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The Master Key BrainCharger

Workbook & Checklists for a successful
completion of your Master Key System studies

Published by JAH Holding, Inc.



»THE MASTER KEY BRAINCHARGER« BY HELMAR RUDOLPH

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INTRODUCTION

Welcome, Namaste, In La'kech!

The Master Key System is a self-study service. It requires a large degree of discipline and determination. To many a student, things – especially in the beginning – are not obvious. The Master Key BrainCharger makes them obvious. More crudely put: if the Master Key System AND this workbook don't make you successful in all areas, then “sind Hopfen und Malz verloren”. Google the meaning of it, if need be. This is it: One gives you ancient wisdom wrapped into very precise language. The other explains connections and encourages you to really charge your brain. All that is needed is you. Welcome!

In order for you to deepen your understanding about the Master Key System, I have developed this workbook. It will document your progress and test your knowledge. I have also summarized each part for you and added a few lines about the exercise. I have provided personal book recommendations and – for the first parts – added some simple and fun exercises, too.

I would like you to note, however, that all these sprang from my mind, and as a result are based on my consciousness with its own breadth and limitations. You are welcome to answer only what you feel like answering - there is no obligation.

People often want promises or assurances before they start something new. Well, the Master Key System doesn't promise anything, nor does it function in the traditional sense. It explains Universal Laws and Cosmic Principles, and how you can bring yourself into alignment with them. If you do, it's **you** that functions – or rather, create – well, and create you shall indeed.

It's your understanding and application of these laws and principles that will turn your life around, not just on an intellectual level, but tangibly! This won't happen overnight. It's a gradual process that never really ends, but neither does your life. One new insight and exercise at a time, you will gain the necessary strength to make your dreams come true. After



all, that's what you are here for, aren't you?

I wish you all the best on this amazing journey into the depths of your own divinity and into your infinite potential. The Universe is expanding, and so is the Solar System and Planet Earth, too. We, too, are expanding, reaching higher planes and realms with each life we live. Even in this one we can effect changes beyond our wildest dreams and expectations. It requires discipline, diligence, silence, repose, trust in the process and self-confidence, but most of all honesty and openness towards yourself in a world where change is the only constant. Know that at the bottom of each dream or ideal lies a scientific method which - if adhered to - will make those dreams come true.

Allow me to close by saying that you have to be **able** to receive in order to actually receive. New concepts and ideas are, well, "new". While your brain initially struggles to accept them for lack of an existing pattern, time and exercise create new neural pathways, and new synapses will fire. So what once sounded strange and foreign, if not impossible, has now found entrance into our consciousness.

With the Master Key System you learn the systematic process that turns mere ideas into reality. It is an incredibly powerful tool and should be handled with utmost respect and reverence. Enjoy the coming weeks and months, and may this workbook help you make the most of it.

Should you require additional assistance, please use my website as a starting point.

HELMAR RUDOLPH

CAPE TOWN, SOUTH AFRICA, DECEMBER 2010

SPECIAL OFFER! As the owner of this workbook, you qualify for a **40% discount** on my online study service, which sends you two emails a week, plus a link to a 15-40 minute long video explaining the salient points of each part of the Master Key System!

www.MasterKeySystem.tv/special-offer



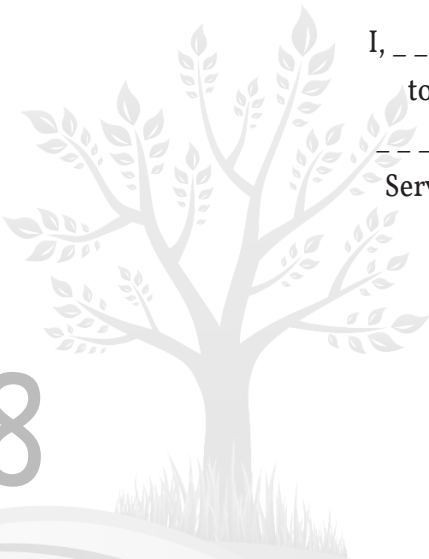
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Please affix here a photo of yourself
9x13 cm (3.5x5.11") format

I, _____, declare that
today, the ____ day of _____, in the year
_____, marks the beginning of my Master Key System Study
Service. I will conduct my study in a professional manner and
will be finishing it in a timely manner.

So be it!

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ONE CONSCIOUSNESS, ONE POWER

“One Consciousness, One Power” is the title of this first part. You are at the beginning of an amazing and richly rewarding journey – IF you lay the claim, ask the question, want it badly enough, or whatever you want to call it.

You are going to explore the depth of your own Being. You are about to discover much light, but also much shadow, for the light cannot exist without the shadow. The shadow, however, is just that: a shadow. It's nothing without the light. As you let your light shine you climb onto higher and more joyful and abundant planes of life. Welcome!

With this course you will enable and empower yourself. At the same time you will do this to others, and together we are “being” the evolution by creating a new kind of Man. It cannot work any other way.

If you want to get more wealth, health or happiness, you first have to give it to others. Giving is a mental process! By giving it to others, you develop a consciousness for it, because **what you pay attention to, you become conscious of**, and what you become conscious of, grows (!) in your life – it gets more! As you reach higher levels of consciousness or awareness for the rich, good, healthy and loving, all this will come back to you, because this is law. We also call it resonance.

You will learn in this part that there is only one Consciousness. When this Consciousness thinks, it shows in the myriad of visible and invisible forms. The purpose of Spirit is to create Matter, and through this process a) experience itself and b) return to its origin, which is Spirit.

You will learn in this part that you are part of this one Consciousness, and that thinking is the connection between you (the part) and the Whole.

The MKS will strengthen your thinking and will make it methodical and systematic. We all have thoughts all the time anyway, but here we are talking about real, truthful thinking - thinking with a specific aim in mind; prolonged and persistent thinking in the Silence. But before we get there, we have to master the basics, and this is what this part is all about.

Remember that you will require discipline for this study. Do yourself the favour and finish this course, because an almost magical transformation happens as you delve deeper and deeper into this subject.

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You will become more aware of the small things, the finer details. You will reduce your subconscious judgment and see things as they are and for what they are. The next step is that you will be more careful as to how you express yourself verbally. This is followed by an increasing control of your emotions. And finally, you will think twice before you do anything. These small steps combined imbue you with a power and force to be reckoned with. Remember: you will first have to give before you can receive, so your aim is to enrich other people's lives, make them healthier and happier. How? By the power of your mind and your intention. Have the intention and feel as if it has already happened! But more on that later.

With this study you will become more peaceful and sovereign. Now imagine this happening to your family as you study together, or your friends and colleagues. Step by step, the atmosphere becomes calmer, friendlier and more supportive. By giving to each other, you amplify this energy, and thus "much" leads to "more".

Now onto the practice: read each part slowly and carefully. This should take you about 40-50 Minutes. Then do the exercise. Let me repeat: THEN DO THE EXERCISE! It's through the exercise that the changes in you take place, not by just reading. The reading deepens your understanding, but the exercise changes your "being", because with it you are "doing" something, and practice makes perfect! Continuous doing creates a habit. This habit becomes automatic. Once automatic, you - in the truest sense of the word - don't have to think about it anymore. It has become part of your Subconscious Mind and it is being executed without further conscious input from you. Please reread these last two sentences, because they are a **key** to materialization, to accomplishment, to health, wealth and happiness!

The exercise takes about 20-30 minutes. Practice it every day. Choose one particular room and place that you will be using for the next six months. This is important, as you are telling your body, "Now it's time for my MKS studies". This builds routine, prepares yourself and makes your study more efficient. If you cannot be in one particular place all the time, relax! What you do is more important than where you do it.

ABOUT THE EXERCISE

The object of the exercise is to obtain **physical control**. This first exercise is the basis for all the others, because for the next six months you

will be doing a lot of sitting still. The MKS exercises are about mental and physical control and relaxation (I-4), visualisation (5-11) and concentration and contemplation (12+). Do you notice the systematic approach here? The exercises help you become more capable of visualising your ideal life. Remember here that concentration means focussed and continuous attention or awareness. Remember that this builds and strengthens your consciousness. This forms habits, becomes automatic, becomes “you”. The circles closes once again.

Students often ask: “*When do I know that I have obtained physical control?*” Well, in this exercise it’s more about sitting still for some time rather than being able to control every pore of your skin or cell of your body. So take it easy and perhaps start with a few minutes of sitting still, increasing it every day by 3-4 minutes, and by the end of the week, you can sit still without moving for half an hour. Nothing happens overnight; it takes time and practice.

I’d like to close with a quote from Part One: “*We cannot express powers that we do not possess. The only way by which we may secure possession of power is to become conscious of power, and we can never become conscious of power until we learn that all power is from within. When you know the Truth and express only the Truth, only truthful and thus beneficial things will happen to you.*”

This, and always remember this, is the Master Key in brief. You will learn to become a conscious channel that expresses in form that which already exists as potential in the Universal. Which form it takes is subject to law, and dependent on how you think about life. The stronger you become, the more capable you will be in breaking old habits and patterns - those that didn’t serve you in the past, and that brought you to where you are now. These habits or patterns now serve you in transforming them, transmuting or transcending them. So it is you who is doing the transformation, and you are doing it in an ever more powerful way, and over time you will be able to express powers you didn’t even think existed.

CHECKLIST

1. Please note here in key word form the changes that you have recognized taking place in your mind. (Example: noticed having a negative thought and asked yourself why you are thinking it and whether you have to think it.)

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2. Write down the 3 most important things you have learnt from this part.

1.

2.

3.

3. Write down how you intend applying this newly gained knowledge in your daily life.

4. Check those items that apply or that you have performed this week.

- Another person has changed its behaviour towards me in a positive way.
- I have changed my behaviour towards another person or situation.
- I remained calm in an undesirable situation.
- I have consciously taken note of something that I wasn't aware of in the past.
- Before taking a decision, I stopped and asked myself what the outcome would be like.
- I have looked at something common with completely different eyes and noticed the change in my own interpretation.
- A new person has entered into my life, and we are getting on very well.
- Unexpectedly, someone gave me a present.
- I have stroked an animal or a plant and have spoken to it.
- I have become aware of my breathing.



- I have done something that someone else really enjoyed.
- Before going to sleep, I gave thanks to all the beautiful things I became aware of this day.
5. Write down one thing that you wish for in life at this present moment. Make it short. Then write down how you would feel if this dream became true. Then spend some time observing and delving into the feeling itself.

6. Indicate how much closer you have come to this dream by applying what you've learnt this week.

- Dream fulfilled.
- Got a lot closer.
- Somewhat closer.
- Need to work a bit more on my thinking.

7. Write down the obstacles that you think are in the way of fulfilment and how you intend removing them. (Review your answer same time next week.)

8. Write down those things that you were grateful for this week. (**Hint:** Make it a habit of reviewing the day before you go to sleep and call to mind everything you can be grateful (thankful) for.)

9. On a scale from 1 – 10, indicate how you felt this week.

Your self-confidence: -----

Your energy level: -----

Your happiness: -----



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Your drive and determination: ----
Your health: ----
Your wealth: ----

10. Indicate how much you are looking forward to next week, where you will learn about the method of finding the truth.
- I can hardly wait!
 - I am really looking forward to it!
 - I first will make sure I understood as much as possible in Part One. .
 - YES, I want MORE of it!

TIPS

- Be gentle with yourself if at first you don't understand everything. It will all be revealed as you go along. Promised!
- Drink lots of clean, natural water. Thinking and learning is an energy-intensive process. Water cleanses your system.
- Be more selective with what you eat. "Bad" foods (those, processed' or high in sugar, salt, fat or empty carbohydrates; or with lots of preservatives, aroma or colouring; or those irradiated) will eventually deprive you of your divine energy. "Good" foods are those that are unprocessed, not irradiated, grown organically and preferably come from close to where you live.
- Reduce your radio or TV consumption and make the decision to stay away from negative people and places.
- Affirm: "*Day by day, in every way, I am getting better and better.*" (This is the so-called "Coué-Affirmation". Émile Coué de Châtaigneraie (1857 – 1926) was a French psychologist and pharmacist who healed patients by simply instilling new belief systems.)

NOTES



