

KEVIN TRUDEAU'S NUGGETS OF GOLD

THE SCIENCE OF PERSONAL MASTERY COURSE

Lesson 7

Welcome to Lesson 7 of The Science of Personal Mastery Course.

As always, if you come across a word you are not 100% comfortable with or feel good about, use the process to activate and illuminate the word before you continue reading (and add the word to your personal dictionary).

This Course contains much of "The Training". Throughout history, the phrase "The Training" (or similar words/phrases), has referred to specific (and highly varied) processes, techniques, and knowledge that have been passed the test of time, and proven with regularity and consistency to create the desired end phenomena.

The end phenomena of "The Training" is to release in the "student" 2 specific ultimate abilities:

- 1.) To be able to be, do and have anything and everything one wants (being able to manifest/attract/create whatever one desires/wants/wishes).
- 2.) To maintain and have a constant inner state of supreme peace, equanimity, contentment, joy, bliss, happiness, serenity, tranquility, connectedness, knowingness, and freedom/liberation on all levels and all dimensions (enlightenment/self-realization/self-actualization, being free of the ego/mind).

This Course contains many of the exact "training" processes, techniques (and knowledge) that were given to me between approximately 1972-1989.

The advanced training processes, techniques and knowledge I received after 1989 will be revealed in advanced Courses to those who qualify and desire such advanced training (although "all" can be attained with the training contained in this Course and the Success Mastery Course, a few students are karmically destined to desire advanced training and willing to go through the required time, effort and actions of that training).

Throughout the ages "The Training" was done almost exclusively one on one such as: master to apprentice; teacher to student; Guru to disciple; mentor to aspirant; sage to devotee (as there was no method of mass teaching such as easily published books or written manuscripts, audios, the internet, and/or easy regional and global travel).

In each case the "training" was tailored and customized to the specific person being trained. Although there was some "basic" training, there was no truly "standard" training where one size fits all. "The Training" was shared by word of mouth and passed on as a oral tradition from those who attained "all".

There are thousands of effective various "processes" and techniques. Each student would be given the best processes and techniques based on that particular student's "natural" (karmic) abilities and the desires of that particular student.

Each student would also be given the knowledge that they required, at the specific time the student was deemed ready to receive it, to assist them in achieving their specific unique and personal objectives.

Thus a student never was given "all the knowledge" or given every process or every technique available (as they did not need it "all" to achieve their goal). The "mentor" himself rarely knew every process and technique as these varied throughout the world based on the culture and history of the people in that particular region.

Rarely did even a mentor have "all the knowledge". People received and had only what they needed to achieve their desires.

The techniques and processes used in Japan, for example, were different than those in used by sages, masters, and Guru's in India or China. The methods used by the aboriginals of Australia were different from those of Native Americans, or the Mayans, or various groups in South America.

The ancient Greeks, Vikings, Egyptians, Romans, Slavic's, Russians, Incas, Aztecs, Celts, Anglo Saxons, French, Spanish, and many other groups, all had slightly different processes and techniques. Although the methods were called different things, and were all slightly different, they, at the core, were all the same. Generally they were all effective (to varying degrees) at achieving the objectives of teaching someone how to be able to manifest one's desires and as well as being "enlightened".

The reason they were basically the same is, once one achieved how to manifest whatever one desired, and/or become self-realized, they "knew" the "Truth" and had complete access to the Universal Field of knowledge. They "knew" what was required, what worked, and how to reach the goal as they themselves had arrived. They followed a workable "system" and/or path that brought them to the "promised land". Thus they could tell others what they needed to do to achieve the same result.

They had "been there", so they knew the "way". It was simply, "follow me".

All of these people arrived at the same place, thus "knew" how to get there. Although there are many paths, all are basically the same at the core.

All these processes have passed the test of time and have been proven to work virtually 100% of the time. They always achieved the desired result. They always brought the aspirant to the "promised land" and the attainment of "everything".

Many of those who knew these processes, techniques and knowledge, and reached the highest levels of attainment and mastery by using them, over history, formed various "societies and clubs" where all of this "training" was kept for the privileged elite class, a select few, and those who were deemed "worthy" or gifted enough to benefit from the ultimate releasing of their abilities. The Training was only for those who proved they were "worthy".

Potential aspirants were tested to see their degree of desire and level of true commitment. Many times it would take years of "tests" to see if the aspirant qualified for the training, and was truly willing to do "whatever it takes" to achieve the ultimate objectives of the training.

In these various "societies" and/or "clubs", for hundreds of years, and in some organizations thousands of years, the new accepted student was matched with a "mentor" that had and knew what that particular student needed (as each mentor did not have "all the knowledge" or know every process and technique).

Only a very few individuals had "all the knowledge" and knew "all" the processes and techniques.

"All the knowledge" does not mean "knows everything ever written on the subject of manifesting and enlightenment". It means "plugged into the Universal Field, and being 100% self-realized, thus having total consciousness, awareness and knowingness". This means that one has ACCESS to and innately has "all the knowledge".

No one "knows" from direct personal experience every process and technique used by people throughout history from all around the world. However, if one is totally aware/conscious and has supreme 100% knowingness (plugged into the Universal Field), one "knows" every process and technique at a level of complete inner understanding.

This is different from being able to rattle off by memory the details of every process/technique. When needed, such an individual will "get" a unique and specific process from the Universal Field. This is the ultimate "knowing"

In testing these individuals who "get" a process or technique when needed, many times researches have found historical evidence and documentation of that particular process or technique being used hundreds or thousands of years ago by some group in the world. This verifies the individual's "knowing" of "all" the knowledge, processes, and techniques.

However, there are still within "societies and clubs", thousands of specific processes and techniques that are the "standard" methods known and used by "mentors" when training their "students". Originally these were passed down by word of mouth. Over time, in many cases, these have been written down and preserved in books and manuals kept with the highest level members of these "societies and clubs".

The training I received was unique. I was trained by one main mentor (in one such "society") but was also turned over to many other "mentors" for certain periods of time, each of whom was an expert in a particular area of knowledge, processes and techniques.

I was trained by 2 individuals who had "all the knowledge" (self-realized), one of which was my main mentor.

For various reasons (which I will explain in future Lessons), I became exposed to and trained in virtually every aspect of "The Training".

Most students of "The Training" had no interest in "enlightenment" (and did not have the karma to attain enlightenment in this embodiment), thus their training was focused on sensual pleasures, releasing specific almost supernatural abilities (for specific uses by the "society"), and teaching them how to attain, at will, material/physical things and personal desires.

Some students had little interest in material gain (due to karma and/or their current decisions and desires), and thus their training processes were focused on attaining self-realization.

A small percentage of students were interested in both material gain/sensual pleasures as well as self-realization/enlightenment. These rare students attained all there was to attain and experienced virtually everything one can experience in physical embodiment.

For these students, after they experienced all the material physical sense pleasures they desired, at a certain point, they then became only focused on self-realization, and all material physical desires automatically vanished (as they had "been there and done that").

This Course consists of processes, techniques, and knowledge for both of these objectives (material/personal desires manifesting and self-realization). Therefore, based on your "now" as well as karmic desires, some of you will resonate with some processes more than others.

The processes, techniques and knowledge in this Course will automatically release the "almost supernatural" abilities that vary from person to person based on

genetics and karma. Although many people desire to have these "abilities", once they are attained, the individual is usually at such a high level of understanding and awareness, that one has little interest in them as they are ultimately of little or no value.

You will benefit from every process and technique, and from every bit of "information/knowledge" you are being exposed to in this Course.

As a student of this Course, you will have the opportunity to get one on one personal "mentoring" where you can receive customized training based on your unique abilities and your personal unique desires.

The one "secret ingredient" in all The Training processes, techniques and knowledge, is the infused "energy" that can be attached to "The Training", and can only come from a self-realized being.

It is this "energy" that activates "The Training" and makes every process, technique and bit of knowledge "work". When a student does a process or uses a technique or learns some new knowledge, if the "energy" is there, it awakens in the student his or her own dormant energy.

This awakening of your dormant energy is what causes the real transformation in each student. Without this, you can do every process or technique or learn every bit of knowledge and you will not get the full results and benefits. This energy can only be transferred to you by someone who already had their energy awakened and who has attained full liberation, self-realization, self-actualization, enlightenment.

This is why almost all courses have "something missing".

This Course has nothing missing. This Course has all you need to achieve and attain "everything" there is to attain.

(I am not suggesting this is the "best" course or the "only" course that "has it all". There may be other, and maybe even better courses available that "have it all" that I do not know about.)

At this point in the Course, you have already made tremendous gains, and have experienced much growth and inner "shifts".

The processes in the Course and specifically in this Lesson will increase your awareness and understanding and continue to release your abilities, making your daily life "better".

We will continue now with creating your Self Image.

The next step in the recreation process of your Self Image is to review some past Lessons in this new unit of time.

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

The next process will be to simply go back and read Lesson One. When you read Lesson One, read it slowly. Think about everything you are reading in this "new unit of time". When you are finished reading Lesson One, you may continue with this Lesson.

"Begin the Process".

Welcome back.

Think about if you had any cognitions from this Lesson or from re-reading Lesson One, and if you did, think about them now, and when ready say them to me out loud.

Thank you.

If you had any cognitions, before you continue, in as much detail or as briefly as you like, write those cognitions in your Lesson Notebook.

Welcome back.

Now, when I say "Begin the Process", you will read (and do all the exercises) in Lesson 2. You will effectively do Lesson 2 over again in this new unit of time. Make sure you do all the exercises. It will take much less time when you do Lesson 2 this second go around compared to the first time you did Lesson 2.

Obviously you will not have to activate and illuminate all the words again. When you get to the list of words, slowly, simply read them. If for some reason you read a word and you do not feel 100% good about the word, go to your personal dictionary and read what you wrote about the word. Make sure you feel good about the word. You might have to use (say out loud) the word in a new sentence before you feel good about the word.

After the word section there are 3 questions. You do not have to answer them (it will be obvious to you as you go through the Lesson what you should do and what you do not need to do.)

Also, you do not have to go back and redo the Lesson when it says to do so, as you have already activated and illuminated the words used in that Lesson.

At the end, the Lesson asks you some questions and tells you to write the answers in your Lesson notebook. Yes, you do need to do that. Do not look at what you wrote

the first time you did the Lesson. Simply write your new answers in your Lesson notebook in this new unit of time.

Watch what happens when you go back and redo Lesson 2. You are about to be amazed.

"Begin the Process".

Welcome back.

Now, go to your Lesson notebook and read the answers to the questions from Lesson 2 you wrote the first time you did Lesson 2.

Welcome back.

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

Thank you.

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

Welcome back.

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

Thank you.

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

Welcome back.

Now ponder and think about each of the following statements for as long as you like and when ready say out loud to me what the statement means to you (do one at a time).

-Beauty is in the eyes of the beholder.

Thank you.

-Everything is what you make of it.

Thank you.

-Life is as you see it.

Thank you.

-If you think you can or think you can't either way you are right, as it is the thinking that makes it so.

Thank you.

-You see what you want to see and you hear what you want to hear.

Thank you.

-You create self fulfilling prophesies.

Thank you.

-Thoughts are things

Thank you.

-Success is a decision away.

Thank you.

-The Law of Attraction

Thank you.

-You create your own reality.

Thank you

-You become what you think about most of the time.

Thank you.

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

Thank you.

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

Welcome back.

You will begin the final process of this Lesson when I say "Begin the Process".

The final process is for you to take your 8 Headline sheets that you have from the last Lesson, and "clean them up" in this new unit of time. Your objective is to:

- eliminate any phrase or word you now choose to eliminate
- add any word or phrase you want to add
- modify/change/adjust/rewrite any of the phrases you have
- put the phrases into an order of importance

Your end result will be 8 new Headline pages each rewritten with a "cleaned up" list of phrases and words, in your general order of importance.

You can use any method you want to achieve the end result. You can take as much time as you like to finish this process. Ideally you should finish within 8 days from today.

You choose the method that is best for you and the method you feel good about.

One method you might consider is as follows:

- Take your 8 Headline papers with all your words and phrases.
- Have 8 fresh blank pages with one Headline written across the top of each (and have extra paper ready if you use up one piece of paper and need more space to write more phrases and words)
- Have lots of small index cards or small pieces of paper
- Start with any Headline page.
- Read (out loud) the Headline once and then read (out loud) all the phrases and words one time through.
- Go back and read the Headline (out loud) and then read (out loud) the first word or phrase and decide if you want to keep it, eliminate it, modify it, add to it, or change it. Make any adjustments you want and then write it on an index card (or a small piece of paper), and cross it off your sheet.
- Continue with all the words and phrases for that Headline page (when done you can throw away the old page as you have all the words and/or phrases on index cards.)

-Now take your index cards, read each phrase (out loud) and arrange them in the order of importance to you. As you read each phrase you still might make adjustments to the phrase, deleting words or adding words or changing the wording of the phrase.

-Now that you have all the index cards arranged in order of importance, write what you have on the index cards, in that order, on your new fresh blank Headline page (you can keep or throw away the index cards).

-Continue with all 8 Headlines pages.

Feel free to add words, or phrases, and to eliminate, change, or modify your words or phrases at any time in the process.

Have fun with this process. Enjoy it.

Some of you will finish this in one day. Some of you will do this over several days. Go at your own pace.

Remember, your end result will be 8 new Headline pages "cleaned up". We will work with these "cleaned up" pages in the next Lesson.

When you have completed this process, you may continue with this Lesson.

"Begin the Process".

Welcome back.

Think about if you had any cognitions, and if so, when ready tell them to me out loud.

Thank you.

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

Welcome back.

Before you start the next Lesson, everyday for at least 14 consecutive days (you can go for more days if you feel inclined to do so), take all 8 headline pages and read out loud the headline (just once) and read out loud all your phrases and words. When you do this, feel free to delete, change, adjust, modify, and add anything you desire.

This 14 day process is extremely powerful. You will "feel" things inside you. Notice what occurs.

If during this time (the 14 days you are reading daily the Headlines and your phrase and words on your 8 pages), you have any cognitions, I encourage you to write them in your Lesson notebook immediately when you have them.

Feel free to write in your Lesson notebook how you are feeling or anything that comes to mind as you are doing this process.

You are on your way to achieving all your dreams, desires, wishes, wants, goals, and objectives. You are on your way to attaining everything you can imagine and things you cannot even begin to imagine.

Thousands of people have enrolled to receive this Course. Only a percentage of those who started the Course are reading these words, as many have already quit. Even fewer have actually done all the exercises as directed, with full concentration, effort, and focus.

Most people wonder why only a rare few attain "everything" in life. Most wonder why so few have complete self-realization, awareness, consciousness. Most wonder why only a handful of people live an opulent luxurious lifestyle with all their material needs, wants and desires fulfilled. Most wonder why so few have complete satisfaction, contentment, inner bliss and joy, peace, and are happy all the time.

Think about the following question, and when ready, answer it out loud to me:

-Why do you think most people do not get in life all the things mentioned above?

Thank you.

Now read each of the following statements out loud, one at a time, and think about what each statement means. Before reading the next statement, tell me out loud what the statement means to you.

-Successful people are always willing to do what the other guys are not willing to do (do not read further, think about this statement and tell me what it means to you out loud before you continue).

Thank you.

-Successful people are always too busy doing what the other guys are still talking about.

Thank you.

-Character is following through on a decision long after the excitement and emotion of the moment has passed.

Thank you.

-Successful people are always willing to do what others say is inconvenient.

Thank you.

-Successful people are always willing to do what the other guys are "too good" to do.

Thank you.

"Everything" is available to everyone. Only a rare few are willing to do whatever it takes to attain "everything". Thus only a rare few "have it all".

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.

Before you continue, in as much detail or as briefly as you like, write in your Lesson notebook what you got out of this Lesson.

Welcome back.

Enjoy your time before you start the next Lesson.

Until then, know that you are perfect right now, and always loved.