

# KEVIN TRUDEAU'S NUGGETS OF GOLD

## THE SCIENCE OF PERSONAL MASTERY

### Lesson 5

Welcome to Lesson 5 of the Science of Personal Mastery Course.

When going through this Lesson, and anything/everything you read, if you come to a word you do not fully understand and know the meaning/definition, first see if the word is in your personal dictionary. If it is, read all you have there and make sure you "feel good" about the word before you continue reading. If the word is not in your personal dictionary already, look the word up using the procedure you were taught (making sure you feel good about the word) and add the word to your personal dictionary.

This Lesson, for most of you, will prove to be the most life changing of any training you have ever done to date. That is a very big claim, yet you will see that it is true. This Lesson will have a most profound effect in every area of your life. You will start to experience this, within the next 30 days after completing this Lesson, and the positive effects will continue for the rest of your life.

This is the Lesson where you begin to "plant seeds" for your future. You will see some of these seeds starting to sprout and grow very quickly. Some of the other seeds will take a little more time. But you WILL see ALL the seeds you plant in this Lesson and in future Lessons, sprout and grow within your "life".

The energy and processes in this Lesson will also awaken and bring to life many of the seeds you have already planted in your "vibrational escrow/vortex".

In this Lesson you will begin to make powerful postulates, decisions, and affirmations about your self and your life. You will begin to send forth commands into the ether (non physical) that will manifest into your physical experience.

You will also start the process of releasing all of your unmanifested desires/dreams/goals/wants/wishes, that are in your "vibrational escrow", so they can begin to manifest in your physical life experience.

You are about to actually begin the process of altering the "course" in your life. You are about to begin to enter into your life's "auto pilot" a new destination. Thus your "route" will become different. In some ways your "route" will change abruptly, in other ways the route will change slowly.

When a large ship makes a 180 degree change in course, it SLOWLY begins to turn. The passengers hardly notice the slow change in direction, yet slowly but surely the ship eventually winds up heading in the opposite direction, and eventually it does arrive at the new destination.

This will happen in your life starting now.

As you progress on your "journey", you will seem to "arrive" at your "destination" from time to time, but you will realize that LIFE IS the "journey" (all of the moment to moment experiences), and you never "arrive" or "get it done". You simply enjoy the "ride".

Imagine flying a plane, and entering into the auto pilot a new destination. The plane's advanced "auto pilot" will then take into account all the factors, including wind, fuel, weather, all the other planes that are flying and THEIR routes/destinations (to make sure there are no collisions), as well as many other considerations. Then, the plane's auto pilot will slowly adjust the direction (and adjust everything else including speed and altitude), so that you get to your new destination safely. It even makes adjustments for things that come up along the way including "bad weather" or other planes coming into "your airspace" "unannounced or unexpected".

The passengers may not feel any difference; even though many changes have taken place, and the ultimate destination will be thousands of miles away from the original destination. Remember, that when the destination is very far away from where you are right now, only a very slight, and many times unnoticeable, change in direction and speed are all that is needed to ultimately get you to your new destination (which might be thousands of miles away from your old destination).

This means in your life, if you have changed your "goal" of what you want 10-20 years from now, sometimes only very slight, almost unnoticeable changes occur now. Those small, seemingly insignificant changes, affect your path enough to get you to the new destination several years down the road.

Small "changes" now result in huge changes over time. Small hinges open big doors.

The magical way to change your life and reprogram your "auto pilot" is to change the "image" you have of yourself.

This is your conscious and subconscious "self image". It relates to your self-esteem, your self worth, your self-confidence, and your knowingness.

Your Self Image has a vibration that is broadcasting and "attracting/creating" 24 hours a day, 7 days a week.

In last months Lesson we started the process. That process continues now.

The biggest secret to creating a powerful "self image" that improves your self esteem, self worth, self confidence, knowingness, and positively effects you in almost magical ways is:

You have to KNOW your options as to what kind of person you can choose to be.

You have a blank canvas. You can create an "image" of yourself anyway you choose.

In this image you could choose to be demonstrative, sexy, articulate, rich, wealthy, easy going, liked, loved, admired. You could choose to be unconditionally loving, understanding, happy and at peace.

You can choose to be fit, healthy, athletic, fashionable, trustworthy, honest, intuitive, respected, admired, looked up to, "cool".

You could choose to be the kind of person who people find funny and amusing, relaxed, at ease, intelligent and a quick learner, wise, is always lucky, is kind and generous.

You could choose to be the kind of person whose life is easy and fun, a person who makes lots of money, is a great parent/friend, who is outgoing, and/or who always attracts and manifests whatever you want easily and effortlessly.

The list of options is very long.

You could choose anything. But you do not know all your options. Do you really think you know all the options that are available to you? (Stop. Think. Take your time. Focus. Then answer the question out loud to me. Do this every time you are given a question.)

Imagine going into a restaurant. The waiter asks you what you would like to eat. You ask for a menu (of the meal/food choices). The waiter informs you that there is no menu. You can have ANYTHING you want. Sounds good, right? Well, here is the problem. You do not know ALL the food options that there are in the world. You could not possibly know ALL the different "dishes" that chefs have created all over the world. Therefore you are extremely limited to what you can order.

You might know of fried chicken, hamburger, steak, etc. But do you know of ALL the various herbs and spices used in cooking around the world? Do you know of every food ingredient used in the world? Do you know of EVERY possible "chef created" dish? Of course not. You are extremely limited without a menu of options as to what is available (with definitions, descriptions and pictures of the ingredients and final dishes so you know what they are).

Choosing the "image" of your self is the same. Right now, you really do not KNOW all your options!

In this Lesson you are not going to get ALL the options. But you ARE going to get many positive options you might not have thought about. And you will KNOW them better than you ever had before. This is the start of the process. Creating your self-image is a lifelong process. You will change and modify your self-image many, many times over your life as your desires/choices change and your knowingness evolves. From now forward you will do it consciously, with deliberate intent.

You will sculpt and create your life, and change it from time to time as you choose, based on your ever-changing preferences/choices and expanded awareness. From NOW forward, you will have total control.

The first steps were taken in the last Lesson. The next step is this Lesson. This is an easy step, but does take some time.

All you have to do is activate and illuminate some words.

Your "image" must have words associated with it. Each root word, as you know, has historical power as each root word comes from an ancient word in another language and has an original meaning.

When you look up and say out loud the "derivation of the root word" (original word in the original language the English word is based on), read and say out loud the original meaning/definition of the derivation, read and say out loud all the definitions of the English word, use the English word in sentences out loud, you need to feel "good" about the word. Feeling "good" (confident/sure/certain/happy) about the English word is the indicator that the power/vibration/frequency of the word has been activated, illuminated and released.

Then when you write all this down in your personal dictionary you are locking into your mind and being the power/frequency/vibration of the word. This way you have access to that power in the future when you use (speak) the word. Your tongue becomes a creative force. The words you utter have amazing power only when that power has been unleashed by activating and illuminating the words.

This process has several benefits. First, consider that everything you ever desired, asked for, wanted, and wished for, that has not manifested into your life yet, is in, as Abraham so eloquently says, "your vibrational escrow/vortex" waiting to manifest in your life. Maybe it is money, or a lover, or a better job, or health, or your perfect body, or inner peace.

There are 2 main reasons why they have not manifested into your physical life experience yet. First, because you are not "allowing" them to come into your life, as you are focusing on the fact they are NOT in your life. The second is because the image you have of yourself will not allow them to manifest. They do not match vibrationally with your self-image.

If you want money for example, and the image (conscious or subconscious) you have of yourself is someone who is NOT confident, then you cannot manifest money, as you also may "KNOW" (have a conscious and/or subconscious "belief") that only confident people make money, thus there is not a vibrational match. You have vibrational incongruence.

Your self-image vibration/frequency must be a match and congruent with the vibration/frequency of what you want (those things you desire now, and those things you asked for in the past, that are in your vibrational escrow account/vortex waiting/wanting to manifest).

The words you use in your life and those words you use to create your self-image, must have their power unleashed.

Using words that are not activated and illuminated (the frequency/vibration/power of the words released), to create a self-image is a waste of time as they have little, if any, "energy" behind them.

If there is energy/power/vibration/frequency in the words you use and have used, there is a high probability that the WRONG vibration has been activated in those words. This has been done purposely for eons, and is being done now, on purpose, by the "image makers".

Remember, there is a secret science of image making. That is what you are learning. The most important "image" you can have is the image you have of yourself. This will give you ultimate supreme power of your life and world.

Fantasize a Wizard giving you a secret "incantation/spell" to say out loud, that would make a new car "appear", but when YOU said it, it did not do anything. But when the Wizard speaks the exact same "words", the car appears.

What is the difference in our fantasy?

The Wizard has POWER behind the words. When the Wizard speaks the words, the WORDS have their power unleashed. The vibration/frequency of the words were released and at the command of the Wizard, because they were activated and illuminated in the Wizard's mind/being, thus at his control by intention. All the Wizard has to do is SPEAK the words, WITH INTENT, and the power/full definitions/meanings of the words is at his command.

So, the first thing this procedure of illuminating and activating words does, is start the process of releasing the power of the vibrations and frequencies of the words into your life. When that happens, and you use the words to create a new self image, the image of yourself starts to change, then the doors of your vibrational escrow will

begin to open, and all you have wanted and asked for will start to magically appear in your life.

The second thing the process of activating and illuminating these words does is give you the power of these "magic words" to use in your life in the future.

When you use words they do very little, unless they are activated and illuminated! This process will give you so much power to create and manifest it will be beyond your imagination.

Let's review.

-All your desires/wants/wishes/dreams/goals (everything you ever wanted and asked for) that have not manifested in your life yet, is in your "vibrational escrow/vortex".

-You have a conscious and subconscious image of yourself (self-image), which directly relates to your feelings/beliefs of worthiness, being deserving, self esteem, self confidence and whether or not you are "good enough". This total image has a "vibration/frequency" all on it's own.

-Your current self image does not allow all that is in your "vibrational escrow" to manifest in your physical experience because your self- image and what you want/desire (what is in your "vibrational escrow") are not a vibrational match. They are not congruent.

-Words have vibration/frequency/power that is dormant until you release that power by the process of activation and illumination. Only then will the definitions/meanings of the words be able to materialize in your life.

-The process of activation and illumination that releases the power/vibration/frequency of the definition/meanings of the words so you have access to that power is:

-Find the root word (if you are looking at the word lovable, the root word is love).

-Find the origins of the root word (derivation: the original word, in its original language, that the English word is based on, and it's original definition) (this releases your "memory" of the word's origins) and say it all out loud.

-Read and say out loud all the definitions.

-Say out loud all the derivatives and understand how to use them and their meanings (derivatives of the root word love for example include lovable, loved, lovely, they include the various verb conjugations, as well as the possible nouns, adverbs, and adjectives that are derived from the root word).

-Use the word(s) in sentences (say out loud).

-Feel "good" (confident/secure/certain/sure/clear/happy) about the word.

-Write all this down in your personal dictionary so you "own" the word and have the power of their meanings/definitions at your command.

-When all the "power" words in this Lesson are activated and illuminated, the frequency/vibration/power of the definitions/meanings of the words are released. This means that the full meanings/definitions of the words and all that power is IN your life NOW. By simply uttering the word in the future, with intention, you unleash the full power of the word's definitions/meanings. You now have command and control of all the amazing unlimited power of the word's meanings and definitions to use whenever you desire.

-In many instances simply activating the illuminating these words is enough to open the doors of your vibrational escrow/vortex and to have many of those unmanifested desires start manifesting and showing up in your life as if by magic.

-You will now have the power of the words and their full meanings/definitions at your disposal in the future. The words you speak (that you have activated and illuminated) will have power beyond your imagination. Your tongue will be truly a creative force. You will be able to "create worlds" with your spoken words. When you speak in the future, your words will unleash the full power and effects of their definitions and meanings that give you the ability to manifest and create faster and easier than ever before.

-You can create your self-image only if you know the options available.

-You can only create a self image that will have a powerful vibration/frequency if the words you use are activated and illuminated.

-With many options, and increased awareness/consciousness/knowingness of all that is available to you (actually already yours waiting for you to release into our life), and activated/illuminated words, you can mold, shape, sculpt, and create the perfect image of yourself based on your choices/preferences, and ever expanding awareness. All of this is subject to change by you at any time.

-Your new self image will be a vibrational match to your desires, thus allow all in your vibrational escrow (those things you asked for that have not materialized in your life yet), and your future desires, to actually manifest in your life.

-Your new self-image will virtually create a new vibrational you, which will manifest as a new life, and a new experience. You will be perceived by people differently. You will be treated differently. People will talk about you differently. You will get different results in your life. It will be like you are a new/different person. You virtually will be born again.

-You always are in control of your self-image and what your life experience is. You can change or modify your self-image at any time, thus you can change or modify your life experience at any time.

All your desires/dreams/wishes/wants are about to start coming true.

Before we continue, please read this Lesson again from the start, and as you do, feel the power of the energy in this Lesson and the words I have used, flow through you, and when you get here the second time, you may continue reading.

Welcome back.

If you had any cognitions while going through this Lesson, please tell them to me now out loud, take you time, and be as detailed and lengthy as you like, if not continue reading.

Thank you.

How do you feel right now?

Thank you.

You will activate and illuminate some "power/magic" words. You will get a list of these words in a moment. These words are possible and potential words (or their derivatives) that you may choose to use in later Lessons when you are creating your self-image.

Here are the steps you will take:

-Look at the word and see if it is in your personal dictionary. If it is, simply read all that is there, use the word verbally in a new sentence, and make sure you feel "good" about the word. Then go to the next word.

-If the word is not in your personal dictionary, then look the word up using the procedure you were taught. Find the root word if necessary, and origin of the word (derivation). Say out loud the original word (that the English word is based on) in its original language including the original meaning of the original word. Read all the meanings of the English word and say them out loud. Use the word in sentences (saying them out loud). Make sure you feel "good" about the word. Find all the derivatives/verb conjugations of the word as well (a derivative of courage is courageous; of marvel is marvelous; or compassion is compassionate. Verb conjugations of love include loving and loved) and say them out loud. Then write it all down in your personal dictionary. Then go to the next word.

You can do this with other students of this course to make the process fun and go faster.



The list of words seems large. The best way to go through the list is to do 20-50 words each day. It is ideal to do a little everyday for the next 30 days (until the next Lesson arrives), instead of doing all the words in 1 or 2 days.

Some people will spend 1-2 hours or more at one sitting, each and every day, doing this process. Others might do 2-3 words at a time, and do that 1-20 times a day. Whatever works for you is fine.

In the process of doing this you may think of other words that are not on the list provided, that you might consider using in your self-image creation, or that you would simply enjoy activating and illuminating. Add those words to your list and add them in your personal dictionary. Please however focus now only on positive words. For example, do not at this time activate negative words such as lazy, terrible, angry, sad etc.

Doing this process will give you benefits beyond what you can imagine. As you activate and illuminate these power/positive/magic words, you will be "bathing" yourself in the positive energy of the definitions and meanings of the words. You will also be "thinking/vibrating" very high positive thoughts as you read and say out loud the definitions and do the whole process.

Other powerful positive benefits and effects will happen as well, as you will experience for yourself first hand without any prompting from me. I want you to be surprised by what occurs!

Doing this exercise will keep your vibration high consistently everyday until the next Lesson arrives. This means you will be "broadcasting" positive vibrations every day for the next 30 days (if you do this a little each day). Vibrating and sending out positive frequencies everyday for 30 days in itself will create great and amazing positive effects in your life. Watch what will happen.

Get ready to experience something very special over the next 30 days. When my "uncle" gave me this Lesson over 35 years ago, I thought it was going to be a waste of time. Very soon into the process I realized that every person has the power to "make" themselves anything they want, thus create any life they wanted, anyway they wanted, simply by activating and then using the unleashed/released power of the meanings and definitions of words to create their own self image with it's own vibration/frequency.

You may think the list is long and that this exercise will take a long time.

Remember these key training points:

- You eat an elephant one bite at a time
- Successful people are always willing to do what the other guys are not willing to do

- Successful people are always willing to do what is inconvenient
- Successful people are always too busy doing (and enjoying doing) what the other guys are still talking about
- Successful people go the extra mile and do whatever it takes
- "Go getters" win , and a "go getter" is the person who gets the Blue Vase (from the book the Go Getter)
- This is where the rubber meets the road
- Success is a decision away
- Most people are too lazy to succeed
- One committed person is better than 1000 people with an interest (are you committed to your dreams?)

Do you really want all your dreams and desires to come true? (Stop. Think. Focus. Take your time. Then answer out loud to me before continuing)

Do you really want to be powerful?

Do you really want to be able to manifest whatever you want easily and quickly?

Do you really want inner peace?

Do you really want Personal Mastery?

IF yes, then do it now! Embrace, get excited, and get passionate about this process.

You are not reading this by accident. It is your Karma and your Destiny that you are here, reading this, right now. It is by your "asking" that you have arrived at this place in time and space. You NOW control your future with your thoughts, and your actions (or lack of action).

Will you choose wisely?

GO for you dreams.

Don't let anyone or anything steal your dream (like lack of time).

As you go through this process over the next 30 days, keep your Lesson notebook with you, and if you have any cognitions during the process, say them to me out loud first in detail, then write them down in your Lesson notebook using the procedure you were taught (including date, time, location, conditions etc. before you make your notes/entry).

Remember, you will soon be, in effect, creating YOU! In future Lessons you will choose the words you want in the creation of your self-image. You will not choose all these words, and you may choose other words that are not on this list. But you must KNOW what the words "mean", their full definitions (the power behind the word),

and their historical origins (derivation: the original word in the original language that the English word is derived from and it's original meaning/definitions) to determine if you want to choose it or not. You must also unleash and release the vibratory power of the words and their definitions/meanings, for them to be effective.

You will also be able to choose words that are not on this list. If, in the process of doing this, you think of other words you might consider using in your self image description, just make sure you activate and illuminate those words, using the method and procedure taught to you previously, and add those additional words to your personal dictionary.

Note that I have mixed up some words to keep you "on your toes", thinking, and focused. Some words are not in alphabetical order. There are many root words here. There are also some derivatives of root words that require you to find and look up the root word itself. There are some conjugated verbs here as well that require you to find the original verb. Examples: Calculating is listed. The root word is calculate, which is not listed. You need to add to your personal dictionary calculate, then the derivatives such as calculating. Centered is listed, but not center. Both certainty and its root certain are listed. Desire, desirous, desirable are all listed to keep you thinking. Fashion is listed, but not it's derivative fashionable.

Rarely, I have included a word that uses a negative root. Effort is the root of effortless. Watch what happens when you activate and illuminate that word or words like it!

This is where you and I both see how committed you are to living your dream life and releasing your unlimited power. Enjoy this PERMANENT life changing process. You are about to release tremendous power into your life.

You will never be the same.

I will see you on the other side.

Here are the words:

able; ability; abundance; absolute; academic; accept; accord; accurate; achieve; achievement; action; active; activate; actualize; accomplish; acknowledge; adaptable; adept; adore; admire; advantage; advance; advanced; adventurous; affect; affectionate; affinity; affirm; affirmation; affluent; agree; agreement; align; alignment; alert; alive; almighty; aloof; allow; altruistic; always; amaze; amicable; analytical; anoint; anointed; animate; amalgamate; ambition; amorous; amuse; appeal; appreciate; appreciation; approach; appropriate; apt; articulate; artistic; artsy; aristocratic; aspire; asset; assertive; assist; assistance; assume; assumption; assurance; assure; astute; authoritative; attain; attentive; attitude; athletic; attractive; attract; attuned; aware; authority; aura; authentic; awake; awe; awesome; award; autonomous;

balanced; beauty; beautiful; beloved; benefit; believable; benevolent; best; bewitch; bless; bliss; bohemian; bold; boisterous; brave; brilliant; bright;

calm; calculating; capable; capital; captivate; careful; care; casual; cause; causative; celebrity; celebrate; celebration; centered; certain; certainty; change; character; charisma; charm; charitable; cheerful; chivalrous; circumstance; civilized; chic; chipper; circumspect; clarity; clarify; classy; clean; cleansed; clear; clearheaded; coachable; coalesce; cogent; cognizant; cognize; coherent; colossal; cool; conquer; concise; conscious; confident; confidential; connected; concentration; connoisseur; conscience; conscientious; condition; congenial; congratulate; congruent; concentrate; considerate; content; contemplate; control; convince; conviction; comfortable; compassionate; commander; command; commit; communication; communicate; communicator; compelled; competent; complete; complex; compliment; composed; comprehend; camaraderie; conversationalist; cooperative; coordinated; cordial; correct; cosmopolitan; courteous; courage; create; creator; credentialed; credible; crusade; crusader; cultured; cunning; curious; curvy;

dandy; dapper; daring; darling; dashing; dazzling; dimension; discernment; diverse; dear; debonair; declare; declaration; definite; define; delight; delegate; delineate; deliberate; desire; desirous; deserve; decisive; decision; decadent; decree; dependable; delicious; demonstrative; demure; desirable; destiny; determination; detached; dignity; dignified; discerning; discriminate; diligent; direct; director; disciplined; discrimination; divine; dominion; dominant; dream; dreamer; driven; dynamic;

eager; earnest; easy; educate; ecstasy; eccentric; edify; edification; effective; efficient; effortless; effervescent; effulgent; elate; electrifying; elegant; elegance; eloquent; enable; enabler; embrace; encompass; encourage; endear; endless; endow; endurance; energy; energetic; energized; enlightened; engaging; enjoy; enthusiastic; entitled; embrace; emanate; emancipate; emit; emotion; emotional; empathetic; empower; enigmatic; etiquette; epic; epiphany; entertain; equilibrium; equanimity; equitable; esoteric; essence; establish; ecstatic; esteemed; eternal; ethereal; ethical; event; erotic; euphoric; everlasting; examine; excite; exalt; example; exemplify; exhilaration; exuberant; exotic; expand; expansive; expectancy; experience; experimental; express; expressive; extraordinary; extravagant; extroverted; excellence; exceptional; exalted;

fabulous; fame; famous; faith; fastidious; fashion; fair; fancy; fantastic; fascinate; fearless; feel; feeling; feminine; flexible; flourish; flow; fine; financial; fit; focus; forceful; forgive; formal; fortune; fortunate; foxy; free; freedom; frequency; friend; friendly; frugal; full; frank; fulfill; fun; funny;

genial; generous; gentle; gentleman; gentile; genuine; genius; gifted; gigantic; give; glamour; glad; glide; glorious; glow; goal; good; goodness; gorgeous; govern;

gourmet; grand; graceful; gracious; gratitude; grateful; great; gregarious; grandeur; groomed; grounded; grow; growth; guidance; guided; guru;

habit; habitual; happy; handsome; handy; harmony; healthy; heartfelt; heavenly; help; hero; hilarious; holistic; holy; honor; honest; hope; hot; huge; humble; humane; humility; humor; herculean; hypnotic; hygiene;

increase; ideal; idea; industrious; illuminate; illustrious; imagine; immense; impact; impartial; impenetrable; impeccable; important; impression; impress; improvise; independent; indulge; infectious; infinite; influence; infuse; ingenious; initiate; innocence; innocent; inquisitive; instinct; inscrutable; insight; inspire; integrity; intelligent; intellect; intellectual; intend; intense; intent; intention; interact; interesting; integrate; integrity; intoxicate; intuitive; invincible; invite; improve;

joy; journey; jubilation; judiciousness; just; justice;

keen; kind; king; know; knowingness; knowledge;

loquacious; laconic; lady; laugh; leader; learn; lean; lenient; legend; liberate; like; liberty; limitless; listen; logical; love; lovely; lovable; loved; loving; light; lighthearted; lifestyle; loyal; luck; lucid; luscious; luminous; luxury;

magical; magnetic; magnified; majesty; manager; majestic; manifest; manners; marvelous; masculine; master; mastery; maverick; meek; memory; mental; merciful; merry; mesmerize; methodical; metropolitan; mild; mindful; miracle; mighty; magnificent; magnanimous; massive; money; moderate; modest; moderation; monumental; moral; morals; mores; motivate; move; muscular; musical; mutual; mystical;

natural; nice; noble; nonconformist; nourish; nurture; neighborly; neat;

objective; obedient; obsessive; obey; observe; observation; obtain; omnipotence; omnipresence; oneness; open; opinion; optimism; opulence; opportunity; original; orchestrate; order; organize; overcome; overflow; overjoyed; outdoors; outgoing; outrageous;

passion; patient; particular; peace; penetrate; perceive; perk; perfect; pensive; permeate; permission; persevere; perseverance; persuade; personable; pervade; pervasive; photogenic; plan; planner; plausible; philanthropy; pious; play; pleasant; please; pleasure; plenty; poignant; polished; polite; poise; positive; possible; posture; potential; power; practical; practice; project; pragmatic; praise; precise; precious; present; pretty; pride; princely; principle; priority; prissy; prize; prepare; presence; privilege; proclaim; procure; prodigy; professional; prolific; profound; produce; promise; proper; posh; prosper; protect; proud; prudent; punctual; pure; purpose; purposeful; purify;

quiet; quaint; quality; quantity; quest; queen;

radiate; radiance; rational; rare; reasonable; reason; ready; reap; real; realistic; realize; rebel; rebellious; recognized; recognition; redeem; refine; reflect; regal; renew; renegade; reserve; resourceful; rigorous; ritzy; rivet; receptive; recharge; refresh; rejuvenate; relate; relax; relaxation; release; relevant; remember; resolute; resonate; respect; responsible; responsive; rest; result; revitalize; revel; reverie; reverence; revelation; ridged; rich; robust; romantic; rough; royal; rugged; rule;

saint; safe; safety; sage; sagacious; salvation; sanctify; sanguine; sanitary; sanctify; satisfy; save; savior; savor; scruples; secure; seductive; sensational; sensual; sensuous; sensitive; serene; serious; settle; sexy; sexuality; shapely; share; shrewd; shine; significant; simple; sincere; situation; smart; smile; smooth; snazzy; sophisticated; solace; solution; soul; sparkle; specter; spectacular; special; spiritual; spirited; spicy; splendor; splendid; spontaneous; stable; state; stately; statuesque; standards; stamina; staunch; stimulate; strong; subtle; style; steady; steward; stewardship; strategic; striking; student; studious; sturdy; stupendous; stunning; sublime; success; sufficient; superlative; supreme; superiority; supremacy; support; supply; support; sustain; sure; surrender; subtle; subjective; sympathetic; sweet; super; superhero; surpass;

tact; talent; taste; teach; tenacious; tender; terrific; temperance; temperate; tender; thorough; tolerance; toned; total; thankful; thoughtful; thrill; thrifty; thrive; tidy; tough; tranquil; transform; translucent; transcendent; treasure; tremendous; triumphant; trim; true; trust; trustworthy; truth;

unconditional; understand; unlimited; unique; universal; unorthodox; upbeat; uplift; ultimate; unite; unity; unstoppable;

validate; valiant; valor; valorous; value; values; versatile; vibration; vibrant; victory; vigorous; virility; virtue; virtuous; vision; visionary; vital; vitalized; vivacious; voracious

wanted; wealthy; well; wellness; wild; wily; will; willing; whimsical; wholesome; win; winner; wise; wisdom; wonderful; worldly; worthwhile; worship; worthy;

yes; youthful;

zany; zeal; zealous; zest;

Well done!

You just did what 99.9% of the people in the world will never do. And you did what the vast majority of people who are students of this Course will never do. They are like people who buy memberships to the gym, never go, and then wonder why they

have no results with their fitness levels. They wonder why their bodies look the same, and weight the same.

People will take this course and not do the exercises, then wonder why they do not get results. Imagine talking piano lessons, but doing absolutely no practice in between lessons. Even after years of weekly lessons, you would not be able to play the piano, if you simply listened to the teacher and never touched the piano keys.

This is the same. This course is designed to get you to do things (mostly mental/spiritual) that will release your abilities. You cannot release your abilities by intellectualizing. You have to have the experience of "release" (the veil lifting, thus allowing your awareness to expand where you "see" more; your "vision"/consciousness/knowingness becomes increasingly all encompassing).

Please tell me out loud how you feel.

Thank you.

Now, please write in your Lesson notebook how you feel now that you have finished the process in this Lesson before you continue.

Tell me out loud what you liked least about this Lesson.

Thank you.

Now write down in your Lesson notebook briefly what you liked least about this Lesson before you continue.

Tell me what you liked best about this Lesson.

Thank you.

Now write down in your Lesson notebook what you liked best about this Lesson before you continue.

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

Thank you.

Now write down in your Lesson notebook what you liked best about this Lesson before you continue.

You are on your way my friend. Congratulations and a heartfelt well done!

Until the next Lesson, I salute you and bow to your greatness.

Much love.....KT