

Welcome to Lesson 8 of the Science of Personal Mastery Course.

As always, if you read a word that you are not 100% sure about, certain about, clear on, or feel good about, activate and illuminate that word before you continue reading (or if it is your personal dictionary, read what you have there until you feel good about the word). Add the word to your personal dictionary if it is not already there.

Your first process in this Lesson will be to go back to Lesson 3, and redo that Lesson. It will not take very much time. You will do this when I say "Begin the Process".

Here is the procedure:

-Read Lesson 3 and do everything it says to do.

-You do not have to activate and illuminate all the words when it says to do so, but you must read out loud each word in the list slowly. Make sure you feel good about each word in the word list. If you do not feel good, clear or certain about the word, then go to your personal dictionary and read what you have there until you feel certain and good about the word. Make sure you feel good about every word that is on the list.

-After the list of words, there are 3 questions. You need to answer those out loud as it says (it will be obvious what "not" to do).

-You will answer all the other questions in the Lesson, and do everything it says to do (except you do not have to redo the Lesson when it says to do so, you only need to go through the Lesson once).

-When it says to write things in your Lesson notebook, make sure you do that. Do NOT read what you wrote the first time or second time you did the Lesson.

-At the end of the Lesson, it tells you to do certain things. Do them. Watch the DVD's it tells you to watch before you continue with this Lesson (even if you watched them already). If you have not read the book it suggests (The Field), consider reading it (you do not have to finish that book before you continue with this Lesson). If you already read it, you do not have to read it again. If you have not listened to the Your Wish is Your Command Cds program, consider getting it and listening to it (you do not have to finish listening to it before you continue with this Lesson). If you already listened to it, you do not have to listen to it again, but you may if you feel inspired to do so.

-Make sure you go through the Lesson (3) slowly with focus. Read every sentence. Focus. Pay attention. Concentrate.

-Go at your own pace. You may finish the Lesson in one sitting, one day, or complete it over several days.

Be ready to be amazed.

When you are ready, "Begin the Process", and when you complete Lesson 3, come back and continue with this Lesson.

Welcome back.

Now, before you continue, go to your Lesson notebook and read everything you wrote for Lesson 3 the first time you went through it. Read all your answers to the questions, and anything and everything you wrote the first time you went through the Lesson.

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, in as much detail or as briefly as you like, write those in your Lesson notebook.

Welcome back.

Think about the following question and when ready answer to me out loud, before going to the next question.

How did redoing Lesson 3 make you feel?

Thank you.

Did any of the information in Lesson 3 appear "new" to you, and if so what information?

Thank you.

Did you learn new things when you went through Lesson 3?

Thank you.

Did you understand what was presented in Lesson 3 at a deeper level?

Thank you.

When you read what you wrote before, did you see that you were at a "different level" than you are now and if so, describe the changes you have gone through?

Thank you.

Can you see your awareness and understanding of things expanding, and if so explain it to me?

Thank you.

Now let's continue with your self image, so you can be do and have anything and everything you choose, and have inner peace, bliss and joy that is constant and overflowing.

The real goal is for you to have ultimate contentment, fulfillment, supreme bliss, and equanimity that cannot be effected by outside conditions, events, situations, people, or circumstances, while being able to manifest your desires at will.

The image you have of yourself is extremely powerful.

All images you have in your mind are extremely powerful. The secret science of images is what controls the world population. You, however, can use it, if you know how, to free yourself of control and achieve liberation.

Consider that the image makers use this secret science to get people to think certain ways, and do certain things.

As an example, consider that as of this writing, every US President ever elected was the candidate who spent the most money on his campaign.

The reason this is true, is that the image makers for each candidate are very good. Both candidates have good image creators. The candidate who spends the most money on his campaign means that they get the most images in front of the most people.

The winner of the Presidential election is always the person who has the MOST images presented to the public, not necessarily the BEST images.

Think about this important truth.

The best images get you to think, or believe a certain way. But even if the images are not the best, the volume of images that are not the best, still will over power even the best images due to shear volume and being repeated in spaced intervals.

Think about and consider these points:

-The reason you buy a certain brand of product is because of the images the sellers of that product implanted in your mind.

-The reason you think something is good or bad, agree with or disagree with, believe or disbelieve, like or dislike all come from whatever images you have been exposed to and have been implanted in your mind.

-Usually you agree with what you have been exposed to the "most".

Repetition of a message (image) WILL get you to agree with that image. You WILL be programmed if you are exposed repeatedly to the image. This has sometimes been called "brainwashing" or indoctrination.

Virtually everything you "know", everything you "believe", comes from images that someone else exposed you to repeated in a "spaced repetition" format (the message repeated over time, with space of time in-between each exposure).

Most people have very little "direct experience" thus "know" very little from personal direct experience.

Even fewer people have pure "knowingness" that comes from looking within, instead of looking without.

For the most part (not all of course), the reason you think a certain way, say and do certain things, and all your desires, wants, wishes, and dreams, is because of the images you have been programmed with (a certain amount is also karma).

This is the reason your self image is so vital for you to achieve freedom and liberation on all levels and all dimensions.

The image you have of yourself acts as a filter/buffer when dealing with all the images the image makers are attempting to program you with.

A strong, positive self image acts like a "protective shield" against the negative images and programming. It will make you immune to the image makers.

It will also act like a powerful magnet, bringing into your life experience your desires, as well as allowing all the unmanifested desires in your vibrational escrow/vortex to flow into your life.

It also allows you to be aware of who you really are and see the connectedness of all.

The next and final process of the Lesson will be fun.

You will get many "releases" and perhaps many "cognitions".

The objective is to take you 8 lists of words and phrases and to begin to empower them. The procedure for achieving that end result is the following process.

Read all the following steps before you begin. You will begin the process when I say "Begin the Process."

Take your 8 lists.

You will be making the following statements followed by the words and/or phrases on your lists. In all of the following statements you have the choice of using the word "kind" or the word "type". You choose which word you want to use. You do not have to use the same word every time. You can go back and forth between the words as you feel is appropriate.

Say out loud "I wish I was the (kind or type) of person that...followed by the first phrase or word on your first list."

If this feels "good" and "resonates" within you, continue to the next word or phrase on your first list.

If it does not feel "good" or "right" or does not "resonate", repeat it again and again until it "feels good, feels right, and resonates within you". You might have to repeat it only once or maybe a several times. On a few of the words or phrases you might have to repeat it a dozen or more times.

Make sure you feel "good" about the word or phrase before you move on to the next word. If you feel 80% or more "good", that is enough to move on.

Continue this with all the words and phrases on all your lists.

You can do this all in one sitting or you can start and stop as often as you like.

Feel free during this process, to delete words and/or phrases, make changes to the words and/or phrases or add words and/or phrases.

When you are done you may continue with this Lesson.

"Begin the Process".

Welcome back.

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

Thank you.

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

You will now do the same process with the following statement:

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

When you are done, you may continue with this Lesson.

"Begin the Process".

Welcome back.

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

Thank you.

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

You will now do the same process with the following statement:

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

When you are done, you may continue with this Lesson.

"Begin the Process".

Welcome back.

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

Thank you.

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

You will now do the same process with the following statement:

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

When you are done, you may continue with this Lesson.

"Begin the Process".

Welcome back.

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

Thank you.

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

You will now do the same process with the following statement:

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

When you are done, you may continue the Lesson.

"Begin the Process".

Welcome back.

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

Thank you.

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

You will now do the same process with the following statement:

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

When you are done, you may continue with this Lesson.

"Begin the Process".

Welcome back.

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

Thank you.

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

You will now do the same process with the following statement"

It is OK that I am the (kind of type) of person that..."

When you are done, you may continue with this Lesson.

"Begin the Process".

Welcome back.

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

Thank you.

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

You will now do the same process with the following statement:

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

When you are done you may continue with this Lesson.

"Begin the Process".

Welcome Back.

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

Thank you.

This process will completely alter your life for the better in everyway. There are many reasons this true.

One reason is a fact that has been talked about for centuries:

"You become what you think about".

In modern times (the last 200 years) this Truth has been taught by tens of thousands around the world including famous and legendary authors, teachers, researchers, religious and spiritual leaders, successful business people, the super rich, Guru's, saints, professors at major universities, and some of the most intelligent geniuses ever to have lived.

However this is not a new concept.

This Truth has been stated in printed texts dating back thousands of years.

In the Bible (book of Proverbs, Old Testament), it states:

"As a man thinketh in his heart so is he".

Also in the Bible (New Testament, St Paul's Letter to the Philippians) he says:

"Finally brothers, whatsoever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence in it, if there is anything good in it or if it is worthy of praise, think only about these things."

Buddha said...

"The thought manifests as the word;
The word manifests as the deed;
The deed develops into habit;
And the habit hardens into character;
So watch your thoughts and their ways with care;
And let them spring from love
Born out of concern for all beings...
As the shadow follows the body,
As we think, we become."

(This is the success/momentum cycle taught in the Success Mastery Course and also a success formula taught by Ed Foreman).

Buddha also said:

"We are shaped by our thoughts;
We become what we think.
When the mind is pure, joy follows, like a shadow that never leaves."

And even in the Vedas from India (some of the worlds oldest texts dating back over 5000 years)...

"One's own thought is one's world...
What a person thinks is what he becomes."

Also in the ancient Yoga Vasishtha text:

"The mind becomes what it dwells on. What you think, so you become."

There are other texts from Ancient Sumeria, Japan, China, Russia, Germany, France, Greece, and the indigenous tribes in Australia, Africa, North, Central and South America that all say the same thing.

You become what you think about.

Consider also, you say with your mouth (speak words) what you are thinking. You also write (text, email etc) what you are thinking.

The process in this Lesson (and all the processes in The Science of Personal Mastery Course) are designed to get you almost constantly consciously thinking the "right thoughts". In time, you will be unconsciously thinking the "right thoughts". When I say "right thoughts", I mean thoughts that will get you everything you "want " in life.

Do not start the next Lesson for at least 7 days from the time you finish this Lesson.

You might want to consider reading the following 2 books:

-The ORIGINAL "Psycho Cybernetics" by Maxwell Maltz (not the NEW Psycho Cybernetics)

-"What You Say When You Talk to Yourself" by Shad Helmstetter

Both of these books must be read with discrimination and discernment. You should, at this point in your training, be able to notice the "out points", but do so without judgment, condemnation or criticism.

If you decide to read them, go at your own pace. You do not have to finish them before you start the next Lesson.

You SHOULD listen to the audio series "The Strangest Secret" by Earl Nightingale (you can find this online).

You should listen to these audios before you start the next Lesson.

Listen to these audios also with discernment and discrimination. You should be able to notice (without judgment, condemnation or criticism) the "out points".

Now, think about if you had any major cognitions as you look at this Lesson as a whole, and if so, when ready, tell them to me out loud.

Thank you.

Now, think about what you got out of this Lesson. When ready, go to your Lesson notebook and right done what you got out of this Lesson before you continue with this Lesson.

Welcome back.

Everyday, be aware of your thoughts. Think GOOD, pure thoughts. You will know if your thoughts are pure by how you feel. Be aware of "feeling good now".

Also, be aware of your words. Notice the words you say to others and the words you say to yourself either out loud or silently.

Notice the words you write in emails and other written documents.

Be conscious, alert, alive, and aware. Choose powerful, lovely, pure, good, positive words.

Notice your words. Pay attention to your words.

Enjoy your time before you start the next Lesson. Enjoy everyday. Enjoy every moment.

Until the next Lesson..

May you never be the same...

Much love.