

Out From This World

Neville GODDARD | Summary | Manifestation & Reality

"Out of This World" by Neville Goddard explores the power of imagination and assumptions in shaping one's reality. The book posits that individuals can alter their future by consciously controlling their thoughts and emotions, particularly through focused imagination and assuming the feeling of a desired outcome. Goddard introduces the concept of a "fourth dimension," referring to a state of being where time and space are flexible and where assumptions become facts. He argues that by intentionally directing one's attention and mental imagery, one can impress the subconscious mind and manifest desired experiences in the physical world.

The work encourages readers to cultivate a spiritual outlook, revise their self-concept, and recognize the creative power of their assumptions to transform their lives. Goddard emphasizes that changing one's internal state inevitably leads to changes in the external world.

Main Themes

- **The Power of Imagination:** Goddard argues that our imagination holds immense power to shape our reality. By vividly experiencing our desires in our imagination, we can influence events in the three-dimensional world.
- **Consciousness as the Ultimate Reality:** The external world is seen as a reflection of our inner consciousness. To change our circumstances, we must first change our concept of self.
- **Living in the Fourth Dimension:** Goddard posits the existence of a dimensionally larger world, where time is not linear and all possibilities exist simultaneously. We can access this world through controlled imagination and alter our future.

Most Important Ideas/Facts

1. **Assumptions Harden into Facts:** Goddard emphasizes the creative power of assumptions. By assuming the feeling of our wish fulfilled and acting on that conviction, we can manifest our desires.

"To an assumption all means which promote its realization are good. It influences the behaviour of all by inspiring in all the movements, the actions, and the words which tend towards its fulfilment."

2. **The Waking Dream as a Tool for Change:** Goddard introduces the technique of the "controlled waking dream" to consciously shape the future. This involves defining the desired outcome, constructing a sensory experience that implies its fulfilment, and vividly experiencing it in a relaxed, sleepy state.
3. **No External Power Can Change Us:** True change can only come from within. No external force or person can alter our reality; it's our own perception and belief that determine our experiences.

"There is no power, outside of the consciousness of man, to resurrect and make alive that which man desires to experience."

4. **Transformation Through Identification with the Ideal:** We should identify ourselves with the desired state, rather than focusing on our current limitations. This internal shift in consciousness will naturally lead to external changes.

"Assume that you are that which you want to be. Experience in imagination what you would experience in the flesh were you already that which you want to be. Remain faithful to your assumption, so that you define yourself as that which you have assumed."

5. **The Importance of Focusing on the Positive:** Dwelling on negative emotions or undesirable circumstances only perpetuates them. We should instead focus on "things which are lovely and of good report" to attract positive experiences into our lives.

Quotes

- *"Man's assumptions which he regards as insignificant produce effects that are considerable."*
- *"Desire, physical immobility bordering on sleep, and imaginary action in which self feelingly predominates, here and now, are not only important factors in altering the future, but they are essential conditions in consciously projecting the spiritual self."*
- *"Experience in imagination, with all the distinctness of reality, what would be experienced in the flesh were you to achieve your goal; and you shall, in time, meet it in the flesh as you met it in your imagination."*
- *"Ye shall know the truth, and the truth shall make you free."*
- *"As within, so without."*

Overall Impression

Goddard presents a compelling case for the power of imagination and the importance of inner transformation. His approach emphasizes personal responsibility and the idea that we are the architects of our own reality. The book offers practical techniques and inspiring insights for those seeking to manifest their desires and live a more fulfilling life.

Conclusions

Goddard proposes the existence of a dimensionally larger world, beyond our three-dimensional perception, where time exists as a present whole. This allows individuals to observe future events before they manifest in our physical reality, suggesting a predetermined plan. However, he also asserts that this future is flexible and can be altered by shifting our consciousness and assumptions. He emphasizes the crucial difference between passive visualization and active, feeling-based imagination. Visualizing oneself as if watching a movie keeps the experience separate and distant. Instead, by feeling oneself actively engaged in the desired event, we imbue it with the feeling of reality, making it more likely to manifest.

Glossary of Key Terms

Assumption: A belief or premise accepted as true, regardless of its current physical reality.

Carnal Mind: The natural, sense-based awareness focused on the immediate present.

Conscious Projection: The intentional act of transferring one's awareness to the dimensionally larger world.

Controlled Waking Dream: A state of consciousness bordering on sleep where the individual directs their imagination to experience a desired event.

Desire: The driving force behind action, stemming from the awareness of something lacking or needed for a more fulfilling life.

Dimensionally Larger World: A realm where time is experienced as a unified whole and changes in consciousness directly and instantly manifest in external reality.

Four-Dimensional Self: The aspect of self-existing beyond the limitations of the three-dimensional world, capable of influencing future events.

Imagination: The faculty of forming mental images and concepts, possessing the power to shape reality according to Goddard.

Mind of Christ: A state of consciousness characterized by spiritual awareness and the ability to perceive the interconnectedness of all things.

Natural Man: The individual operating primarily from sense-based awareness and limited by the perception of the present moment.

Sanctify: To make holy or pure; to elevate one's consciousness and embody an ideal.

Spiritual Focus: The perspective that transcends the limitations of the senses and recognizes the interconnectedness of past, present, and future.

Transformation: The process of fundamentally changing one's consciousness and beliefs, leading to a shift in external reality.