

A.K. Ławińska

# The Secret of Conscious Creation

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A Guide to the Teachings of Neville Goddard



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*The Secret of Conscious Creation*  
*A Guide to the Teachings of Neville*  
*Goddard*

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## *Introduction*

This book was created because currently, many people misunderstand the teachings of Neville Goddard, using them inappropriately, and consequently, harming both themselves and others. One of the reasons for this situation is that Neville conveyed his teachings in a way that was suitable for the times in which he lived. He adapted his message to the mentality of the people living in those times, so that they could understand and apply it, transforming themselves and their lives while adhering to the Golden Rule, which states that we should wish only the best for others, as if we would want the same for ourselves.

Unfortunately, many people who promote his teachings today mistakenly interpret them, adjusting them to fit current trends to make them more appealing and gain greater interest. Regardless of the reasons for someone choosing to do so, it brings no good to anyone, only causing confusion among those who wish to work on themselves and fulfill their dreams.

In this book, the correct interpretation of Neville Goddard's teachings is presented in a simple way, with his message adapted to modern times. Goddard's teachings, like those of any true spiritual teacher, are timeless and unchanging. Knowledge is one and only the ways in which it is expressed differ. At the same time, if the message is true, it must always be relevant. This book will introduce you to both Neville Goddard as a person and his teachings, which, when put into practice, will allow you to change your life for the better and fulfill your dreams.

## *Chapter 11*

### *The Law Of Assumption – Universal Law*

**T**he Law of Assumption states that what we assume as real, accepting it as a fact in our lives, will manifest and be experienced later on. Unfortunately, since few people know this, the vast majority base their chances and future solely on their current experiences. That's why their future looks similar to their past, and their experiences come full circle, which can be stopped at any moment, but only when one becomes aware that they can do so.

Neville, during his lectures, drew his listeners' attention to the fact that what people consider the real world is actually an expression of their opinions and beliefs. He also emphasized that if someone can change their opinion about another person, themselves, or a specific phenomenon, it means that what they think about it now cannot be the whole truth. However, most people firmly believe that what they can see now is the only truth, as they cannot focus their attention inward and instead react based only on what they are experiencing at the moment. They have no idea that by doing so, they are reinforcing the conditions and circumstances they are currently experiencing, keeping them in their lives, which could look completely different if only they decided to evoke different feelings and focus on what they desire instead of devoting all their attention to what they are experiencing now, which they don't want to experience at all.

Neville persistently argued that in order to remove the “veil of senses,” one must simply turn their attention away from them, instead concentrating on the desired state, so as to mentally see it and give it a tone of reality, allowing it to materialize in our lives. Goddard often reminded that in order for our desires to materialize, we must first feel them as if they were already happening now, which is naturally quite difficult but worth the effort.

When a person’s desire takes on a real dimension, it gives them the right for it to become a fact in their life, manifesting itself within it. Everyone who wants to fulfill their dreams must find a way to focus on the desired state. Neville suggests using a form of meditation for this purpose.

To use it, one must calm down, entering a state similar to sleep, where our body is maximally relaxed, and our senses are quieted, but we maintain our consciousness. Once we are in this state, we should choose an object, the desire we want to experience in our life. In this state, we must see it as real; therefore, we can only hear what we want to hear and see only what we genuinely want to see. We should remain in this state for some time.

Performing this meditation correctly, when you come out of it, you will feel as if you have just returned from a distant place, and although your external world, which you see upon opening your eyes, will contradict what you just felt as your fulfilled desire, telling you that it is not true, you should not give in to it. Instead, remember that what you are experiencing now is only a consequence of your previ-

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ous state of consciousness, and what you are now feeding with your attention, thoughts, feelings, and therefore energy, will soon have to displace the current conditions and circumstances, replacing them with those that are in line with your new assumption. If you only remain faithful to your vision and do not deny it, instead returning to it time and time again, it will have to materialize in your life as a fact.

Try to define your most perfect ideal now and focus all your attention on it. Assume that you are already the person you want to be and choose and nurture the thoughts and feelings you would have if you were experiencing it already in your life. If you only persevere in this state and do not return to the previous one, it will become a fact after some time.

Whether you are on the right track and successfully implementing the desired change in your life can be seen in your internal conversations, which you have with yourself. If they are no different, you have failed to change your self-concept. Assuming that your desire has been fulfilled should cause you to mentally perceive the world as if what you have assumed is already your reality.

The key to progress and fulfillment of absolutely every human desire is assuming through the feeling of fulfillment of your desire and living in accordance with this belief. By proceeding in this way, you change your future to be in line with the assumption you have chosen. Remember, as Neville emphasized in his lectures – every enlightened person wishes only good for others. Therefore, if you want to lead a fulfilling, happy, and loving life, you should wish everyone the best, remembering that the current behavior of others is only a reflection of their state of consciousness, which can always change.

Take care of your own state of consciousness, and then you will experience the conditions and circumstances that are consistent with it.

The path from longing to fulfilled desire is very short if you only experience in your imagination what you would experience already being at your destination.

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## The Mental Diet – Your Lifeline

Your mental diet determines the quality of your life. Every human being can change the mental food they feed upon to that which supports the creation of fulfilling conditions and circumstances. Why then, do so few people choose to introduce a proper mental diet into their lives, when it can be the key to the incredible and positive changes most people dream of? This is because few understand the true meaning of a mental diet or are aware of how a proper practice should look to support all these changes. If you are looking for inspiration to change your life, you will find valuable information and guidance within this book.

A. K. Ławińska

**Infinite Power Within You**

**A Guide to the Teachings of Joseph Murphy**

To change your world, you must first change your mind. One cannot maintain the same thoughts and feelings while simultaneously expecting changes to occur in life. Joseph Murphy knew this well and successfully shared this knowledge with others. The value derived from his legacy is widely esteemed, and the guidance contained within serves as a tool supporting the process of deep personal transformation. This publication allows you to see why these timeless techniques, when utilized in daily life, can help bring expected results. The book also helps to understand where the foundation of their effectiveness lies, allowing opening up to positive changes and discovering the incredible potential of their own inner self.

A. K. Ławińska

## The Metamorphic Code

The Metamorphic Code is a practical book containing a collection of well-known methods and techniques. Applying them systematically and consistently can help you unlock the gateway leading toward changing your life into one you desire. Within it you will also find explanations of important concepts, the reflection and understanding of which may facilitate viewing your own reality from an entirely new perspective. You will discover answers to many significant questions, presented in a form that allows you to easily relate them to your own experience. The power you desire and seek is already present within you. At the same time it remains inactive if you cannot perceive or utilize it. This publication serves as an inspiration that can help you do both.

A. K. Ławińska

## The Conscious Subconscious

### A Guide to the Teachings of Neville Goddard

Reading this book, you can better understand the foundation of Neville Goddard's methods, which serve as a tool supporting the process of conscious reality creation. Thanks to these teachings, which have enjoyed immense global popularity for decades, you can gain valuable knowledge on how to achieve your goals. Honest desire, persistence and personal commitment are key elements when working with this method. This practice is based on timeless laws of the mind that perfectly align with modern approaches to personal development. Applying these principles in daily life allows you to perceive the potential hidden within your own inner self and to open up to positive changes.

A. K. Ławińska

**The Quantum Formula – Power of Mental Emptiness**

Through this book, you can begin to understand that you are the creator of your own reality and discover how to apply this knowledge in practice to open yourself to changing your destiny. You will discover a method that when applied according to the proper guidelines, can become an incredibly helpful tool supporting the creation of your desired reality. This is an invitation to start taking action toward the life you want, instead of merely waiting for it to come to you.

A. K. Ławińska

The Secret of Spiritual Alchemy  
A Guide to the Teachings of Emmet Fox

Emmet Fox was an outstanding spiritual teacher of the past century who helped many people understand how to change their lives through the conscious use of the laws of the mind. This book serves as a practical guide that introduces his timeless teachings to the modern reader in an easy, accessible way. This publication allows you to perceive how the daily application of these methods helps in the process of deep personal transformation and can facilitate handling life's challenges. The knowledge contained within is an invitation to stop limiting your potential, to start achieving your goals and to open up to the inner voice in which true wisdom and inspiration are hidden.