

neville goddard law of assumption

neville goddard law of assumption is a profound metaphysical principle that has gained significant attention in the realm of personal development and manifestation. Rooted in the teachings of Neville Goddard, this law emphasizes the power of imagination and belief to shape reality. By assuming the feeling of the wish fulfilled, individuals can manifest their desires into physical experience. This article explores the foundational concepts behind the Neville Goddard law of assumption, its practical applications, and how it compares to other manifestation techniques. Readers will gain insights into the techniques used to apply this law effectively and understand its transformative potential in everyday life. The following sections will delve deeper into the philosophy, methods, and impact of the law of assumption.

- Understanding the Neville Goddard Law of Assumption
- The Core Principles of the Law of Assumption
- Practical Techniques to Apply the Law of Assumption
- Comparing the Law of Assumption with Other Manifestation Laws
- Common Challenges and How to Overcome Them
- Real-Life Examples and Success Stories

Understanding the Neville Goddard Law of Assumption

The Neville Goddard law of assumption is based on the premise that one's reality is directly influenced by their assumptions, thoughts, and beliefs. Neville Goddard, a mystic and teacher, proposed that imagination is the creative force behind all manifestations. According to this law, by assuming the feeling of the desired outcome as already accomplished, individuals can bring their goals and dreams into existence. This concept challenges traditional ideas of waiting for external circumstances to change and instead focuses on internal transformation. The law underscores the importance of mental discipline and the consistent practice of imagining the end result. This foundational understanding sets the stage for exploring the core principles and methods related to the law of assumption.

The Philosophy Behind the Law

At its heart, the Neville Goddard law of assumption is a philosophy that reality is subjective and malleable. It asserts that the external world mirrors the internal state of consciousness. This means that by changing one's assumptions and beliefs, the external conditions will

correspondingly change. This perspective shifts the locus of control inward, empowering individuals to take charge of their destiny through mental and emotional alignment with their desires.

The Role of Imagination

Imagination is central to the law of assumption. Neville Goddard taught that the imagination is not merely a tool for creativity but the very source of reality creation. By vividly imagining and emotionally experiencing the fulfillment of a desire, one impresses this assumption onto their subconscious mind. The subconscious then works to manifest this reality in the physical world. This process highlights the importance of emotional involvement and sensory detail in manifestation practices.

The Core Principles of the Law of Assumption

The Neville Goddard law of assumption is governed by several core principles that guide its effective application. These principles provide a framework for understanding how assumptions influence reality and how to consciously direct this influence.

Assume the Feeling of the Wish Fulfilled

This principle emphasizes the necessity of embodying the emotional state of having already achieved the desire. Rather than focusing on the absence or longing, one must feel the satisfaction, joy, or peace that comes with the wish fulfilled. This emotional assumption signals the subconscious to align circumstances accordingly.

Persistence in Assumption

Consistency is critical in maintaining the assumed state despite contrary external evidence. The law requires a steadfast mental attitude where the individual refuses to be swayed by current reality. Persistence ensures the subconscious remains focused on the desired outcome until it manifests.

Living in the End

Living in the end means mentally and emotionally inhabiting the reality of the fulfilled desire at all times. This practice involves creating mental scenes or narratives that imply the wish is already accomplished. It helps anchor the assumption firmly within the subconscious mind.

The Power of Belief and Faith

Belief in the inevitability of manifestation is essential. Doubt can weaken the assumed state

and delay or block the manifestation process. Faith acts as a reinforcing force, sustaining the mental and emotional alignment with the desired reality.

Practical Techniques to Apply the Law of Assumption

Applying the Neville Goddard law of assumption involves specific techniques designed to embed the desired assumption into the subconscious mind effectively. These methods help cultivate the necessary mental and emotional states for manifestation.

Visualization and Mental Imagery

Visualization is a primary technique where individuals create detailed mental pictures of their desired outcome. This practice should be done with sensory richness and emotional intensity to make the experience as real as possible. Repeating this exercise regularly reinforces the assumption.

Affirmations and Inner Conversations

Positive affirmations aligned with the wish fulfilled can support the law of assumption. Additionally, monitoring and adjusting one's inner dialogue to reflect the desired reality helps maintain mental consistency. Inner conversations that affirm the fulfillment of the desire strengthen subconscious acceptance.

Revision Technique

Neville Goddard introduced the revision technique to alter past experiences that may hinder current manifestation. This involves mentally rewriting or reimagining past events to create a more favorable narrative that supports the desired assumption.

Sleep and State Akin to Sleep

The state just before falling asleep is considered highly receptive to suggestions. Practicing assumptions during this hypnagogic state can enhance the embedding of the desired reality into the subconscious. This technique maximizes the law's effectiveness by leveraging natural brain states.

Daily Routine for Manifestation

- Set clear intention for the desired outcome.
- Engage in visualization sessions twice daily.

- Use affirmations to reinforce belief.
- Revise limiting past memories if necessary.
- Maintain emotional alignment throughout the day.

Comparing the Law of Assumption with Other Manifestation Laws

The Neville Goddard law of assumption shares similarities with other manifestation concepts but also has distinct features. Understanding these differences clarifies its unique approach within the broader metaphysical landscape.

Law of Attraction vs. Law of Assumption

While both laws emphasize mental focus and belief, the law of attraction centers on attracting what is similar to one's dominant thoughts. In contrast, the law of assumption focuses on assuming the feeling of the wish fulfilled regardless of current circumstances. The law of assumption advocates a more proactive mental stance where one creates reality from the end state.

Law of Belief

The law of belief is closely aligned with the law of assumption, as both stress the power of belief in shaping reality. However, the law of assumption explicitly requires the assumption of the end result as already true, whereas the law of belief may be interpreted more broadly.

Imaginative Creation

Neville Goddard's emphasis on imagination as the primary creative force sets his teachings apart. While many manifestation laws acknowledge thoughts and emotions, the law of assumption uniquely prioritizes vivid imaginative acts as the core mechanism for change.

Common Challenges and How to Overcome Them

Applying the Neville Goddard law of assumption can present obstacles, especially for beginners. Awareness of these challenges and strategies to navigate them enhances manifestation success.

Doubt and Skepticism

Doubt is a common barrier that weakens the assumed state. Overcoming it requires reinforcing faith through repeated practice and evidence of small manifestations. Consistent affirmation and visualization help build trust in the process.

Impatience and Inconsistency

Manifestation often takes time, and impatience can lead to giving up prematurely. Cultivating persistence and integrating the law into daily habits supports sustained mental alignment.

Negative Past Conditioning

Limiting beliefs rooted in past experiences may conflict with desired assumptions. Techniques such as revision and conscious reprogramming of inner dialogues can mitigate these effects.

Emotional Misalignment

Failing to genuinely feel the wish fulfilled can stall manifestation. Emotional practice, such as using feelings of gratitude and joy during visualization, strengthens alignment with the desired state.

Real-Life Examples and Success Stories

The Neville Goddard law of assumption has been applied successfully by many individuals across various life areas, including career advancement, relationships, health, and financial abundance. These real-life examples illustrate the practical impact of the law when applied with discipline and belief.

Career and Financial Success

Many practitioners report securing dream jobs, promotions, or financial windfalls after consistently assuming the feeling of already having achieved their professional goals. The mental focus on success and abundance fosters opportunities and confidence that lead to tangible results.

Relationship Manifestations

Individuals have used the law of assumption to attract loving partners or improve existing relationships. By assuming the reality of a harmonious and fulfilling relationship, they align their behavior and mindset with that reality, often resulting in positive relationship

dynamics.

Health and Wellness

Some testimonials highlight improvements in health conditions following the practice of assuming perfect health. This approach complements medical treatment by fostering a positive mental environment conducive to healing.

Personal Growth and Transformation

The law of assumption also supports broader personal development goals, including increased confidence, creativity, and emotional resilience. By assuming the traits and states one wishes to embody, individuals experience profound internal shifts that reflect externally.

Frequently Asked Questions

What is Neville Goddard's Law of Assumption?

Neville Goddard's Law of Assumption is a metaphysical principle that suggests you can manifest your desires by assuming the feeling of the wish fulfilled. By living and feeling as if your desire is already realized, you align your reality to reflect that assumption.

How do you practice the Law of Assumption according to Neville Goddard?

To practice the Law of Assumption, you visualize and mentally assume the state of your wish being fulfilled. This includes imagining scenes that imply your desire is already true and feeling the emotions associated with that reality, reinforcing the belief in your subconscious mind.

Can the Law of Assumption help with manifesting specific goals?

Yes, the Law of Assumption can be used to manifest specific goals such as wealth, relationships, or health. By consistently assuming and feeling the reality of your desired outcome, you influence your subconscious mind to bring about circumstances that match that assumption.

What role does imagination play in Neville Goddard's Law of Assumption?

Imagination is central to Neville Goddard's Law of Assumption. He taught that imagining and feeling the reality of your desire is the creative act that impresses the subconscious

mind, which then manifests the assumed state into your physical experience.

How long does it take to see results using the Law of Assumption?

The time it takes to see results with the Law of Assumption varies depending on the individual, the clarity of the assumption, and emotional conviction. Some people experience quick manifestations, while others may need consistent practice and patience to align their subconscious beliefs with their desires.

Additional Resources

1. The Power of Awareness by Neville Goddard

This foundational work by Neville Goddard delves into the concept of consciousness and how awareness shapes reality. It teaches readers how to harness the power of their imagination to manifest desires. The book emphasizes that what you assume to be true becomes your reality, making it a key text for understanding the Law of Assumption.

2. Feeling is the Secret by Neville Goddard

In this concise yet profound book, Goddard explains the crucial role of feeling in the manifestation process. He asserts that emotional conviction and inner belief are the catalysts for external change. Readers learn practical techniques to align their feelings with their desired outcomes to bring them into existence.

3. Awakened Imagination by Neville Goddard

This book explores the creative power of imagination in shaping life experiences. Goddard encourages readers to consciously use their imagination to assume the feeling of their wish fulfilled. It provides insights on how to awaken and utilize imaginative faculties for personal transformation.

4. The Law and The Promise by Neville Goddard

In this inspiring collection, Goddard shares real-life stories of individuals who succeeded by applying the Law of Assumption. The book highlights the principle that imagining the end result with faith leads to its manifestation. It serves both as motivation and practical guidance for students of the Law.

5. Assume the Feeling of the Wish Fulfilled by Neville Goddard

This work focuses on the technique of embodying the emotional state of already having what you desire. Goddard explains how this assumption impresses the subconscious mind, triggering the manifestation process. Readers gain a step-by-step approach to affirming their goals through feeling.

6. Consciousness is the Only Reality by Neville Goddard

Goddard presents the idea that external circumstances are reflections of inner consciousness. The book encourages readers to take full responsibility for their mental states, as these directly influence their world. It deepens understanding of how the Law of Assumption operates at a fundamental level.

7. The Neville Goddard Workbook: Practical Exercises for Manifestation

A comprehensive guide filled with exercises and meditations inspired by Neville Goddard's teachings. This workbook helps readers apply the Law of Assumption in daily life through structured practice. It's ideal for those who want to actively engage with Goddard's principles and see tangible results.

8. *Manifesting with Neville: The Law of Assumption Explained*

This book breaks down the Law of Assumption into accessible language and practical steps. It combines Neville Goddard's original ideas with modern manifestation techniques. Readers are guided on how to shift their assumptions to create desired realities efficiently.

9. *The Science of Imagining: Neville Goddard's Law of Assumption*

Exploring the scientific and metaphysical aspects of imagination, this book connects Goddard's teachings with contemporary thought. It explains how the act of imagining is not just fantasy but a real creative force. The book invites readers to master their imagination to consciously design their lives.

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