



The Law and The Promise

Neville Goddard's Guide to Imagination

This document delves into Neville Goddard's profound teachings as presented in "The Law and The Promise," a work that unveils imagination as the fundamental creative power in our lives. Goddard's perspective transcends conventional self-help, offering a roadmap to consciously employ our imaginative capabilities to manifest desires and achieve a state of spiritual enlightenment. The core message is that our inner world, specifically our imagination, is not just a passive reflection of reality but an active force capable of shaping it. By understanding and applying the principles outlined in this book, individuals can learn to intentionally create their desired experiences and transform their lives from the inside out, achieving a profound sense of self-mastery and fulfillment. This exploration aims to provide a comprehensive overview of Goddard's key concepts and practical techniques, offering readers a guide to unlocking their creative potential and embarking on a journey of self-discovery.



by OL booksummary

The Central Tenet

Imagination Creates Reality

As Goddard explains: "Imagine that you are holding a rose in your hand. Smell it. Do you detect the odor of roses? Well, if the rose is not there, why is its fragrance in the air?" This sensory engagement is key to effective manifestation, because by fully immersing ourselves in the imagined experience, we create a powerful resonance within our consciousness, attracting the corresponding reality into our lives. This simple exercise demonstrates the profound ability of our imagination to create tangible sensations and experiences, even in the absence of physical stimuli, highlighting its crucial role in shaping our perceptions and influencing our reality.



Blueprint for Reality

Goddard asserts that imagination is not mere fantasy but the very foundation from which our reality is constructed. "Imagining Creates Reality" and "The future is the imaginal activity of man in its creative march." This means that every aspect of our lives, from the mundane to the extraordinary, originates in our imaginative acts. Our thoughts and mental images serve as a blueprint, subtly influencing our actions and shaping our experiences. By consciously directing our imagination, we gain the power to design a reality that aligns with our deepest desires and aspirations, transforming ourselves from passive observers into active creators of our destinies.



Feeling is the Secret

Success comes through not just visualizing desires, but fully inhabiting the emotional state of their fulfillment—engaging all imaginal senses to create vivid reality. The emotional charge behind our mental images is what breathes life into them, propelling them from the realm of possibility into tangible existence. To truly manifest our desires, we must cultivate the feelings of joy, gratitude, and satisfaction that would naturally accompany their realization. This involves immersing ourselves in the sensory experience of our wish fulfilled, feeling the textures, hearing the sounds, and savoring the emotions as if they were already part of our present reality.



Mental Falsification

Goddard encourages "mentally falsifying" present circumstances and revising past events to align with desired outcomes, replacing negative imagery with positive ones. This technique involves actively challenging and reshaping our perceptions of reality to reflect our desired future. Instead of being bound by the limitations of our current circumstances, we can use our imagination to rewrite our personal narrative, mentally correcting past mistakes and reimagining present challenges as stepping stones towards our goals. By consistently focusing on positive imagery and affirming our desired outcomes, we gradually shift our beliefs and expectations, paving the way for a more fulfilling and empowering reality.

The Creative Power of Moods and Consciousness

Moods as Causes

Neville Goddard emphasizes that moods are not just passive reflections of our environment, but potent creative forces that actively shape our future. "Men regard their moods far too much as effects and not sufficiently as causes. Moods are imaginal activities without which no creation is possible." This perspective invites us to take responsibility for our emotional states, recognizing them as the seeds of our future experiences. When we understand this, we can consciously choose our moods, aligning them with our desires and aspirations.

By consciously cultivating the mood of the wish fulfilled, we attract corresponding experiences into our reality. This involves actively imagining and feeling the emotions associated with our desired outcomes, creating a powerful magnetic force that draws those experiences towards us. For instance, if we desire abundance, we should cultivate feelings of gratitude and contentment, as if we are already living in abundance. This practice transforms our emotional landscape and influences the reality we inhabit.

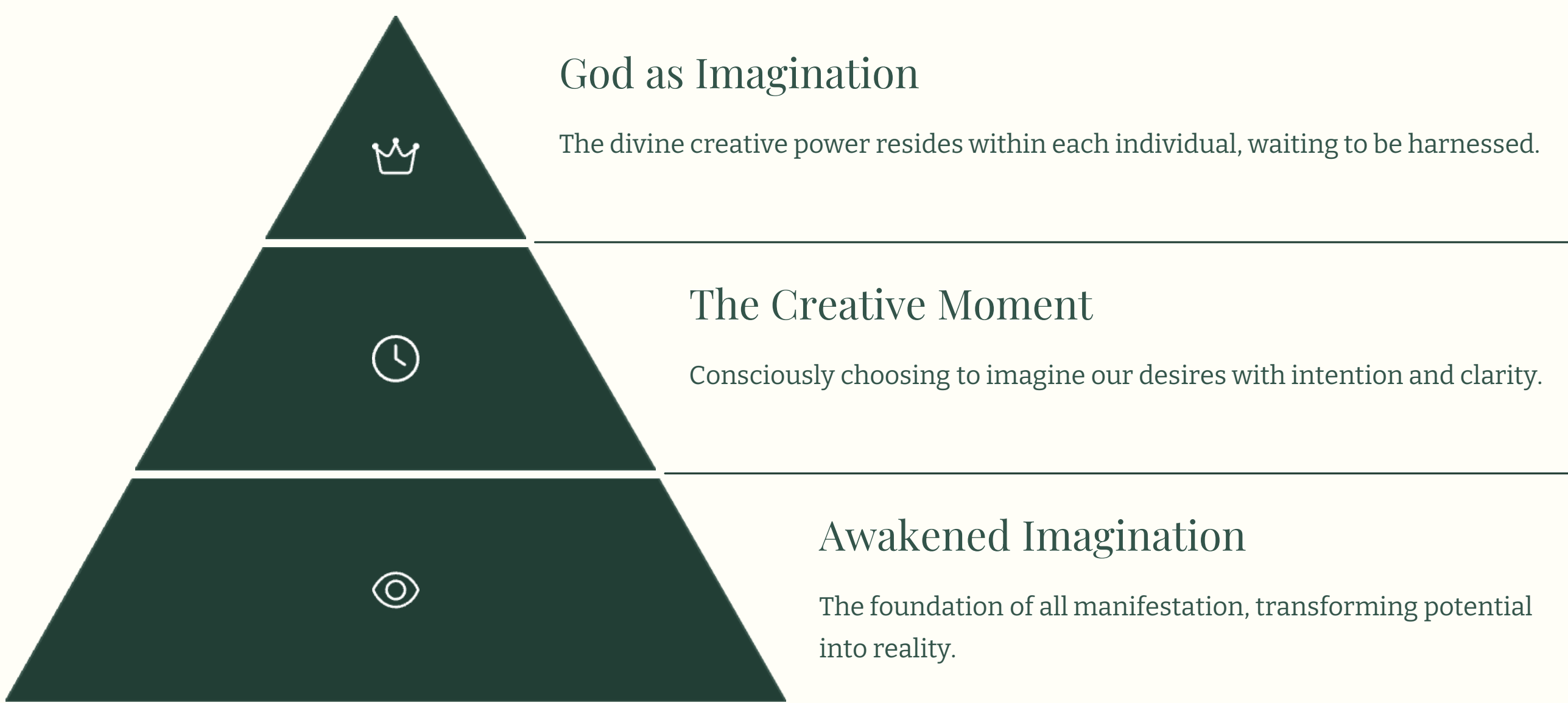
Shifting Consciousness

A fundamental practice involves mentally "traveling" to different experiences by intentionally shifting the focus of our awareness. This is not a physical journey, but a profound change in consciousness achieved through focused imagination and directed thought. By consciously redirecting our attention, we can transcend the limitations of our current circumstances and explore new possibilities within the realm of our imagination.

"The center of conscious imagining can be shifted and what are now mere wishes - imaginal activities keyed low - brought into penetrative focus and entered. Entrance commits us to the state." This means that by fully immersing ourselves in the imaginative experience of our desired state, we commit ourselves to that reality, effectively bridging the gap between our inner vision and our outer world. This act of conscious imagining sets the stage for the manifestation of our desires, transforming them from mere wishes into tangible realities.

The Creative Moment and Divine Identity

Neville Goddard identifies God with human imagination, quoting William Blake: "Man is all imagination, and God is man, and exists in us and we in Him. The eternal body of man is the imagination - that is, God, himself." This perspective places divine creative power within each person, suggesting that we are not merely puppets of fate, but co-creators of our reality.



The "Creative Moment" occurs whenever we consciously imagine things as we desire them to be, rather than passively reacting to present circumstances. This is the moment of conscious creation, where we step into our divine role and actively shape our experiences. As Blake wrote: "There is a Moment in each Day that Satan cannot find... It renovates every Moment of the Day if rightly placed." This moment, when seized and rightly placed through intentional imagination, has the power to transform not just a day, but our entire existence.

This transformative power comes from understanding that our imagination is not merely a whimsical faculty, but the very instrument through which we interact with and shape reality. By focusing our imagination on our desired outcomes, we set in motion a chain of events that aligns the universe with our vision, manifesting our dreams into tangible form.

Practical Application

Study Guide Insights

These practical concepts form the foundation of Goddard's approach to conscious reality creation, offering specific techniques for readers to apply in their own lives. By mastering these principles, individuals can transform their dreams into tangible realities and live more fulfilling lives.

Spiritual Sensation

"Spiritual sensation" involves engaging all five senses within imagination – sight, sound, smell, taste, and touch – to imbue the imagined scene with vividness and a feeling of actuality. This sensory richness adds potency to visualization, making it more likely to manifest. For instance, if you're imagining yourself in a new home, try to feel the texture of the furniture, smell the fresh paint, and hear the sounds of laughter and joy. The more real it feels in your imagination, the more likely it is to materialize in your physical reality.

Dwelling Therein

"Dwelling therein" refers to fully immersing oneself in the feeling of the wish fulfilled. By mentally inhabiting the desired state, we imbue it with a sense of reality, propelling it towards physical manifestation. Rather than just visualizing a goal, live as if it's already yours. Feel the gratitude, the joy, and the satisfaction that comes with achieving your desire. This emotional connection is a powerful force in attracting your desires into your life.

Reacting vs. Acting

"Reacting" implies passively responding to external circumstances, while "acting" involves proactively creating reality through deliberate imaginative engagement. Goddard encourages moving from a reactive to an active state. Instead of letting external events dictate your mood and your actions, take control of your inner world and consciously choose how you want to experience life. By acting from your desired state, you influence your outer world to align with your inner vision.

The Promise: Spiritual Transformation

Goddard refers to "The Promise" as a mystical birth or spiritual awakening that leads to the realization of our divine nature. This transformative experience is not just an abstract concept but a deeply personal and revelatory journey, representing the eventual birth of the divine within each individual, symbolized by the birth of David from within oneself.

This profound transformation signifies a union with God and the ultimate realization of our creative power. Through this awakening, we experience a fundamental shift in consciousness that enables us to live as creators, actively shaping our reality rather than merely reactors to external circumstances. It's about understanding that we are not just puppets of fate but co-creators of our destiny.

The Promise refers to the eventual birth of the divine within each individual, signifying a profound spiritual transformation and union with God.

Goddard details his own mystical experiences as compelling evidence of this transformative process, connecting them to biblical narratives and the concept of "being born from above" through the power of imagination. These experiences serve as a testament to the potential that lies within each of us to transcend our current limitations and realize our divine potential.

The journey towards "The Promise" involves a dedicated practice of conscious creation, using our imagination to envision and embody our desired realities. It requires a shift in perspective, from seeing ourselves as limited beings to recognizing our inherent connection to the divine source of all creation. This spiritual awakening is the key to unlocking our true creative power and living a life of purpose, joy, and fulfillment.

The Book's Key Chapters

Imagining Creates Reality (Ch. 1)

Sets the foundational premise that imagination is the creative force shaping our lives and reality.



Dwell Therein (Ch. 2)

Emphasizes fully inhabiting dreams through controlled, waking dreams to manifest desires.



The Pruning Shears of Revision (Ch. 4)

Explains how to reshape reality by consciously revising past experiences and reimagining them.



Moods (Ch. 7)

Explores moods as powerful drivers of manifestation rather than passive reactions to circumstances.



The Promise (Ch. 15)

Shares mystical experiences highlighting imagination's connection to spiritual awakening.

Key Quotes and Practical Wisdom

Goddard's work encourages readers to actively participate in shaping their realities through conscious, deliberate use of imagination. By understanding and applying these principles, we can tap into our inherent creative potential and manifest our deepest desires.



On Creative Power

"All that is desired can be imagined into existence."



On Reality

"There is no fiction. Imagining fulfills itself in what our lives become."



On Perception

"Mental Things are alone Real; what is call'd Corporeal, Nobody Knows of its Dwelling Place: it is in Fallacy, and its Existence an Imposture."



On Persistence

"If the fool would persist in his folly He would become wise."