

# KEVIN TRUDEAU'S NUGGETS OF GOLD

## THE SCIENCE OF PERSONAL MASTERY

### Lesson 4

Welcome to Lesson 4 of The Science of Personal Mastery Course.

As with every Lesson, and everything you read, if you come to a word you are not 100% certain about, stop reading, and first look the word up in your personal dictionary. If the word is there, read all you have about the word and make sure you "feel good" about the word before you continue reading. If the word is not in your personal dictionary, then look the word up using the procedures you have been taught, and add the word to your personal dictionary. Always make sure you "feel good" about the word before you continue reading.

Remember, this course is designed to help you:

Manifest/create/attract, in this physical reality, your "desires/dreams/wants/wishes/goals/choices/preferences".  
To be able to be, do and have anything and everything you "want" in your life experience.

And, to help you reach an inner state of constant and perpetual emotional:

Peace/euphoria/contentment/joy/bliss/happiness/ecstasy/equanimity/stability/love/acceptance/understanding  
Spiritual  
enlightenment/awareness/consciousness/oneness/wholeness/completeness/connectedness.

This simply means having a magical, wonderful life, exactly as YOU want/choose it to be and "feeling good" virtually all of the time. This is the meaning of Personal Mastery.

There is no "right" way to live. There are no "correct" or better desires. Some people have "desires" for a flexible, trim, healthy body. Others have "desires" for a large, extremely muscular body, and put little emphasis on health or flexibility. Others have no desires as to body shape as the body is not where their emphasis is focused.

Some have "desires" for children, while others have no desire for children. Some have "desires" for wealth, riches, cars, jewelry, status, and power, while others have

no "desires" for material or financial things other than just meeting basic living needs. Making lots of money is not where their attention is focused.

Some have desires for spiritual enlightenment, while others could care less about "oneness" or consciousness/awareness and only care about making money, maybe having a great body, having great sex and/or other physical sensations, having fun, and/or lots of "experiences" that only money can buy.

Some care only about intellectual pursuits and gaining knowledge about things, while others what to "create" artistic achievements such as in music, film, art, or more simple "art forms" such as a nicely decorated home, garden, or "creating" culinary dishes for their family.

Some people have strong desires for relationships, a better job, more respect or status, to be able to speak a foreign language, or play a musical instrument, or to travel, or to be "wise".

The list of "desires" is endless. Dream your dreams. Follow YOUR bliss.

However, if every person on planet earth were surveyed, every person would, at the end of the questioning, admit that they want and desire to be "happy inside", be joyous inside, and "feel good" most of the time. We ALL want to "feel good". And we all want to decrease or eliminate our "pain and suffering" on all levels, inner and outer.

We wrongly believe that possessing material things, and/or attaining our "desires" will ultimately make us "feel good" and eliminate our pain and suffering; gaining pleasure and eliminating pain.

The methods of manifesting/attracting/creating "stuff" in your physical reality are mathematical in nature. They are a "science". They work 100% of the time. They are not "magic" or an "art".

When someone easily, quickly, and seemingly effortlessly manifests whatever they want such as money, or the perfect mate, it appears to be "magic, or an art" or just "luck" by those who either do not understand/comprehend: the quantifiable, mathematical science and physics behind the process used; the process itself; or have not been familiar with seeing the process in action, and the manifested results, long enough, and often enough, where the person gets to the point such that it is simply accepted, without any amazement, as a normal part of life (it becomes "familiar").

Read the above paragraph again, slowly, and think about it fully before you continue reading.

This course is designed to help remove the veil to the Truth, thus give you 100% certainty, thus pure knowingness, thus BOTH inner bliss/joy AND the ability to manifest/create/attract anything you "want".

You cannot trademark or copy write Truth. You cannot invent or create Truth. Truth is uncovered and discovered by the SELF, and revealed to the seeker by Source. At a certain point, if you are ready, teachable, open, in the present moment, and being guided by someone who is "there" already, you simply "recognize" Truth, you attain true "vision", you can "see", thus have pure knowingness and experience "oneness".

Truth always was, it always is, and it always will be. It is "there/everywhere" waiting for you to simply "see" it, understand it, be aware of it, recognize it, "know" it. It cannot be invented or created by someone. That is an idea of the ego.

Now let's consider that manifesting/creating/attracting anything you "want/desire" is simply applying a mathematical science. It is physics. Yes, quantum physics, but still physics. That means you CAN be, do and have anything you "desire".

Think about this. YOU CAN be, do and have ANYTHING and EVERYTHING you "desire".

Consider the information that you were exposed to in:

- Your Wish is Your Command (CDs)
- The Secret (DVD)
- What the Bleep do we know (DVD)
- The Field (book)

While thinking about all the info in those DVD's, CD's and book, as well as any other "recommended" training you have received (such as the Success Mastery Course or any of the recommended books), think about these questions, then answer out loud. Go slow and THINK, look and search your mind and the Universal Field before you answer out loud to me.

Is it a possibility for you to be able to, in time, manifest what you "desire"?

Thank you.

Why do you say that?

Thank you.

Is it a possibility that you have abilities that you have not tapped into yet that almost would appear "superhuman" or "supernatural" to less "aware" people?

Thank you.

Why do you say that?

Thank you.

Is it a possibility that everything is connected in ways that you do not fully understand and comprehend at this moment?

Thank you.

Why do you say that?

Thank you.

Now, answer these questions out loud to, after you have thought about them fully. Always use the answering question protocol you were taught in previous Lessons.

Explain as best you can the "Law of Attraction".

Thank you.

If you are not 100% certain about the law of attraction, that is fine. It is still a "misunderstood". Do not get hung up on "not getting it" 100% yet. Understanding will come to you as you go through this course. The energy embedded in this course will awaken your own energy/SELF and reveal to you new perceptions. You will "see" everything in a new way. You will understand and comprehend everything in it's true essence, instead of your perception based on it's relativity to something or someone else (duality).

What does "You can be, do and have anything and everything you desire" mean to you?

Thank you.

Can you "be" financially rich/wealthy (have lots of money) if you "desire" it?

Thank you.

Why do you say that?

Thank you.

Can you have complete "inner joy"?

Thank you.

Why do you say that?

Thank you.

Can you have wonderful health?

Thank you.

Why do you say that?

Thank you.

Can you have wonderful fulfilling relationships with others (such as a spouse/lover, family, friends, co-workers, neighbors, and others)?

Thank you.

Why do you say that?

Thank you.

What do you think is holding you back from living and experiencing your "desires"?

Thank you.

Why do you say that?

Thank you.

Thinking about, concentrating on and answering these questions out loud to me is a powerful process. It makes you think. Most people want others to do the thinking for them. Think about that statement.

I am sure you are feeling something on the inside, now that you have thought about and answered those questions. Some of you just had a mind blowing experience with lots of cognitions. Some of you had mild sensations. A few of you might not have felt anything. Rest assured that the process is working. You are on the road to "paradise", and living your dreams.

If you experienced any cognitions since starting reading this Lesson, after you have thought about them, tell them to me now out loud.

Thank you.

The benefits you will get from thinking about and answering the above questions happen when you did the procedure a few moments ago; continue to happen hours,

days, weeks and even months and years later as releases continue to occur over "time"; and all the questions in this course have a cumulative effect. You will see the cumulative effect in later lessons as the power increases with each Lesson. In the future, you will be asked some of the same questions that were given to you in much earlier lessons. The next time you are asked the question, you will have explosive results that will boggle your mind.

Consider these ideas.

If you want material things, money, "stuff", relationships, a lover, conditions, events, situations, and circumstances in your life that are not currently in your life (creating/manifesting/attracting what you want; your goals, dreams, wishes and desires), AND you want inner peace, happiness, bliss, ecstasy, joy, AND you want to feel complete contentment and fulfillment....

Then you must first have, at least, a small glimmer of internal knowingness that "having what you desire", is at least a possibility. You must first feel that having your dreams COULD be possible.

When you watched the DVD's the Secret and What the Bleep do we know, and when you read the book The Field, you were exposed to many people saying the same things in different ways. You heard from scientists as well as spiritual masters. You saw the real research. You were shown proof, evidence, documentation, and substantiation that all that is in this course, Your Wish is Your Command, and the entire Success Mastery Course is true and works.

Some basic concepts (axioms) from which "all" stems are these:

-Your thoughts create your reality. What you think about manifests in your physical experience. You have the power to create what you want. Thoughts (intention/vibration) are now scientifically proven to: effect matter; change matter; and materialize matter from "nothingness" (manifest form from the formless; the physical from the non physical).

-Everything (and the "nothingness") is connected via the Zero Point Field at the quantum level (the Field; the Force; the Universal Consciousness/Awareness; Source; God; etc). There is no "real" duality, all is connected, thus there is just "one". YOU are "one" with "ALL-That-IS".

-The Law of Attraction explains how and why things are in your life experience (why and how thoughts create/manifest what you experience in life).

Virtually all training is a subset of the above axioms.

For example:

-Thoughts come before your words and actions. Thus when thoughts are addressed, words and actions change automatically.

-"Karma" is your "past thoughts" that have not manifested yet. Thus, again, your CURRENT thoughts are the key. Your current thoughts, NOT your past thoughts that have not manifested yet, are where your power to create is. Your current thoughts override all past thoughts (karma).

-Your physical body, thus your DNA vibration, is a result of past thoughts (karma), thus your current thoughts are what needs your focus. The NOW, THIS moment, is where you have absolute power and dominion.

-Your thoughts come from lack of awareness/consciousness of your true self (the true image you see/know of yourself), which leads to lack of understanding or misunderstandings and lack of knowingness, thus creating fear and doubt, thus creating thoughts that do not get you what you want.

Everything is your life experience was, is, and will be created by you and only you. Nothing happens "to you". You attract/create all of your life experiences without exception. The moment you take 100% responsibility for everything in your life (what you classify as "good/positive" and what you classify as "bad/negative"), you will achieve power beyond your wildest imagination, and seem to be virtually a "super hero" or a "god", being able, with your will/thoughts/mind, control all physical matter (atoms/form), all non-physical "ether/non-substance/consciousness" (the formless), and be able to manifest what you "desire" into the physical from non-physical at will.

Thus, if you want to manifest only those things you "want/choose" (give you pleasure), and feel "good" all the time, what has to happen is, simply to have an awakening of knowingness of who you really are (your true essence); actually "seeing" what is already there (the true reality, instead of your created illusion); discovering SELF, by yourself (SELF discovery); recognizing your true nature/beingness/power/abilities; transcending your perceptions of the illusion you call reality to true knowingness of True Reality.

The way you become "aware" of your own power, or you becoming aware of your own awareness, or fully conscious of your own consciousness, is with the aid of a "being" that IS "aware/conscious". It is with the aid of their "awakened energy/essence" that YOUR energy becomes "awakened, active and alive".

This course has that energy infused in it. By reading this course you are connecting to that energy source that transcends time and space. You are not reading these words by accident. You have attracted into your life, by your own "requests" this course at this particular time. You have asked, and it has been given. Your wish has been granted. Your "freedom" is assured. For by your own "desire" you have created the way to enlightenment and the manifestation of all your dreams. You have put in

perpetual never ending motion, the request/command/desire/wish/dream/want/choice/preference for the ability to have in life only what you want, feel good all the time, and achieve the oneness/inner peace that surpasses all human comprehension and understanding.

Remember, being able to manifest what you desire in your physical reality (your life experience), and "feel good" all the time, is science, not "magic". It is something everyone can learn as it is an ability we all have (the book the Field proves, with documented scientific studies, that we all have unlimited abilities).

For example, we all have the ability to speak Chinese. Everyone of us CAN speak Chinese. All we have to do is spend the time, with a good "teacher", and a good "course" (method of learning) and in time, everyone will speak Chinese. Some will learn faster than others. Some will be better than others. But EVERYONE will be able to speak Chinese. ANYONE that was raised in China as a baby would be speaking PERFECT Chinese, thus EVERYONE has the ABILITY to speak PERFECT Chinese.

In the same way, everyone CAN release the ability to command what one wills into physical existence. EVERYONE can be in a state of perpetual bliss. Some will learn and release their abilities faster than others, and some will be better at it than others. But ALL of you will be able to manifest your dreams, and be in a never ending state of inner happiness/joy/peace.

Being able to achieve inner peace, harmony, tranquility, serenity, bliss, joy, ecstasy, equanimity, certainty, happiness, etc is also a science, not some mysterious esoteric mystical supernatural method/system that is available only to a "chosen few".

Everyone can be one with their emotions and be in a state of inner peace and joy no matter what the conditions or circumstances are in one's life. You can feel good all the time. Bliss is available to you. It is who you are. It is your essence. Feeling unconditional love focused on you from all around you is your true nature.

This Truth will be perceived by you at exactly the right moment simply by "looking within" with the aid of an already "self-realized" being or essence, and not through some great "technology, device or technique" someone "invents".

Remember the ego always tries to trick us and keep us focused on the material physical world of form. The ego makes us "believe" that getting "material stuff" will give us the inner pleasure that we truly seek at our deepest core level. But once we see that this has never worked, then and only then, can we start our journey to freedom. Once we realize that no matter what material things we "achieved/attained", no matter how many of the material things that we desired we actually possessed, they never gave us the lasting satisfaction that we thought they would.



Once we see that life has been a never ending roller coaster ride of emotional ups and downs, of emotional pain and temporary pleasure, that we never get what we truly seek, that we are always left unfulfilled and yearning still for that elusive "something" that is always missing, then and only then, can we ask for what will give us freedom. Then, we can seek the "light". That is when the Universe will grant you your request and your life is destined for never ending and eternally expanding bliss in all levels, areas, and dimensions.

This is the point where you stop trying to manifest/attract/create out of a sense of "lack or need" because you feel you are "missing something" from your life. This is when you realize you already "have" everything. Then you are creating/manifesting/attracting out of the joy of CREATING, NOT for the feeling you "think" you will have once you possess and achieve the manifestation/attainment of the "goal/desire".

You virtually, at that point, become all powerful, as you are thinking AS Source thinks. You are AWARE of your "one mind" with Source totally 100% connected. This is "Super consciousness". You may even appear to others as "superhuman" or possessing supernatural abilities. However this is the point where you need "validation/acceptance/approval" from no one. You live in the ultimate sense of certainty/equanimity and humility, yet because of your pure knowingness, you have the deepest inner "confidence".

There are "methods" people have used for thousands of years to release their "power/abilities" and have complete and total, absolute dominion over their physical/material life experience (thus being able to manifest whatever they desire virtually "out of thin air"). You can have this ability and still be totally unhappy.

There are also "methods" people have used for thousands of years to achieve "enlightenment", thus being in a state of peace and overwhelming bliss/joy/oneness that surpasses all human understanding (being "one" with ALL means you have total "knowingness" and can virtually see all , know all).

And you can have BOTH of the above.

These "methods" have passed the test of time. No one "invented" them. No one takes credit for them. They are not trademarked or copy written. No one owns the rights to them. They simply are effective ways that have been developed over time through trial and error with the aid of those already "enlightened" that work.

These include, but are not limited to: Meditation (by far the most common); Certain kinds of Yoga such as Siddah Yoga/Kriya Yoga (not necessarily the physical workout type of Hatha or Astanga Yoga that is all about body postures); Having a "Guru"(the Guru Effect/Principle); Various Asian practices such as Taoism, Chi Kung, Neikung, Kung fu, and Tai Chi; various breathing and moving exercises.

There are thousands of others that have been used successfully, some for centuries, some for thousands of years. Although on the surface they may appear to be very different, they are, at the core, extremely similar.

There are also thousands of "new" methods such as Dianetics and Scientology auditing, that perhaps still have yet to pass the test of time or prove long term "real" results.

In this Course you will not be forced to accept or agree with anything. You will not be told there is only one way. In fact there are many ways. This Course may not be the best way, and it is certainly not the only way, but it is an effective, fast, relatively easy way (compared to others), that has been proven to achieve BOTH goals of inner peace/joy, with being able to manifest physical material desires in your life.

One of the ways EVERY "method/practice" uses, in various forms, to help one release our "manifesting/creating" power and attain inner peace/joy/bliss, is to correct our "Self image" (the "image/belief" we have of yourself); increase our self esteem; to see ourselves as we truly are; to feel worthy and deserving; to feel we "are" pure and sinless without guilt and one with "Source/God/The Presence/Consciousness/Awareness".

When you "see yourself", or have an "image of yourself" that is closer to who you really are (which is pure love), then you become closer to being aligned with your true source (as you are an EXTENSION, not separate, from SOURCE). When you are in alignment, energy flows through "you". You can "feel" it, and your "vision" as well as knowingness is expanded. The "veil" begins to lift, and you become "aware" of your "abilities/power".

You then become more emotionally stable and have the ability to simply think of what you "want", and it will manifest in your life. You are so connected to "Source" at this point, that you never have "desires" that would be other than loving for all concerned.

Throughout this course we will do different exercises that will improve/correct the image you have of yourself. You will start to see yourself differently. You will "know" yourself more intimately than ever before. You will begin to be fully aware/conscious of who you really are. When this occurs, even to a small degree, you will understand your "power", and understand how you can activate and use it at will.

In Lesson 1 we talked about how you have been programmed and how these programs effect your perception, thoughts, actions, words and ultimately your ability to have deep inner peace/joy as well as achieve/live our dreams.

These "programs" ultimately effect the way you "see yourself" (the image you have of your self), thus your "self image". Remember "images" are extremely powerful.

"Images" (which include: pictures; words; music; sounds; smells; tactile sensations; taste; emotions) create "illusions" that hide the "Truth" from us. They make the ego/mind bigger, thus making our inner SELF appear to be small, powerless or even non-existent.

This is also talked about at length in the Success Mastery Course.

There are many ways you have been programmed since your birth. You were also programmed while you were in the womb. You were also programmed before this embodiment. This is part of what is called "karma".

Many of your "programs/images" are in your reactive mind and subconscious mind (explanations of these will come in later lessons). These hidden/buried programs can make you act and/or feel irrationally and uncontrollable. They override your analytical mind where "reason", logic and rationality are predominate. The programs can "control" you by making you "see yourself" as "less than you are"; to feel unworthy; to see yourself as "limited"; to distort your IMAGE of yourself (your SELF image). They prevent you from being aware of Truth. They ultimately cloud your "vision", awareness and consciousness to true reality and who you really are, making you "think/believe" you are separate from everyone/everything (duality).

The most powerful programming and actually the only programs that have control over you are the programming you did to yourself: what YOU have decided, NOT what you were told; your decisions; your postulates; your thoughts; your intentions; your spoken words; your "beliefs". All the "programs/images" you received from all the other sources MUST be accepted and approved by you for them to have any effect. You must ultimately give the "order" for them to be given power and control.

There are many "clearing" methods well meaning people have come up with over the centuries to get rid of these "programs/images" (even if they did not realize this is what was happening), which as an end result corrected the way a person "saw" themselves or believed themselves to be (corrected the image they had of themselves: their self image).

In recent years literally thousands of new "trademarked and copy written" "technologies/methods/systems" have flooded the market, all with an "inventor" or a genius discoverer of the "magic secret" of getting rid of your "blocks" and "clearing you" of your "programs".

Some of these people claim they have been given these magical systems and techniques by aliens, spirit guides, angels, ascended masters, Jesus, non-physical entities, GOD, etc. Some say they themselves "figured it out" and that they and only they have the secret "method" or device that no one ever in history was smart enough or spiritually enlightened enough to discover.

Some people are really "messed up" emotionally and financially, and simply read a few "success" books, went to a couple seminars, and how run around claiming to be a "success expert".

Some of these people want you to think "they" are more important than anyone else because they and only they have "contact" with "beings", that they are the ONLY chosen "messenger", or they are the most intelligent person ever to live thus have "figured out the secret". It becomes all about the "person"; all about THEM. They take and WANT all the credit. They want all the accolades and praise. They also say THEIR method is the ONLY one that works and all others are inferior. This is an expression of the EGO/mind, based in fear and a feeling of separateness/duality.

It simply does not work that way. Truth is available to all from Source. Remember the question from Your Wish is Your Command: Who do you listen to.

Many of these "methods" do however have some benefits, can be a tremendous help to people, and have good short term results. Some are great "stepping stones" or helpful aids on your path to "freedom". Although many are only addressing the symptoms and not the "cause", many create wonderful results. Many of the "fixes" however (like hypnosis) have short-term benefits but major long-term disastrous negative effects. Use your own discernment and discrimination when listening to EVERYONE, including everything you read in this course.

When listening to me or anyone, always search your feelings. Do not fear of "going off the path", for if you do, then that IS your path!

Additionally very few if any of these "new" invented and created "miracle methods" (with rare exception) lead to a complete "release" of the ego/mind (because they were created BY the mind/EGO!), resulting in total oneness/enlightenment; giving you complete total dominion over your physical material experience; and giving you the ability to manifest whatever you want whenever you want.

This course will provide you with proven, time tested pathways to freedom on all levels and in all dimensions.

This path does work, and always has worked, for thousands of years, 100% of the time for those who invest the time, effort and focus and actually DO the process.

I did not invent this or create this. It is from Source. It was taught to me. I take no credit as all credit goes to Source. I am humbly one of many teachers and messengers over the centuries who have found their way "home", and whose karma is to share this with those who are interested in receiving it. I do not profess to be the "best" or only teacher or messenger. I am simply one of many available to you.

Writing this course is a privilege for me. I share these "secrets" with you with the deepest sense of humility, appreciation for you, and honor and respect of your own

Divinity of SELF. I am "awed" by the "light" that you are, and bestow upon you unconditional love, appreciation and reverence as "brother".

With all that in mind consider this.

You are what you think you are. You are what you "believe" you are. You are what you "know" you are.

The fact is YOU are perfect. You are all powerful. YOU (the SELF not your body) have unlimited abilities. YOU are an extension of Source. YOU are the pure essence of "God's/Source's" love. Just as God/Source is love, so are YOU. YOU are pure love.

Pure love is pure "light". It is perfect. It is invincible. Love is absolute, supreme, eternal and all powerful.

You must start "reprogramming" yourself to the POSSIBILITIES that what you "want", COULD happen. You must go one step at a time.

If you are sick and you said "I AM perfectly healthy", most people would not accept that statement. They would SAY it, but think and send out the vibration "I am NOT healthy, I am SICK", thus creating MORE sickness.

But if you are sick and you said, " I COULD get well", most people would probably accept that statement and thus think and send out the vibration " I COULD get well", thus wellness and healing STARTS coming your way.

This Lesson is going to focus on you STARTING the process of defining who you WANT to be. Your wish IS your command. You CAN be, do and have anything you want. It is time to start placing your order.

You are going to choose who you want to be. You are going to start correcting your self image; how you see yourself to be.

When you change how YOU see ("believe/know") yourself to be, you will experience, as if by magic your whole world change.

The IMAGE you have of yourself is singularly the most important and powerful catalyst that affects everything in your life experience. Doing NOTHING else, but CORRECTING your self image (how you see/believe/know your SELF to BE), will AUTOMATICALLY and in some cases INSTANTLY change EVERY aspect of you life in a positive way.

Why and how changing your self image creates such an immediate and profound change in your life will be explained in a future Lesson.

One good book that talks about Self Imagine is the ORIGINAL Psycho Cybernetics by Maxwell Maltz (NOT the NEW Psycho Cybernetics). A good book of "self talk" or using your words to program yourself is "The Self Talk Solution 'by Shad

Helmstedder. These are not required reading but highly suggested. (You must read these books with discernment and discrimination. The message of the books is in many places clouded by the "ego and mind" of the authors, thus distorting the truth. It focuses on the "how" in many places instead of the "why" you want things and/or the "end result" you are looking to achieve. The "static" from the ego/mind interferes with the clarity of the pure essence of the message at times in these books.)

The way you are going to start reprogramming your Self Image will be lots of fun.

You are going to finish this sentence with a word, or short phrase (when I tell you, not right now).

I wish I was the kind (or you can use the word type) of person who is \_\_\_\_\_.

Example: I wish I was the kind of person who is confident. Or I wish I was the type of person who makes money easily and effortlessly. Or I wish I was the kind of person who is in perfect health. Or I wish I was the kind of person who is always positive. Or I wish I was the kind of person who has lots of friends. I wish I was the type of person that people respect. I wish I was the type of person who people viewed as intelligent. I wish I was the kind of person who was a great husband. I wish I was the kind of person who has lots of energy. I wish I was the type of person who is the life of the party. I wish I was the type of person who was eloquent with my words. I wish I was the kind of person who was financially responsible. I wish I was the type of person who was graceful. I wish I was the kind of person who could cook things that tasted great. I wish I was the type of person that was disciplined.

There are not right or wrong answers.

Consider answering with these areas of life in mind: money; career; emotions; social; intellectual; relationships; health; spiritual; physical.

OK, so finish the sentence out loud, thinking about the answer first, and give as many answers as you want! Take your time. You can easily spend 10 minutes on this question or more. You might want to get a dictionary, or a thesaurus to find lots of great words to use. Go wild. Let your imagination run without limits. Have fun!

I wish I was the kind of person who (is).....

Thank you.

Now finish this sentence the same way.

I give myself permission to be the kind of person who (is).....

Thank you.

Now finish this sentence the same way.

I COULD be the kind of person who (is).....

Thank you.

Now finish this sentence the same way.

It is OK for me to be the kind of person who (is).....

Thank you.

Now finish this sentence the same way.

I deserve to be the kind of person who (is)....

Thank you.

Now finish this sentence the same way.

I am worthy to be the kind of person who (is)....

I allow myself to be the kind of person who (is).....

Thank you.

Now finish this sentence the same way.

I CAN be the kind of person who (is).....

Thank you.

Now repeat this sentence, feeling the intention and meaning of the words.

I release and let go of all that is holding me back from being the kind of person I choose to be.

Now say that sentence 10 times slowly with feeling and intention.

Thank you.

Now finish this sentence the same way.

I see myself as the kind of person who (is)....

Thank you.

If you had any cognitions from the time you started reading this Lesson till now, tell them to me out loud.

Thank you.

In your Lesson notebook, if you had any cognitions write them down now before you go on, making sure you use the procedure of writing the time, date, place, etc before you write anything in you notebook.

Thank you.

Tell me out loud what you go out of this Lesson.

Thank you.

Now, write down in your Lesson notebook what you got out of this Lesson.

Thank you.

This is just the beginning of you seeing yourself as you really are, thus ascending to higher states of vibration, thus "becoming" who you were destined to be.

Between now and the time you get the next Lesson, I encourage you to do the following:

-Read this Lesson again and do all the exercises again. In other words, do this Lesson all over again like it is the first time you are doing it. Wait at least 5 days before you do it again.

-I strongly encourage you to read the suggested books: The ORIGINAL Psycho Cybernetics by Maxwell Maltz (NOT the NEW Psycho Cybernetics) and The Self Talk Solution by Shad Helmstheider.

-I also suggest you watch the DVDs' "the Secret" and "What the Bleep do we know" AGAIN.

-If you have not read the Field, I suggest you start reading it.

Think about this. Many people say they WANT the power to manifest their dreams, and they say they WANT to be "happy" on the inside. But few are willing to do what it takes to achieve those goals. It does take some effort. It does take some time. It does take some focus.

It is up to you.



The good news is you do not have to go through "all the training" and achieve complete "self-realization/self-actualization" to see tremendous positive benefits in your life. Every little bit of progress you make on the "journey" will make your life experience "better" and more enjoyable.

Enjoy the ride and like the man at the carnival asks..."do you want to go faster!? Faster?!?! FASTER?!?!?!!"

I know you do!

Sending you love and light (photons), and I can see that you can feel it.

You can now never be the same.....Until next month.