

# **A Modern Discussion of the Teachings of Neville Goddard: The Practices of Manifesting**

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## **Chapter 1**

### **Who Are YOU?**

There are various hangups around the concept "I say, you are all gods" and the idea of "I am the god of my own reality," and reconciling "I and the Father are one" with maybe our religious history (or current view of it), with teachings about delusions of grandeur, etc.

I'd like to give some ways where you can begin to internalize the ideas that you have power over your experience and that you are allowed to have things that you may have previously considered impossible in your life. Good health, immense wealth, a wonderful relationship, good friendships... whatever it might be that you think has been and is withheld from you.

First, let me address the 'self-concept' part of this.

One thing that I don't care for in these circles is the lack of understanding that not everyone immediately grasps all of the concepts. Telling people "anything is possible" without helping them understand why they might personally not be bringing form to the seemingly impossible, is a recipe for discouraging them.

Secondly, while there may be some who can instantly manifest, or only take a couple of days to manifest, anything and everything... some of us need to build up our skills before we can do that. Some of you guys are like Beethoven, who could sit down and instantly play the piano and create concertos by age what, 5? Some of us are more like Larry Byrd... we require practice in honing our skills--but we can still achieve greatness if we are willing to put forth the dedication to achieve it.

There is no category of people who "can't do it," there are just some of us who need to put in practice.

One thing that you need to practice is seeing yourself as allowed to have, be, or do things. That leads us to the practice of self-concept.

The Practice of self-concept.

Some folks have hang-ups about how they refer to themselves. Some can't bring themselves to say, "I am the god of my own reality," so I'd like to give you some thoughts on perspectives you can use to understand your standing in reality, as the Operant Power.

Some ways to refer to the "ultimate" higher power:

- God (obviously)
- The higher power (obviously)

- Divinity/ The Divine/ Divine Being
- Love/ Love Itself
- The Higher Mind/ The Divine Mind/ Divine Mind
- Subconscious Mind/ Supermind
- The Unseen Force

Some ways you can reference yourself in relationship to the ultimate higher power, when doing affirmations or self-concept work:

- I am the Divine Heir.
- I am the Heir of God.
- I am the child of god, made in his image and spiritual likeness.
- I am the god of my own reality.
- I am the Operant Power.
- I am a Divine part of the Divine Being.
- I am a genius when I tap into my subconscious mind.
- God/ The Unseen Force/ Divine Mind works through me according to what I believe.

When you feel like less, when you feel small, etc., try to stop the negative thinking. Do the breathing exercise (take in a breath. hold it a couple seconds. let it go out slowly. repeat until relief--it's simple but incredibly powerful). Now use affirmations that circumvent the argumentative nature of your "old man" (old self-concept). Here are some ways you can do this:

- I am the heir to a divine fortune/ to divine health/ to divine love. I do not need to earn or be worthy of it, it is an inheritance.
- It is mine by divine birthright. I don't need to know how it will happen. I choose to have faith in the higher power/ god / the divine mind/ my subconscious mind, which knows more than my consciousness knows.
- That no longer applies to me. (any negative thoughts about yourself or about possibilities can be answered by this statement)
- I no longer believe or agree with that. (again, any negative thoughts can be met with this)
- I am made in god's image. God is love. Love knows only perfection. That means I must be perfect love/ health/ wealth. My body is god's body, and god's body can know only perfect form and function.

In particular, I have been having good progress using the last bullet point. "If my body is the body of the Divine Being [god], then it must be Divinely perfect. God's body can know only perfect form and function, therefore, my body must know only perfect form and function."

Using this technique (and it's only a technique) is one way you can practice talking about yourself in a new way mentally. Whatever you think the attributes of a divine being of perfect love would be... claim those attributes. They are your inheritance as a child/ offspring/ copy/ fractal of that divine being.

Remember that this is a perfect being. Divine and without flaw or error. Meditate on the qualities such a Being would possess. These are your qualities, if you claim them, whether you think of yourself as "god incarnate" or whether you think of yourself as "made in the image of" god... either way, you possess whatever characteristics god possesses... currently as unrealized potential because you haven't claimed them.

Next installment: Mental diet. I will talk about some methods that may help you quiet the inner arguing.

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## Chapter 2

### Part 2a: Mental Diet

#### (Why you should even if you aren't interested in manifesting)

I want to go into the 3 parts of the human mind, and why you want to focus on your mental diet, whether you believe in manifestation or not; but definitely if you do.

First, the parts of the human mind and what I'll call them:

- 1.) The "I AM" consciousness. This is the part of the mind you want to experience when you are doing [the "I AM" meditation](#). This is the "creative mind" the "god mind" whatever you want to call it. This is the true, ultimate awareness that is 'you'.
- 2.) The conscious mind. This is the mind which you currently think of as "me" or "I" or your "self". Almost all people see this as their sense of awareness of self, but this is really a sort of interface. This is the part of you that interfaces with the imaginary world (what we think of as the REAL world). It's the part that you think of as your mind, unless you're an odd duck.
- 3.) The subconscious mind. This is a part that I rarely see talked about. This is the habitual mind, the part of the mind that arises from the body in a manner of speaking. It's the recorded mind, that regurgitates (repeats and spits back up) old recordings of other's comments, your own comments, your own beliefs, etc. Beliefs are simply thoughts that you have habituated and currently AGREE WITH. These thoughts play in the background when you are 'thinking' from your beta wave mind/ conscious mind level.

Let me give you an example.

You've gone for a walk. You're thinking about the argument you had earlier today. A habitual thought rises from the subconscious mind, "This sort of thing always happens." Your conscious mind agrees with this thought and begins to rant and rage.

Suddenly, 'you' become aware of your thoughts. You realize that you're ranting and raging and you don't want to be.

Let's look at this for a moment.

A habitual thought came up "this always happens". This is your subconscious mind offering you a habitual thought. It reasons, you've thought this before, you think this a lot, and whenever it offers up this thought, your conscious mind seems to 'like' it in that it spends a ton of time in that thought and its outcome.

The conscious mind picks up the offer. "Why, thank you, yes I'd love to rant and rage about how this always happens! Let's gooo!"

But then another part of you "suddenly realizes" that you're having thoughts you do NOT want. This part that intrudes upon your previously uninterrupted tirade is the higher mind nudging 'you'. "Do you REALLY want to think about this habituated thought?"

These are three layers or parts of your mind. The layer you are most familiar with and live in the most consistently, is the conscious mind. The part that you THINK is the only self-aware part of your mind. You think of this as 'you'.

Why do you want to do a mental diet?

Some reasons to do a mental diet are:

1.) Every thought that you think habitually and constantly becomes embedded into the subconscious mind. The subconscious mind is like an incredibly powerful supercomputer. It retains everything you've seen, everything you've heard, everything you've smelled, every single experience you've ever had, on every level of awareness. This includes your thoughts.

This part of your mind remembers and stores everything, impartially. It has ZERO preferences, ZERO desires, ZERO interest in what it offers you. In essence it wants to please you... but it has no intelligence of its own with regards to how to do that. It pleases you in the way you program it to. If you habitually think about "I hate brown cows," and spend a lot of time on that, it will say, "Yo, that Self guy likes to think about brown cows. It seems to really love thinking about how much it HATES them. Hey, Self, want to think about hate and brown cows???" and your conscious mind is like, "GAH, I HATE BROWN COWS I DO NOT WANT TO THINK OF THEM!" and the subconscious mind is like, "Woo, woo, we're thinking about brown cows! Self wanted to think about them! I'll bring them up again tonight when Self is trying to sleep! Self will be SO HAPPY they will think about them for hours!"

2.) The subconscious mind follows instructions perfectly, but you don't know that you're giving instructions. "There is no way I can go to school this year." This is a command. "Make sure that I do not go to school. That is my command to you. If you see or know of a way for me to go to school, do not tell me, because my command is that I can NOT go to school this year." That's a command.

When you think, "I didn't get a text today. Alex hates me!" then your subconscious mind will be like, "If I'm nice to Alex, Alex won't hate me. I'll be needy and clingy and desperate and grab onto Alex's leg (proverbially) and then they'll hate me FOR SURE!" Because that's the order you just gave. Make Alex hate me... You're not being realistic, you're giving orders to an impartial, unthinking part of your mind.

3.) Because your subconscious mind does most of the 'driving' in your life. If you are going for a walk, who's making the legs move? Who's making the arms move? Who's watching out for traffic? Who's listening to that creepy guy behind you that 'you' didn't even notice at first? Who made you turn and look at creepy guy? How did 'you' know to turn and look? Your subconscious mind is doing all of that.

Your subconscious mind will make you miss seeing the keys right in front of your eyes. "I'm always late," you tell it. So it's like, "Okay, Boss wants to be late, late it is!" Sub tosses you the thought suggestion, "I'm always late" and you run with it. Then it suggests, "I can never find my keys" and you once more agree. Sub basically hides them from your conscious mind even though they are literally RIGHT in front of you. "That's right, I'm always late and never find my keys," and sub is like, "YAY, we made the boss happy, guys! Cheerio! Boss wanted us to miss the keys, and we did it!" A little bit later, you find the keys in a spot you already looked. Your eyes saw them, but your mind ignored them.

The mental diet is important because thoughts lead to feelings, and feelings lead to states.

When you agree with the thought "I'm a generally happy person," your subconscious mind begins to make you GENERALLY HAPPY. Things happen that are nice, pleasant... and you think to yourself, "Good things happen to me," and you have a FEELING STATE of positivity. The sub is like, "Hey guys, the Boss agrees with this, we're making them happy. Let's find more good stuff!"

Well, when your sub offers "life sux, lols!" and you're like, "ugh, for real," you move into the feeling state of, "let's think about all the ways in which 'life sux'." And is that the feeling state you want to be in? Feeling states, the general "sense" over-all of a thing (what it feels like, smells like, tastes like, how you'd think, what the speed and tone of your life is like) are what creates more of the same.

Whether you want to think of it as the subconscious mind creating it, or 'god' creating it... when you have a feeling, you are creating MORE OF THAT FEELING. The longer you stay in that feeling, without moving into the "i am" awareness (the realization that you aren't either stream of thoughts playing through your head)... the more of that feeling you create. If you feel sad, you invite the subconscious mind to please you by giving you sad thoughts and experiences and to hide happy ones from you. That sort of mechanized part of your mind doesn't say, 'happy good, sad bad,' it simply says, "The boss is staying in this feeling, it must be what the boss wants. Let's do this!"

The subconscious mind doesn't care how you managed to get into the state where you're laughing and happy. It will present 'old' thought patterns to you, basically cycling through them. "Do you want to think about the argument? No? Okay, would you like to think about fluffy baby owls? Yes? Okay, how about now, would you like to think about how much you hate brown cows? You loved that yesterday! No? Hmm... well, how about your weight? Sock size? I know, laundry? No? Would you like to think about panda bears? You like those."

It's just playing back old thought habits in the stream of thoughts in your mind. You ignore some thoughts, but you glom onto others. Those you nurture by your ATTENTION TO THEM will continue to be presented. ATTENTION TO THE THOUGHT IS AGREEMENT WITH IT.

If you want to change your beliefs, STOP GIVING THEM ATTENTION. If your subconscious mind offers you the suggestion of "life sux," then stop the thought and give it no attention. Do

not AGREE with it by dwelling in it. "That no longer applies to my life. Let's watch kitten videos." Have something you've consciously designated to think about ready to go. "Health. Wealth. Love. Success." Wouldn't you rather AGREE with those things and feel the feelings of health, wealth, love and success over how much you hate brown cows??

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## **Part 2b**

### **Important Understandings about Mental Dieting**

The most important part of a mental diet is to:

Remember it is a practice.

Like any other practice, the point is not to be perfect at it. All too often, I see people try to do a mental diet and give up quickly because they're not perfect at it immediately. This is a very common thing that people do in general. Start trying to draw, not immediately perfect? They stop trying at all.

Let me be perfectly clear here. Mental diet is a skill. Skills require practice and learning. You're not going to instantly master it this second and manifest the exact perfect life instantly tomorrow. You're just not.

Please look at this like building a new road in your mind. If you've ever seen a new road being built, it doesn't fly up overnight. It takes time and work. The same way that you can grow a garden, but you have to weed, till the ground, plant the seedlings, wait for them to grow.

Here's why you still shouldn't give up just because it might not happen tomorrow:

If you don't start building a road, and keep building it... things only get worse. There are only two directions your life can go.... better, or worse/ more of the same. You aren't going to be able to think the way you've been thinking and still expect things to change. You can't keep driving the long way around and expect the road to magically build itself. If you want to improve your life, knuckle down. Do the mental diet.

Giving up on your mental diet is giving up on YOU. "If I can't have it instantly, I don't want it!" while letting your life continue the way it is. Do you truly want things to continue the way they are? No, or you wouldn't be here, wouldn't be reading this.

Making "a mistake" isn't going to destroy your progress. This is a malicious lie told by people who didn't know how to admit, "I don't know why it hasn't manifested for you yet".

Let me put it this way. Eventually you will get to the point where you have more positivity than negativity. Dr. Murphy puts it this way... if you drip fresh water into a bucket of dirty water, you will eventually have clean water in the bucket.



In the meantime, the wonderful news is that your life will improve as you hang in there with practicing mental diet.

Listen, let's talk turkey here. If you have a freight train packed with thousands of tons of stuff per each car.... it's not going to stop on a dime, turn completely around, and instantly be going full speed ahead in the opposite direction.

We are often told in the "LOAttraction" circles that "you CAN absolutely manifest in just three days!" but they don't admit to you that this is a rather advanced maneuver. Expecting to instantly lift 500 pounds when you walk into the gym is basically what you're doing here. "I've never lifted weights before, but I want to lift that 500 pound weight over there with my pinky finger. Anything is possible!!!"

Okay, yes, anything is possible. But how strong is your faith? Well... if you want faith, you need to start practicing it. If you want to do "anything" and everything, then you need to practice.

Mental diet and manifesting is A PRACTICE. You must be willing and ready to do the work. I get it, "it should be easy", but if you've been trying and trying and you're getting depressed and everything seems to be falling apart... how much does "It should be easy, lol!" really help you? How much has it helped you?

You're being asked to do the simplest thing imaginable... and yet...

The practice of controlling your own mind and emotions may well be the hardest task you've ever undertaken. Yet it is also the single most powerful and most rewarding thing you've ever done. People want it done easily. Can't I just listen to stuff overnight? Can't I just use my imagination for 5 minutes in a day, but then move on to continue being negative, miserable, angry, and unhappy all day? Why does it have to be SO HARD??

It's only hard in the beginning. When you see a baby learning how to walk, they fall all the time. They stumble, they wobble. But you were a baby who was learning how to walk. Now you do it every day without thinking about it (my apologies to those who can't walk, please use the example of another skill you've mastered).

Skills become habits and THEN they become easy, in fact, they become automated!

Do this diligently. One day you will be NATURALLY and AUTOMATICALLY filled with faith and positive thought patterns. And I'm not talking years. Not even monthS. It will happen rapidly IF YOU ARE DEDICATED.

THEN? Then your life will shift with incredible speed.

Reminder: be diligent. It may become easy later to fall back into habitual thinking. That DOES undo progress. So yeah... Guard your progress as the years pass. Keep coming back to your mental diet. Don't allow the seduction of negativity to reclaim you later on.

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## Part 2c

### The disciples (the principles of mind and how to use them)

Let's cut through some stuff.

Let's assume for a moment that your thoughts are the cause part of "cause and effect". What you think... becomes. All thoughts are imaginal acts. All thoughts are imaginal acts.

Okay. Got that? Everything you think is creative to one degree or another, until you decree that it is not so. If you think your negative thoughts have power, you infuse them with power. Sit there for a bit and think that one over.

(I've only recently really been internalizing this, myself, so no judgment is inferred here. I'm a pretty 'factual' person, so please read this entire post as dry, factual commentary. You're not doing something wrong, you simply lack knowledge--same for me, same for everyone. ZERO JUDGMENT here).

Okay, so... we get to make these decisions of what will manifest and what won't. Until we consciously choose, everything manifests that we think or feel. The down side is that if we maintain a high degree of negativity, that will offset our decree.

When you spend 5 minutes affirming and/or imagining... and the entire rest of the day stressing, yelling at people in your mind, asking yourself stupid questions like "why am I so dumb? Why do I always fail? Why doesn't anything work out for me?" blah blah... well... guess what's going to win.

If you pour a bunch of mud into a teacup filled with water, why are you surprised when your water tastes like mud? We need to learn to fill our muddy teacup with fresh water as much as possible.

What are the aspects of the mind that Neville speaks of and says we must learn to CONTROL?

Neville refers to the aspects / character of the mind as the 12 disciples. Let's explore them real quick. Someone already posted [a Youtube](#) of them, but I'll expound here as well.

#### **1.) Simon (also called Simon-Peter). This is the faculty of hearing**

To control (discipline) this one, you will want to do two things. One of them is to, very simply put, mind what you listen to. Is it pure, lovely, noble, dignified, and of good rapport? If you can manage it, listen only to those things.

Of course, we can't always do that. We can refute what we hear, however. "That doesn't apply to me." when hearing bad news about the economy, etc. "May they be blessed" when hearing about negative events. Or even the ho'oponopono prayer (which I don't personally like, it

makes me wallow in guilt, but it helps a lot of people): I'm sorry, please forgive me. Thank you, I love you.

Deciding to hear those things which support your beliefs and filtering out the rest is something everyone does (including materialists/ skeptics/ whatever you want to call them). Remember, when you hear things, you visualize or imagine those concepts. You can't help it. So guard your hearing.

## **2.) Andrew. Courage**

It takes courage to persevere in this world no matter the issue or situation. It takes immense courage to live in a world of skeptics and still choose to have faith. It takes courage to still believe you are loved and lovable when someone ghosts you. It takes courage to hold onto this knowledge when bills pile up. It takes courage to persist when you're in pain. Don't accept the warnings of the world. Persist even when you hear things like 'stupid' and 'delusional'. Persist.

## **3.) James the just. True Justice**

True justice sees the person as they really are, which is EIYPO (everyone is you pushed out, everyone expresses themselves in your life in the way you assume for them to do so. If you assume 'people are stupid' then people around you will act stupid, for example). This is where revision comes in. Revise the person to their true self. This is where Neville brings up returning 'love for hate', etc. To be truly just is to remember at all times that you are The Cause. But do this together with John:

## **4.) John the Beloved. Tempering justice with love**

John is the one who reminds us to see ourselves with love. True love casts out evil. John is the one who reminds us that everyone else is expressing what we are asking of them. If they are expressing rage, we have asked for rage. Not in a way where we have intentionally done so, but in the way that we have ASSUMED that about them and they have given us our assumption. "I assume my mother is toxic. Why does she keep being toxic??" Hmm. Assume that she is a divine being, worthy of love, and filled with divine love. See what happens. Justice is when the person who has served you faithfully by being toxic as you assumed... is revised to being happy, joyful, and loving towards you as you now assume.

When you revise and/or make new assumptions about a person, they become a "new person" or a "different person".

## **5.) Philip. Show me the father**

This is the part of your mind that seeks to reunite with the 'father' or the higher power/ the greater consciousness within you. Cultivating Philip is when you are doing the I AM meditation, when you are thinking of your power, when you are acknowledging that your

thoughts and feelings are the CAUSE of your experience. Philip seeks after ever greater expression of the higher power, ever greater sense that "I and the father are one".

#### **6.) Bartholomew. Awakened Imagination**

Bartholomew is your imagination when you take control over it. When you become master of the part of your mind that is constantly imagining things like arguments, fears, bills, car wrecks, house fires, etc. Once you cease to misuse this attribute and take control over it, it is the greatest help in your quest to experience on the outside what you wish for. When Bartholomew is under your control, you will gain greater and greater ability to imagine (whether your imagination is sound, sight, or knowing--it is still Bartholomew's domain). Awakened imagination means controlled and disciplined imagination. Not merely at bedtime, either.

#### **7.) Tomas. The doubter. The denier**

Doubt and denial are great friends to us. We must deny what we hear when we are presented with things that are contradictory to our desire. When bills come and the thought arises that 'I cannot pay', we must deny this with a simple statement of, "This is a matter for god/ divine love/ the higher power/ my subconscious mind. I will trust that all is well. In this moment, I am safe and okay." Using your doubt to doubt the Law is a lack of discipline. Using it to discard all which is not good, and pure, and dignified, and of good rapport is right use of Tomas.

#### **8.) Matthew. The Gift of God, Desire**

Your desires, each one of them, is a gift from heaven. Every desire contains within it the energy and means of expression. Just like a seed contains all information, all purpose, all power to become that which it came from (as an acorn becomes an oak, not a pumpkin plant)... so too does each desire have within it the means and energy of its expression. Desires are gifts because you are meant to have their 'plant' in your experience. A desire for joy means you are intended to experience joy. "If I desire that house, I was always meant to have it. The people living there now will find an ever better home, which they have desire for, and this house shall be mine. Otherwise, I would not have had this desire."

#### **9.) Thaddeus. The Principle of Praise**

Thank you, thank you, thank you. You have been given what you requested. If you requested suffering, you were given suffering. Thank the source not for the suffering, but for the faithful giving of the requested. You need not appreciate what you brought forth... you need only be grateful that you were given what you asked for--given what you believed in, gave attention to, and nurtured in the vault of your mind. NOW, go forth and bring those things that you DO desire, by feeling them. As you felt suffering, feel now gratitude. Gratitude that you were given what you assumed to be true is powerful enough to bring your actual DESIRE. Note that assumption is not the same as desire.

#### **10.) James. Discernment. Reading between the lines. Understanding**

This part of your mind is what we might call the "reticular activation system". This is the part of the mind that does--or does not--alert you to things that lead to your desire. This is disciplined through changing your beliefs. 'James' will only show you that which you believe to be true and he will cause you to ignore what does not fit.

He's doing it now. He's always doing it. When he is undisciplined, he will show you what you believe such as "why am I so stupid?" or "nothing ever works for me."

When you reach a point where you are having doubts and fears, James can help you. If you are ill, go look up the placebo effect. Retrain James to believe that spontaneous remissions are possible, by looking them up. If you are desiring marriage, look up marriage and things that have to do with it. Do not look up divorce rates, that's causing James to become undisciplined.

### **11.) Simon of Canaan. Hearing the Good News**

This is the decision you make where you refuse to acknowledge anything but the "good news" that you are the power and that you are now using your power. This is the faculty of your mind that notices when you have had success.... and EVEN if you have created something you did not desire--but you know that you created it. This is a moment of triumph, because it is evidence of the Law. As you increase your discipline of Simon, you increase the times when you acknowledge that the 'coincidence' you just experienced was "not so much" a coincidence.

### **12.) Judas. The commandment to have no other gods**

Judas is the principle of mind where you let go of all faith in any source above that which you "are". You no longer put the job as the source, you no longer put the other person as the source, you no longer see pills or diets as the source. You 'commit suicide' (not literally) symbolically by letting the 'old person' (the old man) die. You no longer acknowledge anything but the higher power (whatever you call it) as the cause of ANYTHING in your life.

Judas points to 'god'. He kisses the Christ, points him out, and then the Christ is crucified on the flesh (remember; you are the flesh, you are the 'cross' upon which the metaphorical 'christ' is crucified; you are the temple, or dwelling place, of god).

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## **Part 2d**

### **How to Mental Diet**

Hopefully at this point, you are convinced to attempt a mental diet. Maybe, though, you're not sure what precisely that means, or how to go about it. Maybe you've attempted it and found yourself 'unable' to make a go of it because your emotions feel 'out of control.'

Here are the steps of a mental diet:

1. Notice or realize that your thinking has become something you don't wish to nurture. (Perhaps you are having a mental argument with someone, or maybe you're feeling self-pity [a personal ex-favorite of mine], maybe you are nurturing doubts about the law)
2. Do a breathing exercise. Here's a super simple but extremely powerful one that will take you out of fight/ flight and into your peaceful nervous system. Try to focus on your breathing as you do it, a sort of mini-meditation a. take a breath in, don't exaggerate it; b. hold it for a couple seconds; c. release it slowly (only goal = longer exhale, shorter inhale); d. repeat until you experience a bit of relief
3. Change your thoughts to something positive. Have something prepared for you to immediately go to. Dr. Murphy's recommendation is simple and awesome, "Health. Wealth. Love. Success." Or there is "May you be blessed." Perhaps something specific to your desire. "Divine wealth is my birthright." "Divine love is my essential nature." "Divine health is my natural state."
4. Do it again and again and again and again and again. Habits are formed through repetition. You are either allowing bad thought habits, or you are creating (or maintaining) good ones. One way or the other, you WILL have thought habits. You either choose them, or you let your mind run amok. At first, you may have to do this 60 times an hour, for like 18 hours. What? I'm not speaking from experience... much.
5. Guard the door of you mind. Don't entertain thoughts that you don't want to manifest. Thinking of anger? You're manifesting anger. Thinking of an argument? You're manifesting arguments. Neville repeatedly uses the verse, "Whatsoever is good, and lovely, and dignified, and noble, think ye on these things." You're either choosing what you think (and thus manifest), or you're not. Yeah, it's hard. But isn't your partner worth it? Isn't the money worth it? Isn't your health worth it? Aren't YOU worth it? So knuckle down. Stop the speeding train of your runaway thoughts.
6. Appreciate the daily improvement created by your new habits.
7. Be gentle with yourself. Oh noes, you cried. Oh noes, you had a tough day. Oh noes, you didn't remember instantly to stop a negative thought. Don't act like the sky is falling, it's not, lol. Of course you'll have some tough days. Your old manifestations aren't quite nudged out the door yet. Don't give up because of a rough day. If Larry Byrd gave up when he missed free throws for half the day, he'd never have become one of the best basketball players of all time. A rough day is just that--ONE rough day. Get back on your new habit. Don't give up on yourself, ever!

Common pitfalls:

Things that people often indulge in (and I do include myself here, so again, as I keep pointing out... no judgment)...

- Stupid mental questions. I don't really love that word, but the truth is? It's stupid. "Why am I so clumsy? Why does everything go bad for me? Am I cursed? Why does god hate me? Why am I so ugly/ fat / short / tall / dumb / socially inadequate / whatever?" Okay, why are these stupid? Because you're telling your mind that "I am" whatever you're asking 'why am i x?' or 'why does y keep happening to me?'. Your mind has to come up with some kind of reason WHY you are the thing you don't want to be. You BELIEVE you are that, so it has to produce what you demand of it.
- Stupid things we blame ourselves for. "I should have known better. I shouldn't have stayed with him. I shouldn't have trusted her. I should have fought harder." If you listen to someone ELSE say this stupid crap, you're like "Yeah, you shouldn't feel guilty about that," but you don't say that to yourself. Or if you do, then you feel guilty for feeling guilty. So the answer here is to forgive yourself. Whether through revision or otherwise, stop thinking these thoughts. They're dumb! Really. If you knew better, you'd have done better--just like everyone else.
- Mental arguments. You're imagining arguments, but then you're like, "why do I have so many arguments with my mother/ father/ sibling/ spouse?"
- Imagining terrible events, pretending to yourself that you are "being prepared". Yet the hard truth is that you're NOT prepared when it happens. You're so afraid of being unprepared that you manifest something that you are NOT prepared for.
- Thinking constantly about existential fears.
- Thinking constantly about the need to understand every single aspect of a thing. This obsessive need to know EVERYTHING means you're busy dissecting "the mechanism" that you're not USING it. And what do you manifest? More mechanisms to try to understand. It will never end. "I have to understand it first, then i'll use it," is using it to manifest more and more and more to "understand" and never get to the end of.
- Thinking constantly about the "how" your desire will manifest. "But I don't have a job, so how could I possibly get the money to pay for this?" If I don't know how my person and I will be together, we won't ever be.
- Looking for signs. Every time you get a sign, you are affirming that what you want is SIGNS that it's coming. Don't give anything the 'sign' designation. Signs follow, they never precede. You'll understand AFTER it happens why that 'seemingly bad' thing happened. Take the example of when Neville was trying to get tickets to Aida. A man stole, which seemed bad on the surface, but that was what allowed Neville to get his brothers their tickets. Don't make any assumptions about what is a good OR A BAD

sign. Stop those thoughts with the breathing and get yourself back into positive mindset.

- Listening to skeptics. Don't subject yourself to that. And if you happen upon them, block them. If you can't block them, repudiate them. "That no longer applies to me."
- Watching negative media or wasting time with distractions while allowing your mind to go wild... if you let your mind go to seed, you will get weeds. Distractions may feel good, but STILL be diligent with what your mind is doing.

And that concludes the Mental Diet portion of the series. Next I will talk about the PRACTICE of IMAGINATION.

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## Chapter 3

### The Power of Your Imagination

#### Part 3a

#### It's All Imagination

Imagination happens in the mind.

Okay, yeah, that's obvious. But Neville says that imagination is the most important part of manifestation. It is through imagination that we move through states. As you think, you go from one state to another. It's important to understand how that happens.

Almost everything that happens in your mind is either imagining, or it is causing imagining. Let me try to give you an example of what I mean. Basically, every thought you have, contains an underlying concept, and that concept has a "state". Let's look at some random thoughts:

- *I need to do laundry tonight.* In this thought, you are most likely going to have a feeling about laundry doing. That is a state. You also have a 'concept' of what 'laundry' consists of. Clothing picked up, put into a washing machine, moved to a dryer, folded, and put away. See how this simple thought contains a wealth of information? That concept, whether it was a simple "knowing" of what laundry is, or a mental image of a pile of laundry, or hearing the story of the laundry... is imagination. You imagined doing the laundry; you also imagined the emotions, the actions, the activity, everything involved with the concept of 'laundry'. Then you also have a concept of 'tonight'.

Another example:

- *Why does my mother always do this??* This is often the beginning of an imagined mental conversation, but this statement by itself is imagination. The question leads your mind to possible reasons "why?". Maybe she thinks poorly of me, maybe she's not so smart, maybe she's 'toxic'. Each of these things put you into a STATE. Each of these are brought up by that simple word 'why?'. Then there's the concept of 'mother'. You have thoughts, feelings, beliefs about your mother. You may have a mental image of her, or hear her voice, or you just KNOW how she is. Regardless, you are imagining your mother, and you enter into a STATE at the mention of her, particularly when coupled with anger or exasperation. She does "this". The "this" is also an imagination that creates a state, an emotional response, and brings up a concept--often more than one (this isn't the only thing she 'always does').

Everything that passes through your mind brings up a concept to your awareness.

How do you understand the word 'apple'? It brings a red fruit to mind. Or maybe for you, it was a green or yellow one... but you know the general shape, the size, the appearance, everything... even if it's not said. You would know the smell of one if someone brought that up.

You can't "NOT" imagine. Even if you think you can't visualize, etc., if you're capable of remembering anything (and if you're reading this, you are capable of remembering how read)... then you are capable of imagination.

Last time we talked about the faculties of mind, and that you should guard what enters your mind.

Guard your hearing, guard your sight, guard what you listen to, see, think, everything as much as you can. (Be realistic, and don't beat yourself up. It's a skill, remember. Being upset if you have a stray thought is counter-productive!).

Everything you read or hear, etc. brings forth the 'essence' of that thought or idea within YOUR IMAGINATION. And what creates reality? If you want to create horror, by all means watch horror movies. If you want to create crime, by all means watch crime shows (a prior indulgence of mine, personally, so obviously I'm not pointing fingers). If you hear someone say "crime" you have ideas of what that word entails. Guard your mind and bring it back to positive imagination.

You can use this to your advantage!

This is where Dr. Murphy's suggestions of simply saying "Health. Wealth. Love. Success." comes into play. When you think of these, you have concepts come to mind... and you enter into that STATE briefly. What you imagine, you enter into.

How this can work against you with certain affirmations.

If you affirm "I am the richest person ever," you may enter a state where your mind wants to argue the point. The affirmation itself may literally cause your mind to 'fight back' with reminders of how you are not, indeed, what you just affirmed. That means it will bring up contrary concepts... it will attempt to contradict you, and that will bring you into the state you do NOT desire.

Knowing if this is happening is very simple. Do you feel better, or worse? And yes, it's that simple. If you feel conflicted or uncertain, you feel worse. If you are normally cranky and you feel indifferent when you say the affirmation you're trying.. you feel better.

It's your own mind. No one can tell you if "May you be blessed" makes you feel better or worse. MOST people will feel much better. And rapidly. But listen to YOUR mind, thoughts, and feelings. You're the only one in there.

"An awakened imagination works with a purpose. It creates and conserves the desirable, and transforms or destroys the undesirable." -Neville

"The great secret is a controlled imagination and a well-sustained attention, firmly and repeatedly focused on the object to be accomplished." -Neville

"Your reactions, **whether positive or negative**, are creative of future circumstances. In your imagination, you can hear words congratulating you on getting a wonderful new job. That

imaginal act now goes forward and you will encounter this pleasant experience in the future."  
-Neville (emphasis mine)

"Truth depends upon the intensity of imagination, not upon facts." -Neville

" There is nothing more important than developing your imagination to transform your life from the inside world of your thoughts and feelings to the outside world of your results and manifestations." -Neville

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### **Part 3b**

### **Intensity and Habit; Possible Reasons for Failure**

"Truth depends upon the intensity of imagination, not upon facts." — Neville Goddard  
There are a few factors that go into intensity, and it's important that this be discussed. When you are mentally arguing, or when you are yelling at the guy who cut you off in traffic... that is intensity.

When you have very little emotion, but you vividly imagine something, or if you imagine it as completely and totally realistic... this is also intensity.

For the thing I feared has overtaken me, and what I dreaded has befallen me. Job 3:25

Fear is an intense feeling. Being afraid can bring you either what you fear, or it can bring you more things to fear, or more fear. So anxiety and stress creates more anxiety and stress, in a nutshell.

This is why I constantly harp, harp, harp on the breathing exercise that takes you out of your sympathetic (flight/ fight/ freeze/ fawn) nervous system. Every time that you experience negative emotions, move on from them by using the breathing technique.

People like to carry on about "don't suppress feelings". The issue isn't to suppress them, the issues are these:

- If you are frequently afraid (or angry, or existential, etc.), it's because your body reacts to perceived threats in a pre-programmed, HABITUAL way. Or in short, you're trained, [like Pavlov's dogs](#), to react with abject terror (or rage, aversion, etc.) to the simplest concern. You're going to be "processing" this forever because it's literally a habit. It's not something that you need to "work through," it's a BAD HABIT THAT YOU NEED TO BREAK.
- What you think creates. What you think intensely, creates really fast. That's the brass tacks, folks. When you're busy 'processing' your lifetime of misery, YOU ARE BEING CREATIVE. You are manifesting. So if you're going to sit there and 'process', do it with awareness. Thoughts are imagination and imagination brings forth fruit LIKE UNTO ITSELF.

The breathing exercise:

In case you missed it one of the other million times I posted it. :P

1. Take in a regular breath (not a deep one, not an exaggerated breath, just take a breath).
2. Hold it a couple of seconds, not to discomfort.
3. Release it slowly, not to discomfort. (The ONLY goal is a longer or more exaggerated exhale versus inhale)
4. Repeat until you experience a bit of relief.
5. Do it as many times as you need to retrain your body out of "omg, I'm about to die!!!!!!!" super emotional mode. (for me, sometimes that's sixty times per hour, so don't think you can overdo it)

You absolutely, beyond all doubt, can use any breathing technique you want. Some people just neeeeeed complexity. Some already have an established breathing technique that works to get them into a more stable place. Whatever floats your boat, but the most important thing is to get your body OUT of the sympathetic nervous system activation mode.

Your imagination is enslaved to your habitual thought patterns. This is why so many people "fail".

**“Imagination is not entirely untrammelled and free to move at will without any rules to constrain it. In fact, the contrary is true. Imagination travels according to habit. Imagination has choice, but it chooses according to habit. Awake or asleep, man's imagination is constrained to follow certain definite patterns. It is this benumbing influence of habit that man must change; if he does not, his dreams will fade under the paralysis of custom.” — Neville Goddard, Awakened Imagination**

Translation... you have "thought habits" and you obey them without thinking about it. We rely heavily upon habit. You walk via habit. You drive via habit. You get to work via habit (sometimes you head to the mall, which is on the way to work, and are SO habituated that you have to turn around and go back). You do dishes, you wash clothes, you do your job... through habit. HABIT IS YOUR FRIEND, it's a faithful hound always with you, always eager to serve...

Well, it's your friend, that is, UNTIL IT ISN'T. A poorly trained hound eats your shoes. A poorly trained thought life eats more than just your shoes!

Listen, I harp and harp and harp on mental diet, but I didn't come up with that by myself. I'm not out to steal your joy. If anything, like Neville, I'm trying to help you overcome bad thought habits that are IN YOUR WAY.

There is a PRICE that you must pay.

People see how easily Neville did it, and they're like, "Well, it's easy, let's do this!" they imagine their scene a few nights and then they're like... "WTF??" because it didn't pop up on the third day. Okay, let's give it a month. How about a year? HOW ABOUT FIVE?! "This doesn't work!"

But the truth is that they were spending a lot of time in their heads imagining all kinds of other things. They're having mental arguments with mom, but it's okay, right, because they're trying to manifest health. They are EXTREMELY emotional in this other area, but it's okay, because they're "living in the end" of their health issue.

You can't fill your pitcher with mud, pour some out of that into your cup, and expect to drink fresh water from the cup you just poured mud into. The "mud" of negative thought doesn't stay put in its own little category, in other words. You can't have a pure mind while it's polluted with jealousy, rage, fear, painful memories, et. al.

Controlling your mind is the price. While you are trying to manifest your partner, you're over there worrying about finances maybe... thinking that money comes from working and you don't have a job. This is pollution. This is breaking the first commandment (thou shalt have no other gods before me... thou shalt see nothing as the source EXCEPT for the SOURCE ITSELF [god/ divinity/ the higher power]).

If you think the CAUSE is external, you think the external is the cause (SOURCE).

Every thought you have is an imaginal act.

Once you internalize this, truly and deeply internalize it, you will begin to understand why you must guard your mind JEALOUSLY (be a jealous god--not jealous of others, but rather protective of and 'jealous' over you mind like a lover--keep it protected above all else. Let nothing you don't desire 'defile' it).

Stop letting your imagination (your mind) run amok in any area of life. Mental diet is exercising control over your IMAGINATION, because everything happening in your mind is imagination.

Don't beat yourself up. It's a PRACTICE.

You didn't really understand, so part of practicing good imagination is being kind to yourself. See your "old man" (former self, as of this moment) as innocent, ignorant, and simply doing their best. From this moment on, interrupt every self-incriminating thought. Stop it, do the breathing technique, and affirm, "I am innocent. I know better now, so I do better now. I forgive myself, I forgive others. It's a choice and I decide now to give myself radical forgiveness." Radical forgiveness means you forgive EVERYTHING and what nags at you, you revise.

From this day forward, you are 'born again' as the operant power of your reality. You now recognize the awesome power of your inner thought life. Now you begin, in earnest, the grave responsibility and the great joy, of Practicing that Power.

Ruthlessly excise from your mind that which is unholy.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8-9

*For what you think of, **what you imagine, YOU BRING FORTH INTO THE WORLD**, whether in whole or in essence.*

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### **Part 3c** **Exercises to \*Practice\* your Imagination**

Most [people] are totally unaware of the creative power of imagination and invariably bow before the dictates of "facts" and accept life on the basis of the world without. -Neville Goddard

The other part of this problem, which I rarely (if ever) heard Neville address is the idea that, "Okay, imagination is power, but I can't imagine/ can't control my imagination, so I guess I'm screwed. :( "

So. This post is about the single most important thing you can do to help yourself manifest better... the PRACTICE of strengthening your imagination. You should practice controlling, directing, and improving your imagination every day. Every day! And the more you practice, the better you will get. The better you get? The faster your results.

I will put these three practices in order of difficulty.

The "worse" you think your imagination is, the longer you should practice at each 'level of difficulty' before moving on. You don't go into the gym and pick up a 500 pound weight and start bench pressing that sucker after you've spent 5 years on the couch with your greatest effort being the annoying but necessary acts of going to work, putting your dinner in the microwave, and using the toilet. I'm being metaphorical, not making accusations.

If you want to manifest stuff, you can't cut corners. You have to lay a foundation. You have to gain skill.

Why you need to 'start small' and persist (imo):

I too often see people say, "jump to Neville's teachings after he obtained the pearl, don't bother with the stuff before!" This, they think helpful because "that's when he believed he WAS god and that anything is possible, so just use his advanced stuff and you'll instantly manifest!" and then these poor people try to instantly manifest with their untrained, untutored, rabid squirrel in a barrel-esque minds and for some reason, they fail. Then it's all "the law doesn't work!"

Listen. I don't mean this in a rude way at all, but you can't compare your hamster on a wheel mind with Neville's post-"20 years of meditation and imagination control practice" mind. That's going into the gym and trying to bench 500 pounds. Just stop it. Do the work. Neville cleared the path. He made the way for us to follow. It won't take us 20 years!!

But it's also not going to take you a mere two seconds. Yeah, yeah, I know, there are ubers around here who are quick to say "It only took MEEEEEE two seconds!" Great. Good. Happy for you. Stop telling everyone else who's currently failing that it's only going to take them two seconds because it only took you two seconds.

If you want what you want, then do as Neville said.... PERSIST.

He gives two exercises for learning imagination control. I'll give mine first, because it has a few elements that I feel like his exercises miss somewhat, AND it's not as "practice advanced" as his are.

Exercise 1 (mine):

Go buy two apples. Can't eat apples? Use oranges. Or carrots. Or papaya, or nectarines, or onions, or whatever you can eat raw that you like. Or buy prepared slices of cheesecake, I don't really care, and neither should you, as long as it's something you can eat after only a very small bit of preparation. Peeling it, opening the package. Small preparations, not a long cooking session or microwave.

Take your first apple, and sit down somewhere specific. Let's say your dining table. Begin to peel the apple. As you do so, stop for a moment and smell the smell coming up from the apple as you break the skin. Just focus hard on what it smells like. Close your eyes, indulge deeply in the smell of the apple.

Continue peeling the apple. Hear the sound of the scraping of the knife or peeler against the apple. Listen to it as you work. When you finish, take a bite of the apple. Keep your mind totally focused on the taste and texture of the apple in your mouth. Keep doing this as you eat as much or as little of the apple as you want. Listen to the sounds of chewing, etc. Experience all five senses with the apple.

Put the apple away in the refrigerator if you didn't eat it all. Put it in a baggie or whatever. Sit somewhere else, say on your couch now.

Remember peeling and eating the apple. Start from when you put it away, and work your way backwards. Remember sitting at the dining table with the apple as your 'final' part of remembering. Now, think about doing this again tomorrow.

Tomorrow, you are going to eat the other apple in the same way at the same spot. But before you eat the second apple, you are going to first remember (while on the couch) eating the apple from yesterday. Remember from beginning to end this time. Start with picking up the apple and going to sit down to peel it.

Now, look back over the day/ night between. This entire time, you have had the second apple sitting there. It's your apple already. There is no question of this. You knew the entire time that you were going to eat this apple. That there was no doubt or question. The apple is available and it's been available the entire time. Sit with that feeling of certainty and knowledge that the apple already exists.

This is the feeling of assumption. If someone told you there was no apple, you would what? You KNOW the apple is there. If the apple wasn't where you thought you left it, what would you do? Be surprised and search for the apple until you found it. You KNOW you have an apple and that this night, you will peel and eat it. This is the feeling of knowing you already have it. You can PRACTICE this feeling by having an apple a day for a while...or change it up and have an orange next time.

This strengthens the imagination of the senses... as you practice this, you will be able to infuse the "memory" (which is actually an imaginal act) with more and more sensory vividness. This will train your mind **how to create sensory vividness** in the way that best suits YOUR OWN mind!

It's not ONLY a memory, it's also an imaginal act. The way you 'remember' things is the same exact way you manifest things. If you remember by telling the story in your mind, that's how you will manifest. If you remember by 'just knowing', that's how you will use your imagination to manifest. If you remember by seeing the apple in your hands, that's how you will manifest. The more senses you can employ, the faster you will manifest things--especially if you can familiarize yourself with what happens in you emotionally when you KNOW beyond ALL DOUBT that the apple already waits in the fridge.

#### Exercise 2 (Neville's):

Sit in room A, and imagine yourself sitting in room B. If you are currently in your bedroom, imagine yourself sitting on the couch in the living room. Imagine it with as much sensory vividness as you can manage. Then imagine yourself standing in the kitchen, with as much sensory vividness as you can give it.

This teaches you how to be "in a different location" and/or position in your imaginal act versus what your physical body is doing at the moment. This takes practice! So practice! Neville says to practice this, stop listening to people who say you can sit down and do it in two seconds! Maybe you can, maybe you can't, but if you can't, then practice. You're not LESSER and you're not stupid if you can't do it in two seconds the way they can. You know nothing of their history, and you don't even know if they're being honest. Maybe they've been meditating for years and you never have. Maybe they just have a really good imagination but a low self esteem. Do not compare yourself. If your imagination needs practice, THEN PRACTICE.

Persist, persist, persist!

#### Exercise 3 (Neville's):



Revise your day every day. Before you do your SATS imaginal act (I call it a vignette), go back through your day from finish to start, and revise it to having happened in a way that brings you joy. Instead of that snarl from your partner, you got a hug, that kind of thing.

I try to do this, and honestly, I find that I remembered my day pretty well until I sit down and try to revise it. :p I'm not advanced enough to do this well. I've been doing the second exercise for a while, and it's frankly too advanced for me, too. I've been doing the one I told you as exercise 1, because I need both the vividness, the immediacy, and the "feeling of the wish fulfilled" practice.

Your mileage may vary!

If you do this and the mental diet, your progress will literally astonish you. It's very, very fast!

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### **Part 3d Micro-Imagining**

An orange. A red apple. A Granny Smith apple. Wealth. Opulence. Sexy. Snow.

As you read that list, you knew precisely what I was referring to. When I went from red apple to Granny Smith, your apple changed color and flavor. When I said Sexy, you knew what that meant even if you aren't yourself interested in sex. Even if you say you have aphasia, you still knew precisely what I was saying, and you had a concept of it. A notion, an idea, an understanding of each and every one of those words.

The moment you hear a word or see a word, you instantly KNOW that concept. Wealth is a concept. You know what that concept is TO YOU. Immediately when you hear the word, the entire concept of it flashes into your mind.

You read the list, and concepts flash by. An orange, a red apple, a granny smith apple... concept flash, concept flash, concept flash. Bang, bang, bang, your brain lights up specific neuro pathways and you connect word to concept. The concept is complete, even if you only think you experience part of it. Maybe you only thought on a conscious level of the color green in a specific shape. Granny Smith. But your SUBCONSCIOUS mind flashed on the entire concept. It only offered you part of that concept. It may not have flashed the juicy tartness of it into the conscious mind, but it knew it and flashed on it. It may not have sent through the crunchy sound as you bite into it and chew, but it did know it.

Every thought you think has its corresponding "total" in your subconscious mind. You KNOW what an orange is. Whether or not your conscious mind imagines EVERY aspect of it, you

know what it is. The concept of it is complete in your imagination; and particularly so in your subconscious. In your subconscious, it is there in **exquisite** detail.

When you think of poverty... or not being able to pay the bills... or your pain... or your fear... or not getting that text... or being alone... those concepts are ALSO there in exquisite detail.

This is why I push mental diet so hard.

You are able to pull up in detail (even if you have aphantasia in your conscious mind) whole concepts with just a word. Much less when you sit and ruminate endlessly on *what you do NOT want!*

Dr. Joseph Murphy talks about saying "Health. Wealth. Love. Success." inside your mind over and over throughout the day. Why? Micro imagination! You are filling your subconscious mind over and over and over with flashes of the STATE that you DO desire.

If you are spending 20 hours per day giving your subconscious mind vivid, exquisite details of arguments, fear, pain, regret, etc. etc. etc... then it's reasonable to think that your manifestations may be held captive by your STATE every time you worry, envisioning the worst. You're envisioning your complaints, your tirades, your worries. When you think to yourself, "but I don't know how it will happen," you are in a state of "so it can't happen," and that's what you're marinating your subconscious mind in. Steeping it in aggravation and fear like iced tea in the sun.

Make new decisions

Decide to protect your mind from negativity. Stop watching the News. Unsub from what makes you aggravated or afraid. Take moments through the day to stop and breathe and use some micro imagining.

"Thank you!" "May you be blessed!" "Health. Wealth. Love. Success."

Guide your thoughts deliberately every chance you get

Quotes from Neville:

"Do not waste one moment in regret, for to think feelingly of the mistakes of the past is to re-infect yourself."

"Because of your belief in external things you think power into them by transferring the power that you are to the external thing. Realize you yourself are the power you have mistakenly given to outer conditions."

"Be careful of your moods and feelings, for there is an unbroken connection between your feelings and your visible world."

"When you attain the control of the internal direction of your attention, you will no longer stand in shallow water but will launch out into the deep of life."

“Our inner conversations represent in various ways the world we live in.”

“A change of feeling is a change of destiny.”

“Become aware of what you are thinking and you will recognize a law between your mood and your surrounding circumstances.”

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## Chapter 4

### Changing Your Beliefs

#### Part 4a

#### Introduction to Changing Your Beliefs

What are beliefs?

The stunningly perfect dictionary definition: an **acceptance** that a statement is true or that something exists.

But I'll go ahead and take liberties. We in this sub know that everything is imagination. Thought. Consciousness. Therefore, beliefs are thoughts that we **agree with** (accept as true). If you think you run slow and you agree with that thought, then you will run slowly even if you COULD run faster. You have agreed that you are slow--you have agreed to BE slow. You actually have no idea if you can run faster, because you would, subconsciously, never allow it. (and that's before the question of whether you're 'god' or not)

I see in "law of attraction" circles all the time the question, "But how do I change my beliefs when everything around me tells me they are correct?" I see things like affirmations (great!), inner work (pretty freaking vague, ngl), shadow work (uh, I'll just say I disagree), letting go (which people often then again ask 'but how??' to).

Here's the bottom line, though. Beliefs are simply thoughts that you consistently agree with and support with 'evidence'. This is especially insidious in today's society that says to dismiss 'evidence' is a sin (they like to use words like stupid, delusional, and worse). It's demonized to say, "I know what the evidence says, but I no longer believe that, anyway."

I'll tell you a little story real quick. Decades ago, a drug called Vioxx came on the market for pain. Some people taking it were also encouraged to have grapefruit regularly, even daily, for other reasons. There was excellent **evidence** that grapefruit was good for health. The potassium in them can be very beneficial in lowering blood pressure. But this was a terrible combination. Despite "evidence" that each was safe... [together, they may have caused thousands and thousands of deaths.](#)

When people demand that you give blind obedience to "evidence" and "studies", they are not correct. WE know why this is, but it has been shown that many "studies" tend to find what the researchers were looking for, while a study across the hall found the opposite--what THOSE researchers were looking for.

There's a lot of EVIDENCE that we don't see the world realistically anyway, even if you take Neville's teachings out of it. In fact, you can find your biological blind spot here:

<http://www.cycleback.com/eyephysiology.html>

Beliefs are thoughts presented to us from the subconscious mind and with which we repeatedly agree

If you want to change your beliefs, stop agreeing with what you don't want. "I'm short. I'm tall. I'm old. I'm young." "But Sandi, my driver's license says..." These are basically recordings on auto-repeat that rise from our memories, stored in the subconscious mind. They may be from parents, from ourselves, society, religion, science, social media, other kids, other adults, whatever. It's being regurgitated by your subconscious mind for you to agree with or reject. The more often you agree, the deeper the 'belief'.

Find creative ways to disagree. "Yeah, my license says I'm 90, but I don't agree that's old. With the advances in modern technology, 90 is the new 20." And laugh about it, because laughter and amusement are VERY strong positive emotions. You've just experienced a very strong, positive emotion about your age. Laugh. Smile. Be happy. Turn the pain on its head.

"I'm only short until I'm standing next to my cat. Who is a giant compared to our hamster, so that means I'm a giant, lol!" It's true that you're a giant to a cat. It's true the cat is a monstrous beast, gigantic and terrifying--if you're a mouse. Use this perspective to take the "short" out of "I'm short." Disagree with it. Feel the truth of "I'm a giant". Wallow in that truth--it's a fact (if compared to a cat). That CERTAINTY together with the words "I'm a giant" is very, very powerful--it's the STATE that manifests things and you've just made the STATE of being immensely tall feel like absolute truth. You've AGREED with your new state.

"But I was comparing you to the guy over there!" squawks your subconscious. "Well, I'm not going to compare myself to him today. Today, I'm a giant, because cats and hamsters exist. That's my new perspective."

"I looked at myself in the mirror today, Sandi, and I'm ugly." Have you ever seen a [sharpei dog](#)? My friend... you're not ugly. You think you're ugly? You're [downright lucky](#) is what you are. No, really. Some things are [just plain unfortunate](#). The bigger the contrast you can find, the more you can find it hilarious. Disagree! "If I sat next to a condor, I'd be the most beautiful thing in sight!" Besides, your name isn't Titicaca frog, is it?? "I am beautiful next to a star-nosed mole." See what's hidden in there? "I am beautiful." "I'm downright sexy next to a naked mole rat." What's hidden there? AND IT'S TRUE. "My nose is perfect compared to a proboscus monkey." Your nose IS perfect!

I don't like comparison to minimize your own experiences when it comes to trauma. I think that feeds the trauma, so I'm not suggesting this in the whole "I may have no toes, but he has no feet" way, but in the "I can have fun with this so that my FEELING changes" way. Do the best you can to embrace the idea, even if only for a fleeting moment, of seeing yourself as beautiful, or funny, or wealthy [in comparison to pretty much anyone/ anything that embodies the state you want to leave]. Try to use it as a fun, not a minimizing or degrading thing. "Wow, gee thanks, I'm beautiful next to the ugliest things on the planet" isn't the point, at all. It's to allow yourself to enjoy the comparison for a moment. The more you can do that, the more

you're 'living' in an improved state. AND you're beginning to allow happy feelings in relationship to your appearance.

The point isn't to compare yourself in a bitter way, with anger and spite. The point is to state, "I'll allow myself to feel tall next to a cockroach. Just for a moment. I'll allow myself to laugh at the absurdity of the concept, even if only for a few seconds." This is creating a new 'set point' where it's okay to feel some positive with regards to your height.

The key ingredient to changing your beliefs is choosing to allow it to work

Here's the problem that I see with so many people and "that doesn't work." There are people for whom telling themselves a new story works, and people for whom having an inner knowing works and yet others whom must visualize. I see so much "affirmations don't work," and "don't use negatives," and "you have to envision it," and "get rid of your vision boards, they're useless." Stop listening to anyone else about what works. If it works for you but someone else says it doesn't work, they are speaking FOR THEMSELVES.

I'm going to bottom line it. Discard what doesn't work for YOU, use what DOES work for you. You'll know immediately what doesn't work. If it doesn't make you feel better, it's not working FOR YOU. Yet you must ALLOW it to work. I find that when people say "I tried all of that and none of it worked!" it's because they're resisting it. They are choosing not to participate fully. "I'm just a horrible person, I'm just going to feel bad! I'm not going to mental diet, it's too hard, it's all too hard, someone else needs to just rescue me!"

I'll be very, very, very blunt here. No one can save you. Your world takes place in YOUR mind. Yours. Not mine, not the guy over there. It's your work to control your mind and to make decisions to allow it to work for you. You either work the techniques, give it your all... or you keep waiting to be rescued and creating more **NEEDING TO BE RESCUED but NOT GETTING RESCUED**. Because nobody CAN. It's all in YOUR mind. You have to make the decision to control your thinking, or you can resign yourself to "well, that's it, then I give up because no one else can control my thoughts."

It's *your* mind. Literally no one can change it without your permission. If you're choosing to hold onto anger and resentment and to lash out at people for not rescuing you... that's a decision. That's YOUR decision. That's the world you're creating for yourself. If you live in a state of resistance and resentment, you're creating a world to resist and resent.

Do your best to find things to enjoy. Do your best to do the exercises cooperatively. Resist them, and you're resisting your own freedom.

It's the time to sit down and acknowledge that it's all created in your mind and no one can force a change onto your mind. It's your own private domain for better or for worse. Deep down, you must accept that it's YOU who must change YOUR mind. It's your work and no one, not one other person, can take that from you--or do it for you.

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## Part 4b

### Understanding "Self Concept" and how Your Beliefs Are Your Concept of Self What is "Concept of Self"?

In my last post, I discussed that beliefs are thoughts you agree with. Your self concept is **who you have agreed you are**, or who you have *agreed to be* [in order to please others].

You may have agreed that you are "no good" or that you are "unlucky." You may have agreed that you are strong or beautiful. Having agreed with these things, you have given your subconscious mind the instruction to make you clumsy or unattractive or strong... because if you agree with a thought it presents to you, it proceeds to give you EVIDENCE that supports that idea, and it withholds from your conscious mind any evidence to the contrary.

If you were to see yourself as a punctual person, it would cause you to, without even noticing you were doing it, prepare the night before and wake up early. If you see yourself as an "always late" person, it will again without your notice, cause you to be unprepared, make you lose sleep, make you ignore the leak in the bathroom and not get it fixed... etc. It's automated for you.

Don't think that's right? Have you ever driven to a new place (say a job at an unfamiliar location) for the first time? You're really paying attention, listening to the nav system, etc.

Two years later, you're picking your teeth, you're doing addition in your head, you're yelling at the guy who cut you off, you're calling your mother names in your head for making you take the trash out, you're eating a bagel... but what you're NOT doing is paying attention to the route to work. You don't need to! You know the way, and the car just seems to find itself pulling into the parking lot after a long trip of wishing you worked for someone else.

Who was doing the driving? Who was keeping track of the location of all the other cars while you wiped cream cheese off your shirt? That's right, your habituated mind, also called the subconscious. It's really there to serve you...

But you have to give it accurate instructions or you get mayhem and misery

Your subconscious mind will regale you all day long and all night long, and longer if it could, with various recorded thoughts and memories from your past. It will offer at every second, some form of distraction. *Would you like to rant about and curse at the woman who cut you off? No? Okay, would you like to think about how your mom didn't let you go to your birthday party when you were ten because you were grounded over some stupid thing you don't remember? No?*

*Well, it would be fun to think on politics and get scared, wouldn't it? You love doing this! Ahhhh.... and we're off! I found a winner!* [meanwhile: you are tied in in knots and terror and trying to figure out why god hates you and won't give you the trip to Paris that you wanted, it's probably President what'shisname's fault!]

It's simpler than you think

The first thing goes back to... I'm sure you can guess... mental diet. Almost everything hinges upon your mental diet. It's all about your THOUGHTS.

"Your opinion of yourself is your most important viewpoint. You are infinitely greater than you think you are." -Neville Goddard

You agree, or you disagree... and thus make of yourself what you have agreed to be. Small, large, limited, vast... you agree or you disagree, and you think nothing of that agreement. You find ways to support your agreement. "But I'm ugly because of x or y arrangement of my body/ face/ etc." As if that is the final decider, which leads to the next quotes:

"Health, wealth, beauty, and genius are not created; they are only manifested by the arrangement of your mind-that is, by your concept of yourself, and your concept of yourself is all that **you accept and consent to as true.**" -Neville

"When you attain the control of the internal direction of your attention, you will no longer stand in shallow water but will launch out into the deep of life." -Neville

"If you judge after appearances, you will continue to be enslaved by the evidence of your senses." -Neville

"Everything depends upon our attitude towards ourselves. That which we will not affirm as true of ourselves cannot develop in our life." -Neville

That which we will not affirm as true of ourselves cannot develop in our life. (I feel the need to repeat that again--if we will not affirm it [[agree]] as true of ourselves... we cannot develop it in our lives).

At the end of the day, the reality of it is this simple... you are what you AGREE TO BE. Or in another word but the same exact thing, what you ASSUME you ARE. Assuming is AGREEING.

"Our inner conversations represent in various ways the world we live in." -Neville

"Begin with self." -Neville

"*I will be* is a confession that 'I am not'. The Father's will is always 'I am.' Until you realize that you are the Father (there is only one I am and your infinite self is that I am), your will is always 'I **will** be.'" -Neville

"Only as one is willing to give up his present limitations **and identity** can [s/he] become that which [s/he] desires to be." -Neville

"The circumstances of your life reflect what you have been saying." -Neville

So, what am I trying to say with these quotes?



You must affirm what you are. "I'm the kind of person whose relationship is always perfect and beautiful." (Whether you are in one or not)

"I'm the kind of person whose bills are always easily paid in full and on time. I'm the kind of person who always has a surplus to enjoy." (whether you do or not)

"I'm the kind of person whose glowing good health inspires others." (No matter your health at the moment)

Changing your concept of yourself means no longer agreeing with the falsehoods that you've agreed with to date.

These beliefs can have a great range of positive and negative, but ultimately there is one main self concept that you MUST internalize... **I am a child of god and I have inherited ALL of the properties of my Father.** The properties of god are love, limitlessness, infinite power, and the ability to shape my world to my desires. I need only imagine the state and remain in the state, and my circumstances MUST reorder themselves, for that is my divine right as a child of god.

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#### **Part 4c**

### **You Don't Need to Know the Origin of Your Belief to be Free of the Belief / Methods for Releasing Beliefs Without Reliving the Past**

#### **The Parable of Alex and the nail.**

Alex got a beautiful new car. After cleaning and polishing it, they took it for a nice drive out in the country. They arrived home late in the evening and went to sleep. The next morning, they woke to find that one of the tires was flat.

Distraught, they called for a tow truck, who took the beautiful car to the mechanic's shop in town. The mechanic took the tire off and looked for the problem. They found a nail in the tire and removed it. They came to where Alex was waiting impatiently for news of the flat tire and what would be needed to fix it.

When shown the nail, Alex became distraught. "Where did it come from?" was the most important thing on their mind.

"I don't know," the mechanic replied, "but a little plug and--"

"I need to know where it came from," Alex almost shouted, trembling. "Was it my mother? She came over to drop something off. Could she have dropped the nail?"

"I really, truly don't know," the mechanic, nervous now, tried to say, "but all it takes is a little plu--"

"It must have been my father!" Alex began to pace back and forth. "He's always been a bastard."

"Excuse me," cried the mechanic, "do you want me to plug the tire or not?!"

Aghast, Alex replied, "How can you if you don't know where the nail came from?"

"Uh, it's a flat tire. It can be fixed without knowing where the nail came from..."

Your trauma, your life history, your experiences... they're like that flat tire... you don't know need to know where they come from to fix your current experience.

Many people become very caught up in figuring out "why, tho?" and "How did that trauma get there?"

These might be important questions for you to solve out of interest, but if you want to just get done and get on... it's time to let those questions go. They aren't central to solving the complexities of your belief system. And it's a very slow, slow, slow way to do. Often painful, as well.

I'm not a big fan of pain, myself. If there's a way that means I don't HAVE to revisit and relieve the trauma, I'll take that way, please, with whipped cream and one of those candied cherries or whatever. Or heck, I'd even take it with black coffee if it meant I wouldn't have to reopen old wounds.

One thing that almost all of us with trauma needs to do before any form of "healing work" or anything of the like, is to calm our nervous system.

When you experience trauma, there are physiological and psychological changes.

I must make an important note here about trauma, and a common misunderstanding about it.

Trauma is not in any way based on the severity of an event. If two people wake up one day and stub their toe, they may well handle it in the very same way. Jill jumps up and down and swears, but goes about her day. Alice jumps up and down and swears and goes on about her day, too. But over time, Alice keeps getting an incredible pain in her foot. When she says something, people snort and blow her off. "Oh noes, you stubbed yer toe, lols!" Yet the pain increases and she finally goes to the doctor.

Unfortunately, it's too late. The bone infection from the toe she broke when she stubbed it has advanced too far. Alice's toe is removed.

Alice's injury was invisible, it was inside her. The same event happened--the mere stubbing of a toe. But one person moved on and didn't care, the other had an invisible injury inside. We don't diagnose a broken toe by "What happened?" we use something that looks INSIDE the body (x-ray machine).

We don't diagnose trauma with "what happened?" and say, "that wasn't severe enough, lol!" A toe doesn't care if it was broken by an accidental slam against the bed frame, or if it was

broken in a catastrophic airplane accident. A broken toe is no less broken for the apparent 'mildness' of the event which broke it.

So please let go of any ideas of whether or not your trauma is real, or if it's valid, because "what happened wasn't severe enough." People break toes on bed frames, guys. Trauma is as trauma does.

Okay, so you know you have trauma, perhaps not from what, but now what, then??

The simplest, and the most Neville answer is this... Revision. Revise your childhood. Play wonderful scenes from your idyllic childhood (that you wish you'd had). Do it over and over and over until these scenes feel 'real' to you. That's when they are beginning to 'take' in the subconscious mind and it will start to release the physiological and emotional changes.

It really does work. It really does alter your physiology. This is an action where you are convincing your subconscious mind that there never was any trauma. Instead of finding, targeting, and reliving the trauma, you are simply using an eraser to be rid of it. As that happens, your biology actually changes.

The second thing you can do, and anyone with anxiety or anger disorders may want to do, is to control your nervous system. I have a book by a man named Pete Walker, Complex-PTSD, From Surviving to Thriving. In it, he talks about the 4 responses to trauma/ fear. Fight/ flight/ freeze/ fawn. Basically you will either try to flee, you could try to fight, you may freeze up, or you try to get the threat to like you so they won't hurt you.

These are all responses to being in your sympathetic nervous system. The part of your nervous system that takes over and shuts down your brain, preparing your body for one of those four responses. It's basically, "OMG OMG OMG OMG OMG I'M ABOUT TO DIEEEEE!!!!" ([On the habit of FFFF nervous system over-activation](#))

Didn't get a text? OMG I'M ABOUT TO DIE!

Can't find the car keys? OMG I'M ABOUT TO DIE!

Think about how to pay a bill? OMG I'M ABOUT TO DIE!

Wow. Just wow, right? :P Seems silly now, but when you're in that... it's life or death. It's REAL stuff, man! And that terror feeds on itself. "I just know something about to go horribly wrong! I have a bad feeling, oh man, something awful is almost here!" That's a symptom of the over-agitated nervous system.

The breathing exercise that biologically forces you out of the FFFF nervous system:

1. Take a regular breath (not exaggerated).
2. Hold for a couple of seconds.
3. Release slowly (not to discomfort).

#### 4. Repeat

Do it until you feel some shift or difference in your body, or until you get bored. These mean you're back into your parasympathetic nervous system. It means you're getting blood flow to your head. Do this again and again if needed. When I first started, I did it sometimes 60 times per hour. The intrusive thoughts just kept rising back up. That's normal, your body thinks it's in danger, it's trying to protect you!

So keep gently stopping the thoughts, turn to some sort of affirmation, very basic and readily available. "Health. Wealth. Love. Security." (Compliments of Dr. Joe Murphy)

Start into a long litany of silly things you can say 'thank you' for. "Thank you for cars. Thank you for roads. Thank you for schools. Thank you for colleges. Thank you for ambulances. Thank you for dogs. Thank you for kittens. Thank you for memes." Who knows, who cares, as long as you can repeatedly say and eventually start to FEEL the "thank you". I mean, who doesn't appreciate kittens??

Joking aside, you must retrain your body OUT of living nonstop in the FFFF nervous system. This is when most of our "trauma" tries to re-express itself. Once you stop living in constant "OMG OMG I'M ABOUT TO DIE!" then you will be able to cope better because you can think better, you feel better, your body is no longer working to seize control to save you from the pouncing lion that doesn't even exist.

You trained your body to think everything is life-threatening [trying to protect yourself], and now you must retrain it to understand that only actual imminent danger needs FFFF responses. Stop boxing with shadow-form lions.

Revision being the easiest and best way to alleviate and eliminate traumas from both mind and biology may be one reason why Neville said that if you took ONE of his teachings ONLY, he would want it to be REVISION.

Revision can also be used to revise those experiences you DO remember. Instead of reliving the traumatic experience (if you don't feel able), then simply revise yourself as the adult coming to the rescue of the child you, or imagine it happened differently.

Here's the thing that you must understand. It doesn't need to be a REALISTIC alteration. Not at all. The subconscious mind doesn't know and "frankly my dear, [it doesn't] give a damn" whether it's realistic--it only cares if you can make it seem like a real memory to IT. It makes no differentiation between imagination and memory *with regards to how trauma response and beliefs are created*. Your conscious mind will always know what really happened--but that's NOT where trauma response comes from.

Beliefs are thoughts that you agree with.

Remember in my last post, beliefs are thoughts you consistently agree with. Well, your "past" are thoughts you consistently agree with. When your subconscious shows you an event, you

can agree it's real, or you can disagree. "No, that's not how it happened, let me show you." Then revise. As if the event is happening NOW, AND as if the event is a memory. Hold both thoughts in your head... and it unravels the trauma because it's the memory and the agreement that unravel the trauma--or create it.

A child sees an angry look on her father's face. She's currently holding a pair of scissors and was about to run with them. Never run with scissors! She remembers her dad telling her all about another girl who ran with scissors and stabbed herself in the eye. The dad was just trying to make her not run with scissors, but the girl had such a VIVID imagination of herself as the other girl...that in this moment of seeing a look of anger from her dad (who was actually just distracted and hadn't noticed her at all) combined the fear and terror she felt in her imagination with that moment. Now she has trauma around "running with scissors" and has imprinted her subconscious mind with terrible things to do with scissors.

She won't remember that later. This, by many people's assumptions, means she'll always have a hangup about eyes and scissors. Well... no. By reframing her over-all view of her dad as a kind, loving man who supported her, she will remove the experience simply by overwriting it.

She assumes her dad was loving and supportive, and that picks at the strings of all the 'bad' experiences and the knots they tied in your psyche.

For some of us, with significant IRL trauma, it will take time to revise, and many repetitions of the 'new' reality. But that is a very beautiful and hopeful thing, because for some of us, if we had to relive it, we'd have no hope.

Other really fantastic tools you can use instead or even better- together!

The Sedona Method ([Here's a video about it](#)). I'm not affiliated or anything). If I could get people to read and really stick to ONE BOOK in the world like glue... this is the one. Although I don't love the woo-woo stuff in there (even though I'm a woo-woo person), the technique is incredibly freeing. Saved my life when I was about to end it all. Actually twice. I stopped doing it for a while and ended up needing it again later.

- This method is amazing for helping with the "letting go" portion of manifesting... but it's also extremely freeing. The one challenge for me is that I feel someone helping me would take me lightyears further--but doing it by myself has made MASSIVE improvements in my life.

EFT. This one doesn't work for me, but many people swear by it. It's a sort of neuro reprogramming. I think for those whom it helps, doing it during revision could be world-altering. Really. I've heard wonderful things about it. ([Here's a how-to video](#))

[Dissolving emotional pain by "going into" it](#). A post here, more information at the link.

And of course, there are many "old standbys".

- Affirmations. "If you tell a big enough lie, long enough, people will start to believe it." (Some horrible nazi dude). The thing is, when you tell a TRUTH long enough, you'll start to believe that, too. So start telling the big enough truth, and keep telling it, and keep telling it until you believe it.
- Overnight affirmations. I use a program called ThinkUP (not affiliated) and just play my own voice on repeat all night long with my chosen affirmation.
- Mental diet (see links at the top of the post). This one is SUPER SUPER SUPER important!
- Meditate!! [Dr. Joe Dispenza on how fast you can heal trauma with meditation.](#)

Change your memories to change your past--and future.

"Dwelling on past irritations or hurts perpetuates them and creates a vicious circle that serves to confirm these negative emotions." - Neville Goddard

"The circle can be broken by starting now to revise anything that you no longer wish to sustain in your world. By revising the past, you rid yourself of any effect it may have on your future.

**Revision is truly the key, which can be used to unlock the doors that have kept you trapped in a particular state. Be ye transformed by the renewing of your mind."** – Neville Goddard

"Most of us are reflecting life and not affecting it. Your inner speech mirrors your mind, and your mind mirrors God. If you do not change your thoughts, you haven't changed their activity. And if you do not change their activity, the conditions of your life cannot change, for they are only bearing witness to the inner action of your mind." - Neville Goddard

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## Chapter 5

### Revision

#### **What exactly is Revision?**

Revision is at its core very simple. It's imagining something happened differently. If you dropped a cup on your foot, you imagine you caught it instead. If your spouse snapped at you first thing in the morning, you imagine they greeted you with a happy kiss.

That's really it in a nutshell, but of course, people like to complicate it. That's our special talent, really, I think. :)

Let's talk about it and why it's so powerful. Let's discuss a few common points of confusion.

Suspend disbelief while you imagine the revision

Like all of the techniques, the willingness to suspend disbelief is valuable. However, especially with current or recent things, revision can work extremely rapidly even with little suspension of disbelief. This makes it incredibly powerful. However, as with all things, the greater your emotional intensity about the "problem", the greater must be your emotional intensity in your revision.

What can revision do?

Well, here's where there's some argument. Some say it can literally change the past. Some say it can't literally change the past, but only change your psychological environment and other people's.

I can't answer the question of whether or not it literally changes the past. So far, this has not been my experience. However, I've seen it alter other people's memory of the past, and I've seen it alter their psychological reactions/ relationships. Literally seen the differences myself, in person.

I'm going to go forward with the view of it as psychologically beneficial. Regardless of whether it literally changes the past, it still fixes the problem; and that's the ultimate goal of everyone. So be aware that there are many who believe it literally alters things and if you believe that, it's fine; I'm not arguing against it. Nothing in my post is intended to change that belief. I will focus on the psychology of the thing because it's extraordinarily powerful in and of itself to the point where I think anything else is gravy, as they say.

I am not poo-pooing literal changes. I still remember the 'original' or what we'd call 'real' events of my life. My revisions, however, are impacting me extremely positively, and I believe with all my being that it will greatly benefit you. Neville clearly believed the same thing.

Let me state again that it DOES impact the people around you. I've seen it and done it first-hand.

One important thing I think revision can NOT do

I don't personally believe it's possible to bring people back to life with revision. Even Neville said that death comes in its appointed hour. Perhaps it is possible and I simply don't see it as natural and thus it's not possible in my world. Your mileage may vary, but I think this is a thing that can't be changed.

I'm not telling you what to believe, I'm telling you what I think going on reading Neville and listening to his lectures, etc. Neville says that if your attempt to manifest fails, it's because it doesn't feel natural to you. He does then go on to point out that if you imagine something long enough and vividly enough, you can make it feel natural... so again, your mileage may vary.

A few of my experiences

- I've ended arguments in my home by "revising on the fly". Total turn-arounds that were quite abrupt and went totally unnoticed by the other people involved
- I've made massive improvements in neck mobility and significantly decreased the pain caused by two bulging discs in my neck (from car accidents)
- I was denied benefits and I revised so that I would get them. I got the call back within 24 hours.
- I had a car issue where the transmission was acting up, and revised it and not a whisper of the issue since

Basic methodologies (How-to basics)

1. Method one, revise a past experience by sitting down, going into SATS (your drowsy State Akin to Sleep--or a meditative/ hypnogogic state, whatever), and imagine that the event happened differently. As mentioned above, if you had a car accident, reimagine the scene as a near miss. You do NOT need to replay the original event, in fact, I suggest you do NOT do so.
2. While conscious, awake and aware, unfocus your eyes and reimagine the event as above. You don't need to be in a meditative state, though for some people, that will give it more "tones of reality".
3. During the moment that something's "going wrong", stop talking, do your best to just run the scene differently in your mind. If the customer is yelling at you, imagine them suddenly stopping and saying, "Wait, no, I'm sorry, I'm wrong. I did get the right thing." This is "revising on the fly". Again, you need NOT be in a special state to do it.
4. Affirm things differently. "Last time at the doctor, they said my numbers were all perfect. 'Middle of the chart', they said, in fact. So perfectly ordinary that it was downright weird."



5. Write out the past history the way you wish. If you grew up being made fun of for your looks, write your story as if writing a memoir, where you were the most sought-after person in every school you went to.

Important note:

Cooperate with the emotional state. If your revision doesn't bring up the positive feelings, then ask yourself over and over until you DO get the feeling, "What would it be like if I really were the most sought-after person in every school? How would I feel right now?"

You must cooperate with the techniques. If your mind argues, then say, "I no longer agree with that. I'm not longer concerned about IRL, because I now know that my imagination is the only truth in the whole universe." Keep repeating that you no longer agree. FIRMLY state the opposite. "That's not true" says your inner critic, "It's true now," you tell it in return. Firmly, like to a small child. Not nastily, just firmly and with certainty.

What about long-standing issues?

For example, what if I want to be at a different university, but I have memories of being at that one?

Revision works the same way as any memories, is the interesting part. The memories of "I was at that university for two years" is typically a series of brief images. Being in your dorm, being in the cafe, perhaps special moments with a person you spent time with (or bad experiences with others). You can create flashes of such images for your revision, and use something like the preferred school logo being on the wall behind you, and create new experiences standing on the campus of the preferred college in front of their logo, etc.

What about interlinked events?

Let's say that you had an argument with your person, or your family. Let's use a dad so it's easy for me. Let's imagine for a moment that you and your dad argued, and he left. Then you guys tried to reunite, but another argument happened. Then later he called your mom and told her a bunch of bad stuff. Three separate events but they're linked to the "first" event.

Each event would be revised by itself. If you revise the first event and feel okay, but are still bothered by the second event (which wouldn't have happened if your revision had)... then you simply revise the second event without regard for the first event or third one.

Every memory is actually an isolated event to your subconscious mind, so it's fine to treat them that way for revision.

How do you know when you're done with it?

Revision is done when you can think about the first event (not relive it, just think OF it) and not feel distress. When your 'reactions' or remaining trauma is dissolved, you are done. It's personal and individual, but what we can say is if it still bothers you, you're not done.

For most people, replacing is easier than removing

People sometimes ask me, "How can I revise having never met my ex?" and to this I answer, imagine the same day up until then, and then imagine you did something else special and fun. Went to a concert, took a fun drive along the coast, whatever.

If you find it easy to 'remove' by using a series of images as noted above, do so! If you don't, though, simply replace the undesired event with a different event you'd have loved to do. Instead of the hospital, imagine being released and going skiing. The 'new' event matters little, it's the change that matters.

Will I ruin someone else's life if I revise mine?

What if I revise my friend not leaving to go to Maui, but instead staying with me. Will I ruin their life?

No. Neville plainly stated that "Revision is the only true forgiveness." You are changing things to be positive. Neville pointed out all the time to do unto others as you would have done unto you, so if you revise your friend to have stayed with you, make it a fun and positive decision!

Revise your past history, some, any, or all

You can totally change your life experience. If you, like me, grew up abused, you can revise that you grew up in a wonderful, loving, close-knit family. You will still have your family (most likely, I mean as I said, perhaps you CAN completely change the past), but the entire dynamic will change.

You will begin to reshape psychologically and evidentially into the kind of person you THINK you would be had you grown up that way. I've been revising my history and I find myself using verbiage lately that I would have, if I had grown up as I wish. I also feel far more peaceful, patient, and level.

Whether you really change the past or not, you will really change your present if you persist.

PERSIST, PERSIST, PERSIST.

Neville:

"Revision is of greatest importance when the motive is to change oneself, when there is a sincere desire to be something different, when the longing is to awaken the ideal active spirit of forgiveness. Without imagination, man remains a being of sin. Man either goes forward to imagination or remains imprisoned in his senses. To go forward to imagination is to forgive. Forgiveness is the life of the imagination. The art of living is the art of forgiving. Forgiveness is, in fact, experiencing in imagination the revised version of the day, experiencing in imagination what you wish you had experienced in the flesh. Every time one really forgives – that is, every time one relives the event as it should have been lived – one is born again."

“Therefore, a very good practice before you enter into your meditation is first to free every man in the world from blame. For LAW is never violated and you can rest confidently in the knowledge that every man’s conception of himself is going to be his reward. So you do not have to bother yourself about seeing whether or not man gets what you consider he should get. For life makes no mistakes and always gives man that which man first gives himself.”

“Dwelling on past irritations or hurts perpetuates them and creates a vicious circle that serves to confirm these negative emotions. The circle can be broken by starting now to revise anything that you no longer wish to sustain in your world.”

“By revising the past, you rid yourself of any effect it may have on your future. Revision is truly the key, which can be used to unlock the doors that have kept you trapped in a particular state. Be ye transformed by the renewing of your mind.”

“To attempt to change circumstances before I change my own imaginal activity is to struggle against the very nature of my own being, for my own imaginal activity is animating my world. If I believe that I am injured or that others are against me, I have conjured them in my world, and they have to be against me. If I fully believe that all are working towards the fulfillment of my good, they have to work towards the fulfillment of my good. I don’t ask them. I don’t compel them. I simply do it only within myself, and the whole vast world exists within me.”

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## **In Closing**

### **The Undisciplined Person Vs. the Disciplined Person**

**“If we do not like what is happening to us, it is a sure sign that we are in need of a change of mental diet.”**

I will leave you with these Neville Goddard quotes:

“The undisciplined [person]’s attention is the servant of [their] vision rather than its master. It is captured by the pressing rather than the important.”

“What we must work for is not the development of the will, but the education of the imagination and the steadying of attention.”

“Imagination is able to do anything, but only according to the internal direction of your attention. When you attain control of the internal direction of your attention, you will no longer stand in shallow water, but will launch out into the deep of life.”

“Your attention must be developed, controlled and concentrated in order to change your concept of yourself successfully and thereby change your future.”

“All that meditation amounts to is a controlled imagination and a well sustained attention. Simply hold the attention on a certain idea until it fills the mind and crowds all other ideas out of consciousness.”

“The individual’s inner speech and actions attract the conditions of his life.”

“Everything in the world bears witness of the use or misuse of man’s inner talking.”

“Our present mental conversations do not recede into the past, they advance into the future to confront us as wasted or invested words.”

“All things are generated out of your imagination by the word of God which is your own inner conversation. And every imagination reaps its own words which it has inwardly spoken.”

“There is nothing wrong with our desire to transcend our present state. It is natural for us to seek a more beautiful personal life; it is right that we wish for greater understanding, greater health, greater security.”

“Do not try to change people; they are only messengers telling you who you are. Revalue yourself and they will confirm the change.”

“Man’s chief delusion is his conviction that there are causes other than his own state of consciousness.” - Neville Goddard

I'll say it again, manifesting is a practice. It is the hardest practice you'll ever do because it's controlling and repurposing the garden of your own mind.

In the bible, it talks about Jesus telling the PRICE of manifesting... and most of the crowd got up and left. They would not pay that price. Today, you must decide if the love of your life is worth the price, or if that money is worth the price, or your health.

The price is mastery of your own mind and having no other 'gods' (causes/ sources) ahead of your own mental activity.

Joshua says, “**choose this day whom you will serve**, whether the gods your ancestors served in the region beyond the River, or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord” (Joshua 24:15). [Will you serve the outer appearances, the world of illusion, or will you serve "The Lord"?]

Mental diet is a skill. Like every skill, there is an early learning curve. Persist. Persist! PERSIST. One day it will be as easy and natural as walking... but for today, decide over and over again that you will get back on the horse and take the reins up yet again.

Or go back to sleep. The choice is yours.

Godspeed, dear friends!

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