

I've put together the following information to bring clarity and provide a way for us to share tools with each other. Feel free to add comments, and I will edit this work in progress as we come together to support one another in bringing forth heaven on earth through the Divine Plan. Everything that has been created outside of the Divine Plan is now being cast aside, to be shredded and recycled into something beautiful, perfectly aligned with the natural world.

We are experiencing a vibrational universe and this is why toning is a beneficial way to clear the energy field.

Toning (before going to sleep)

I've been using mantras and toning the sound om for many years and a few months ago I was listening to an interview on Next Level Soul's YouTube channel with Kelly Bowker who was given tones for the chakra energy system while in telepathic communication with her guides.

Root- color red, tone U as in cup
Sacral-color orange, tone ou as in you
Solar Plexus-color yellow, tone o as in go
Heart-color green and pink, tone awe
Throat-color light blue and turquoise, tone I
Third eye-color indigo, tone A
Crown-color white, tone E
Finish with OM focusing on the thymus gland the high heart

Set the intention that all memories, all thoughts of people, places, and events, that are attached and held in the associated energy field and organs associated with each particular chakra that are interfering with perfect functioning, are carried away, transcended, and transmuted with the tones.

After listening to the audio version of Florence Scovel Shinn's novel *The Game of Life and How to Play It*, followed by hearing the declaration Sonia Cocket has been saying since she was 12 years old I decided to begin my day with a declaration. And recently, I've started to consciously impress the subconscious before going to sleep after listening to lectures recorded by Neville Goddard.

The intelligent, creative, life force energy indiscriminately gives me what I speak, since every word I utter is a prayer. This self-aware, intelligent life force energy flows through my body and affairs in every moment, and as soon as I think of a desire, this aware and creative energy creates it in the astral plane (non-physical). I know that this energy of Source knows me better than I know myself and wants me to succeed as the creator of my life.

I've come to realize that understanding my human design in relation to the creative process is vital for me to succeed in fulfilling the divine design of my life. Neville said something in one of his lectures that really helped me to clarify the redundancy of trying to move things in the external world. It is like looking at myself in a mirror and seeing dirt on my face and cleaning the mirror expecting the dirt to be removed. It is up to me to turn around and clean up what is within myself. Therefore, prior to taking any step in the external world it is beneficial for me to first look within and shift my assumptions and what I believe that

had me co-creating the experience. I now ask myself, “what am I assuming about the people and events that are not serving me and preventing me from experiencing life in alignment with what my higher self knows?”

During a life review on November 3rd, 2000, I was given insight into how my subconscious is programmed, and it is up to me to make the conscious choice to program it for what I want. I want to be free from all false ideas and free from all lack and limitation.

Listening to the video I’ve included below inspired me to use the time before sleep to my advantage. It is only when I am self-aware that I can make a conscious choice to experience my heart's desires. I found that I was misusing my imagination by thinking about the events of my day and the days prior in judgment, not realizing I was unconsciously allowing my tomorrow to be influenced by past misconceptions and assumptions. This is why I really like the idea of impressing the subconscious before going to sleep with my desire to be all that I came forth to be. Additionally, listening to the information Neville Goddard shared in his lecture has helped me fully comprehend the so-called “law of attraction,” the law of assumption, and the law of projection and reflection.

The following declaration and visualization is a work in progress. I have taken Neville’s suggestion to inspire my dream time for my benefit, as my dreams are a way for my subconscious to communicate with my conscious mind. The more I practice it, the more I find it inspirational and useful to take time every night before sleep to impress my subconscious with my desires fulfilled. Now, each night, as I lay in my bed ready to sleep, I deliberately enter into a state of relaxation and do the following:

1. Take several deep breaths, allowing your body to sink into the mattress.
2. Now, in your imagination, construct a scene that implies the fulfillment of your desire. If your desire is for financial abundance, see yourself looking at a bank statement with a balance that thrills you. If it's a loving relationship you seek, feel the warmth of your beloved's embrace. Whatever your desire may be, create a short, simple scene that implies its fulfillment.
3. Now, here's the crucial part: Enter the scene. Don't just watch it like a movie; step into it. Feel it as real. Engage all your senses. What do you see? What do you hear? What do you feel? What do you smell? Make it as vivid and real as possible. And as you do this, feel the naturalness of it. Feel as though this is your reality.
4. Now repeat this scene over and over, always from the first-person perspective, always feeling it as real and natural. Do this until you fall asleep.

This exercise, when performed consistently, has the power to reshape your subconscious beliefs. **Your subconscious mind does not distinguish between what is vividly imagined and what is physically experienced.** By repeatedly entering into this Certainly! Here’s the text with proper punctuation for easier reading:

Catch yourself when you find yourself focusing on what you don't want, on what's not working, or on what's not choosing you. Gently but firmly redirect your attention to what you do want, to the state you wish to embody, and to what's truly choosing you. Feel the reality of your desire fulfilled. Live from that state, and let it inform your thoughts, your words, and your actions. Do this consistently and persistently, and watch as your world begins to transform.

Remember, this practice is not about forcing change through willpower or struggle. It's about allowing your true self to express itself fully in the world. It's about aligning yourself with the flow of life rather than struggling against it. As you leave here today, I want you to carry with you this fundamental truth: you are the operative power in your life. Your consciousness, your imagination, is the creative force through which you shape your reality. By choosing what's truly choosing you, by living from the state of your wish fulfilled, you activate this creative power in the most potent way possible.

So go forth, my dear friends, and choose wisely. Choose what's choosing you. Live from the end, assume the feeling of your wish fulfilled, and watch as the miracle of life unfolds before you in ways more wonderful than you could have ever imagined. Remember, the kingdom of heaven is within you. It is not a place you go to, but a state you choose to embody. By choosing what's choosing you, you are claiming your rightful place in this kingdom. You are stepping into your power as a divine creator.

And so, my beloved friends, I leave you with this final thought: the world is waiting for you to be you, fully and completely. It is waiting for you to choose what's choosing you, to align with your true desires, and to express your divine nature. When you do this, you not only transform your own life, but you contribute to the transformation of the entire world. For each time one of us aligns with our true self—with what's truly choosing us—we raise the vibration of the entire planet. We make it easier for others to do the same. In this way, by choosing what's choosing you, you become a beacon of light in the world, illuminating the path for others to follow.

So go now, and choose wisely. Choose what's choosing you. Live from the end, assume the feeling of your wish fulfilled, and watch as miracles unfold in your life and in the world around you. Thank you, and may you be blessed on your journey of self-discovery and manifestation, my dear friends.

The truth I speak of is this: be confident. You will get everything in life. Now, you may be thinking, "How can I be confident of getting everything when my current reality seems so far from my desires?" This, my dear friends, is precisely where we must begin our journey of understanding. For the world you see around you is nothing more than the outpicturing of your own consciousness. It is the fruit of your past assumptions, beliefs, and imaginal acts. But here's the wonderful news: just as your current reality is the

result of your past thinking, your future reality can be shaped by your present imagination. You have within you the power to create any reality you desire. This power is your own wonderful human imagination, and it is God in action within you.

Let us delve deeper into this profound truth. The Bible tells us, “In the beginning was the Word, and the Word was with God, and the Word was God.” What is this word? It is not mere letters on a page or sounds from your lips. The word is your inner conversation, your assumptions about yourself and the world around you. It is the mental chatter that runs through your mind day and night, shaping your reality in ways you may not even realize. When you truly grasp this concept—when you understand that your inner world is the cause and your outer world is the effect—you will begin to see why confidence in getting everything you desire is not just possible; it is a natural state of one who knows the law.

But let me be clear: this confidence is not the brash arrogance of the ego. It is not a loud proclamation to the world of what you will achieve. No, the confidence I speak of is a quiet, unshakable knowing. It is the calm assurance of a farmer who has planted his seeds and knows that the harvest will come in due season. This confidence comes from understanding the immutable law of assumption. This law states that if you assume a thing to be true and persist in that assumption, it must become a fact in your external world. It does not matter what your current circumstances are, what others may say, or what past experiences you’ve had. The law is absolute and works with mathematical precision.

Now, some of you may be thinking, “But Neville, I’ve tried positive thinking before, and it didn’t work.” My dear friends, positive thinking alone is not enough. You must go beyond mere surface-level affirmations and embody the state of having your desire fulfilled. You must live from the end. What do I mean by living from the end? It means that instead of looking at your current reality and trying to figure out how to get what you want, you imagine that you already have it. You step into the feeling of the wish fulfilled. You create a scene in your imagination that implies your desire has already been realized, and you dwell in that scene until it feels natural and real to you.

Let me give you an example. Suppose you desire financial abundance. Instead of constantly worrying about your bills or focusing on your lack, you would create a scene in your imagination where you are living the life of abundance. Perhaps you imagine yourself looking at a bank statement with a substantial balance, or you feel the joy and relief of easily paying all your bills with money to spare. You would enter into this scene with all your senses, making it as vivid and real as possible. This is the key. You don’t just do this once and forget about it. You return to this scene again and again, especially as you fall asleep at night. You make it your new inner conversation. Instead of telling yourself, “I’m always broke” or “I can never get ahead,” you consistently assume the feeling of financial abundance. You live as though it is already true.

This, my friends, is the art of confident assumption. It is the practice of aligning your inner world with your desires, knowing that your outer world must conform to this new inner reality. Now, some of you may be wondering, “But what about action? Don’t I need to do something in the physical world to achieve my goals?” This is a common misunderstanding. Of course, action has its place, but true inspired action flows naturally from your state of being. When you have truly assumed the state of the wish fulfilled, you will find yourself naturally taking the right actions at the right time.

Consider for a moment how you would act if you already had everything you desired. Would you still be frantically searching for solutions? Would you be anxiously trying to make things happen? No, you would be calm, confident, and at peace. This is the state from which effective action springs. Remember, the outer world is dead. It has no life of its own. It is animated entirely by your consciousness. Therefore, trying to change things by manipulating the outer world is like trying to change your reflection in the mirror by touching the glass. The only way to change your reflection is to change yourself, and the mirror will faithfully reflect that change.

This brings us to another crucial point: the importance of persistence. The law of assumption works with absolute precision, but it operates on its own time. Your desire may manifest immediately, or it may take weeks, months, or even years. The key is to persist in your assumption, regardless of appearances. When you plant a seed in the ground, you don’t dig it up every day to see if it’s growing. You trust in the natural process of growth. You water it, you provide the right conditions, and you know that in due time, it will sprout and grow into a mighty tree. Your desires are like seeds planted in the fertile soil of your subconscious mind. Once planted through your assumption, they will grow and manifest in your reality if you persist in nurturing them with your faith and continued assumption.

Now, let’s address a common obstacle that many face on this path: doubt. Doubt is the enemy of faith, and faith is essential for the operation of the law. But here’s the beautiful truth: even if you have doubts, even if you don’t believe 100% that this will work, you can still succeed. How? By persisting in spite of your doubts. You see, your subconscious mind doesn’t differentiate between what you consciously believe and what you imagine to be true. If you consistently imagine and feel yourself living your desire, even if your conscious mind doubts, your subconscious will accept it as fact and begin to bring it into manifestation.

This is why I often say, if you will assume your desire and live there as though it were true, no power on Earth can stop it from becoming a fact. Your assumptions, persisted in, will harden into fact, regardless of any contradictory evidence presented by your senses. Let me share with you a personal experience to illustrate this point. Many years ago, when I first began to understand this law, I was living in New York City, struggling to make ends meet. I desired to travel to Barbados to visit my family, but I had no money

for the trip. Instead of focusing on my lack of funds, I began to imagine myself already in Barbados. Every night, as I fell asleep, I would feel the tropical breeze on my skin, hear the sound of the waves, and feel the joy of being with my family. I persisted in this assumption for several weeks, and then the most remarkable thing happened. I received a letter from my brother in Barbados containing money for a ticket to come home. The circumstances arranged themselves perfectly, and within a short time, I found myself actually in Barbados, experiencing in the flesh what I had so vividly imagined.

This, my friends, is the power of confident assumption. It is the power to shape your reality through the creative use of your imagination. And this power is not limited to small things or material possessions. It extends to every aspect of your life: your relationships, your career, your health, your spiritual growth. There's nothing that exists in this world that's not first conceived in someone's imagination.

I hope this properly punctuated version makes the text easier to read and understand! Let me know if you need further assistance.

imaginal scene, you are impressing upon your subconscious the reality of your desire. Your subconscious, being the faithful servant that it is, will work tirelessly to bring about the conditions necessary for the manifestation of this state.

What I've noticed is that we have allowed the subconscious to be programmed to create disease when well being is the body's natural state. By making a conscious choice to impress the programming of the subconscious and simply making the conscious shift from disease to wellness make an impact on my body's expression?

Remember, every night as you drift off to sleep, you have a divine appointment with your own infinite power. Use those precious moments wisely. Don't waste them in idle thinking or worried contemplation. Fall asleep feeling the reality of your desire fulfilled, knowing that while you sleep, forces beyond your comprehension are working to bring about its manifestation.

Every moment of every day, you are choosing the reality you experience through your focus. – Neville Goddard

In this relaxed state of mind and body, in this meditative state I now say, "*Infinite Spirit*, it is my desire to wake up to heaven on earth, fully integrated and expressing my authentic self. I have always existed as a perfect idea in the divine mind and everything that is not this is now dissolved and dissipated. *Open the way for the Divine Design of my life to manifest; let the genius within me now be released; let me see clearly the perfect plan.* The perfect plan includes but is not limited to youthfulness, vitality, radiant health and wellbeing the way it is designed to be perfect health, perfect wealth, perfect body design and

expression. I choose clear and perfect vision and envisioning, I choose perfect hearing. I know that every day in every way my body is getting better and better and better. My increasing powers are for serving humanity better. I am in complete control of my senses and faculties on every dimension of mind and matter. Positive thoughts bring me the benefits and advantages I desire. And I give thanks under grace and by the law of one the law of love heaven on earth is here now in the perfect way with ease and glory”.

Like I said in the side notes, I was given a series of visions of my authentic self and what it would be like to be expressing the Divine Plan of my life, so I consciously remember the visions bringing up these visions and feel the feelings I felt during these visions and my job is to hold the feeling for a few minutes. Then I let it go and go into sleep knowing that the intelligent and creative life force energy will be going to work lining things up while I am sleeping.

Upon waking up I say while conjuring the feeling of appreciation and gratitude, “I am grateful to wake up to heaven on earth. It is so good to be in the flow. ❤️ 😊 Everything is working in my favor. I know that the past is the past and every moment is a new beginning. This day is a new day. This day is a day of miracles and I give thanks for this new day of miracles. Miracles shall follow miracles and wonders shall never cease. Super-conscious, Divine Spirit within me guide me this day to my highest good, guide my thoughts, guide my speech, guide my actions to my highest good and to the highest good of the collective. And if there is anything for me to do give me a definite lead”.

When I was 10 years old I had an in-body ascension. The external world disappeared for me and I was the observer of my light body in an infinite field of living light. In a flash of insight all was known. All fear vanished because fear cannot exist in the heart of the divine, or in the mind of God. There is no sickness or death, there is only life. I revisited this experience when I had a life review on November 3rd, 2000. It was only after listening to the information shared by Neville Goddard that I realized the creative process. The more I set the intention of aligning my consciousness with the consciousness of the Divine where there is no sickness, no disease will I be available to express myself fully present to the now as my authentic self and in this state all lack and limitation fades away.

I realized I made assumptions and presumptions without question and made conclusions when I did not have all the information available to me. It was up to me to search out the information to make an informed choice. I noticed that both Neville Goddard and Florence Scovel Shinn both believe that man must pay for the necessities of life. Even though we are currently paying for everything in this experience of life, I know for a fact it does not have to be my reality because all essentials are supposed to be provided by the government. The people in government are Public Servants, they are the trustees of the public Trust, this is why we have a government in the first place.

Regardless of popular belief man is not supposed to be paying for the essentials of life. It is up to me to know this and it is up to me to let go and open space for the omniscient, omnipresent, omnipotent, all aware life force energy to show me the way to this way of expressing in this world.

“The object of the game of life is to see clearly one’s good and to obliterate all mental pictures of evil. This must be done by impressing the subconscious mind with a realization of good. A very brilliant man, who has attained great success, told me he had suddenly erased all fear from his consciousness by reading

a sign which hung in a room. He saw printed, in large letters this statement—“*Why worry, it will probably never happen.*” These words were stamped indelibly upon his subconscious mind, and he has now a firm conviction that only good can come into his life, therefore only *good can manifest*... “Resist not evil. Be not overcome of evil, but overcome evil with good.”... “Man is a perfect idea in Divine Mind, and is always in his right place, therefore, my brother is in his right place, and is divinely protected.”... So man is his brother’s keeper (in thought) and every man should know that the thing he loves dwells in “the secret place of the most high, and abides under the shadow of the Almighty.”

“There shall no evil befall thee, neither shall any plague come nigh thy dwelling.”

“Perfect love casteth out fear. He that feareth is not made perfect in love,” and “Love is the fulfilling of the Law.”... There is nothing too great of accomplishment for the man who knows the power of his word, and who follows his intuitive leads. By the word he starts in action unseen forces and can rebuild his body or remold his affairs.

It is, therefore, of the utmost importance to choose the right words, and the student carefully selects the affirmation he wishes to catapult into the invisible.

He knows that God is his supply, that there is a supply for every demand, and that his spoken word releases this supply.

“Ask and ye shall receive.”

Man picks up a live-wire whenever he criticises or condemns, and may expect a shock.

Indecision is a stumbling-block in many a pathway. In order to overcome it, make the statement, repeatedly, “*I am always under direct inspiration; I make right decisions, quickly.*”

These words impress the subconscious, and soon one finds himself awake and alert, making his right moves without hesitation. I have found it destructive to look to the psychic plane for guidance, as it is the plane of many minds and not “The One Mind.”

As man opens his mind to subjectivity, he becomes a target for destructive forces. The psychic plane is the result of man’s mortal thought, and is on the “plane of opposites.” He may receive either good or bad messages.

The science of numbers and the reading of horoscopes, keep man down on the mental (or mortal) plane, for they deal only with the Karmic path.

It takes a very strong mind to neutralize a prophecy of evil. The student should declare, “Every false prophecy shall come to naught; every plan my Father in heaven has not planned, shall be dissolved and dissipated, the divine idea now comes to pass.”

However, if any good message has ever been given one, of coming happiness, or wealth, harbor and expect it, and it will manifest sooner or later, through the law of expectancy.

Man's will should be used to back the universal will. "I will that the will of God be done."

It is God's will to give every man, every righteous desire of his heart, and man's will should be used to hold the perfect vision, without wavering.

"I will restore to you the years the locusts have eaten."

The locusts are the doubts, fears, resentments and regrets of mortal thinking.

These adverse thoughts, alone, rob man; for "No man gives to himself but himself. There is for each man, perfect self-expression. There is a place which he is to fill and no one else can fill, something which he is to do, which no one else can do; it is his destiny!

This achievement is held, a perfect idea in Divine Mind, awaiting man's recognition. As the imaging faculty is the creative faculty, it is necessary for man to see the idea, before it can manifest.

So man's highest demand is for the *Divine Design of his life*.

He may not have the faintest conception of what it is, for there is, possibly, some marvelous talent, hidden deep within him.

His demand should be: "*Infinite Spirit, open the way for the Divine Design of my life to manifest; let the genius within me now be released; let me see clearly the perfect plan.*"

The perfect plan includes health, wealth, love and perfect self-expression. This is the *square of life*, which brings perfect happiness. When one has made this demand, he may find great changes taking place in his life, for nearly every man has wandered far from the Divine Design.

self, and no man takes away from himself, but himself.'"" from *The Game of Life and How to Play it* by Florence Scovel Shinn¹.

Below is the transcription of the YouTube video titled '**Neville Goddard - How to Attract What You Want in No Time**'

The world you see around you, the circumstances of your life, and everything you experience is nothing more than an outpicturing of your own consciousness. Yes, you heard that correctly: the world is not happening to you; it is responding to you. It is a mirror reflecting back to you the contents of your own mind, your beliefs, your assumptions, and most importantly, your imaginational acts.

Now, you might be wondering, "Neville, how can this be? How can my thoughts and imagination have such a profound impact on my reality?" The answer, my friends, lies in understanding the true nature of reality itself. What we perceive as the real world is but a shadow, a reflection of a deeper, more fundamental reality—the reality of consciousness. You see, consciousness is the only reality. It is the foundation upon which all experience is built, and you—yes, you—are that very consciousness individualized. You are God, wearing the mask of the person you believe yourself to be. This is not

¹ https://www.globalgreybooks.com/online-ebooks/florence-scovel-shinn_game-of-life_complete-text.html

blasphemy, but the highest truth, for it is written, "I and my Father are one and know ye not that ye are the temple of God and that the spirit of God dwellith in you?"

Understanding this truth is the first step in attracting what you want in no time. For when you realize that you are the operant power in your world, that your consciousness is God individualized, you begin to see that all things are possible to you. As it is written in the scriptures, "All things are possible to him that believeth." But belief alone is not enough to attract what you want in no time. You must learn to use your imagination in a very specific and deliberate way. Your imagination is the most powerful creative force in the universe. It is, in fact, God in action. When you imagine, you are literally molding the substance of the universe according to your will.

Now, let me share with you the secret of how to use your imagination effectively to attract what you want in no time. The key lies in what I call the law of assumption. This law states that if you assume a state as if it were already a fact, it must become a fact in your outer world. In other words, **to attract what you want, you must first assume the feeling of already having it.** This might sound simple, and in truth, it is. But do not mistake simplicity for lack of power. This principle, when applied consistently and with faith, has the power to revolutionize your entire life.

Let me give you an example: Suppose you desire financial abundance. The conventional approach would be to work harder, save more, and invest wisely—all actions in the outer world. And while these actions have their place, they are not the true cause of wealth. The true cause lies in your consciousness. To attract financial abundance in no time, you must assume the state of wealth in your imagination. You must assume the feeling of being wealthy.

How would you feel if you were already financially abundant? What would your day look like? How would you carry yourself? What thoughts would occupy your mind? You see, when you assume the feeling of the wish fulfilled, when you live from the end, as I call it, you are rearranging the entire universe to bring about the conditions that match your assumption. This is not wishful thinking or positive affirmations. This is a **fundamental law of consciousness.**

But here's where many people falter. They might imagine being wealthy for a few minutes and then return to their habitual state of lack and limitation. This will not do. **To attract what you want in no time, you must persist in your assumption. You must make it your dominant state.** How do you do this? **Through what I call the law of revision.** At the end of each day, before you sleep, **review the events of your day. But do not review them as they happened if they do not conform to your desire. Instead, revise them. See them as you would have liked them to be. Feel the joy, the satisfaction, and the gratitude of having experienced your day in perfect alignment with your desire.**

This practice of revision serves two purposes. First, it impresses upon your subconscious mind the state you wish to embody. Remember, your subconscious mind does not distinguish between what is vividly imagined and what is actually experienced in the outer world. By revising your day, you are creating new memories, new impressions in your subconscious mind. Secondly, revision allows you to let go of the old state. You see, to attract what you want in no time, **you must die to the old state.** You must let go of the old man, the old concept of self, that is incompatible with your desire. Revision helps you do this by literally rewriting your past.

Now, some of you might be thinking, "But Neville, isn't this denial of reality? Isn't this escapism?" I assure you, it is not. Remember, the world you see is a reflection of your consciousness. **By changing your consciousness through imagination and assumption, you are changing the only reality there is.** Moreover, this practice is not about denying your current circumstances; **it's about transcending them.** You acknowledge where you are, but you do not dwell there. Instead, **you dwell in the state of the wish fulfilled.** You live from the end.

Let me share with you another powerful technique to attract what you want in no time. I call it the pruning shears of revision. Just as a gardener prunes a tree to encourage new growth, **you must prune your mind of thoughts and beliefs that do not serve your desired state.** Every time you catch yourself thinking or speaking in a way that contradicts your desire, stop. Revise that thought or statement immediately. **Replace it with one that aligns with your wish fulfilled.** This constant vigilance, this moment-by-moment revision, is crucial in maintaining the state of the wish fulfilled.

Remember, my dear friends, your words and thoughts are creative. They are shaping your reality in every moment. Therefore, you must be impeccable with your words and thoughts. Speak and think only that which you wish to see manifested in your world.

Now, let's just delve deeper into the nature of time and how it relates to attracting what you want. Many of you might be wondering, "How long will it take for my desire to manifest?" This is a natural question, but it stems from a misunderstanding of the nature of time. You see, **time, as we experience it in the physical world, is an illusion. In the realm of consciousness, which is the true reality, all things exist simultaneously. Your desire already exists as a fact in consciousness. The process of attracting it is not about creating something new, but about aligning your consciousness with what already is.**

This is why I say you can attract what you want in no time because, in truth, there is no time. There is only now. And in this eternal now, you are already that which you desire to be. Your task is simply to realize this truth, to make it real in your consciousness. How do you do this? Through what I call the law of detachment. You must detach from the process of how your desire will manifest. Your job is not to figure out how it will happen. **Your job is simply to assume the state of the wish fulfilled and to live from that state.**

This detachment is crucial because attachment to outcomes or to specific ways of manifestation creates resistance. It implies that you do not yet have what you desire, which contradicts the state of the wish fulfilled. Remember, to attract what you want in no time, you must live as if you already have it.

Let me give you a practical exercise to help you master this principle. I call it the ladder technique. Before you go to sleep tonight, imagine yourself climbing a ladder. See it vividly in your mind's eye. Feel the rungs beneath your hands and feet. Experience the sensation of climbing. Do this for a few minutes, then drift off to sleep. During the day, write on a piece of paper, "I will not climb a ladder." Read this several times during the day. This creates a conflict between your conscious mind, which is affirming that you will not climb a ladder, and your subconscious mind, which has been impressed with the image of climbing a ladder. What you'll find is that, within a few days, circumstances will conspire to have you climbing a ladder in your physical reality.

This simple experiment demonstrates the power of your imagination and the law of assumption. **It shows that what you impress upon your subconscious mind must be expressed in your outer world, regardless of your conscious thoughts or intentions.**

Now, apply the same principle to whatever it is you wish to attract. Imagine the state of the wish fulfilled vividly before you sleep. Feel it as real. Then, during your waking hours, go about your day normally but maintain the inner assumption that your desire is already fulfilled.

This brings us to another crucial aspect of attracting what you want in no time: the role of feeling. **You see, it's not enough to merely visualize or affirm your desire. You must feel it. Feeling is the secret.** It is the feeling that gives life to your imaginal acts. **When you imagine your desire fulfilled, what is the feeling associated with it? Is it joy, relief, gratitude? Whatever it is, you must capture that feeling and amplify it, for it is the feeling that attracts, not the mental picture alone.** This is why I often say, **feeling is the prayer.**

When you feel the reality of your desire, when you saturate yourself with the emotion of the wish fulfilled, you are offering up the most powerful prayer possible. You are declaring to the universe, "This is who I am; this is what is true for me," and the universe, which is nothing more than your own wonderful human imagination pushed out, must conform to this declaration. It has no choice, for **the outer world is bound by law to mirror your inner world.**

Now, some of you might be wondering, "But Neville, what about action? Don't we need to take action to attract what we want?" This is a common question and it stems from a misunderstanding of the nature of action. You see, **inspired action is a natural consequence of assuming the state of the wish fulfilled.** When you truly live from the end, when you embody the state of your desire fulfilled, you will find yourself naturally initiating the actions that lead to its manifestation in the physical world. These actions will not feel like struggle or effort; they will feel natural, joyful, even inevitable. **For you are not trying to make something happen, you are simply allowing what is already true in consciousness to express itself in your physical reality.** This is why I often say you do not attract that which you want, but that which you are. **When you assume the state of the wish fulfilled, when you embody it fully in your imagination and feeling, you become it, and what you are must be reflected in your outer world.**

Let me share with you another powerful technique to help you attract what you want in no time. I call it the **congratulatory technique**. This involves imagining a scene that implies your desire has already been fulfilled. For example, if your desire is for a promotion at work, imagine a scene where a colleague is congratulating you on your new position. Hear their words clearly, feel the handshake or the pat on the back, experience the pride and satisfaction of having achieved your goal. The power of this technique lies in its implication: **by imagining a scene that implies your desire is fulfilled, you bypass the logical mind, which might argue against the possibility of your desire. You plant the seed of your desire directly in your subconscious mind, which knows no limitations and has the power to bring about any state you impress upon it.**

Now, let's address a common obstacle that many face when trying to attract what they want: doubt. Doubt is the assassin of dreams; it is the thief that robs you of your creative power. But understand this: doubt is nothing more than faith in the opposite of your desire. **To overcome doubt, you must cultivate an**

unshakable faith in the reality of your imagination. Remember, what you imagine is not less real than your present circumstances; in fact, it is more real, for it is the cause, while your current circumstances are merely effects. When doubt arises, do not fight it, do not resist it—this is deadly—but **firmly return to the state of the wish fulfilled. Revise the doubting thought immediately; replace it with a thought that affirms the reality of your desire.** This practice of constant revision, of relentless assumption of the state of the wish fulfilled, is what separates those who attract their desires quickly from those who struggle. It is not enough to imagine once and then return to your old patterns of thought and feeling. You must persist. **Persistence is the key to attracting what you want in no time. You must persist in the assumption that your desire is already fulfilled, even when your senses deny it, even when the world seems to contradict it.** For remember, **your senses only show you the effects of past assumptions; they do not dictate your future. Your power lies in your ability to imagine and assume a new state.** This is why scripture tells us, **"With God, all things are possible."** For God is your own wonderful human imagination, and in imagination, all things are indeed possible.

Now, let me share with you a profound truth that will accelerate your ability to attract what you want. It is the understanding that everyone in your world is you pushed out. Every person, every circumstance, every event in your life is a reflection of your own consciousness. This means that **to change your world, you need only change yourself. As you assume the state of the wish fulfilled, as you embody the person who already has what you desire, you will find that the people and circumstances in your life naturally adjust to reflect this new state.** This is why forgiveness is so powerful in attracting what you want. When you forgive others, you are really forgiving yourself. You are releasing the states of consciousness that have created the unwanted circumstances in your life. Forgiveness, in its true sense, is not about condoning bad behavior. It's about recognizing that the other is yourself, yourself pushed out, and choosing to embody a different state. As you do this, you will find that your outer world transforms to match your new inner state.

This brings us to another crucial aspect of attracting what you want in no time: **gratitude. Gratitude is not just a pleasant emotion; it is a powerful creative force.** When you are grateful, you are affirming that you already have what you desire. You are living from the end. Practice gratitude not just for what you have in your physical reality, but for what you have imagined. Be grateful for your desires, as if they were already fulfilled. Feel the gratitude deeply and sincerely; let it permeate your entire being. This attitude of gratitude aligns you with the frequency of abundance. It opens you up to receive more of what you are grateful for. It is a powerful attractor of your desires.

Now, let's address a question that often arises when discussing the art of attracting what you want: What about other people's free will? Can I attract a specific person or influence others' actions? The answer lies in understanding that **there is no other in the true sense. Remember, everyone is you pushed out.** This doesn't mean you control others like puppets; it means that your assumptions about others and about **your relationship with them are reflected back to you in your experience. If you want to attract a specific person or situation involving others, you need only revise your concept of that person or situation in your imagination. See them as you wish them to be. Assume the best about them. Live from the state where your desired relationship or situation is already a fact.** As you do this, you will find that the person or situation naturally conforms to your assumption. This **is not manipulation; it is the law of your own being. For the world is nothing more than yourself pushed out. This understanding liberates you from the need to change others or to control external circumstances. Your power lies**

in changing yourself, in revising your own concepts and assumptions. As you do this, you will find that your world effortlessly rearranges itself to match your new state of consciousness.

Now let's delve deeper into the concept of living in the end. This is perhaps the most crucial aspect of attracting what you want in no time. Living in the end means fully embodying the state of your wish fulfilled, not just in your imagination, but in your day-to-day life. **How would you act if your desire were already fulfilled? How would you think? How would you feel?** These are the questions you must ask yourself and then live the answers. This is not pretending or faking it until you make it. This is about realizing that in consciousness, **your desire is already a fact and aligning your entire being with this truth. When you truly live in the end, you no longer seek your desire. You no longer yearn for it or worry about how it will come about; you simply are it. This state of being is the most powerful attractor of your desire.**

Consider the biblical story of Joshua and the Battle of Jericho. Joshua did not attack the city; he simply led his people in a procession around the walls, blowing trumpets. He lived in the end, acting as if the city were already conquered, and on the seventh day, the walls fell. This story beautifully illustrates the power of living in the end. When you assume the feeling of your wish fulfilled and act from that state, the walls of your current limitations must fall. It is law. But remember, living in the end is not about forcing yourself to believe something you don't believe. It's about choosing to focus on and embody the state you desire, regardless of your current circumstances. It's about being faithful to your imagination, even when your senses deny it.

This brings us to another important point: the role of your self-concept in attracting what you want. Your self-concept is the foundation upon which all your experiences are built. It is the sum total of all your beliefs about yourself, conscious and unconscious. To attract what you want in no time, you must align your self-concept with your desire. Ask yourself, **"Who would I be if I already had what I desire? How would I see myself? What would I believe about myself?"** Then, **in that version of yourself, be it now in your imagination and in your feeling. This might require you to let go of old, limiting beliefs about yourself.** It might require you to die to your old concept of self, but remember, this death is not a loss. It is a rebirth into a greater, more expansive version of yourself.

As you revise your self-concept, as you assume the state of being the person who already has what you desire, you will find that your outer world begins to reflect this new state. People will treat you differently. Opportunities will open up. Circumstances will align themselves to match your new self-concept. This is why I often say, **"Change your conception of yourself and you will automatically change the world in which you live."** **For the world is nothing more than your conception of yourself pushed out.**

Now, let's address a common misconception about attracting what you want. Many believe that they must constantly think about their desire, that they must force themselves to maintain a positive state at all times. This is not only unnecessary, but it can actually hinder your manifestation. Remember, **what you are seeking is already yours, already in consciousness. Your task is not to create it, but to allow it to express itself in your physical reality. This allowing comes not from constant mental effort, but from a deep, unshakable knowing.**

This knowing is best achieved through what I call **the law of least effort. Instead of constantly affirming your desire or visualizing it, simply assume that it is already done. Feel the naturalness of it. Then, go about your day normally, but from the state of the wish fulfilled.** This relaxed, natural attitude is far more powerful than any amount of mental force or effort. It aligns you with the flow of life, allowing your desire to manifest with ease and grace. Think of it like planting a seed. Once you plant the seed, impress your desire upon your subconscious through imagination and feeling. You don't dig it up every day to check on its progress. You water it, yes, maintain the assumption of the wish fulfilled, but then you allow it to grow naturally.

This brings us to another crucial aspect of attracting what you want in no time: detachment from results. Many make the mistake of becoming anxious or impatient when their desire doesn't manifest immediately. This **anxiety and impatience stem from a lack of faith in the reality of the imaginal act.** Remember, **what you have imagined and felt as real is real. It exists now in consciousness. Your task is to remain faithful to this reality, regardless of appearances.** Do not be anxious for results. Do not try to force things to happen. Simply **live from the state of a wish fulfilled and allow the seed you have planted to grow in its own time.**

This detachment is not indifference. It is supreme confidence in the law of your own being. It is the knowledge that what you have assumed must objectify itself in your world. As Jesus said, "Therefore I tell you, **whatever you ask for in prayer, believe that you have received it, and it will be yours.**"

Now, let's explore another powerful technique for attracting what you want in no time. I call it the pruning shears of revision. This technique involves mentally revising events that seem to contradict your desire. For example, if you desire financial abundance, but you receive an unexpected bill, don't accept this as a setback. Instead, revise the event in your imagination. See yourself receiving unexpected incoming wealth instead. Feel the relief and gratitude of this imaginal scene. By doing this, you are literally rewriting your past.

Remember, there is no objective reality outside of your consciousness. **What you accept as true in your imagination becomes the blueprint for your future experiences.** This practice of revision is not about denying reality or escaping into fantasy. It is about exercising your God-given power to choose the version of reality you will accept as true. It is about being selective in your memory, focusing on and amplifying the aspects of your experience that align with your desire. As you consistently practice revision, you will find that your experience of life begins to change. Events that once seemed like obstacles will transform into opportunities. People who once seemed to oppose you will become allies. For you are literally recreating your world through the power of your imagination.

Now let me share with you a secret that will accelerate your ability to attract what you want. It is the understanding that your desire is not separate from you. It is not something outside of you that you need to attract or achieve. **Your desire is a part of you seeking expression through you. When you truly grasp this, you will no longer seek your desire; you will be your desire. You will live from the state of already being or having that which you desire.**

This shift in consciousness is subtle but profound. It moves you from a state of wanting or needing to a state of being and having. This state of being is the most powerful attractor of your desire. For when

you are your desire, when you embody it fully in your consciousness, the universe has no choice but to reflect this back to you in your **physical reality**.

Remember, the universe is not separate from you; it is you pushed out. It is the mirror reflecting back to you your own consciousness. **When you change your consciousness, when you assume a new state of being, the universe must change to reflect this new state.** This brings us to another important point: the role of action in attracting what you want. Many wonder whether they should take action towards their desire or simply wait for it to manifest. The truth is, inspired action is a natural consequence of assuming the state of the wish fulfilled. When you truly live from the end, when you embody the state of already having your desire, you will find yourself naturally taking actions that align with this state. These actions will not feel like effort or struggle; they will feel natural, even inevitable. This is the difference between action that comes from a state of lack or need and action that comes from a state of fulfillment. The former is often forced and ineffective; the latter is inspired and highly effective. So, do not concern yourself with figuring out what actions to take. **Instead, focus on maintaining the state of the wish fulfilled. As you do this, you will be guided to take the right actions at the right time.**

Now, let's address a question that often arises when discussing the art of attracting what you want: What if I have conflicting desires? This is a common situation and it stems from a misunderstanding of the nature of desire. You see, at the deepest level, all desires are one. They are expressions of your innate desire to experience more life, more love, more joy, more abundance. When you focus on this essence of your desire, rather than on its specific form, you align yourself with the creative power of the universe. Moreover, when you live from the state of the wish fulfilled, when you embody the feeling of already having what you desire, you will find that many of your seemingly conflicting desires naturally resolve themselves. For in this state of fulfillment, you realize that what you truly desire is not the thing itself but the feeling it represents. This understanding liberates you from attachment to specific outcomes. It allows you to remain open to possibilities that may be even better than what you initially imagined. For remember, **the power that creates worlds knows how to bring about your desire in the best possible way.**

As we near the end of our discussion, let me remind you of a fundamental truth: **you are the operant power in your world. You are not a helpless victim of circumstances, but the creator of your reality. Your consciousness is the substance from which all your experiences are formed.** This understanding is both a great responsibility and a great liberation. It means that you have the power to attract anything you desire, but it also means that you must take responsibility for your current circumstances, recognizing them as the fruits of your past assumptions and imaginal acts. But do not let this burden you, for just as easily as you have created your current circumstances, you can create new ones. The power that has brought you to this point is the same power that can lift you to unimaginable heights.

In conclusion, my dear friends, remember this: to attract what you want in no time, you must be it now in consciousness. Feel the naturalness of your desire fulfilled. Live from that state. Let go of the old man and put on the new, for it is written, **“Be ye transformed by the renewing of your mind.”** Your imagination is the gateway to the reality you desire. Use it wisely, use it lovingly, and use it consistently. For as you assume, so shall it be done unto you. Go forth now in the knowledge of your true power. Live from the state of the wish fulfilled. Be the person who already has what you desire and watch in wonder as your world transforms to match your new state of being. Remember, the kingdom of heaven is within you. It is

not a place to be reached but a state to be realized. Realize it now in your imagination, in your feeling, in your entire being. For when you do, you will have mastered the art of attracting what you want in no time.

And so, my friends, I leave you with this final thought: **you are the author of your life story. Write it beautifully. Write it boldly. And above all, write it now, for now is the only time there is. And in this eternal now, all things are possible to you. Go in peace, go in power, and go in the absolute knowing that you are the very universe, the creator of your reality. And as you assume your rightful place as the author of your life, you will find that attracting what you want is not just possible but inevitable.**

Thank you, and may your imagination guide you to the fulfillment of all your desires.

Let me share with you a fundamental truth that many find difficult to grasp: every power you've been seeking outside yourself has always resided within you. Every change you've tried to create through external means can only truly come from within. You are the power you seek. Many of you have been searching in endless places for what has always been within you. You've looked to other people, to circumstances, to conditions, to external powers, never realizing that you yourself are the very power you seek. The kingdom of heaven is within you, and this kingdom contains all power.

Consider this: every great transformation in human history began in the consciousness of one individual who recognized their inner power. Every magnificent achievement, every profound change, every remarkable manifestation started not in the external world, but in the inner world of imagination and consciousness. When you truly grasp this principle, something remarkable happens to your entire approach to life. You stop seeking power outside yourself. **You stop trying to change external conditions. You begin to recognize that all change must first occur within your own consciousness.**

Let me tell you something vital about this inner power: it's not something you need to develop or acquire. It's not something you need to earn or deserve. It's your natural state of being. You were born with all the power you will ever need. The only question is whether you will recognize and use it. Here's a profound truth about this power within you: it's not affected by external conditions. It doesn't depend on circumstances. It doesn't require permission or validation from others. It is the very essence of your being, waiting to be recognized and expressed.

Think about this: every time you've tried to change something in your external world without first changing your consciousness, you've been looking in the wrong place. **You've been trying to alter effects while ignoring the cause. All cause is consciousness; all else is effect. This principle of consciousness as cause is the foundation of all genuine transformation. Until you grasp this fully, you'll continue looking in the wrong place for the power to change your life.**

Let me share with you what's actually happening when you try to change things in the external world while you're manipulating effects, struggling with conditions, fighting against circumstances. **You're completely ignoring the one and only power that can actually create change: your own consciousness. Many of you have been taught to believe that external conditions have power over you, but I tell you this: conditions have only the power you give them through your consciousness.**

The moment you withdraw power from external conditions and recognize it within yourself, everything begins to change.

Consider this: *every condition in your life right now is nothing more than your consciousness pushed out. Your relationships, your financial situation, your health, your success, or lack of it—all of these are merely reflecting what you've accepted as true in consciousness.* When you truly understand this principle, something remarkable happens to your entire approach to change. You stop trying to manipulate effects and start focusing on the only place where real change is possible: within your own consciousness.

Let me tell you something crucial about this inner power: it doesn't respond to wishes, hopes, or desperate wanting. It responds only to what you accept as true in Consciousness. **Your Consciousness is the only reality; everything else is merely an effect, a shadow of what you've accepted as real.**

Here's a profound truth about your Consciousness: it is right now creating your future experiences. *The thoughts you're thinking, the assumptions you're making, the beliefs you're holding—all these are shaping your tomorrow with the precision of a mathematical formula.* Think about this: **if you continue to accept your current beliefs and assumptions as true, you'll continue to experience their reflection in your world. Real change can only begin when you change what you're accepting as true in Consciousness.**

The very fact that you're hearing these words now is evidence that you're ready to stop looking outside yourself for power. Your deeper self has brought you to this understanding because you're prepared to recognize and use the power that has always been within you. This recognition and use of your inner power requires a complete reversal of everything you've been taught about cause and effect. You must stop seeing the world as the cause of your experience and recognize it as the effect of your Consciousness.

Let me share with you what happens when you truly recognize this power within you: first, all blame ceases, all victimhood dissolves, all excuses disappear. **You can no longer point to external conditions as the cause of your experience because you recognize that they are merely reflecting your own Consciousness.** Many of you say you want change while continuing to give power to external conditions, but I tell you this: **as long as you believe that anything outside yourself has power over you, you're looking in the wrong place. The power to change any condition lies solely in your Consciousness.**

Consider this: every time you say "I can't because," every time you point to external conditions as reasons for your limitations, every time you blame circumstances for your situation, you're giving away your power. You're looking for power where it cannot be found—outside yourself. When you truly grasp this principle, something remarkable happens to your entire experience of life: **you stop being a victim of circumstances and start recognizing yourself as the creator of your experience. You stop trying to change things out there and start changing your Consciousness in here.**

Let me tell you something vital about this inner power: it works with absolute precision. It doesn't make mistakes, it doesn't play favorites, it simply materializes whatever you accept as true in Consciousness. Your word is nothing more than your Consciousness objectified.

Here's a profound truth about your inner power: it's working right now, in this very moment. Even as you hear these words, your Consciousness is creating your future experiences. The question is not whether this

power is working, but what are you allowing it to create? Think about this: every condition you now experience, whether wanted or unwanted, was created by this same power within you. The only difference between what you want and what you don't want is what you've accepted as true in Consciousness.

The very circumstances you've been fighting against were created by your own Consciousness—not consciously, not intentionally, but through your unconscious assumptions and beliefs about what's possible or true for you. These unconscious assumptions and beliefs are the hidden architects of your experience. While you've been looking outside yourself for the power to change, these inner assumptions have been silently shaping every aspect of your life.

Let me share with you what's actually happening beneath the surface of your conscious mind: **every moment of every day, your unconscious assumptions are actively creating your experience. They're determining what you'll attract, what you'll repel, what you'll achieve, what you'll fail at**—all without your conscious awareness. Many of you try to create change through conscious effort while maintaining unconscious assumptions that contradict your desires. But I tell you this: your unconscious assumptions will always override your conscious wishes. **The power lies not in what you want, but in what you unconsciously assume to be true.**

Consider this: if you consciously desire wealth while unconsciously assuming that money is hard to come by, which assumption do you think your inner power will manifest? If you consciously want love while unconsciously assuming you're unworthy, which belief will your experience reflect? When you truly understand this principle, something remarkable happens to your approach to change: **you stop focusing solely on conscious desires and start examining the unconscious assumptions that have been really running your life.**

Let me tell you something crucial about these unconscious assumptions: they weren't chosen by you. They were absorbed from your environment, accepted without question, integrated into your Consciousness before you were old enough to examine them critically. Here's a profound truth about your unconscious assumptions: they can be changed. Just as they were once accepted into Consciousness, they can be revised, replaced, or completely dissolved through the power of your wonderful human imagination.

Think about this: every limitation you now experience, every obstacle you face, every problem that seems to resist solution is nothing more than unconscious assumption manifesting in your world. Change the assumption, and you must change the manifestation. The very fact that you're struggling with certain conditions is evidence that you're maintaining unconscious assumptions that support those conditions. **Your inner power is working perfectly—it's giving you exactly what you've assumed to be true.**

This process of changing your unconscious assumptions is the true work of transformation. ***It's not about trying harder in the outer world; it's about revising what you've accepted as truth in your inner world.*** Let me share with you how these unconscious assumptions actually change: **it's not through force of struggle, it's not through positive thinking or affirmations. It's through the deliberate use of your imagination while in a state akin to sleep—that drowsy, dreamy state where your conscious mind relaxes its grip on reality.**

Many of you try to change your assumptions through sheer willpower while remaining fully awake and analytical. But I tell you this: the subconscious mind cannot be commanded through force. It can only be persuaded through the language it understands—the language of feeling and imagination. Consider this: every assumption you now hold was initially accepted in a state of unquestioning receptivity. You weren't analyzing or arguing when you first absorbed your current assumptions. You were simply accepting, feeling, experiencing. This same state of receptivity is required to change them.

When you truly grasp this principle, something remarkable happens to your practice of transformation: you stop trying to force change through conscious effort and start using your imagination in a state of relaxed receptivity to impress new assumptions upon your subconscious mind. Let me tell you something vital about this process: **your subconscious mind cannot distinguish between what you're vividly imagining and what you're actually experiencing. When you imagine a state akin to sleep, feeling the reality of your desired state, your subconscious accepts it as fact.**

Here's a profound truth about changing assumptions: ***it happens not through repetition, but through the intensity of feeling. One deeply felt imaginal act, experienced in a state of complete acceptance, can do more to change your assumptions than years of conscious affirmations.***

Think about this: every night when you fall asleep, you enter naturally into the perfect state for changing your assumptions. This drowsy state between waking and sleeping is your workshop, where you can impress new patterns upon your subconscious mind with the least resistance. ***The very sleep that you've been using merely for rest is actually your greatest opportunity for transformation.*** In that state of relaxed consciousness, you have direct access to the power that shapes your entire experience of life. This drowsy state, this twilight zone between waking and sleeping, is your workshop for transformation. ***It's here that you can most effectively plant the seeds of new assumptions that will reshape your entire world.***

Let me share with you exactly what happens when you enter this state with purpose. As your conscious mind begins to slow down, as your analytical thinking subsides, you enter a state where your subconscious mind becomes incredibly receptive to new impressions. This is the state where real change begins. Many of you rush through your days and collapse into unconscious sleep at night, never realizing that you're missing the most powerful opportunity for transformation. But I tell you this: ***those few moments before sleep, when properly used, can do more to change your life than all your daytime efforts combined.***

Consider this: every great mystic, every spiritual teacher who understood the laws of mind, emphasized the importance of the state akin to sleep. They knew that in this state, the conscious mind's resistance is lowered, and new assumptions can be planted directly into the subconscious. When you truly understand this principle, something remarkable happens to your entire approach to sleep. ***You stop seeing bedtime as merely the end of your day and start recognizing it as the beginning of your transformation. You begin to use those precious moments before sleep deliberately and purposefully.***

Let me tell you something crucial about this state: it's not about forcing yourself to stay awake or struggling to maintain consciousness. ***It's about gently using those natural moments of drowsiness to***

impress your desired assumptions upon your subconscious mind. Here's a profound truth about this process: ***your last five minutes before sleep are worth more than all your daily affirmations combined. What you impress upon your subconscious mind in those moments will work night and day to reshape your experience.***

Think about this: while you sleep, your subconscious mind continues to work with whatever assumption you impressed upon it before sleep. It doesn't question, it doesn't argue; it simply accepts and begins to materialize what you've impressed upon it as true. ***The very sleep that most people use to escape their problems can become your most powerful tool for solving them.*** When you use the moments before sleep to impress new assumptions upon your subconscious mind, ***you're literally programming tomorrow's experiences.***

This programming of your subconscious mind is not what most people think it is. It's not about repeating words or forcing yourself to believe something. ***It's about feeling the reality of your desired state as you drift into sleep.*** Let me share with you exactly how this programming works. As you lie in bed, allowing yourself to drift towards sleep, you begin to feel the reality of your desire fulfilled. You're not thinking about it, you're not affirming it—you're experiencing it as if it were already true.

Many of you try to program your subconscious mind through force or repetition, but I tell you this: the subconscious mind responds not to words, but to feelings; not to wishes, but to assumptions of reality. It accepts whatever you feel to be true in that drowsy state. Consider this: when you dream at night, you don't question the reality of your dream while you're in it; you simply experience it as real. This same unquestioning acceptance is what you must achieve with your conscious imagining as you drift into sleep.

When you truly grasp this principle, something remarkable happens to your nightly practice. You stop trying to convince yourself of anything and simply allow yourself to feel the naturalness of your desire fulfilled. ***You experience it as if it were already a fact in your world.***

Let me tell you something vital about this process: ***your subconscious mind doesn't know the difference between what you're vividly imagining and what you're actually experiencing.*** When you feel the reality of your desire as you drift into sleep, your subconscious accepts it as a present fact.

Here's a profound truth about programming your subconscious: it's not about the length of time you spend, ***but the depth of feeling you achieve. One moment of complete acceptance in that drowsy state is worth more than hours of conscious affirmation.*** Think about this: ***every night as you fall asleep, you're programming your subconscious mind, whether you realize it or not. If you fall asleep feeling worried, you're programming worry. If you fall asleep feeling grateful, you're programming gratitude. Whatever you feel is real while falling asleep becomes the seed of tomorrow's manifestation.***

The very state that most people waste in unconscious worry or random thoughts can become your most powerful tool for conscious creation. ***When you use those precious moments before sleep to feel the reality of your desire fulfilled, you're literally shaping your future while you sleep. This conscious creation while you sleep is the most natural and effortless way to transform your life.*** You don't need

to struggle or strain; you simply need to master the art of falling asleep in the assumption of your wish fulfilled.

Let me share with you what actually happens when you fall asleep feeling the reality of your desire fulfilled: your subconscious mind takes that feeling, that assumption of completion, and works all night long to bring about the conditions necessary for its manifestation in your physical world.

Many of you wake up each morning wondering what the day will bring, but I tell you this: what your day brings was determined by how you fell asleep the night before. The assumptions you took with you into sleep are already working to materialize themselves in your experience. **Consider this: every morning when you wake up, your world is slightly different from the one you left when you went to sleep. These subtle changes are the result of what you impressed upon your subconscious mind as you drifted off to sleep. Your morning begins with a harvest of your evening's planting.**

When you truly understand this principle, something remarkable happens to your entire approach to sleep. **You start treating those moments before sleep as sacred, as your most precious opportunity for creation.** You become selective about what you allow into your consciousness as you prepare for sleep. Let me tell you something crucial about this nighttime creation: it requires no effort on your part. **Once you've impressed your desire upon your subconscious mind, while you sleep, all the power of your subconscious mind works to bring about what you've accepted as true.**

Here's a profound truth about sleeping in the assumption of the wish fulfilled: **it bypasses all the resistance and doubts of your conscious mind.** In that drowsy state, when your analytical mind is quiet, you can impress new patterns upon your subconscious with remarkable ease. Think about this: every great invention, every solution to a complex problem, every creative breakthrough often comes after a night's sleep. This is because the subconscious mind, working with what you've impressed upon it, continues to solve problems and create solutions while you sleep. The very sleep that most people see as merely a time of rest is actually your greatest opportunity for conscious creation.

When you fall asleep feeling the reality of your desire fulfilled, you set in motion forces that work tirelessly to bring about its manifestation. These forces, set in motion during sleep, are far more powerful and far-reaching than anything you could accomplish through conscious effort during your waking hours. They work on levels beyond your conscious understanding to rearrange the entire pattern of your life.

Let me share with you exactly what happens when these forces are activated by your assumption of the wish fulfilled. **While you sleep, your subconscious mind, which is one with the universal creative force, begins to rearrange circumstances, inspire actions, and draw to you everything necessary for the fulfillment of what you've accepted as true.** Many of you try to figure out how your desires will be fulfilled, trying to plan and manipulate external circumstances, but I tell you this: the way will be found by forces far wiser than your conscious reasoning mind. **Your only task is to fall asleep in the assumption that what you desire is already a fact.**

Consider this: when you plant a seed in the ground, you don't dig it up every day to see how it's growing. You don't try to figure out how it will become a flower or a tree. You simply plant it and let nature take its course. The same principle applies to the seeds you plant in consciousness before sleep. When you truly

grasp this principle, something remarkable happens to your entire approach to manifestation. You stop trying to make things happen and start allowing them to happen. ***You stop planning the way and start trusting the wisdom of your subconscious mind to find the way.***

Let me tell you something vital about these creative forces: they work according to a law that never fails. ***Just as a seed must grow according to its nature, what you impress upon your subconscious mind must manifest according to its nature. The law is infallible.*** Here's a profound truth about the forces set in motion during sleep: they operate independently of your conscious beliefs or doubts. Once you've impressed your desire upon your subconscious mind, these forces begin their work whether you believe they will or not.

Think about this: every morning when you wake up, events have already been set in motion based on what you impressed upon your subconscious mind the night before. **People are being moved, circumstances are being arranged, opportunities are being created—all without your conscious effort. The very sleep that most people see as an escape from their problems is actually the time when solutions are being created, paths are being cleared, and bridges are being built to bring about what you've accepted as true in consciousness.** These solutions and paths are created through a wisdom far greater than your conscious reasoning mind: **it's the infinite intelligence of your subconscious mind, which knows exactly how to bring about the conditions necessary for the fulfillment of your desire.**

Let me share with you what's actually happening when this infinite intelligence goes to work while you sleep. It begins to influence every person, every circumstance, every condition necessary for the fulfillment of what you've impressed upon it. It knows every possible path to your desire's fulfillment and chooses the most efficient one. **Many of you worry about the "how" of your desire's fulfillment, trying to figure out every step in detail, but I tell you this: the way will be found by a power that sees all and knows all. Your conscious mind, with its limited understanding, cannot comprehend the infinite ways in which your desire can be fulfilled.**

Consider this: when you send a letter, you don't concern yourself with how it will reach its destination. You don't worry about which postal workers will handle it, which trucks will carry it, or which routes it will take. You simply address it and trust in a system that knows how to deliver it. When you truly understand this principle, something remarkable happens to your entire approach to manifestation. You stop trying to plan every detail and **start trusting in the infinite intelligence that knows exactly how to bring about your desire's fulfillment.**

Let me tell you something crucial about this infinite intelligence: it doesn't need your help or guidance. It doesn't need your suggestions or advice. ***It simply needs your assumption that what you desire is already fact, and it will find the most natural way to bring it about.***

Here's a profound truth about how the solutions are created: they often come in ways you could never have consciously imagined. The path to your desire's fulfillment might be completely different from what you expected, but it will always be the most efficient and natural way. Think about this: every great achievement in human history came about through this same process. The conscious mind held a desire,

impressed it upon the subconscious, and the infinite intelligence found a way to bring it into manifestation.

The same power that has fulfilled desires throughout history is available to you right now. The very intelligence that keeps your heart beating, your lungs breathing, and your body functioning without your attention is the same intelligence that knows exactly how to fulfill your desires. All it needs is your assumption of the end result as fact.

Tonight, I leave you with this final truth: you've been looking in the wrong place because **the power to change has always been within you. It's not in external conditions, not in other people, not in circumstances, but in your own consciousness.** Remember, **every night as you drift off to sleep, you have a divine appointment with your own infinite power. Use those precious moments wisely. Don't waste them in idle thinking or worried contemplation. Fall asleep feeling the reality of your desire fulfilled, knowing that while you sleep, forces beyond your comprehension are working to bring about its manifestation.**

The very fact that you've heard these words tonight is evidence that you're ready to stop looking outside yourself for power. You're prepared to recognize and use the infinite power that has always resided within you: your own wonderful human imagination. Properly used in that drowsy state before sleep, it is all the power you need to transform your entire world.

Go forth now with this knowledge, and tonight, as you prepare for sleep, **remember you are entering your workshop of creation. Feel the naturalness, the reality, and the tangible presence of your desire fulfilled. Fall asleep in this assumption and let the infinite intelligence of your subconscious mind do its perfect work.**

For I tell you this with absolute certainty: the power you've been seeking has always been within you. You've simply been looking in the wrong place. Now you know where to find it and how to use it. Use it wisely, use it lovingly, and watch your world transform in ways your conscious mind could never have planned. That is the law, and the promise that it cannot fail.

Ladies and gentlemen, to truly understand why you cannot give up, we must first grasp the fundamental nature of our being. You see, my dear friends, **you are not merely a physical body moving through a material world. You are, in essence, pure consciousness in extension of the divine mind that creates and sustains all of existence. This consciousness, this awareness that you call life, is the very substance of God expressing itself as you. Can God give up? Can the infinite, eternal, all-powerful creator of the universe ever surrender or abandon its creations? The very notion is absurd. And if you are in truth one with this divine power, how then can you give up?**

You see, giving up is nothing more than a state of consciousness, a belief in limitation and defeat. But these limitations exist only in your imagination; they're not real in any absolute sense. They are simply ideas you have accepted as true—shadows cast by the light of your own divine nature.

Consider the experience you have: every circumstance in your life is a reflection of your state of consciousness. The world you see around you is nothing more than your own self pushed out. **It is a**

mirror showing you the contents of your own mind. When you feel tempted to give up, what you're really seeing is a projection of your own doubts and fears.

But here's the liberating truth: just as you have the power to imagine defeat, you have the equal power to imagine victory. You have the God-given ability to choose your state of consciousness, and in choosing, you create your reality.

Let me share with you a principle that has transformed countless lives: imagination creates reality. **Your imagination is not some idle fancy or frivolous daydream; it is the very workshop of creation. When you imagine, you are engaging the same creative power that spoke the universe into existence.**

So when you say, "I cannot give up," you are not merely making a statement of determination; you are, in fact, planting a seed in the fertile soil of infinite possibility. You are decreeing the truth about yourself and your world, and the universe has no choice but to conform to this truth.

Now, some of you might be thinking, "But Neville, I've tried to persist, and yet I still face failure and disappointment." To this, I say: failure is impossible. What you perceive as failure is simply the bridge of incidents leading to your desired end. It is the universe rearranging itself to accommodate your new state of consciousness. Remember, the outer world always lags behind the inner world. Just because you don't see immediate results doesn't mean your imaginal act hasn't taken root. The seed must be given time to grow.

Your job is not to make things happen but to maintain the state of consciousness of already having what you desire. Let's practice this now: I want you to close your eyes and imagine a scene that implies you have already achieved your goal. Make it as vivid and real as possible. Engage all your senses. Feel the emotions you would feel if your desire were already fulfilled.

This is the crucial part: you must feel the naturalness of this state. It must feel normal, not extraordinary. This is the secret of successful imagining. As you open your eyes, carry this feeling with you. Let it permeate your entire being. This is what it means to live from the end. You're not working towards your goal; you are living from the state of its fulfillment. From this perspective, giving up becomes not just undesirable but utterly impossible. How can you give up on something that, in your imagination, has already come to pass?

Now, let us delve deeper into the nature of consciousness and its relation to the concept of not giving up. You see, *consciousness is the only reality. All that you perceive as the outer world is really taking place within you. The universe exists within your consciousness, not the other way around.*

This understanding is crucial because it means that the power to persist, to never give up, lies entirely within you. It's not dependent on external circumstances or the actions of others. **It's a choice you make in the realm of your own consciousness.** When you truly grasp this truth, you'll realize that giving up is nothing more than accepting a state of consciousness that doesn't serve you. And if consciousness is the only reality, and you have the power to choose your state of consciousness, then giving up becomes a logical impossibility.

Let's explore this further. Imagine for a moment that you're facing a challenge that seems insurmountable. The temptation to give up feels strong. But remember, this challenge exists only in your consciousness. It's a shadow cast by your current state of mind. Now, ***instead of focusing on the challenge, turn your attention to the state of consciousness where this challenge is already overcome. Feel the relief, the joy, the sense of accomplishment that comes with having moved past this obstacle. Let this feeling sink deep into your being.***

This is not mere positive thinking or wishful daydreaming. This is you consciously choosing to occupy a state of mind where giving up is not even a consideration. ***If you maintain this state, you'll find that the outer world has no choice but to restructure itself to match your inner reality. This is the law of assumption in action: you assume the feeling of the wish fulfilled, and the world reshapes itself accordingly.***

Now, some of you might be wondering, "But what about the times when I've given up in the past?" To this, I say: ***the past exists only in your memory. It has no power over you unless you give it power. Your true power lies in the present moment—in your ability to choose your state of consciousness. In fact, even the concept of giving up is a misunderstanding of the nature of time. There's only the eternal now. In this now, you are always free to choose again, to reimagine, to reassume the state of your fulfilled desire.***

From this perspective, what you might have called giving up in the past was simply a temporary shift in consciousness—one that you have the power to reverse at any moment. Let's practice this principle: think of something in your life that you've been tempted to give up on. It could be a personal goal, a relationship, a project—anything at all. ***Now, instead of dwelling on the reasons why you can't achieve it, I want you to do something radical: I want you to assume the state of consciousness where you've already achieved it. Close your eyes and step into that reality. See through the eyes of the version of you who has already succeeded. Feel what that version of you feels. Move how that version of you moves. Speak how that version of you speaks. Make it so real that if you were to open your eyes right now, you'd be surprised to find yourself here and not in that achieved state.***

This, my dear friends, is the art of living from the end. When you master this, the very idea of giving up becomes absurd. For how can you give up on something that, in your consciousness, has already come to pass?

Now, let's address the common misconception. Some people believe that this practice of assuming the state of the wish fulfilled is a form of denial or escapism. Nothing could be further from the truth. This is not about ignoring reality. Reality is not what your physical senses report. ***Reality is not the sum total of your past experiences. Reality is not the opinions of others or the apparent limitations of your current circumstances. Reality is consciousness, and consciousness can be changed.***

When you assume the state of your wish fulfilled, you're not denying current conditions. ***You're exercising your God-given power to choose the state of consciousness you wish to occupy. And since the outer world is nothing more than your consciousness pushed out, this choice inevitably leads to a change in your experienced reality.***

This understanding frees you from the tyranny of circumstances. It liberates you from the belief that you're at the mercy of external forces. It reveals the truth: you are the operant power in your life, and an operant power simply cannot give up.

Infinity. Every invention, every scientific breakthrough, every work of art that has ever graced this world came into being because someone refused to give up on their vision. They held to their imagined reality despite all apparent contradictions. They lived in the consciousness of their fulfilled desire until the outer world conformed to their inner conviction. You have the same power. ***The power that created the universe is not outside of you; it is you. It is your very consciousness, and this power knows no failure, no defeat, no giving up.***

Now, I want to address something that often comes up when we discuss these principles. Some of you might be thinking, "But Neville, what about the effort? Don't we need to take action in the physical world?" Yes, there will be action, but it will not be the strained, anxious action of someone trying to make something happen. Instead, it will be the inspired, effortless action that naturally flows from your new state of consciousness. You see, when you truly assume the state of your wish fulfilled, you'll find yourself naturally doing the things that someone in that state would do.

You won't have to force yourself. You won't have to overcome reluctance or fight against the temptation to give up. Your actions will be a natural out-picturing of your inner state. This is why it's so crucial to focus on the state of consciousness rather than on specific actions. The right actions will flow naturally from the right state of consciousness. ***Your job is simply to occupy the state.***

Let's explore this further with an example. Imagine you're an aspiring author who's been struggling to finish your first novel. You've been tempted many times to give up, to conclude that you're just not cut out for writing. Now, instead of focusing on the act of writing itself, I want you to assume the state of consciousness of being a successful author. ***Feel what it's like to hold your published book in your hands. Imagine seeing your name on the bestseller list. Feel the satisfaction of receiving glowing reviews from readers whose lives have been touched by your words. Live from this state. As you maintain this state, you'll find that the act of writing becomes joyful and effortless.*** You're no longer trying to become an author in your consciousness. You already are one. The words flow easily because, in your imaginal reality, you're simply doing what comes naturally to you as a successful author.

This principle applies to every area of life. ***Whatever your goal, whatever you've been tempted to give up on, shift your focus from the struggle to achieve to the state of having already achieved. Live from that state and watch as your outer world reorganizes itself to match your inner conviction.***

Now, let's address another aspect of not giving up: the apparent passage of time. In the world of Caesar, time seems to move in a linear fashion. We speak of past, present, and future as if they were fixed realities. But ***in the realm of consciousness, time is fluid. Your imaginal acts do not take place in time; they take place in the timeless realm of consciousness.*** When you assume the state of your wish fulfilled, you're not projecting into the future. You're choosing to occupy that state now, in the only moment that truly exists: the present. **This understanding frees you from the tyranny of time. It liberates you from the anxiety of when your desire will manifest. In your imagination, it has already manifested. Your job is simply to persist in this assumption. Remember, the outer world is a**

shadow, a reflection of your inner state. It may take time for this shadow to fully reflect your new state of consciousness, but this delay is not a reason to give up or to doubt. It's simply part of the bridge of incidents that leads to the full manifestation of your desire. In fact, this delay serves a purpose. It allows you to strengthen your faith, to deepen your understanding of these principles. Each day that you persist in your assumption, despite apparent contradictions, is a day that you're building spiritual muscle. You're proving to yourself the power of your own consciousness. So, when you're tempted to give up because things aren't happening as quickly as you'd like, remember consciousness, where all creation takes place. Your desire is already fulfilled. Time is simply allowing you to align more fully with this truth.

Now, let's delve into another crucial aspect of why you cannot give up: *the nature of your true self. You see, the "you" that feels tempted to give up is not your true self. It's a construct, a collection of beliefs and memories that you've identified with, but it's not the real you. Your true self is the "I am," the pure awareness that underlies all your experiences. This "I am" is one with God, the creative power of the universe, and this power knows no limitations, no defeat, no giving up. When you say "I am," you're invoking this infinite power. Whatever follows "I am" is what you're claiming as your reality. So, when you say "I am a failure" or "I am ready to give up," you're misusing this creative power. You're decreeing a limited state for yourself. Instead, align your "I am" statements with your desires. Say "I am successful, I am persistent, I am achieving my goals."* Feel the truth of these statements. Let them sink deep into your consciousness. This is not affirmation; it's a recognition of your true nature. As you practice this, you'll find that the very idea of giving up becomes foreign to you. For how can infinite, limitless awareness ever give up? How can the creative power of the universe ever admit defeat?

This understanding reveals the true meaning of faith. Faith is not believing in something despite evidence to the contrary. **True faith is the evidence of things not seen. It's the absolute conviction in the reality of your imaginal acts. It's knowing that what you've imagined must come to pass because imagination creates reality.** When you have this kind of faith, giving up becomes impossible. You know that any appearance of failure or setback is just that—a mere appearance. **It's a shadow cast by an old state of consciousness, one that you've now moved beyond.**

Let's practice strengthening this faith. I want you to think of something you've been close to giving up on. Now, instead of focusing on the reasons why it hasn't worked out, I want you to vividly imagine it is already accomplished. See it, feel it, know it's real. Here's the crucial part: Carry this feeling with you throughout your day. Let it inform your thoughts, your words, your actions. Live as though your desire is already fulfilled. This is what it means to walk by faith, not by sight. As you do this, you'll find that your outer world begins to shift. People and circumstances will align to support your new state of consciousness. What once seemed impossible will start to feel inevitable. This is the power of persistent faith—the reason why you cannot give up.

Now, let's address something that often trips people up on this journey: the opinions and judgments of others. When you're living from the state of your wish fulfilled, when you're refusing to give up despite apparent setbacks, you may encounter skepticism or even ridicule from those around you. Remember this, their opinions are nothing more than their own states of consciousness pushed out. They have no power over you unless you give them power. Their doubt is not a reflection of your reality; it's a reflection of their limited understanding. In fact, the doubts of others can serve as a powerful reminder to persist in

your assumption. Each time you encounter disbelief, let it strengthen your resolve. Let it remind you to go deeper into the feeling of your wish fulfilled.

This is what it means to be transformed by the renewing of your mind. You're no longer at the mercy of external opinions or circumstances. You're living from the inside out, creating a reality from the realm of pure consciousness. As you continue this practice, you'll find that the very concept of giving up fades from your awareness. It becomes as foreign to you as the idea of the sun deciding not to rise. You cannot give up because, in your true state of being, there's nothing to give up. There's only the continuous unfoldment of your divine nature, the endless expression.

This understanding brings us to a profound truth: The journey itself is the destination. The process of assuming and maintaining the state of your wish fulfilled is itself the fulfillment, for in this process you're awakening to your true nature. You're remembering who you really are. You see, my dear friends, you are not merely seeking to achieve a goal or to acquire something. *You are, in truth, seeking to remember your divine nature. Every desire you have, every goal you pursue, is really a call to awaken to your true self.* When you persist in the face of apparent failure, when you refuse to give up despite all evidence to the contrary, you're doing more than just working towards a goal. You're affirming your oneness with the creative power of the universe. *You're declaring your true identity as a divine being capable of shaping reality through the power of your consciousness.*

This is why you cannot give up. *To give up would be to deny your true nature. It would be to forget who you really are, and while you may temporarily forget, you can never truly lose this knowledge. It's the very essence of your being.*

So, as we near the end of our time together, I want to leave you with this thought: You cannot give up because giving up is not in your nature. *You are, in essence, the limitless "I am." You are the creative power that shapes worlds. You are the awareness in which all experience takes place. From this perspective, every challenge, every setback, every moment of doubt is really an invitation—an invitation to go deeper into your true self. An invitation to express more fully the divine power that you are.*

So, my dear friends, do not give up. Not on your dreams, not on your goals, and certainly not on yourself. For in persisting, in refusing to surrender to appearances, you are fulfilling the grandest purpose of all. You are remembering your true identity. *You are awakening to the divine being that you are.*

Ladies and gentlemen, brothers and sisters, as we embark on this journey together, *I want you to understand that everything you seek, everything you desire, and everything you wish to become already exists within you.* The world you see around you is nothing but a reflection of your inner state—a mirror of your consciousness. And it is through the deliberate, consistent focus on yourself that you can shape this inner world and consequently your outer reality.

Now, when I speak of focusing on yourself, I do not mean this in the egotistical sense that the world often promotes. No, I speak of a deeper, more profound focus. *A focus on your true self—your divine nature, your "I am." For you see, you are not merely a physical being having a spiritual experience but a*

spiritual being having a human experience. And it is in recognizing and embracing this truth that you begin to tap into the infinite power that resides within you.

Every day, as you wake from your slumber, you have a choice. *You can choose to be swept away by the currents of the world, allowing external circumstances to dictate your thoughts, feelings, and actions, or you can choose to focus on yourself. To turn inward and connect with the God within you. For make no mistake, my dear friends, you are God in human form, expressing itself as you.*

This focus on self is not a selfish act but the most selfless thing you can do. For *as you elevate your consciousness, as you align yourself with your divine nature, you elevate the entire world. You become a beacon of light, illuminating the path for others to follow.*

But how, you may ask, does one focus on oneself every day? *It begins with awareness. Awareness of your thoughts, your feelings, your beliefs. For these are the building blocks of your reality. Every thought you think, every emotion you feel, every belief you hold is shaping your world in this very moment. And it is through becoming aware of these inner movements that you can begin to consciously direct them.*

Imagine, if you will, that your mind is a garden. *Every thought is a seed planted in this garden. Some thoughts are beautiful flowers, while others are noxious weeds. By focusing on yourself every day, you become the master gardener of your mind. You carefully select which seeds to plant, which thoughts to nurture, and which beliefs to water with your attention.*

This, my dear friends, is the essence of what I teach. *The law of assumption states that if you assume a state, if you live from it as if it were already true, it must manifest in your outer world.* But to do this effectively, you must focus on yourself every day. *You must cultivate the inner state that corresponds to your desired reality.*

Let us delve deeper into this concept. When you focus on yourself, you are essentially focusing on your "I am." *"I am" is the name of God, and it is also your name.* When you say "I am," you're invoking the creative power of the universe. *This is why it is crucial to be mindful of what follows "I am" in your thoughts and speech. If you constantly tell yourself "I am tired," "I am broke," "I am unlucky," you are creating that reality.* But when you focus on yourself every day, when you connect with your true nature, you can begin to *consciously choose empowering "I am" statements: "I am abundant," "I am loved," "I am successful." These are not mere affirmations but declarations of your true state of being.*

Now, some of you might be thinking, "But Neville, how can I declare myself to be something I am not yet experiencing in my physical reality?" To this, I say congratulations! You have just identified the very belief that has been holding you back. For you see, time is an illusion of the physical world. In the realm of spirit, in your true state of being, everything already exists in the eternal now.

When you focus on yourself every day, you begin to see beyond the illusion of time and space. *You start to understand that the version of you that has already achieved your desires, that is already living your dream life, exists right now. And by aligning your consciousness with that version of yourself, you bring it into your physical experience.*

This, my friends, is the power of imagination. Imagination is not some fanciful daydreaming but the very substance of reality. The world you see around you was once only imagined. Every invention, every work of art, every human achievement began as a mere thought—an imaginal act. ***And it is through the focus on self, through the deliberate use of your imagination, that you can reshape your world.***

When you focus on yourself every day, you are essentially engaging in a form of mental diet. ***Just as you are careful about what you put into your physical body, you must be equally discerning about what you feed your mind. The thoughts you entertain, the mental images you dwell upon, the inner conversations you engage in—these are the nourishment for your consciousness. And just as a healthy physical diet requires consistency, so too does this mental diet.***

You cannot expect to transform your life by focusing on yourself once in a while or only when you remember to do so. No, this must become a daily practice, as natural and necessary. Each morning as you rise from your sleep, take a moment to focus on yourself. Close your eyes, take a deep breath, and connect with your "I am." Feel the divine presence within you, the God that you are. Then, throughout your day, maintain this connection. ***Be aware of your thoughts, your feelings, your reactions to the world around you. When you find yourself slipping into negative patterns, gently bring your focus back to yourself.***

Remember, ***you are not your thoughts. You are not your emotions. You are the awareness behind them, the consciousness that observes. And in this awareness lies your power to choose, to redirect your focus.***

As you go about your day, practice the art of revision. This is a powerful technique that allows you to reshape your past and, consequently, your present and future. If you encounter a situation that is less than desirable, do not dwell on it. Instead, in your imagination, revise the event. See it playing out exactly as you would have wished it to. Feel the emotions you would have felt had it happened in that ideal way.

This is not denial or escapism; this is you exercising your God-given power to choose the reality you wish to experience. For remember, the outer world is but a reflection of your inner state. ***By revising events in your imagination, you are changing your inner state, and thus your outer reality must conform.***

Now, let us address a common misconception. Some may think that focusing on oneself every day means ignoring the world around them or neglecting their responsibilities. Nothing could be further from the truth. ***When you truly focus on yourself, when you align with your divine nature, you naturally become more present and more engaged with life. You see, when you're not focused on yourself, you are at the mercy of external circumstances. You react to life rather than creating it. But when you maintain a consistent focus on self, you become the creator of your reality. You respond to life from a place of inner peace and power.***

This focus on self also enhances your relationships with others. For when you are centered in your true self, when you are connected to the God within, you naturally radiate love, compassion, and understanding. ***You no longer seek validation or fulfillment from others, for you have found the source of all love and abundance within yourself.***

As you practice focusing on yourself every day, you will begin to notice subtle shifts in your perception. The world around you may appear brighter, more vibrant. Synchronicities may become more frequent.

You may find yourself naturally drawn to people and opportunities that align with your desires. This is because as you focus on yourself, as you elevate your consciousness, you begin to vibrate at a higher frequency, and like attracts like. You become a magnet for experiences that match your inner state. This is the law of attraction in action, but it goes beyond mere positive thinking. It is about embodying the state of your desire, living from the end result.

Let me share with you a powerful exercise that you can incorporate into your daily routine. Each night, as you lay in your bed ready to sleep, enter into a state of relaxation. Take several deep breaths, allowing your body to sink into the mattress. ***Now, in your imagination, construct a scene that implies the fulfillment of your desire. If your desire is for financial abundance, see yourself looking at a bank statement with a balance that thrills you. If it's a loving relationship you seek, feel the warmth of your beloved's embrace. Whatever your desire may be, create a short, simple scene that implies its fulfillment.***

Now, here's the crucial part: Enter the scene. Don't just watch it like a movie, but step into it. Feel it as real. Engage all your senses. What do you see? What do you hear? What do you feel? What do you smell? Make it as vivid and real as possible. And as you do this, feel the naturalness of it. Feel as though this is your reality.

Now repeat this scene over and over, always from the first-person perspective, always feeling it as real and natural. Do this until you fall asleep. This exercise, performed consistently, has the power to reshape your subconscious beliefs. Your subconscious mind does not distinguish between what is vividly imagined and what is physically experienced. By repeatedly entering into this imaginal scene, you are impressing upon your subconscious the reality of your desire, and your subconscious, being the faithful servant that it is, will work tirelessly to bring about the conditions necessary for the manifestation of this state.

This nightly practice is a powerful way to focus on yourself and align your consciousness with your desires. But remember, this focus on self should not be limited to a few minutes before sleep. ***It must permeate your entire day. As you go about your daily activities, maintain an awareness of your inner state. Are you feeling anxious? Pause and reconnect with your "I am."*** Are you doubting yourself? Remember that you are God expressing as you, and ***doubt has no place in the Divine mind.*** Are you feeling a lack or limitation? Remind yourself of your true abundant nature.

This constant self-awareness, this continuous focus on your inner state, is the key to mastering your reality. ***For you are not a victim of circumstances, but the creator of your life experience. Every moment of every day, you are choosing the reality you experience through your focus.***

Now, I want to address something that many of you may be experiencing as you embark on this journey of self-focus. You may find that as you begin to consciously direct your thoughts in line with your desires, challenges arise. Old patterns may resurface. Doubts may creep in, and external circumstances may seem to contradict your inner work. Do not be discouraged by this. In fact, welcome it. For these challenges are

not obstacles, but opportunities. They are bringing to the surface old beliefs and patterns that no longer serve you, allowing you to consciously choose again.

When you encounter resistance, whether internal or external, simply see it as an indication that change is occurring. The old must be uprooted before the new can fully take root. ***Remember, the circumstances of your life are not the cause of your inner state but the effect of it. By maintaining your focus on yourself, by persisting in the assumption of your desired state regardless of appearances, you are causing a shift at the deepest level of your being, and this shift must, by law, be reflected in your outer world.***

As you focus on yourself every day, you will begin to experience a profound sense of peace and power. ***You will realize that you are not at the mercy of the world, but that the world is responding to you. This realization is freedom. It is the understanding that you are the operant power in your life and that your consciousness is the one and only reality.***

Now, let us delve deeper into the practical application of this teaching. How can you maintain this focus on self throughout your busy day? It begins with setting the tone each morning. Upon waking, ***before you engage with the world, take a few moments to center yourself. Close your eyes, take a deep breath, and affirm your true nature: "I am God expressing as your nature. I am love. I am abundance." Feel the truth of these statements. Don't just repeat them mechanically, but feel them resonating in every cell of your being. This is not positive thinking or self-deception; this is you acknowledging and embodying your true divine nature.***

As you go about your day, make it a habit to check in with yourself regularly. **Set reminders if you need to. Every hour or so, pause and ask yourself, "What am I focusing on right now? What state am I embodying?"** If you find that you've slipped into negative patterns, gently bring your focus back to your desired state. Remember, every moment is a new opportunity to choose. You are not bound by your past thoughts or actions. In each instant, you have the power to shift your focus, to realign with your true self, and to choose again.

Another powerful practice is to see everyone and everything as yourself pushed out. This means recognizing that ***the world you perceive is a reflection of your consciousness.*** The people you interact with, the situations you encounter, are all aspects of yourself. By seeing the world in this way, you take full responsibility for your reality. If you encounter someone who's rude or unkind, instead of reacting negatively, pause and ask yourself, **"What aspect of my consciousness is reflecting this? How can I shift my inner state to experience more kindness in my world?"**

This practice not only empowers you but also cultivates compassion and understanding. As you focus on yourself every day, you will naturally find yourself letting go of the need to control external circumstances. ***You will understand that true power lies not in manipulating the outside world, but in mastering your inner world. This doesn't mean you become passive. On the contrary, you become more effective in your actions because they stem from a place of inner alignment rather than fear or lack.***

Now, I want to address a question that often arises: "Neville how long will it take for my desires to manifest?" To this, I say, "it is done". The moment you assume the feeling of the wish fulfilled. When you

truly embody the state of your desire, it is finished in the realm of spirit. Your role now is to persist in this state, to continue focusing on yourself and your desired reality, regardless of appearances. Time is a construct of the physical world, but in the realm of spirit, everything exists now. Your desire is not something to be achieved in the future, but a state to be assumed now.

As you focus on yourself every day, as you live from the state of the wish fulfilled, you will find that the time it takes for your desire to manifest in the physical world becomes irrelevant. **You are already living it in consciousness, which is the only reality. This understanding brings about a profound shift in your approach to life. You no longer live in a state of wanting, of lack, of yearning for something in the future. Instead, you live from a state of fulfillment, of completeness. This is the state from which miracles naturally flow.**

As you continue to focus on yourself every day, you will find that your desires themselves begin to evolve. What once seemed important may fade away, replaced by deeper, more meaningful aspirations. This is a natural result of aligning with your true self. You begin to desire not from a place of lack or social conditioned but from your divine nature. Remember, my dear friends, that this work of focusing on yourself is not a means to an end. It is not something you do until you get what you want and then discard. It is a way of life, a continuous communion with your divine self. **It is through this ongoing focus that you not only manifest your desires but also discover your true purpose and express your unique gifts to the world.**

As we near the end of our time together, I want to impress upon you the importance of persistence. The world around you may not change overnight. Old patterns and beliefs may resist your new focus, but do not be discouraged. Your persistent focus on self, your consistent assumption of your desired state, is a mighty force. It is reshaping your world at the most fundamental level. **Trust in the law. Trust in your divine nature. Trust in the power of your focused consciousness. For as surely as the sun rises each morning, your outer world must conform to your inner state. It is law.**

In closing, I urge you to **make this focus on self your highest priority. Let it be the foundation upon which you build your life. For in doing so, you are not only transforming your own experience but contributing to the elevation of all consciousness.** Remember, **you are God expressing as you. You are the creator of your reality. You are the operative power in your life. Focus on yourself every day, align with your true divine nature, and watch as miracles unfold in your life.**

Go forth now with this knowledge and power. Apply these teachings diligently. Focus on yourself every day. Live from your desired state and know with absolute certainty that your world must and will conform to your focused consciousness. **You are blessed. You are divine. You are powerful beyond measure. Now go and create the life of your dreams. It is your birthright. It is your destiny. It is done.** Thank you.

Here is the link to the YouTube video: <https://www.youtube.com/watch?v=wwLiJ5IYN-U&t=3229s>

The following is the transcription of the YouTube video titled 'MOST PEOPLE WILL MISS THIS LIFE - CHANGING MESSAGE- DON'T BE ONE OF THEM - NEVILLE GODDARD TEACHINGS

the link is below:

The world is divided into two kinds of people: those who awaken and those who remain asleep. Most will never realize the power they hold. They will live their lives reacting to circumstances, believing that life happens to them rather than through them. They will struggle, they will wish, they will hope, but they will never assume. And so, they will remain exactly where they are, trapped in a cycle of their own making, never understanding that they were the creators all along.

The few who awaken see the world differently. They do not wait for change; they become change. They understand that the world is nothing but a reflection of their own state of consciousness, and they take control of that state with absolute conviction. They do not allow circumstances to dictate their beliefs. Instead, they impose their beliefs upon circumstances. They know that reality is fluid, shaped entirely by what they assume to be true, and they refuse to accept anything less than their vision fulfilled.

Most will miss this truth because they are bound by their senses. They believe only in what they can see, touch, and measure. They need proof before belief, unaware that belief itself is the only proof required. They search for signs, not realizing that signs follow assumptions, not the other way around. They wait for life to give them permission to feel successful, loved, wealthy, or free. But in waiting, they only reinforce the absence of what they seek.

Those who awaken move differently. They do not chase; they attract. They do not beg; they declare. They assume the feeling of their desire already fulfilled, and because they do, reality conforms. They are not concerned with how or when. They know that the unseen forces of creation are already at work, aligning everything to match their inner state. They trust the process, and because they trust, they receive.

The choice is always available. Any moment, anyone can awaken, can step out of the dream of limitation, and into the realization of their true power. But most will not. They will hear this and dismiss it. They will return to their old pattern, their old doubts, their old assumptions. They will continue to live as prisoners of their own minds, unaware that they hold the key.

The few who listen, who truly grasp this, will step into a life of effortless creation. They will assume their desires as already real, and the world will shift to match. They will live in a state of knowing, not hoping, and because they do, they will experience life in a way most never will.

It has always been this way: a handful awaken while the rest sleep. But the choice is yours. You can continue as you are, or you can step into your power. Most will miss it, but you do not have to. You stand at the threshold of a decision that will shape the rest of your life. You can dismiss these words, return to the world as you have known it, and continue living by the limitations you have accepted, or you can awaken. You can recognize, here and now, that you are the operant power, the creator of your reality, the master of your fate. Nothing stands between you and the life you desire except the assumptions you choose to hold.

Most will let this moment pass. They will hesitate, they will doubt, and they will return to sleep. But those who truly hear, those who feel the truth of these words, will never be the same again. They will no longer wait for signs or permission. They will claim their desires now, in this moment, with the full authority of one who knows. And because they do, the world will respond in kind.

You were meant to hear this. It has found you at exactly the right time. What you do next will determine everything. But understand this: once you have seen the truth, you can never unsee it. The choice is now yours. Will you step into your power, or will you turn away and remain as you are? Choose wisely, for your entire life is waiting on your answer.

Most people spend their lives hoping for better conditions, yearning for change, waiting for something external to shift before they can finally step into the life they want. But in doing so, they declare that what they want is not yet theirs. They affirm lack instead of possession, distance instead of fulfillment. They believe in the absence of their desire more than in its presence, and so life continues to reflect that absence.

Observe the way the world operates: those who succeed do not simply work harder than others. They carry within them the assumption of success. They walk, speak, and move as if their success were inevitable, and so reality bends to match their conviction. Those who find love do not merely wish for it. They believe themselves to be lovable, to be worthy, to already possess the essence of love within them. The sick who recover often do so because they assume health as their natural state, refusing to accept illness as their truth.

Your assumption is the determining factor in all that you experience. You may toil endlessly, taking action after action, but if you hold within yourself the belief that success is difficult, that love is scarce, that happiness is fleeting, then no effort in the world will contradict that belief. Conversely, a person who holds the assumption of abundance will find doors opening effortlessly, as if by unseen hands guiding the way.

Consider this deeply. Have you not noticed patterns in your life, recurring struggles, repeated disappointments, cycles that seem impossible to break? These are not accidents. They are manifestations of the beliefs you have accepted over time, whether consciously or unconsciously. You have assumed them to be true, and so they persist. But if you truly desire change, if you wish to break free from the limitations of the past, then you must do more than wish for it. You must assume it.

Assume the feeling of your desire already fulfilled. Not tomorrow, not someday, but now. Enter into that state so completely that it becomes your reality within, and soon it must become your reality without. This is not a matter of chance; it is law. You cannot be one thing within and another thing without. You have been conditioned to believe that the world determines your state of mind, but the truth is the opposite. Your state of mind determines the world you see. Change what you believe to be true, and the world must follow.

Imagination is the only reality. What you see with your physical eyes is nothing more than a shadow cast by the unseen movements of your mind. The world around you, the circumstances you face, and the life you live are all secondary, mere reflections of the assumptions you hold within. What you accept as true in your imagination must externalize itself in your waking life, for there is no separation between the inner world and the outer world. They are one and the same, with the outer merely echoing the inner.

Most people believe they must wait for evidence before they can accept something as real. They look at their bank accounts before feeling wealthy, at their relationships before feeling loved, at their

circumstances before believing in their success. But in doing so, they trap themselves in an endless cycle, reinforcing the very conditions they wish to escape. They do not realize that it is not the world that must change first, but their assumption of it.

The secret lies in assuming your desire as already fulfilled. To assume is not to wish, not to hope, not to beg. It is to claim, to know, to embody the feeling of already having that which you seek. This is the creative act, the divine power that has been hidden from those who remain asleep to their own potential.

Whatever you hold in consciousness with conviction must take form in the world of matter. It cannot be otherwise. Think now of the life you long to live. See yourself in possession of it, not as something distant or uncertain, but as something real and present. Walk as that person, think as that person, feel as that person. Do not wait for the world to confirm it; assume it first, and the world will rearrange itself to match your conviction. This is the only way true change occurs.

Doubt is the only enemy, for doubt is the refusal to accept your imagination as reality. It is the insistence that circumstances dictate what is possible, rather than understanding that circumstances are the result of what has already been assumed. The moment you allow doubt to take hold, you reassert the old reality, and nothing changes. But if you remain steadfast, if you persist in your assumption with unwavering faith, then reality must yield.

You are never denied your desires. You are only ever denied the state of consciousness that would allow them to unfold. Every possibility already exists, but you must step into the one you wish to experience. Assume it fully. Live in it mentally, and soon the world will confirm it. Not through force, not through struggle, but through the effortless movement of unseen forces aligning everything to match your assumption.

Imagination is not fantasy; it is the blueprint of creation. What you assume yourself to be, you must become. No force in the world can stop it, except your own disbelief. Doubt is the great destroyer, the silent force that binds you to a life of limitation. It is the thief of miracles, the barrier that stands between you and the fulfillment of your desires. The moment you entertain doubt, you undo all that you have set in motion. You declare to the universe that you do not truly believe that you are still waiting for proof that you are not yet the person you claim to be. And as long as doubt lingers, your world will reflect uncertainty, hesitation, and delay.

Belief, on the other hand, is the creative force that shapes reality. When you assume something to be true with unwavering conviction, it must externalize itself in your life. This is not wishful thinking; it is law. The world cannot help but conform to the state of consciousness you persistently occupy. But the key word is persistence. The assumption must be sustained, held firmly without being shaken by the evidence of the senses.

Most people fail because they allow appearances to dictate their beliefs. They look at their current circumstances and allow fear to creep in. They begin to question whether their assumption is working, whether they are being foolish, whether they should prepare for disappointment. And the moment they entertain these thoughts, they have already turned away from their vision.

They have chosen doubt over faith, and so the world, ever faithful to their state of mind, delivers more reasons to doubt. You must understand that reality is fluid, ever shifting, always taking the shape of your dominant beliefs. What appears to be solid and unchangeable is, in truth, malleable, waiting to be molded by the consciousness that directs it. But it does not respond to the wavering mind. It does not yield to those who try, then hesitate, then try again. It bends only to the one who knows, who assumes, who lives in the certainty of their fulfilled desire before a single trace of evidence appears.

Doubt is a habit, nothing more. It is not a truth, not a force greater than your imagination. It is merely a pattern of thought that you have indulged in for too long. But just as it was learned, it can be unlearned. Every moment you refuse to entertain doubt, you strengthen your power. Every time you persist in belief despite outward appearances, you affirm your dominion over reality.

Consider the great figures of history, those who shaped the world through their vision. They were not driven by what already existed, but by what they knew to be possible within themselves. They did not wait for permission; they assumed their vision as fact, and the world conformed. This is your power as well, but only if you claim it. There is no compromise between faith and doubt. One must rule, and the other must fade. The choice is always yours, and the results will always match the state you persistently occupy. Reality does not test you; it reflects you. Hold firm, and it will yield.

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<https://youtu.be/A2pMSz7UY-0>

"Begin to Think Like This" by Jacobo Grinberg | Unlock New Perspectives & Expand Your Consciousness

In this powerful video, Jacobo Grinberg, a renowned expert in consciousness and perception, challenges you to shift your mindset and start thinking differently. Through his deep insights, Grinberg explores how expanding our mental boundaries can lead to profound transformations in our lives. Get ready to unlock new ways of thinking and enhance your personal growth!

In the presentation Jacobo Grinberg states, “You are not separate from reality, you are a part of it...How many times have you felt something was going to happen before you saw any evidence? Perhaps you thought of someone, and shortly after, that person called. Or you had a premonition about avoiding a certain situation and later discovered it saved you from something unpleasant. These moments of knowing without knowing how you know are clear manifestations of your intuition in action.

Jacobo Grinberg believed that intuition is like a bridge between what we consciously perceive and the more subtle dimensions of existence. To strengthen this connection, he recommended paying more attention to your feelings and the signs around you. Intuition rarely shouts; it whispers. And to hear it, you need to be present.

How many times have you woken up with the feeling that a dream contained an answer you were seeking? Or conversely, you realized a dream was alerting you to something important. Dreams are more than a random reorganization of memories; they are portals to dimensions where time and space work differently. Sometimes they even connect you to insights about the future. Grinberg believed that during dreams, our mind navigates the synesthetic field—the universal fabric that connects all things. This field contains all possibilities, which explains why dreams often seem to bring information from somewhere else.

To access this wealth of wisdom, he suggested keeping a dream journal. Writing down what you dreamt as soon as you wake up is a way to strengthen your ability to remember and interpret these messages.

Expanding consciousness is not something that happens all at once; it is a gradual journey, one step at a time. Meditating, listening to your intuition, and paying attention to your dreams are practices that help open new windows to the light that has always been there. Over time, you will notice subtle but transformative changes. You will start to see the world in a richer, deeper way, feel a greater connection to the universe, and understand that you are not separate from reality—you are a part of it.

More than a skill, expanding consciousness is an awakening. It's remembering who you really are and realizing the immense potential that exists within you. By taking these steps, you align with a broader reality and discover that everything you seek is already available, waiting to be accessed.

Think of your life as a book. Each page represents a moment, an event, a choice. For most people, this book is read linearly—page by page, starting from birth and moving through to the present. But what if instead you could open the book at any point, reading not only what lies ahead but also what has been left behind? And more—what if you could see that all pages, past, present, and future, are interconnected, coexisting simultaneously? That is the essence of multidimensional awareness.

Multidimensional consciousness invites us to see reality as an integrated whole, where time and space no longer serve as barriers but rather tools that we shape with our perception. It challenges us to let go of the idea of a fixed timeline and embrace the possibility that all moments exist now, like chapters in a book that can be revisited, redefined, and even rewritten”. Use this link to access the video and watch the entire 30 minute presentation: <https://youtu.be/POcEEA5J1JM?si=-JhtE3zauZg5fcV3>

I've found the information shared in the video titled The Sound of Love somewhat useful. It is up to us to be discerning in how we see ourselves in relation to the financial system. I find myself wondering why so

many people are using the information to perpetuate the system created by the dysfunctional mind of man. It is up to us to be aware that we are not allowing our subconscious to be programmed by someone who has a certain vision of reality. Since the outer world and the financial system we are experiencing is created from man's imagination it is best to get the vision from your own authentic self. Click on the link below to listen:

https://humameditation.com/blisswave1/?utm_source=facebook&utm_medium=cpc&utm_campaign=top+5&utm_term=love2+

Thank you Alicia Siefert:



Praying Effectively

The following quote is an excerpt from the YouTube video titled **How To Use The Healing Power - Dr. Joseph Murphy**: “We must not seek to solve our problem without Divine wisdom and divine power. The mental derangement is simply the expression of deep repressed urges and conflicts which are too great to bear. A complex is a group of ideas highly charged with emotion, seeking expression. **If a man is full of hatred and prejudice, he is living in the tombs. For the tombs are the records of the dead, and you know, many people are dwelling on the dead past—the old lawsuit, the blowout on the lonely road, yes, the way he treated me years ago, the things he said.** These things happened 30, 40 years ago, or the losses they had in 1929. They're still talking about it—how they sold apples on the street, how they lost everything, and how they had to go to the welfare department, and so on. And they don't know they're recreating the same condition because what you think about and imagine, you create in your mind.

Forgetting the things that are behind and reaching for the things which are before, press towards the mark for the prize of health, happiness, and peace of mind. The past is dead, but if you're dwelling on the past, you're living in the tomb like this man cutting himself with stones. You know you reinfect yourself all over again. Don't you? **When you're talking about the losses of 1929, you're thinking of loss and attracting more loss to yourself.** So, when these negative states—your prejudices, hates, fears, and jealousies—are exposed, held up to the light of reason, they're dissipated because they can't stand the light of reason. **Darkness hateth the light. Light means intelligence and wisdom.** In Bible language, you are Jesus casting out the devils of hate, prejudice, jealousy, and other negative conflicts. **These obnoxious complexes are always hiding in the tomb, which is your subconscious mind.**

When men refuse to acknowledge and hold up their prejudices, peeves, and grudges to the light of reason, these ideas are forced down beneath the conscious level of personality, and they are bound by the chains of fear, ignorance, and various mental obsessions. **When we nurse grudges, prejudices, revenge, and remorse, they sink into the unconscious area of the mind like a smoldering fire, ready to explode sooner or later. If we recognize these smoldering flames and handle them intelligently, we can be free and lead a normal life.** Our emotional side of life is the driving power. **It would be a good thing for all of us to take a good look at ourselves and see if the qualities we criticize so harshly in others are not in ourselves.**

When our story says the insane man sat at the feet of the Master, it depicts our understanding of the laws of the mind and how they work. **For feet mean understanding.** When you're asked to pray for an insane man at a hospital, you can't get his cooperation. He has ceased to reason and discriminate. Actually, he's

governed by the ghosts of the subconscious that walk the gloomy galleries of his mind. When you pray for such a type of person, it is necessary to do all the work yourself. He doesn't know what you're saying; he's completely insane. You have to convince yourself of his freedom, peace, harmony, and understanding. You don't see him behind bars. You're fastening your stay on him. You could pray two or three times a day in this way:

"I now decree for John, Joe, that the intelligence, wisdom, and peace of God are made manifest in him, and he is free, radiant, and happy. The joy of the Lord is his strength. He's illumined from on high. He is now clothed in his right mind. The mind of God is the only real and eternal mind. This is his mind, and he is poised, serene, calm, relaxed, and at ease. He's full of faith in the infinite presence and power and in all good things. I decree this, I feel it, and I picture him whole and perfect now. Thank you, Lord and so it is.."

That would be a wonderful prayer for a man who's mentally imbalanced. By repeating these truths to yourself, realizing there is but one mind, you will gradually, through frequent pictures in your mind, reach a dominant conviction, and the man you are praying for will, at that moment, be healed. In a case such as the above, all healing has to be done in the mind of the practitioner, or the minister, the priest, as the case may be. The practitioner must not, at any time, give power to symptoms or the prognosis of the case. He must rely exclusively on the operating principle of life, which forever responds to his faith and trust in it. For it is written, "I am the Lord that healeth thee. I am the Lord thy God. I will come and heal thee. I will restore health unto thee and heal thee of thy wounds," saith the Lord.

When you pray for another, you leave the realm of time and space, of appearance and circumstance. You leave the verdict of the world, and you judge righteous judgment. This means that you come to the conclusion that the inner man, spiritual divine presence, cannot be sick, confused, or insane. Now, nothing could ever happen to the living spirit Almighty, full of boundless wisdom, absolute peace, harmony, intelligence, and divine love. The inner man has all of these qualities and attributes, and the practitioner, by meditating on the eternal life, perfect mind, and absolute peace of the mentally sick man, dissipates and dissolves the mist of fixed opinions and errant thoughts that separate the man from God's river of peace and love.

Become aware now of the almighty power, which is invisible and intangible. Don't struggle in your prayer work. Then you will find the outer coat of pain will fade away, and the masterpiece will be revealed in all its pristine glory"

Link :https://youtu.be/Pv3axPNBGL8?si=F-1_6qp62tX3x-Kl.

Today is February 19th, 2025, and I was listening to some videos that showed up on my playlist and thought the following information would be helpful for people interested in being aware of how they create reality and entertaining the idea of being a deliberate creator.

If you are having a joyful moment, there is no vibrational difference between you and you. You are so in sync; you're in this physical body, but you have set up no vibrational hindrance or resistance. So, you've got the full flowing of the wholeness of all that you are, flowing through you in this moment, and you're clear-minded. You're on point, you're vital and alive, your mind is clicking, your body is clicking, the cells of your body are bending, you are thinking of things just at the right time. Your timing is exceptionally good. The lyrics to the song you are writing are flowing through you. The music is moving through your body in a remarkable way. The intelligence that you have been seeking, the mass consciousness that surrounds you, is now actively available to you, and the ideas will flow to you now, now, now, now.

And even more important than any of that is that your rendezvous point with all aspects of the universe—whether it is thought or behavior of others, or conversation with others, or people in traffic, or the way people treat you in the financial world, or the way your waiter treats you—everything that you rendezvous with hinges upon your vibrational relationship with you. You see, so many people are walking around not even taking anything like that into consideration, because it's mumbo jumbo and smoke and mirrors. Let's not ever talk about vibration; let's just talk about manifestation, physical, real humans say. Let's just monitor it. Let's just observe what is. Let's make lists of it, let's document it and pigeonhole it, and make documentaries about it, and statues and monuments about it. Let's keep what is alive, the manifestation as far as it's gone. Let's keep it alive in the minds of everyone who comes. And we say “good luck on tht” because those new ones coming in have a whole different vibrational mindset. They are up to speed with everything that you've been asking for. They're born MP3 ready. They are born understanding that they are vibration much more than you, who have been focused upon the physical reality for so long.

So, the reason that we explode into your faces in this way with our enthusiasm for you accepting the relationship between you and you is because unless you know that this vibrational version of you and all that you've asked for exists, you cannot for a moment begin to understand why you would have any

negative emotion. A woman said to us one day, "Abraham, my lover left and now I'm sad," and we said, "No, you're not." She said, "Abraham, my lover left and now I am sad," and we said, "No, you're not." She said, "Abraham, I thought you were infinite intelligence." I wasn't sad; my lover left and now I'm sad. I'm sad because my lover left. And we said, **"You are sad because in your relationship with that person, you have created a version of a relationship that really reflects and represents who you are and what you want and what you deserve, and you are using the behavior of some other person and the reality of the current status of your relationship as your excuse to focus in complete opposition with who you are, and that is why you're sad. Your emotions are always and only ever about you disallowing who you are."**

And we know this person was right in the sense that this is my current reason. **This is the current reaction that I'm having to life. But we want to suggest to you that while it is the most normal thing in the world to live in your world and to interact with those around you, and to react or respond to what is happening, that if you will decide, rather than to be reactive, to be proactive, rather than react to what's happening, to let what happened cause you, and it will automatically take the bounce.** Because when you know what you don't want, you know what you do want every single time. There is this vibrational law that says to the degree that you don't want it, there is an equal degree to which you do want it. In other words, if you sort of don't like that, you sort of want something, but if you really, really, really don't like that, then you really, really, really, really want something. It is always an equal and proportionate vibrational bounce. **And if we can convince you today that the larger part of you took the bounce, became rich, became clear, became healthy, became loved, became a lover, became clear-minded, became responsive to life, became valuable to your world, if you can hear us when we say that did happen, and that every bit of negative emotion that you feel is because you didn't let it happen for you yet, then you'll know what your guidance system is telling you.**

Then **you'll bless negative emotion** in the same way that Jerry blesses the bumps along the edge of the road that let him know that Esther's driving off of it. Well, the bumps don't bother Esther; she sort of thinks of them as a friend, a friend who will respond to her in every moment. Jerry sometimes gets lost back in the back of the bus and Esther's up there all alone, but she's always got her bumps who will always say, "Yes, Esther, we are aware of you as you are driving off into the bar pit." **You have this guidance that is letting you know where you stand in every moment in relationship to who you have become, and those are the words that we really want you to hear: to who you have become, not to a standard that someone else has set, not even to the standard that you held when you made the**

decision to come, because it has evolved much further since you got here, to the standard of who you have become. Anything less than that will not feel good to you.

Most people are focused upon what is and reacting to it, so you have to find a way that instead of reacting, you are proactively feeling about your body. Now, here's the thing, and this really speaks to you as we were playing with these money cards and we were suggesting that when you try to fix something from outside the vortex, you get nowhere. It just practices the pattern. So let's say that you are having a wonderful physical moment. It could be a sensual moment; it could be a moment that you're swimming; it could be a moment that you're lying in a comfortable place with the sun shining on your face—a comfortable moment in your body—and you're feeling glad to be alive.

So now this is your proactive moment: **"I have such a wonderful body, and the cells of my body are so responsive to my good feeling, and I just love knowing that they know what to do. I love my good-feeling body. I'm breathing deeply, I'm feeling good, I'm moving easily."** In other words, just accentuating in your mind the aspects of your body **from inside the vortex**. That's how you shift the vibration. **You proactively, deliberately shift the vibrational attitude that you have about your body.**

So now, your shoulder might hurt, and let's say it hurts three or four times today, but you could spend way more time than that inside the vortex, looking for a moment. Jerry and Esther have really been getting the hang of this, and so they'll find themselves in a moment in a restaurant or sitting off the side of the road to take a picture of something, or in the middle of a conversation, where something feels particularly good, and they'll say, "Oh, let's back up and see if we can figure out all of the reasons why this moment in time feels this good." Is it what we're smelling from the kitchen? Yeah, it's part of it. Is it the ambiance of this room? That's part of it. Is it because we just got the twice-monthly recording finished and got it sent off, and it felt so good to do it? Well, that's part of it. **Why do I feel so good right now is the operative question. Why do I feel so good right now? Why do I feel so good right now? That's the question that you want to ask over and over and over. That's proactively shifting the vibration.**

And it won't take much of that at all, and one day you'll say, "Hey, that just went away. I didn't even notice that it had gone away." But **when you stop keeping it active, it has to go away because only what is active stays. Do all of your deliberate affirming, scripting, creative goal-setting work after you're sure you're in the vortex. Okay? So that you affirm the vibration you mean to affirm so that you don't keep sore things sore for 10 years.**

Does being deliberate about what you want feel hard to you? The reason we ask this of you is because we want you to reflect, as we were moving forward today, on this very important law-based knowledge that we hold. If you will make it a higher priority to feel your way forward, to feel into the vortex, you'll discover that then your thoughts will gravitate around that vibrational set point, and it won't feel hard to you. It's only hard to think this thought when this thought's active. And the reason it's hard to think this better-feeling thought when this sore-shoulder thought is active is because the law of attraction's not helping you out at all. **Law of attraction dishes up to you thoughts that are in the vicinity of what's active.**

So, you can sort of make an end run around this by deciding that you care how you feel, by acknowledging that the larger part of you feels better, by contemplating the possibility that this vortex exists, by contemplating the possibility that not only does it exist, but there's good stuff with your name on it in there, swirling around with cooperative components. And just decide that you're going to risk it and be happy for a little while. We know it's a really big price to pay. There's that sarcastic thing that never works for us. We just want you to consider the leverage of feeling your way in and then attempting to think when you think before you get in there. And then you say, "Oh, this thought doesn't feel good. I think I'll try to change it." It's really hard to do, but if you wake up and you feel pretty good and you go into the vortex and you milk it, in other words, if you would just make this one simple decision today: **"I'm going to compliment as often as I can and praise as often as I can and focus upon positive aspects as much as I can, and I'm going to complain as little as possible. I'm going to point out errors and things going wrong as little as possible."**

In other words, just the difference between deciding that you're going to praise rather than criticize, or compliment rather than complain. Say to yourself, "Any word that is a complaining word, I'm going to not let out." Esther will be talking along, and all of a sudden she'll just be quiet, and Jerry will say, "I thought you were going to say something." And Esther will say, "It's better this way." In other words, just don't say it. Just don't say it, and as you stop saying it, it'll be less active. **And as you stop engaging other people in conversation about it, it will be less active.** Esther said, "I am not going to complain about this anymore." And Jerry said, "Well, complaining about complaining is still complaining." And Esther said, "You're so pretty."

In other words, you just can't work your way out of that, can you? **You just have to decide that you're going to find a way of feeling good about whatever it is that you're living in your life. And when you**

find a way of feeling good, it will resolve in a way that is pleasing to you. But if you keep focusing on it once it gets off, it will just get more off and more off and more off and more off until finally, you come to a place where you make a decision that you're going to be the proactive, deliberate creator of your own experience, which means you're going to direct your thoughts into alignment with who you really are and what you really want and what you've already created so that you then can live happily ever after. And not just because the manifestations catch up, but because it feels good to appreciate, and it feels lousy to complain.

We have enjoyed this interaction immensely. It is delicious to come together with those like you who are coming to know who you are. We really want you to know that from our vantage point, we see you here in this room as having moved in your emotional scale into the place where you are in the vicinity, and in your vortex. Watch for the evidence of that. The fastest way to make things that you've been wanting to happen happen is to not care that they haven't been happening. In other words, just lighten up, chill out, have more fun, be easier about it. There is great love here for you, and we remain, as always, eternally in the vortex.

https://youtu.be/yMRK3-kkw_s?si=f9cJDSv6ExfgvUf9

Here is another transcript and the link to the video is below it for those that wish to hear the presentation

We would like to help you feel more powerfully, something that we know you all want to know about and you all want to feel. But you've managed over time to build barricades and separations between who you are in your physical body and who you really are as Source energy. And so sometimes you feel negative emotions that you describe as fearful, insecure, worried, or lonely.

What you're describing, really, with every negative emotion, is you having chosen, because you always do, to focus on something that is vibrationally different enough from your broader point of view that you've introduced enough resistance into your energy field that you are depriving yourself of the fullness of the results you want. The fullness of the presence of Source, or the fullness of the presence of someone that you care about, or the fullness of the presence of the manifestation that you've been working on.

In other words, you are the only one who can allow or deprive yourself of anything that you want, and it's all about the vibrational stance. Therefore, it's all about the thoughts you think. Therefore, it's all about the way you feel. And when you get that all together, when you acknowledge that the way you feel is about

what you're doing vibrationally, and what you're doing vibrationally is about what you're thinking about, it all comes down to focus.

I can focus on something that feels good, or I can focus on something that feels bad, every time, every moment, every place, everywhere, everyone. I can do this, but it takes some practice. We encourage you to start with easy things. Practice your focus on the things that it's easy to focus on, or practice your focus on the things that matter the most to you, because they come up the most often. So eventually, you can work it out if you want to.

But when you discover your ability to focus and feel, focus and feel, focus and feel, before you know it, you're going to discover the genius of feeling and focus—feeling and focus, feeling and focus—because once you figure out how to find something that causes you to feel good and you focus on it long enough that you establish a pattern of that thought and therefore a pattern of that feeling, you begin to establish for yourself what we have recently been calling an emotional grid. It's like the beginning. It's like an emotional foundation, the foundation of anything.

But a foundation, a vibrational foundation, is such a marvelous thing to understand and behold because once you accomplish an emotional foundation, Law of Attraction action will fill it in at all levels with things that match it, and your life just becomes rich and full with what you've been calling coincidences. And they are coincidences, but we want to say a coincidence is not a freaky act of nature. It's not a lucky happenstance. A coincidence is an incidence that is cooperatively happening because of the cooperative components that are coming to you in response to the vibrational offering that you're offering.

In other words, these coincidences mean converging. It means coming together. It means aligning with things that match how you are dominantly feeling. So once you begin to deliberately conjure, by virtue of focusing on things that you know will make you feel good—because last time you focused on them, they did—you know that it did once. So you're going to try it again. Sort of like when you go to a buffet. You're really good at this. When you go to a buffet and you get something in your mouth that is horrible, you keep going back and trying it again.

"I'm going back with my plate." Why? Because it was awful, and you're going to try to train it into something different. It was just horrible. So you start with things that you know taste good vibrationally, emotionally, and you focus upon them. You use that focus with the deliberate intention of establishing an emotional grid that we promise will fill in with more details.

So, you know that you create your own reality. Yes, you know that you create your own reality. Yes, yes. We want you to know, by the time you leave this gathering today, unequivocally, that you create your own reality. We want you to know, we want you to remember that you are extensions of Source energy. We want you to remember that before you came forth into this physical body, you were Source energy consciousness. And even though you're in this body still, that point of view remains—that non-physical, pure positive energy always up to speak with the purest of that which we have all become. The version of you exists, and when you tune to the frequency of who you really are, you feel really, really, really, really good in the moment.

You know those moments of clarity and insight? That's what that is. You know those moments of jubilation, those moments of exhilaration, that feeling of exhilaration that flows through you. Often, those moments are the moments when somehow, some way, you've managed to focus in a way where you stopped doing that thing you do, which holds you back from all that you are. And that's sort of a screwy way of explaining it to you, isn't it?

When you no longer do that thing you do, then you'll be able to do that thing you really want to do—that thing you were doing before you came into this physical body, that thing you were born to do, that thing you always wanted to do. You want to do that thing you do, but you've got to stop doing that thing you do in order to do that thing you do.

And the thing that we want you to no longer do, which sounds backwards and not really Abraham-like, that thing we want you to no longer do is to stop doing that thing that you do, which is fussing and worrying about things that you can't do anything about. We want you to give up control of the uncontrollable.

And we would like you to accept that everything is uncontrollable when you're talking about manifestation. Those manifestations are uncontrollable to you because they are controlled by Law of Attraction. So when you decide that you're going to control circumstances and events, when you decide you're going to control your government, or control anyone... Oh, there's lots popping up on that one!

When you decide that you're no longer going to try to control your children, or your lover, or your mother—oh, your mother—when you decide that you're no longer going to control the government or TSA, especially them—especially them. Esther was getting a really friendly pat-down yesterday. She knows exactly how it got activated too. She has a new line she thinks she can head it off. She's going to

say from now on, "Justice is about to begin. I've been really lonely lately. I'm so looking forward to..." [Applause].

When you decide that you're going to stop trying to control the uncontrollable and instead you begin to control the one thing—the one thing—the only thing that matters—when you decide that you're going to control the way you feel, when you believe that in order to achieve a certain feeling, you have to control a circumstance so that you can then have a feeling response to it, now you're in trouble because there are too many moving parts. But when you decide that you are going to control the only thing that matters, and something that you absolutely can control, and that is the way you feel...

When you decide that you're going to achieve emotional clarity, that you're going to reach for emotional manifestations. Now, we deliberately use the word "manifestation" because an emotion is a manifestation. And when you think about it, isn't everything you want because you think you will feel better in the having of it? Whether it's a material object, a relationship, whether it's the modifying or the molding of a circumstance or event—

Isn't everything that you want because you believe that in the having of it, you will feel better? We know it's a big jump, but just stay with us today as we continue to reach for it with you. If you can accept that you have the ability within 5 or 10 minutes, faster often, but within 5 or 10 minutes, 10 at the outside, you can bring yourself to an emotional state of being that feels good to you...

You're standing there with us. You're standing there with us knowing where you're standing and us knowing where you're going. But us knowing where you're standing, and we take our pleasure not from where you're going, we take our pleasure from where you're standing. Can you feel it? Can you feel what we're talking about?

We're standing there with you in your moment of contemplation, or in your moment of concern, or in your moment of knowing what you don't want. And we're standing there in total alignment with all that we are because we know that when you know what you don't want, you know what you do want. And we know what you do want when you know what you don't want.

When you're standing there in a focused moment, and you know what you don't want, we know what you do want. And guess what we're focused upon? We're focused upon what you do want and reveling in what you do want. And it doesn't have to manifest in order for us to feel the pleasure of it, because we are

vibration. We are all about vibration, and you don't have to have the manifestation of it either in order to feel the exhilaration of it.

And when the manifestation of it stops being necessary to you and is unnecessary to you, like it is unnecessary to us, now you've created the perfect grid and the perfect moment. And now, the manifestation must come, because in this leading-edge environment, all that is asked for is given. And when you allow it, it is revealed to you in that moment.

You see, there's no reason for you to hold yourself off from anything you want. But there's no reason for you to want the culmination of everything you want either, because there's so much potential for satisfaction right where you are. If you would spend just a little bit of time over the next few days just making lists of things that you appreciate from right where you stand, you would shore up a grid that would begin to fill in immediately.

But if you do it because you want the grid to fill in rather than because you're appreciating, then you're not appreciating. Then you're trying to feel the grid in, and that's what goes wrong with so many deliberate creators. You're getting your cart before your horse.

And what we've been talking about all day here today, in fact recently, is the vibrational basis, which is your point of attraction, over which you have complete control. Do we want you to control it all day, every day? No. We love it when you get out of whack with who you are. You know why? It makes you more pointedly want to get into alignment with who you are.

And you would not be who you are, and therefore we would not be who we are, if you were not willing to get out of whack with who you are. You're leading-edge pioneers. You're carving it out. You're exploring. You're weighing the pluses and the minuses, the pros and the cons. You know what you don't want, and you know what you do want. You're the focuser of the energy. You see, you just get us pointed in the direction of what you want, and we go all the way there and revel in it. And we hold steady to a vibration that can be the basis of your grid, and is ultimately the basis of your grid.

In other words, your vibrational grid is so solidly in that of well-being that in the moment that you release from this physical time-space reality, you will return to the well-being of that grid. But, oh, it is so much fun to be specifically focused with you in the specifics of your life while you are feeling good.

We want you to never again feel uncomfortable about any negative emotion that you hold, because your negative emotion only means one thing: you are temporarily not in alignment with all that you have become. But no harm comes from your negative emotion. The greatest harm that you could identify if you even wanted to use that word would be you are depriving yourself of the good feeling that would be there if you weren't doing that thing that is you of the good feeling but that's as far as it goes. There are not things that you are doing that are depriving you of the goodness of your Grid it's stable it's sure it's true and it's Eternal and you are here in this physical experience with powerful intentions to explore with delight and amazement. You are here to create and be amazed at what you have created, that's what the joyous growth expansion experience is all about. And so, if we were standing in your physical shoes and we had heard and felt what you've been hearing in these hours that we've been together the way that we would approach our life in the days, hours and days that follow this moment, is this we would be looking for fun. We would be looking for love which means we would be looking for things to appreciate which is what love is and we would be looking for things to surprise and Delight us which is what fun is. And that's it. Somebody says where you going they'll really know just looking for fun just looking for fun just looking for fun from this basis of love. We have enjoyed this interaction more than words can explain and we want to remind you that while we have offered lot of words most of the words that we offered here today were the same words you're aware of that grid grid grid grid grid but along with the word grid we've been offering your core grid vibration. It's been powerful and palpable and you are forever changed.

The following is an excerpt from the YouTube video titled **Let Go of What Doesn't Choose You – Neville Goddard's Life-Changing Speech**

“Catch yourself when you find yourself focusing on what you don't want, on what's not working, or on what's not choosing you. Gently but firmly redirect your attention to what you do want, to the state you wish to embody, and to what's truly choosing you. Feel the reality of your desire fulfilled. Live from that state, and let it inform your thoughts, your words, and your actions. Do this consistently and persistently, and watch as your world begins to transform.

Remember, this practice is not about forcing change through willpower or struggle. It's about allowing your true self to express itself fully in the world. It's about aligning yourself with the flow of life rather than struggling against it. As you leave here today, I want you to carry with you this fundamental truth:

you are the operative power in your life. Your consciousness, your imagination, is the creative force through which you shape your reality. By choosing what's truly choosing you, by living from the state of your wish fulfilled, you activate this creative power in the most potent way possible.

So go forth, my dear friends, and choose wisely. Choose what's choosing you. Live from the end, assume the feeling of your wish fulfilled, and watch as the miracle of life unfolds before you in ways more wonderful than you could have ever imagined. Remember, the kingdom of heaven is within you. It is not a place you go to, but a state you choose to embody. By choosing what's choosing you, you are claiming your rightful place in this kingdom. You are stepping into your power as a divine creator.

And so, my beloved friends, I leave you with this final thought: the world is waiting for you to be you, fully and completely. It is waiting for you to choose what's choosing you, to align with your true desires, and to express your divine nature. When you do this, you not only transform your own life, but you contribute to the transformation of the entire world. For each time one of us aligns with our true self—with what's truly choosing us—we raise the vibration of the entire planet. We make it easier for others to do the same. In this way, by choosing what's choosing you, you become a beacon of light in the world, illuminating the path for others to follow.

So go now, and choose wisely. Choose what's choosing you. Live from the end, assume the feeling of your wish fulfilled, and watch as miracles unfold in your life and in the world around you. Thank you, and may you be blessed on your journey of self-discovery and manifestation, my dear friends.

The truth I speak of is this: be confident. You will get everything in life. Now, you may be thinking, "How can I be confident of getting everything when my current reality seems so far from my desires?" This, my dear friends, is precisely where we must begin our journey of understanding. For the world you see around you is nothing more than the outpicturing of your own consciousness. It is the fruit of your past assumptions, beliefs, and imaginal acts. But here's the wonderful news: just as your current reality is the result of your past thinking, your future reality can be shaped by your present imagination. You have within you the power to create any reality you desire. This power is your own wonderful human imagination, and it is God in action within you.

Let us delve deeper into this profound truth. The Bible tells us, “In the beginning was the Word, and the Word was with God, and the Word was God.” What is this word? It is not mere letters on a page or sounds from your lips. The word is your inner conversation, your assumptions about yourself and the world around you. It is the mental chatter that runs through your mind day and night, shaping your reality in ways you may not even realize. When you truly grasp this concept—when you understand that your inner world is the cause and your outer world is the effect—you will begin to see why confidence in getting everything you desire is not just possible; it is a natural state of one who knows the law.

But let me be clear: this confidence is not the brash arrogance of the ego. It is not a loud proclamation to the world of what you will achieve. No, the confidence I speak of is a quiet, unshakable knowing. It is the calm assurance of a farmer who has planted his seeds and knows that the harvest will come in due season. This confidence comes from understanding the immutable law of assumption. This law states that if you assume a thing to be true and persist in that assumption, it must become a fact in your external world. It does not matter what your current circumstances are, what others may say, or what past experiences you’ve had. The law is absolute and works with mathematical precision.

Now, some of you may be thinking, “But Neville, I’ve tried positive thinking before, and it didn’t work.” My dear friends, positive thinking alone is not enough. You must go beyond mere surface-level affirmations and embody the state of having your desire fulfilled. You must live from the end. What do I mean by living from the end? It means that instead of looking at your current reality and trying to figure out how to get what you want, you imagine that you already have it. You step into the feeling of the wish fulfilled. You create a scene in your imagination that implies your desire has already been realized, and you dwell in that scene until it feels natural and real to you.

Let me give you an example. Suppose you desire financial abundance. Instead of constantly worrying about your bills or focusing on your lack, you would create a scene in your imagination where you are living the life of abundance. Perhaps you imagine yourself looking at a bank statement with a substantial balance, or you feel the joy and relief of easily paying all your bills with money to spare. You would enter into this scene with all your senses, making it as vivid and real as possible. This is the key. You don’t just do this once and forget about it. You return to this scene again and again, especially as you fall asleep at night. You make it your new inner conversation. Instead of telling yourself, “I’m always broke” or “I can

never get ahead,” you consistently assume the feeling of financial abundance. You live as though it is already true.

This, my friends, is the art of confident assumption. It is the practice of aligning your inner world with your desires, knowing that your outer world must conform to this new inner reality. Now, some of you may be wondering, “But what about action? Don’t I need to do something in the physical world to achieve my goals?” This is a common misunderstanding. Of course, action has its place, but true inspired action flows naturally from your state of being. When you have truly assumed the state of the wish fulfilled, you will find yourself naturally taking the right actions at the right time.

Consider for a moment how you would act if you already had everything you desired. Would you still be frantically searching for solutions? Would you be anxiously trying to make things happen? No, you would be calm, confident, and at peace. This is the state from which effective action springs. Remember, the outer world is dead. It has no life of its own. It is animated entirely by your consciousness. Therefore, trying to change things by manipulating the outer world is like trying to change your reflection in the mirror by touching the glass. The only way to change your reflection is to change yourself, and the mirror will faithfully reflect that change.

This brings us to another crucial point: the importance of persistence. The law of assumption works with absolute precision, but it operates on its own time. Your desire may manifest immediately, or it may take weeks, months, or even years. The key is to persist in your assumption, regardless of appearances. When you plant a seed in the ground, you don’t dig it up every day to see if it’s growing. You trust in the natural process of growth. You water it, you provide the right conditions, and you know that in due time, it will sprout and grow into a mighty tree. Your desires are like seeds planted in the fertile soil of your subconscious mind. Once planted through your assumption, they will grow and manifest in your reality if you persist in nurturing them with your faith and continued assumption.

Now, let’s address a common obstacle that many face on this path: doubt. Doubt is the enemy of faith, and faith is essential for the operation of the law. But here’s the beautiful truth: even if you have doubts, even if you don’t believe 100% that this will work, you can still succeed. How? By persisting in spite of your doubts. You see, your subconscious mind doesn’t differentiate between what you consciously believe and

what you imagine to be true. If you consistently imagine and feel yourself living your desire, even if your conscious mind doubts, your subconscious will accept it as fact and begin to bring it into manifestation.

This is why I often say, if you will assume your desire and live there as though it were true, no power on Earth can stop it from becoming a fact. Your assumptions, persisted in, will harden into fact, regardless of any contradictory evidence presented by your senses. Let me share with you a personal experience to illustrate this point. Many years ago, when I first began to understand this law, I was living in New York City, struggling to make ends meet. I desired to travel to Barbados to visit my family, but I had no money for the trip. Instead of focusing on my lack of funds, I began to imagine myself already in Barbados. Every night, as I fell asleep, I would feel the tropical breeze on my skin, hear the sound of the waves, and feel the joy of being with my family. I persisted in this assumption for several weeks, and then the most remarkable thing happened. I received a letter from my brother in Barbados containing money for a ticket to come home. The circumstances arranged themselves perfectly, and within a short time, I found myself actually in Barbados, experiencing in the flesh what I had so vividly imagined.

This, my friends, is the power of confident assumption. It is the power to shape your reality through the creative use of your imagination. And this power is not limited to small things or material possessions. It extends to every aspect of your life: your relationships, your career, your health, your spiritual growth. There's nothing that exists in this world that's not first conceived in someone's imagination"

[link: <https://www.youtube.com/watch?v=nUVlq7tle4k>]

