



# THE KEY ONLINE COURSE MANUAL

CHRISTINE FRIEL MCGRORY

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First published in the United Kingdom 2019

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## WELCOME TO THE KEY ONLINE.

The Key Online is one of the most exciting developments in the personal and spiritual development journey that is The Key.

For me, the development and creation of The Key Online, itself is a testament to all of The Key Philosophies in practice. It has not been an easy journey for me to get here and it has **pushed my** personal, business and IT **limits** to the max!

I have had to call on many of The Key principles including **focus, attention, vision, purpose, courage, belief** and tapping into source energy to achieve the **desired** outcome. That said, it is now created.

I often say that The Key is not for Christmas, it's **FOR LIFE** but to achieve the results of our desires takes focus, energy, attention commitment and practice.

This **MANUAL** is designed as a guide to support and encourage you to make that commitment over a six week timeframe and as such lay the foundations for a fulfilled and happy life of abundance.

**With all my heart I say thankyou for making that commitment to yourself.**

Wishing you what you were put here on this earth to achieve.  
Much love and admiration for you.

Christine McGrory  
Founder of The Key



## COMMITMENT

This workbook is designed as a companion for The Key Online.

It is a practical guide which will reinforce the key points from 01. The Key Online Course.

It will:

- help you to commit to completing the course over a 6 week time frame.
- It will assist you to keep track of your progress.

At the end of the course you will in essence have a KEY PLAN for your year/life.

## FOR BEST RESULTS

1. Purchase a ring binder / folder with 20 file separations.
2. Print out this Manual and The Workbooks contained within The Online Course Modules and Lessons and file them within your folder.
3. Choose a specific date to begin The Key Course. Ideally at the beginning of a week and/or the 1<sup>st</sup> day of the month.
4. Decide if you desire to complete it over 6 weeks.
5. Make a promise to yourself to be committed to the successful completion of The Key Course.

## COMMITMENT

**I have made up my mind** to devote 6 WEEKS solely to the task of **creating my best and new life** by being fully committed to completing all modules and lessons within The Key Online Course.

I will let everything in my life be unimportant as compared with this task, knowing that at the end of this time, I will have set in motion the infinite power of The Universe THROUGH The Creation Process.

For 6 weeks I will create a designated time and space to complete this work for myself. I know that intention has the mechanics to 100% fulfil my desires. I know that I create my life.

SIGNATURE .....

START DATE .....

COMPLETION DATE .....

## RECAP - TIPS ON HOW TO USE THIS MANUAL

1. Purchase a ring binder folder with 20 file separations.
2. Print out this Manual and the Workbooks contained within The Online Course Modules and Lessons and file them within your binder.
3. Read through this workbook in its entirety before starting to give you an initial sense of size and scale.
4. Choose a specific date to begin The Key Course. Ideally at the beginning of a week and/or the 1<sup>st</sup> day of the month.
5. Decide if you desire to complete it over 6 weeks.
6. Make a promise to yourself to be committed to the successful completion of The Key Course.
7. Use the workbook in conjunction with all of the modules and lessons within The Key Course.
8. Complete The Wheel of Life\* before and after the course to check in with how you feel about life.

\* Contained within Module 08. The Creation Process – Step 1 Lesson 2.

## YOUR INTENTIONS AND DESIRES

Most people want to achieve their vision but only a burning, all-consuming, fervent and passionate desire will move them towards their vision.

Desire is an extremely potent force. It is a supreme motivator. It is a metaphysical principle of CREATION.

Desire is the energetic emanation of the human spirit that sparks creation.

Desire is the metaphysical equivalent of gravity.

Desire draws to you the thing desired, or the key elements that will attract the thing desired.

Desire is the fuel that ignites the fire that transforms your thoughts into things.

Nothing can be achieved without the ENERGY of Desire, it lies behind every thought, every action and every word we utter.

It is the energy that makes all things grow, flower and bloom.

It sparks the will to move, to live; it is life in motion. It makes us give our all.

If you do not have a desire you are not moving towards anything.

Desire enables us to expand and to reach for the imagined, the infinite.

**What desires do you have in relation to completing this course?**

**What would you like to achieve from it?**

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**COURSE PLANNING SCHEDULE (APPROX. 3 MODULES PER WEEK)**

MODULE 1	START DATE _____	COMPLETION DATE _____
MODULE 2	START DATE _____	COMPLETION DATE _____
MODULE 3	START DATE _____	COMPLETION DATE _____
MODULE 4	START DATE _____	COMPLETION DATE _____
MODULE 5	START DATE _____	COMPLETION DATE _____
MODULE 6	START DATE _____	COMPLETION DATE _____
MODULE 7	START DATE _____	COMPLETION DATE _____
MODULE 8	START DATE _____	COMPLETION DATE _____
MODULE 9	START DATE _____	COMPLETION DATE _____
MODULE 10	START DATE _____	COMPLETION DATE _____
MODULE 11	START DATE _____	COMPLETION DATE _____
MODULE 12	START DATE _____	COMPLETION DATE _____
MODULE 13	START DATE _____	COMPLETION DATE _____
MODULE 14	START DATE _____	COMPLETION DATE _____
MODULE 15	START DATE _____	COMPLETION DATE _____
MODULE 16	START DATE _____	COMPLETION DATE _____
MODULE 17	START DATE _____	COMPLETION DATE _____
MODULE 18	START DATE _____	COMPLETION DATE _____
MODULE 19	START DATE _____	COMPLETION DATE _____



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CONGRATULATIONS! YOU HAVE COMPLETED THE COURSE.  
WRITE A REMINDER NOTE OF HOW YOU FEEL NOW.

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## FEEDBACK AND EXPERIENCE

**I would love to know how you experienced the course and any feedback that you may have.**

**Please email me here at : [Christine@unlock-the-key.co.uk](mailto:Christine@unlock-the-key.co.uk)**