

Non-visualization

This method focuses on the purpose of the SATS method Neville teaches. The goal of SATS is to reach a state where you feel you have already achieved your desire, and it utilizes a scene to help back up the assumption. In this doc I've included multiple alternative ways for you to approach this:

method 1

The lullaby method

steps

1. Define your objective and know definitely what you want
2. Imagine how you could feel when it is fulfilled, and condense the feeling into a simple short phrase
3. Immobilize your body and induce a state akin to sleep. Repeat the phrase over and over like a lullaby, until you achieve the feeling of your desire fulfilled then fall asleep.
4. Repeat this every day until you reach the feeling of it being done.

1. Define your objective

This can be ***literally anything*** you want. It is very important that you pick something you genuinely want, as it will make the whole experience much more fulfilling.

2. Picking your phrase

- Imagine how you would feel if your desire was fulfilled. Ask yourself, "what if I had x? what if I was x?" Focus on the feeling and compress it to a short, simple phrase, like "isn't it wonderful," "thank you," "it's done," or "it's finished." The phrase should be very short, around 3 words, something that implies your desire is already finished. You can choose whatever phrase best feels right to you.

By focusing on the feeling I mean to go deeper than just feeling happy with your desire. Think of how satisfied you'd feel that it's complete, how proud of yourself you are for manifesting it, how relieved you are that you have what you need, etc.

3. Inducing sats and repeating the phrase

- When it's time to go to bed and you're somewhat drowsy, get in *whatever* comfortable position you'd like and don't move. you'll know if you're in the right state if 1. you're awake enough to direct your thoughts, but drowsy enough for it to be easy and 2. you're relaxed, and you *can* move, but you don't really *want* to. This is the state akin to sleep (SATS).

I recommend picking out a specific time before bed when you know you'll be free (for example, 10pm) and doing the method at the same time every day, integrating the method into your routine will help make it not feel like a chore, and it'll feel much easier to do. You'll notice you start to get drowsy at the same time every day too, and it helps you get immersed much faster.

- Repeat your phrase over and over like a lullaby. If you're religious and chose a phrase like "thank you," then you can repeat it just like you would when you're thanking a god for your desire being fulfilled. Keep in mind that this isn't mindless affirmation, repeating the phrase is used to induce the feeling of the wish fulfilled. Assume that your desire is already a fact and you know it, and enter into the feeling of being what you want to.
- Repeat your phrase until you feel completely immersed in the feeling of your wish being done. You might be filled with happiness, excitement, relief, etc. then, fall asleep in the feeling of it being done.

method 2

Adjusted SATS (gaven method, named after my friend gaven :)

This is actually my favorite method because it's the easiest for me. It's basically just like the visualization method in the other doc ([here](#)) but with a different approach. You enter into the scene as if you're blind, utilizing your other senses to make your scene feel real. For example, instead of visualizing being in your dr bedroom, focus more on your other senses. Feel your bedsheets, the nightstand, the carpet, etc. listen to the traffic if your window's open, maybe your roommates are talking in the next room, try tasting the coffee you left on your nightstand, etc etc you get the idea. While the original method *does* use senses too, this version focuses entirely on senses other than seeing.

Even if you can't imagine the rest of your senses, making a scene using just 1 sense is enough. It might be harder to get immersed in, thus harder to feel real and slower to manifest, but if you can get past this and get immersed anyway then that's the way to go.

method 3

Making your own method

Going back to the bare basics, the law of assumption is what manifests. When you feel/assume something to be true (when you believe in it,) then it manifests itself. When manifesting, you are aiming for the feeling of your wish being fulfilled. Using this knowledge, you can make up any method to manifest. If listening to subliminals helps you believe that your desire is fulfilled, then use that. Maybe it's not subliminals, maybe it's imagining discussing it with someone else, maybe it's prayer, maybe it's affirmations, maybe it's even acting it out your scene irl. whatever it is, just make sure it feels right **to you**. Don't do it because someone told you to, but because in your gut you feel like it's the right thing to do. My only tip is to always fall asleep in the feeling of your wish being fulfilled, because it will help your manifestation **drastically**. Even falling asleep is not truly required for manifesting, but it's been proven to help an insane amount with manifesting faster because it helps the feeling enter your subconscious much faster.

Note that the feeling of your wish being fulfilled doesn't even have to be anything extraordinary. It might be the best happiness you've ever felt in your life, but it can also just be neutral acknowledgment. Just acknowledging that you have your desire is enough to manifest it. If you struggle with inducing the feeling of your wish fulfilled, utilize your memories to help. For example, when manifesting money, recall how you felt that one time you got extra pocket change from your parents, and then apply that feeling to the amount of money you desire. Ask yourself what you would do with that money, how you would spend it, who you'd give it to; answer as if you have the money right now, and that's it. That's how it feels to have x amount of money.

The best way i've heard the feeling of the wish fulfilled is this:

“For me, the feeling is akin to a perfect weekend when you KNOW you don't have to work, you don't have anything on, you can sleep in, you can do absolutely whatever you want all day long and there's immense calm and freedom and just KNOWING that today is yours and finally it's here! After a rough week or multiple weeks depending on your schedule. I'm experiencing feeling this very moment and it's just a calm, a relief, taking the time to smile and live in the moment and know that you have exactly what you wanted, which is: a whole day to yourself.

Change that last bit to whatever your desire is. That's the feeling of having what you wanted, it's not excitement or some emotion, it's just knowing that you have it, it's here,

it's yours, I don't have to wait for tomorrow for my day off, i'm in it right now, its real, it's happening, and its what ive been waiting for and my god it's good!!”

Living the end and identifying with your scene

Start identifying with your desire. if you manifested health, you are now a person with good health. if you manifested money, you are now a wealthy person. if you manifested shifting, you are now a shifter (or a master shifter even). I assume that I am what I want to be, and continue my life appropriating the fact that I already have my desire. I don't discuss it with anyone, not even myself. I don't look for confirmation, because it is so obvious to me that I am what I wanted to be, that I live as though I were. **assume that you are that which you want to be. your assumption, although your reason and senses deny it, if persisted in will harden into fact.**

Since I am now what I formerly desired to be, I can't continue desiring what I am, instead my emotions are replaced with accomplishment. don't worry about *how* it will manifest. When you order from a restaurant, you are not concerned how the chef is preparing the meal, because you know it is prepared with care. you don't ask the waiter constantly when your food is ready, because you know it will be any moment now. you have assumed that it is done, all responsibility to make it so is removed from you. you don't have to make it so, it IS so. you can't worry about the HOW, when you know that you ARE already.

You can't be concerned with how it will manifest and still say I'm conscious of being it. If this whole process sounds tiring and complicated to you, don't stress. At first, you might be filled with doubts and contradicting thoughts, but if you immerse yourself in the feeling correctly it starts to naturally force away your doubts, and you start to live your everyday life as if your scene truly happened. This all happens *naturally* when you immerse yourself in your scene over multiple times. **All** you have to do is enter your scene every night and fall asleep with the feeling of truly going there, everything else will follow on its own accord.