the following should be occurring to some degree and at some level:

- you are not thinking very much about the physical body.
- you are not thinking very much about a moment in "time" (the past, the present, or the future).
- you are not thinking very much about a "location" or physical place.
- you are not "thinking" very much.
- you have an awareness of "being" light/love and connected to, an extension of, and one with Source (which IS pure light/love).
- you have an awareness (knowingness to a certain degree) of past, present, future being all the same.
- you have an awareness (knowingness to a certain degree) of "being" here, there, and everywhere simultaneously, as you ARE all that IS.
- you have an awareness that everything in the physical is an extension of the non-physical and comes from the non-physical.
- you are simply aware and conscious (without thought).
- you are in a state of "being" (instead of doing, or thinking).

Now, being aware of the above end phenomena's, say out loud the following 3 times noticing how you feel and how it resonates within you.

"I AM".

Now tell me out loud if there was an increase, to some degree, in achieving the above end phenomena's (you most likely will not be any where near 100% attainment of all the end phenomena's), and how you felt saying "I AM" now compared to the previous times you said it.

Thank you.

Now, say the following out loud 3 times noticing how you feel and how it resonates within you (replace the word rich with the word you have chosen and are using for this exercise).

"I AM rich".

Now tell me out loud how you felt saying "I AM (your chosen word)" compared to the last time you said it in this Lesson.

Thank you. I can imagine you are smiling and that you probably feel wonderful within. :)

Now say out loud each of the following statements 3 times each:

- I am "light"
- I am love
- I am "energy", a "wave"
- I am an extension of Source (or use another word as you like)
- I am more than just the body
- I am more than just a personality, mind, and ego
- I am eternal and infinite
- I am omnipresent and omnipotent
- I am here, there, and everywhere
- I am a part of, and one with, all that is, all that was, and all that will be
- I am the ultimate perfect creator

Now think about how saying those statements made you feel and if you had any cognitions while saying them, and when ready share that all with me out loud.

Thank you.

Now, let's look at the sentence structure we will be using going forward relating to your self image.

"I am the kind (or type) of person that..."

The first word is I. Who is "I" and describe it to me out loud as best you can.

Thank you.

Next is the word am, which is a present tense form of "to be".

Tell me out loud as best you can what "am, to be or be" means.

Thank you.

Now tell me out loud as best you can what "I AM" means.

Thank you.

Next is the word kind or type (you will use one or the other going forward).

Tell me out loud as best you can what type or kind means in this context.

Thank you.

Next is the word person.

Tell me out loud as best you can who or what is the "person" in this context and how that "person" is different than the "I" in this statement.

Thank you.

Now consider the following (use your imagination and fantasize if you must and have fun):

When you are making the statement "I AM the kind or type of person that..." imagine you are really saying, meaning, intending, understanding, comprehending, conscious of, having an awareness of, and "knowing" the following:

"I" (the non physical SELF that is an extension of Source and the pure expression of Source, that is light and love, eternal, infinite, omnipresent, omnipotent, and ALL-that-IS), choose to express a portion of "myself" in this physical realm, at this "time" and in this "place", as a human form with a body, a mind/ego, and personality, which all combined, is the "person" in this "life" I am creating. As such, "I" choose to wear a particular costume and mask which is the body and mind/ego thus having a particular personality. "I" choose to take on a "role and character" which will be perceived and acknowledged by all other "persons". "I" of course can change any of these "traits" I am choosing now, at any time, based on my preferences. The role and character "I" choose now, and decree to be, is the kind or type of "person" that... (put in this blank a word or phrase from you lists on your 8 headline pages). Right now "my" decision and choice, thus my thought, command and decree, makes it absolutely so, for I am the ultimate absolute creator of "my" life and world and all "my" experiences. "I" and only "I" have complete authority, dominion and control of everything I experience, and every event, condition, situation, circumstance and person that manifests in my life. This "person" "I" have created, the traits I have chosen to have, and conditions I have chosen to experience, are in fact right now already a reality in the vibrational non-physical realm and dimension. This "person" I have created with my thoughts exists now and is in fact an absolute reality. This "person" must thus "appear" and manifest in this physical realm and therefore IS, and HAS appeared. Thus I am NOW thankful, grateful and appreciative for this "person" already "being" a reality and IS what I AM experiencing in this physical realm NOW. Thank you, thank you, thank you!

Now reread the above paragraph slowly.

Tell me how out loud how you feel and/or any of your cognitions .

Thank you.

The last process of this Lesson is as follows:

Take the above paragraph. You are going to say this out loud using all the words and phrases on your 8 headline pages, one at a time. You can complete all your words and phrases in one day or over several days.

Fasten your seat belts and get ready for some real magic to occur.

When you have completed all your words and phrases, come back to continue the Lesson.

Welcome back.

Tell me out loud how you felt doing that process and what cognitions you had if you had any.

Thank you.

Tell me out loud how you feel now, having completed the process.

Thank you.

Now think about what you got out of this Lesson and when ready tell me out loud what you got out of this Lesson.

Thank you.

Now go to your Lesson notebook and as briefly or as in as much detail as you like, write what you got out of this Lesson, and anything else you choose to write about any "wins" or cognitions you have had, how you are benefiting from this Course, or any thoughts you want to write down, and when you are done you may come back and continue.

Welcome back.

Now, go to your Lesson notebook and read what you wrote when you started this Lesson about how you have benefited from this Course so far and compare it to what you just wrote. You will notice something very interesting. When done, come back to continue.

Welcome back.

Tell me out loud the difference between what you wrote at the beginning of this Lesson and what you just wrote now.

Thank you.

Now, to lock in all the gains you have so far, as briefly or in as much detail as you like, write and email to me about how you are benefiting from this Course and this Lesson, and what you are getting out of this Course and this Lesson (or any Lesson that was particularly mind opening or beneficial). Email this to [KTlegaldefense@gmail.com](mailto:KTlegaldefense@gmail.com) . Also, put this in your Lesson notebook.

This is just the beginning of opening you up to a much greater Universe and experience than you could ever imagine.

Much love, and until the next Lesson, may you never be the same.