

KEVIN TRUDEAU'S NUGGETS OF GOLD

THE SCIENCE OF PERSONAL MASTERY COURSE

Lesson 6

Welcome to the Science of Personal Mastery Course Lesson 6.

Congratulations for making it to Lesson 6. I salute you and bow to your Divine greatness.

The secret science of the ages is the science of images. Images are mental pictures created by the mind. They are not true "reality". They are CREATED images that you accepted to be true.

Attached to these pictures is the power/frequency/vibration of words that are used to describe the images. Also attached to the images are the word's definitions/meanings, and the ORIGINAL definitions/meanings of the ORIGINAL word, that the English word comes from (also the vibration/frequency of each letter used, and the voice tone when saying the word. This will be discussed in advanced future Lessons).

Also attached to these pictures/images are all the other sensory components including smell, temperature, sounds, colors, textures, tactile feel, and emotional feelings. The sense of time and place (location) are also part of and attached to the image (picture).

The image creators have programmed you with many "false images". Many of these "false images" do not even exist in real life. They have been purposely "created" , with the specific purpose being control. If the images do exist in real life, the meanings that have been connected to these images are many times false, perverted, or have been manipulated, changed or altered in some way.

For example: You already have programmed into your mind, an "image" (picture) of a wealthy/rich person. Think about that image (picture) now before you continue.

You might even have several different images. Now find the image that is the most predominate or strongest. Take your time.

Now describe out loud the most predominate/strongest image you have.

Thank you.

Now, before you continue, think about what traits and characteristics go along with the image of that person, and take your time.

Now say them out loud.

Thank you.

Everyone reading this will have a different image (picture) and a different set of traits or characteristics for their image of a wealthy/rich person. There may be a few common denominators, but the mix will be uniquely different for each person. That means the collective vibration of the image will be different for each person reading this.

Which set of traits and characteristics (or whose set) do you think is correct and accurate?

There is no "correct set".

Each of you have "decided" (based on programming, so it probably was not very conscious or deliberate) what your image is, and what your set of traits and characteristics are that you attached to your image of a wealthy/rich person. You decided because you believe it to be true based on programming from the image makers.

Do you think EVERY wealthy/rich person has the same characteristics and is the same exact image?

Do you think (or know) that at least some wealthy/rich people are greedy, mean, super intelligent, well educated from Ivy League schools, arrogant, and deceitful?

Do you think (or know) that at least some wealthy/rich people are generous, nice/kind, have average intelligence, have no college education, humble, and honest?

Think about the fact that 2 wealthy/rich people could have exact opposite traits and characteristics, and their images could be completely different, then continue.

Now, take your time, and before you continue, think about the image of someone who is completely happy and content with his or her life, with the deepest inner peace/harmony/bliss and is "one with the universe" (you may have several images, see if you can find the most predominate/strongest one).

Now describe that image out loud.

Thank you.

Now, take your time before you continue and think about what traits and characteristics go along with the image of that person.

Now say them out loud.

Thank you.

Everyone reading this will have a different image and a different set of traits and characteristics attached to the image of this person. There will be some common denominators, but everyone's image and list will be different.

Some of you will have as a trait/characteristic: someone who smiles and laughs a lot and is always with people. Others may have: someone who is quiet, pious and spends most of his time by himself. This person could be boisterous and out going, or introspective and introverted. This person could be energetic, active and busy all the time, or this person could be lethargic, meditating or sleeping most of the time.

In reality, I can show you 2 people who are completely happy and content with their life, with the deepest inner peace/harmony/bliss and "one with the universe" and they would have completely opposite traits and characteristics, and they would be a completely different image from one another.

The reason you must at least generally have a basic understanding of this concept, is that there are 3 main variables that will determine if you will get what you want in life.

The first variable is your self-image: how you see (picture) yourself. And, what frequencies the inner image of you is vibrating and broadcasting 24 hours a day 7 days a week.

The second variable is the vibration of your programmed image of the kind of person who HAS what you want.

The third is the vibration of your thoughts of what you want (what and how you are focusing and thinking in present time).

There is another variable called Karma (your previous postulates, decisions, choices, wants, actions, desires, vibrations, that are in your vibrational escrow but not yet manifested in your physical experience). This will be addressed in a future Lesson.

When all 3 vibrations/frequencies are congruent, you have alignment. You are a vibrational match. Everything you desire can begin to flow into you life, and you feel good almost all of the time.

Let's say you want/desire to have/own/drive a new Mercedes (you can choose any "desire" for this example).

Your self image (the image you have of yourself and it's vibration) must match the image (and IT's vibration) you have been programmed with of people who drive/own a Mercedes.

If your subconscious image of the person who drives a Mercedes is someone who is confident and very intelligent, and the image you have of yourself is someone who is not very confident, and not very intelligent, then there is NO way possible that you will ever be driving a Mercedes so long as those 2 images stay as they currently are.

The frequencies are not congruent.

You have a vibrational mismatch.

Both of those "images" and their accompanying vibrations/frequencies must also match the vibration/frequency of your thoughts wanting/desiring a Mercedes.

There is a solution. There is a formula. There are 3 options:

- 1.) Change all your subconscious programmed images to fit your existing self image (this actually can be done much faster than you may think by using a powerful "secret" technique that has been kept among the privileged elite class for thousands of years to make them immune to the "programming").
- 2.) Change your existing self image in such a way, that it matches all your subconscious programming.
- 3.) Do both.

You could spend 10 lifetimes trying to do # 1 and you will still never get all the subconscious programmed images corrected. As soon as you fix one, the image makers are programming you with another.

There is however, a method that corrects these programmed images extremely quickly. And there is a method that prevents new programmed images from being implanted. These will be discussed in future Lessons.

Correcting your existing self image (# 2) is what we will address now. Correcting this will completely change your life in more positive ways than you can imagine.

At this point you do not have to worry about the vibration of your "current" present time focused thoughts or desires. This is covered at length in the Success Mastery Course and will also be addressed here in future lessons at the appropriate time and in the appropriate manner.

All you have to know now of this subject is if you are "feeling good", then your current thoughts are in proper alignment.

When you focus on your current thoughts and desires and their respective vibration into proper alignment (you are feeling good), that process does in fact actually begin to modify your self image.

Self image is always something that needs to be addressed. There are several ways and methods to address your self image. All will be addressed in this course over time.

When you focus mainly on the self image, as we are doing here at this time, the vibrations of your thoughts and desires automatically get corrected, and get into proper alignment thus you feel good.

Therefore, there are 2 roads that lead to the same ideal scene. You get to the same point, but you are coming in from different ends.

You have the self image route, and you have where your current thoughts/desires are focused route. You cannot do one without the other. It is just a matter of where the emphasis is. We are in fact always working on both at the same time.

In this Course, we are putting more emphasis initially on the self image aspect. This will get you to be able to manifest all your dreams/goals/wishes/wants/desires into your physical experience and life very quickly and easily. You will release the ability to create and get whatever you want in your life.

And, by working on your self image (ultimately getting you to realize your true non-physical/non-body nature as SELF), you will also be able to attain inner peace/harmony/joy/bliss/serenity and equanimity. You will have inner happiness, contentment, fulfillment, and tranquility. You will love yourself, your life and others. You can even attain complete self-realization/self-actualization/"enlightenment" if it is a desire.

Now, please go back and reread this lesson, and when you get here the second time, you may continue reading the Lesson.

Thank you.

If you had any cognitions, realizations, or new understandings of anything, please take your time and think about them, and when ready, say them to me out loud.

Thank you.

Now, before you continue reading this Lesson, write in your Lesson note book those cognitions, if you had any, and remember, you may be as brief or lengthy as you desire.

Thank you.

We will now continue with the process of consciously and deliberately forming your self image and it's collective vibration. The image of yourself that you will create (along with it's collective vibration), will start the process of having all your desires to begin to flow into you life.

The question that comes up at this point, is what happens to your existing self image. To eliminate anything in your life, you must replace it with something else. Remember that. Your existing self image will simply go away over time as you focus on your new, deliberately created self image.

You (the SELF) must however give the command to allow the ego/mind to release and let go of your existing self image, as your ego/mind created it for it's own survival. The process for this is to simply give that command, as you (SELF) always have complete dominion and absolute authority over everything in your life, including your mind/ego.

Read the following and make sure all the key words have been activated and are in your personal dictionary, if not, activate and illuminate any words you need to before you continue, then when all the words have been activated, and you are ready, read the following out loud, slowly, 3 times, with focus, in a calm relaxed, yet decisive state. Be firm, with complete confidence and knowingness that your command will and must be obeyed.

I give myself permission and I allow myself to release and let go of ALL that no longer serves my highest good. I give the command, order and decree now. I release and let go of all previous images of myself that no longer serve my highest good. I release and let go of all previous and past postulates, decisions, choices, habits, preferences, intentions, decrees, commands, desires, wishes, wants, needs, attachments, beliefs, agreements, and programming that no longer serve my highest good. I command, decree, and order myself totally free of ALL that no longer serves my highest good. Thank you, thank you, thank you.

Giving this command one time has all the power to do the job (if you had activated the words previously).

The one issue that may remain is your "habits". Therefore, you are encouraged to say this out loud 3 times a day, everyday, for the next 90 days. This will develop new neuropathways in the brain, and keep you reminded of the facts stated, allowing you to correct in real time any residual "habitual actions or thoughts" that may keep coming up.

Repeating this regularly, using spaced repetition, will therefore eliminate any of those residual "habits" that may remain after today.

If you had any cognitions or new realizations or understanding, think about them, and when ready say them out loud.

Thank you.

If you had any cognitions, write them in your Lesson notebook now before continuing.

This command/decreed, together with the procedures you will be doing over the next few Lessons, will cause the old self image to be replaced with the new self image. You are on the way to total freedom and liberation.

The following process will take between 10-20 minutes, and should be done in one sitting without any interruptions. If you need to take a break now do so and come back when fresh and ready.

Now simply read each of the following statements slowly out loud 3 times, with no thinking about how to finish the statements, simply let your mind relax and let your thoughts go where ever they go:

I wish I was the kind or type of person that...

I would like to be the kind or type of person that...

I want to be the kind or type of person that...

It is possible that I could be the kind or type of person that...

I might someday be the kind or type of person that...

I give myself permission to be the kind or type of person that...

It is ok that I am the kind or type of person that...

I allow myself to be the kind or type of person that...

I deserve to be the kind or type of person that...

I am worthy of being the kind or type of person that...

I am willing to be the kind or type of person that...

I choose to be the kind or type of person that...

It is my preference to be the kind or type of person that...

I intend to be the kind or type of person that...

I can someday be the kind or type of person that...

I see myself someday being the kind or type of person that...

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

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

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

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

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

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

I am the kind or type of person that...

I know I am the kind or type of person that...

Did you have any cognitions, or new understandings, or realizations, and if so, think about them, and when ready, say them out loud.

Thank you.

If you had cognitions, please now write them in your Lesson notebook before continuing.

Reading those specifically worded statements, in that order, with the energy I have attached to them, has now started the internal process of activating your dormant energy attractor fields on a level below your full awareness. Some of you may actually "feel" tingling sensations running up your spine to your head and actually see "lights" or feel "light" in your head.

Seeds have now been planted, not only in your mind, but your very being by this process.

The energy that is being transmitted to you, and being received by you without resistance, is also activating and bringing to life many of the "seeds" that have been planted in your very being, from the beginning of time. These "seeds" are for your

benefit. Many have been planted throughout all the training you have already gone through in this course and other such training and courses.

The "real" you/SELF is beginning to come to "life", be awakened, and blossom.

This is why you hear me say after a training, "MAY you never be the same".

You have the choice and the option of being the same or not after any of the trainings I have provided. Any time you read one of my books, listen to me live or on audio/video, or partake in any activity with me in any form, I am transmitting energy to you that CAN, if you allow it and are ready for it, awaken your own inner dormant "energy".

If you allow this to happen, you will NEVER be the same. You actually cannot be the same. But it is always your choice. You must allow it to happen.

When you stretch an elastic rubber band, it can never go back to it's original shape and size. It is permanently changed. You are the same. Once some of the veil of your ego/mind as been stripped away, it cannot come back. Once your inner "energy" has come to life, it never stops expanding and growing. It is always "clearing" away the veil, from the inside out. It is that veil, among other things, which is holding you back from having the vision of truth.

The following may be done with paper or electronically/digitally. To make this easier for me to explain what you are to do, I will give the instructions as if you were using paper. If you are using an electronic/digital device such as a tablet or computer, simply adapt the instructions for the device or method you are using. Use the method you feel the most comfortable with.

You need 8 pieces of paper in a 3 ring notebook or folder so you can add and discard pages when needed. You may use your Lesson Notebook. Being able to add and discard pages will be needed.

Ideally use white paper and a pen with blue ink for these exercises (as well as your personal dictionary and Lesson notebook if you are using paper). This is only a suggestion and not required. It simply makes everything in this course "work" a little better, faster and easier.

Take one piece of paper and across the top write:

This is the image I am creating of myself. In this new image of myself, in relation to general characteristics and traits, basic attitudes and the ways I think, act, and behave, I am the type or kind of person that.....

Take another piece of paper and across the top write:

This is the image I am creating of myself. In this new image of myself, in relation to my physical body and health, I am the kind or type of person that...

Take another piece of paper and across the top write:

This is the image I am creating of myself. In this new image of myself, in relation to money/finances/wealth/net worth, I am the kind or type of person that...

Take another piece of paper and across the top write:

This is the image I am creating of myself. In this new image of myself, in relation to work/career/business/what I do to earn money, I am the kind or type of person that...

Take another piece of paper and across the top write:

This is the image I am creating of myself. In this new image of myself, in relation to my relationships with family, friends, neighbors, co-workers, and how I interact and relate with all people in general, I am the kind or type of person that...

Take another piece of paper and across the top write:

This is the image I am creating of myself. In this new image of myself, in relation to my spirituality/religion/inner state, I am the kind or type of person that...

Take another piece of paper and across the top write:

This is the image I am creating of myself. In this new image of myself, in relation to my mental/intellectual/ academic/educational condition and abilities, I am the kind or type of person that...

Take another piece of paper and across the top write:

This is the image I am creating of myself. In this new image of myself, in relation to my social life and activities, I am the kind or type of person that...

You now have 8 pieces of paper with one of the above headlines on the top of each.

You now have a "blank canvas" from which you will start creating your masterpiece.....the new YOU!

Take the paper with the headline "This is the image I am creating of myself. In this new image of myself, in relation to general characteristics and traits, basic attitudes and the way I think, act and behave, I am the type or kind of person that..."

In a moment you will start writing what you want the new you to be! I will tell you when to begin the writing, so keep reading until I tell you "Begin the Process". What you will be writing will be a first draft, so you can write anything that comes to mind, as you will have the ability to change/alter/adjust it later. Start by using single words, not phrases.

You will read the headline first (silently or out loud), then think/feel/look within, then simply write down a word on the page that comes to mind that you think you may want to be included in the new you. Use only single words at this stage, not phrases. Use only positive words.

On this first page you are listing words that, as the headline states, are general characteristics and traits, basic attitudes and the way you think, act and behave. Do not worry if a word you put here might be better suited for one of the other headlines.

The procedure is:

- 1.) Read the headline (either silently or out loud)
- 2.) Think, feel/emote, look/search within (this might take a split second as words might come to you instantaneously, or it might take several seconds)
- 3.) Then write down the word that came to you
- 4.) Go back to step one and repeat (it is important to read the headline each time)

Here is an example:

You read the headline silently, then you begin to think, feel/emote, look and search, but it may seem before you even do that, you already have a word come to you such as HAPPY. So, simply write down the word HAPPY. Note that in order to finish the sentence correctly, you would say IS HAPPY. You can choose to simply write HAPPY or you can write IS HAPPY. Either way is fine.

Then, you start to read the headline again silently, and as you are reading it, before you even finish reading the headline, another word comes to mind, MOTIVATED. Finish reading the sentence silently. But you think, "Do I really want to be motivated?" Do not worry about that now. If the word comes to you, write it down.

Notice that to fit the word motivated into the sentence you would also have to add the word IS. So the sentence would read IS MOTIVATED. You can write down MOTIVATED or IS MOTIVATED as you choose, it does not matter which way you write it.

Then, you start to read the headline again, this time out loud, and again a word comes to you before you finish reading the headline. This time the word might be FRIENDLY. Finish reading the headline, then write down FRIENDLY or IS FRIENDLY.

You will continue this process for 10 minutes. You should use a timer or check a clock or watch.

Do not look in your personal dictionary, or a regular dictionary or a thesaurus.

At this point, you want what is programmed inside you to come up. In the last Lesson you activated and illuminated many powerful words. Many of them may come up. Just let it flow.

Do not worry that you "forgot" some "really good words". The process is a series of steps. We go one step at a time. This is not a race.

We are baking a cake. It must "cook" a certain amount of time. If you take it out of the oven too soon, you will not have the delicious cake you are so wanting to enjoy and savor.

When you are ready, begin with the first Headline page only, and only do the first Headline page. When you are finished with the page with the first headline, you may continue reading this Lesson.

"Begin the Process"

Welcome back.

If you had any cognitions or new understandings, or new realizations about anything, take your time and think about them now, then say them to me out loud.

Thank you.

Now, before you continue, if you had any cognitions, please write them in your Lesson notebook, as briefly or in as much detail as you like.

In a moment, you will continue this process with each of the other 7 pages when I say "Begin the Process".

Remember, take 10 minutes for each page. You do not have to do them all one after the other. You can take a break in-between each one. Some of you may take a break now, and come back later today, or tomorrow before continuing. Some of you will do one page a day. Go at your own pace.

Most of you are so excited by the feelings you have inside you bubbling up your spine, in your stomach, your heart, and your "head", that you will finish all 8 pages today.

Some of you might even finish this whole Lesson today.

Some of you are feeling so positively "overwhelmed" that it may take you spending time doing this a little everyday for the next 2-3 weeks before you finish this Lesson.

Remember, you know your situation better than anyone. Go at your own pace, and go at the pace you feel good about.

OK, when you are ready "Begin the Process", and when you have completed all 8 pages, come back and continue reading this Lesson.

Welcome back.

If you had any cognitions, new realizations, or new understandings about anything, take you time, think about them, and then say them to me out loud.

Thank you.

Now, before you continue reading, as briefly or in as much detail as you like, write in your Lesson notebook those cognitions.

Welcome back.

Take your time, and think about how you feel. Now tell me out loud how you feel.

Thank you.

Before you continue reading, as briefly or in as much detail as you like, write in your Lesson notebook how you are feeling right now.

Welcome back.

Now, take your personal dictionary, with your activated and illuminated words.

You will start the next process when I say "Start the Process".

When you begin this process, you can start it, then stop at any point, and come back to it at anytime to continue. You can start and stop as many times as you like.

Starting with A in your dictionary, simply look at each word. If you feel you want to add one of those words to any of the 8 pages, add them to the most appropriate

page, if the word is not already there. Continue all the way through your entire dictionary. Then you will be finished with this process.

When you are ready, you may "Start the Process", and when you are finished, come back to continue this Lesson.

Welcome back.

If you had any cognitions, new realizations, or new understandings about anything, take your time, think about them, and when ready, say them to me out loud.

Thank you.

Before you continue reading this Lesson, as briefly or as in as much detail as you like, write those cognitions (if you had any) in your Lesson notebook.

Welcome back.

Take your time and think about how you feel now. When ready, tell me out loud how you feel.

Thank you.

Before you continue reading this Lesson, as briefly or as in as much detail as you like, write how you feel in your Lesson notebook.

Welcome back.

You now have 8 pages with lots of words on each page. You may have had to add pages, because you came up with so many words. You might have 3, 4, or even 10 pieces of paper for headline one, for example, because you have so many words.

Every one of you will be different.

In a moment I will tell you to "Begin the Process".

The next Process is as follows:

-take any one of the pages with a Headline

-look at the first word you wrote down

-ask yourself "do I really want this to be a part of me?" You may look up the word in your personal dictionary to check the real meaning (thus the vibration) to help you decide if you are not sure.

-think, feel/emote/, look/search within

-you will get a yes, no, or not sure

-if you get yes OR not sure, then ask yourself if the word is with the correct headline. If it is, then move on to the next word. If it is not, simply cross it out, and write in down on the paper with the most appropriate headline.

-if you get a no, simply cross the word out, and go to the next word you wrote down

You will repeat this process with all the words on every page you have.

You may start and stop as many times as you like. Do this at your own pace.

You might finish this today. Some of you might take a break now. Some of you will do a little everyday for the next several days. Go at your own pace. Everyone is different.

When you are ready, "Begin the Process", and when you are done, come back to continue with the Lesson.

Welcome back.

If you had any cognitions, new realizations, or new understanding, take your time, think about them, and when ready, say them to me out loud.

Thank you.

Before you continue with the Lesson, in as much detail or as briefly as you like, write those cognitions in your Lesson notebook.

Welcome back.

Take your time, think about how you feel. When ready, tell me out loud how you feel.

Thank you.

Before you continue with the Lesson, write how you feel in your Lesson notebook.

Welcome back.

You will begin the next process when I say "Begin the Process".

The next Process is as follows:

1.) take the page with the Headline "This is the image I am creating of myself. In this new image of myself, in relation to general characteristics and traits, basic attitudes and the ways I think, act and behave, I am the type or kind of person that..."

2.) get a new fresh piece of paper and write that Headline on the new piece of paper. Have extra paper available.

3.) take the original page, (with all your written words), and read the Headline out loud or silently.

4.) then look at the first word you wrote down.

5.) first decide if you still want to include the word in your self image description. If not, simply cross the word off and go to the next word you wrote down.

6.) if you still like the word (or are still not sure if you want to keep it or not), scan the list of words you wrote on that paper, and look for similar words that might go together with the word you are working with (if your first word is happy, other similar words you might have written down could be bliss, joy, or their derivatives).

7.) if there are no other similar words, skip step 8 (the next step) and go to step 9.

8.) If there are similar words, choose no more than 2 additional words that seem to fit best with the first word (this will give you a total of 3 words).

For example: let's say the first word on your list is happy.

You scan your list of words and look for other "similar words" such as joy, bliss, ecstasy, passion, enthusiasm, giddy, exuberant, bubbly etc.

Pick 2 words that you think/feel fit best with happy. Lets say you choose joy and bliss. Cross out joy and bliss, and write them next to happy.

So now you have written on your piece of paper, happy, followed by joy and bliss next to it on the same line.

9.) now, think, feel/emote, look/search within for how to finish the Headline sentence using the word or words, in a way that your inner SELF wants to be. Search for what "feels" best.

Example: let's say the first word is Enthusiasm.

You scanned your list and felt no other word really fits well with Enthusiasm.

You then simply read the Headline on that page silently or out loud "This is the image I am creating of myself. In this new image of myself, in relation to general

characteristics and traits, basic attitudes, and the ways I think, act and behave, I am the type or kind of person that..." and you decide how you want to finish the sentence using the word Enthusiasm (or a derivative of the word).

You could finish the sentence simply by saying "is enthusiastic" (using the derivative).

Or you could say things like: "is full of enthusiasm; lives with enthusiasm; radiates enthusiasm; is always enthusiastic; bubbles with enthusiasm; has an enthusiastic attitude and way of living; acts enthusiastically when appropriate; is naturally and spontaneously enthusiastic.

The options can go on and on. You choose what feels good for you. Don't worry about getting it perfect. This is a first draft.

You will be looking at this again and again, modifying, altering, adjusting, and fine tuning this over time. Simply have fun and let things flow.

Another example: let's say you have 3 words: happy, joy, bliss.

Again, read the Headline silently or out loud, and you decide how you want to finish the sentence using the 3 words together.

You could finish the sentence simply by saying, "is happy, joyful, and blissful".

Or you could say things like: Is full of happiness, joy and bliss; lives a happy, joyful and blissful life; is filled with happiness, joy and bliss that is overflowing; radiates happiness, joy and bliss to all around.

Again, the options are almost endless.

Choose what feels best. Many phrases could feel very good.

Simply, and with a lighthearted attitude, pick one.

10.) write the phrase on the new piece of paper and cross out the words on the old paper.

11.) repeat the process until you have finished with all the words you wrote down on the first paper and all the words are crossed out.

You may start and stop as many times as you like. You can finish one page in one sitting, over an entire day, or over several days. Go at your own pace.

You will continue this process with all 8 pages (when I say "Begin the Process"). You will wind up with the original 8 pages having all the words crossed out (so you can

throw those pages away). You will have at least 8 new pieces of paper with phrases. When you are finished with this process, you can continue reading this Lesson.

Have fun and enjoy the most exciting creation process you have ever been engaged in.

"Begin the Process".

Welcome back.

You should now have 8 Headline pages, each with lots of "words" and phrases completing the Headlines (some of the Headline pages will have more than one piece of paper as you might have lots of words and phrases).

Take your time and think about how you feel, then when ready, tell me out loud how you feel now.

Thank you.

Before you go on, as briefly or as detailed as you like, write in your Lesson notebook how you feel.

Welcome back.

Take your time and think about if you had any cognitions, and if so, when ready tell them to me out loud.

Thank you.

Before you go on, as briefly or as detailed as you like, write in your Lesson notebook those cognitions.

Welcome back.

You will start the next and final process of this Lesson when I say "Start the Process".

The last Process of this Lesson is designed to get you now to "free flow" your thoughts, wants, desires, choices, and preferences. It is designed to let "programming" come to the surface and open up all the "subconscious" bank of vibrations/frequencies and energy.

You have lots of words and phrases already. Now, in effect you are going to start again with a clean slate. You will read the headlines, and simply think of phrases that come to mind that complete the headline sentence in a way that you "think or feel" right now you might like to "be" or have as your new self image.

The next and final Process of this Lesson will be as follows:

-Take the page with the Headline for general characteristics (with all your phrases and words).

-Read the headline out loud or silently.

-think, emote/feel, look/search about how your inner SELF would like to finish the sentence in a phrase.

-whatever comes up, write down the new phrase on the paper even if you think or know something similar is already the paper.

-stop at 10 minutes

-continue with all 8 pages, 10 minutes per page.

Please continue reading until I say "Start the Process".

In a moment I will give you some examples of phrases that some people might come up with for the "general characteristics" Headline.

Please note that these are not necessarily "good phrases". There are no really "good or bad" phrases.

A restaurant has a menu with different food. Some people like some food and hate other food. The food you might love, another person might hate. This process is the same. You are YOU. You have a mind/ego (and karma). The SELF (consciousness) is the same in all of us, but we all have different "minds/ego" and karma.

Come up with what you, AT THIS POINT, think or feel you might want to experience in your life.

Read the following phrases silently or out loud. Note that some you will "like" and feel good about, and some you will not like. You do not have to use any of these at all. They are only designed to "stimulate" the process inside of you. When you start the process you will not be looking at this list.

easy going

at ease

one of a kind

well traveled

well spoken

gets things done

makes things happen

at ease and relaxed
glides and flows through life with grace and ease
attracts good positive things
handles situations with poise
has character
finds the good and the gold in all situations
finds the silver lining in everything
in control
is a rennasaise man
has a high teachablity index
multi-talented
lives life to the fullest
is happy, full of joy, bliss, ecstasy, and passionate
follows through on commitments
keeps his word
honest, ethical and trustworthy
even tempered
has great self-control
mild mannered
a real go getter (what is your definition and image of "go-getter", and think if you want to "be" that)
born under a lucky star
is lucky, fortunate, and favored in life
is happy, content, joyful, fulfilled, and centered
is full of inner peace and harmony
has a still quiet mind
even keeled
calm, cool, and collected
soft spoken
out spoken
respectful, tactful, pleasant, kind, courteous, and generous
savors and tastes the deliciousness of every precious moment in life
lives in the moment
everything always goes my way
everything always turns out perfect
all the roads are paved, all doors opened, and all paths cleared
lives an easy fun exciting passionate life full of joy laugher and happiness
everything is always smooth sailing
laughs and smiles alot
has a great sense of humor (how do you define this?)
loves his life
is a world class person
is talented and gifted (what does gifted mean to you?)
is a great being (how do you define "great being"?)
is tuned in, tapped in and turned on (what does this mean to you?)
is thankful, appreciative and grateful

easily lets things go (you might have lots of things in you life to "let go")
knows that he is All-that-Is
is all powerful and a magnificent creator
attracts, creates, and experiences situations, events, conditions, people, things, that
are positive, fun and for his highest good
Always gets what he wants
blessed with positive abundance in every aspect of his life
things always work out perfectly at the perfect time
all needs are always met
mover and a shaker (think about YOUR image of this)
follows through on what he starts
does what he says
takes 100% responsibility
learns lessons in life easily and with enjoyment (you might have lots of lessons
coming into your life with this)
mastered the art of living
lives an amazing magical life of wonder and awe
well behaved, good manners, polite, gracious and courteous
detailed oriented
big thinker
dreamer who manifests what he wants
everything always goes my way
everything always falls into place perfectly for me
comfortable with himself
loves and feels good about herself
to the point
decisive and makes decision quickly
lives her dreams to the fullest
stress free (you might be focusing on "stress" and thus get more stress in your life)
handles all situations with grace, stability and calmness
quick witted
gets his point across
energetic and enthusiastic
has mild preferences and is very flexible with situations
says only positive things about people and things

Now read the following phrases silently or out loud which might go with some of the
other 7 Headline pages.

Remember, these are not "good or bad" phrases. You will come up with the "perfect"
phrases for YOU. These are only designed to "stimulate" your thought process.

has unlimited resources in every aspect of his life
deeply and profoundly loves and accepts herself
loves and enjoys being with people
handles stressful situations well (this will give you lots of stressful situations to
handle!)

is compassionate, understanding, forgiving and unconditional loving to all people without exception
loves and adores his body
feels good in his body
overcomes adversity with ease (this will give you lots of adversity to overcome!)
keeps busy all the time (do you want to be busy all the time?)
is a winner and loves to win (this will make sure you are always in "competitions" in every aspect of your life with "winners and losers", so do you really want this?)
loves exercising and does it with enjoyment
is a foodie who loves to cook and enjoys eating
is always chasing his dreams (this will make sure you never "catch" your dreams and are always "chasing")
fights for what is right (you will be always fighting for what YOU have in your infinite wisdom decided is "right")
loves gardening and has a green thumb
is musically inclined
is always inspired and inspiring to others
knows he has absolute dominion and control over his entire life and world
very artistic and creative
solves problems easily (this will GIVE you lots of problems to always be solving!)
has amazing patience and understanding
lives an amazingly opulent abundant luxurious lifestyle
supremely confident yet humble
is surrounded by amazing people
radiates humility
always deals honestly with integrity and truth
never gives up (you will be focusing always on "giving up")
is non attached to people or things or outcomes (maybe the word detached is better than non-attached which focuses on "attached")
has an aura of non attachment, love and bliss
has a healing aura around (maybe "healthy" is better than healing which implies something needs to be healed)
makes people feel good (maybe you will be always surrounded by people who NEED to feel good)
likable, lovable and adorable
well proportioned body
strong firm muscular body
flexible subtle healthy body
carries herself well with confidence and optimism
has a lean, trim, gorgeous body
handsome/beautiful, with smooth youthful skin
vibrant eyes that radiate
vibrant, robust, vigorous, energetic body
beautiful, sexy, attractive body
feels supreme bliss at all times
deep thinker

well read
voracious reader
is athletic and super fit
a great dancer
has a great memory
learns things easily
is excellent with languages
moves his body well with grace and ease
has a confident strut
has perfect physical posture when walking and sitting
holds himself in high esteem
has a high self worth
brightens a room when she enters it
has a great commanding presence
makes everyone feel at home
is a joy to be around
brings joy wherever he goes
lover of dance and moves his body well
loves to sing
loves her job and does it efficiently and well
has a song in his heart
is fulfilled in his career
is loved and adored by all
brings out the best in people
walks with a spring in his step
loves to play and have fun
is madly in love with life
money flows into his life regularly and when needed (you might always be "needing" money as the focus might be on "need")
quick learner and gets things easily
life of the party
looked up to and admired
sleeps well
always looks rested, refreshed, alive and alert
has amazing powers of concentration and focus
wakes up full of energy and vitality feeling great
flat stomach and sexy abs
proud of and feels good about her body
feels good being in her body
enjoys health and wellness
accepts and loves and admires her body
good looking
is playful and spontaneous
glides through life easily
has a fun playful enjoyable life and disposition
independently wealthy

financially free
makes money easily and in large amounts
always has an abundance of money
has multiple sources of income coming in on a regular perpetual basis
is spiritually enlightened
is internally liberated and free on all levels and all dimensions
has money as a renewable resource always available
financially independent
is financially secure and stable
radiates an aura of supreme bliss
debt free (notice that this is a negative phrase, as it focuses on DEBT. This is here to show you what to avoid. It is better not to use phrases like this)
all bills are always paid in full
is not demanding or judgmental (this is a negative, as you are focusing on what NOT to be, thus the vibration will be on demanding and judgmental. Thus choose something like "IS accepting and easy going")
comfortable to be with and be around
has inner tranquility, serenity, and deep profound peace
is at peace with himself
deeply and profoundly accepts himself
makes light of every situation
has a knowingness of his own Divinity
feels good to be around
uplifts all those around
takes charge
attracts positive like minded people
is friendly and charming
goal oriented
hard worker (do you really want to be working hard all the time?)
well dressed
well groomed
good hygiene
great physical shape
eats whatever he wants and always stays trim, lean, and looking great
has a high metabolism
has a normal appetite and can eat anything while always staying at the perfect weight and shape
fit, athletic, energetic, healthy body
good looking, radiant, beaming with a "glow"
has a perfect proportioned physique
has a sexy butt

As you see the list of potential phrases is endless.

Remember, when I say "Begin the Process" you will start with the page with the Headline about general characteristics and spend 10 minutes on that page. You can

take a break before you go to the next Headline page. Some of you will do all the pages today one after the other. Some of you will break them up throughout the day. Some will finish this over the next day or 2. Go at your own pace.

You will continue until you are done with all the Headline pages. If you need to go back and review the Process, do so now.

When you are finished with all 8 Headline pages, you may continue with the Lesson.

"Begin the Process"

Welcome back.

Take your time and think about how you feel right now, and when you are ready, tell me how you feel out loud.

Thank you.

Before you continue, as briefly or in as much detail as you like, write in your Lesson notebook how you feel, and when you are finished you may continue reading.

Welcome back.

Take your time and think about if you had any cognitions, and if so, when ready, say them to me out loud.

Thank you.

Before you continue, as briefly or in as much detail as you like, if you had any cognitions, write them in your Lesson notebook, and when you are finished, you may continue reading.

Until the next Lesson arrives (or until you decide you want to start the next Lesson as some of you might have Lessons piling up waiting for you), there is nothing for you to do. Everything is happening automatically inside you.

I do suggest you do not start the next Lesson for at least 2 weeks. During that time, you may, if you feel compelled, read the pages with the words and phrases, in whole or in part at any time. Some of you will carry the pages with you, and read a little of what you wrote several times a day. Some of you will do the opposite and not even look at them at all.

Do what you "feel" is right for you. There is no better option. There is no right or wrong. You will and are achieving the desired results. I know you can feel the shifts, the changes, the growth, the increase in awareness and understanding. I know many

of you are seeing and experiencing many interesting things in your life in a totally different way since you started taking this course.

If you at any time think of another word or phrase that you want to add to these lists, you may do that as well. If you feel compelled to modify, change, add, subtract anything on these lists you may do that as well.

This process is almost the exact same process that I was taught back in the 1970's. When I did the process back then, I found it very exciting. I felt like I was "placing my order" for the future. Little did I know how powerful these ancient methods were at releasing abilities and releasing all your dreams into your life.

You have in your hands the secrets for the attainment of all your desires.

This is just the beginning. The "process" is forever ongoing. The "growth" continues for your lifetime. Enjoy the process. Enjoy the journey. Enjoy the moment.

You are loved deeply.

Until the next Lesson,

I remain humbly your guide.