

Welcome to Lesson 9 of The Science of Personal Mastery Course.

As always, if you come to a word you are not 100% sure, certain, clear, or feel good about, stop reading! Go to your personal dictionary and see if the word is there. If it is there, read everything you wrote in your personal dictionary regarding the word until you feel good about the word. If the word is not there, then activate and illuminate the word using the process you were taught, and add the word to your personal dictionary.

You have desires, wants, wishes, goals, and/or dreams. Many of you want "more" material things in general. Some of you want specific material things.

You may have desires for better health.

Many of you may want your body to be a certain way.

You might have dreams of certain kinds of relationships.

You may have a burning desire for inner peace, joy and bliss.

You might dream about having total mental, emotional, and spiritual fulfillment and contentment.

You might not even know what you want, but you know there is "something" missing in your life.

Some of you want "spiritual", mental and emotional liberation, freedom, self-realization, enlightenment, and self-actualization.

There is an endless list of what people want.

Now, before you continue with the Lesson, think about all the "things" you want, your desires, your wishes, your dreams (give yourself a few moments or minutes asking yourself the question "What do I want and desire?")

Welcome back.

Now tell me out loud in as much detail or as briefly as you want, what you "want/desire".

Thank you.

As you were thinking about your "desires" and as you were telling me about your desires, tell me out loud the answer to this question "how did you feel"?

Thank you.

Now consider that all "wants/desires" ultimately lead to, and actually stem from, an inner desire for a particular "feeling" within our "soul".

Whatever you "want", you ultimately want it because you "think" it will make you "feel" a certain way.

Pause for a moment before going on and think about that.

Welcome back.

Think about the following question before going on with the Lesson:

"What feeling or feelings are you really looking for, searching for, "wanting" and desiring?"

Welcome back.

Now tell me out loud in as much detail or as briefly as you want, what that feeling is, or what those feelings are.

Thank you.

Here are some (not all) of the reasons you do NOT have what you want yet:

-You are not clear about what you want. You really do not "know" what you want. You have not set a specific target.

-You are not consistently focusing on what you want, while at the same time feeling "good" (being in alignment).

-You think most of the time about the "lack" of what you want and/or what you do not want (and feel "bad" or "off" much of the time).

-You are constantly changing your mind as to what you want.

-Your karma.

-Your self image.

-Your programming/images.

Now, look at the above list and when ready tell me out loud which of the above reasons HAVE applied to you.

Thank you.

Now tell me out loud:

-that you are addressing all of the above issues now, and that some of your desires have actually manifested in your life already.

-that you are thankful and grateful for all those desires that have manifested.

-that all your desires are in the process of manifesting in your life and some are manifesting right now.

-that you are thankful and grateful for everything.

As you did that exercise, think about how did it made you feel, and when ready tell me out loud how it made you feel.

Thank you.

We are focusing here on the image you have of yourself. The way we are focusing on your Self Image, will help you clarify what you truly want, instead of what you have been "programmed" to want.

This process of working on your self image will address, to varying degrees all of the issues and reasons you are not getting what you want.

Your new image of yourself can help overcome all the reasons why you do not have what you want/desire.

This Lesson will continue with the process from the last Lesson.

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

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

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

Here are the words:

Deserve, kind, type, worthy, willing, choose, preference, can, intend, someday, see.

Welcome back.

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

This time however, you will only do one statement per day. You will do one statement everyday for 8 days (as there are 8 statements). This should be done in 8 consecutive days. After you complete each statement, come back to the Lesson for follow up questions.

As you do this, you may change, modify or delete your words or phrases. You can also add any words and phrases you desire to add. You can also change the order of the words and phrases as their importance to you might change.

Remember and use the process from the last Lesson (Lesson 8).

Here is a review of that process:

- Take your 8 headlines pages with all your words and phrases.

- Take the new phrase given below, and reading it out loud, finish it with the first word or phrase on one of your lists. If it "feels good", then go on to the next word or phrase. Feel free to make any changes or additions as you go along.

- If reading the phrase below, with your word or phrase finishing the phrase, it does not resonate or feel good, read it over and over out loud until it does "feel good" at least "feels better". Then go to the next word or phrase on your list.

- Continue with all 8 pages and all the words and phrases on your lists.

- You can do this process with one statement below, all in one session, or break it up throughout the day.

- Finish one phrase by the end of the day.

- Do only one phrase per day

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

I deserve to be the (kind or type) or person that...

Welcome back.

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

Thank You.

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

Welcome back

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

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

Welcome back

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

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

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

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

Welcome back.

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

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

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

I choose to be the (kind of type) of person that..

Welcome back.

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

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

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

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

Welcome back.

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

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

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

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

Welcome back.

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

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

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

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

Welcome back.

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

Thank you.

Now stop the Lesson and come back tomorrow to continue.

Welcome back.

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

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

Welcome back.

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

Thank you.

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

Thank you.

Now, 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.

Tell me out loud how you feel now.

Thank you.

Now, before you continue, simply say out loud 7 times "Thank you".

Good.

Before you start the next Lesson (Lesson 10), make sure wait at least 7 days from the day you finish this Lesson.

Before you start the next Lesson I encourage you to read the little book "The Secret".

You are special. You are powerful. You are amazing. You are wonderful. You are perfect.

Until the next Lesson, may you never be the same.

Much love...