

NEVILLE
GODDARD

*Lecture:
Correct
Prayer*

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Correct Prayer
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Revision by Shawn Regan

Neville, in all his books and lectures is giving us the formula for correct prayer. This formula is as simple as assuming the feeling of the thing desired but can be more involved. This paper tries to bring all the different aspects of Neville's correct prayer together.

"Prayer is the most wonderful experience man can have. Unlike the daily murmurings of the vast majority of mankind in all lands who by their vain repetitions hope to gain the ear of God, prayer is the ecstasy of a spiritual wedding taking place in the deep, silent stillness of consciousness." – Neville

"Praying, then, is recognizing yourself to be that which you desire to be rather than

begging God for that which you desire." –
Neville

"If your prayer brings no response, there is something wrong with it. The fault generally lies in too much effort. Serious confusion arises when man identifies the state of prayer with an act of will. The sovereign rule is to make no effort. If this is observed, you will intuitively fall into the right attitude."
– Neville

"It is not what you want that you attract; you attract what you believe to be true." –
Neville

The core of the process is to create a state of mind where you feel you already have obtained the thing desired. Whether this thing be a physical possession or a character trait or union with the divine you,

by using your imagination and ignoring all your physical senses tell you to the contrary, assume it is already so in your imagination and mind. You live in the state as if it were already so. Once a state of mind is assumed in imagination Neville tells us it is only a short matter of time before the outer physical world will reflect the inner mental one.

The 10 Aspects of Correct Prayer

1. Sleep

"...carrying the action into sleep thickens fancy into fact." – Neville

Neville mentions frequently how powerful it is to fall asleep steeped in the imagination of the wish desired. When you are lying in bed at the end of the day and becoming drowsy, create, with as little effort as

possible, the scene in your mind that will indicate your desire has been obtained. If you use too much effort, your ego will remain active and you won't be able to fall asleep. Why is this so effective? Esther Hick's Abraham mentions that if you take an idea to sleep you have 8 hours of being unconscious where you cannot undo or negate this manifestation. Neville says something very similar in "Resurrection".

"Once asleep, man has no freedom of choice. His entire slumber is dominated by his last waking concept of self. It follows, therefore, that he should always assume the feeling of accomplishment and satisfaction before he retires in sleep." – Neville

I believe it might be that our scene of fulfillment being carried into sleep has a

good chance of making it into a dream. A dream is a full sensory reality like our waking one. What better way to experience our wish fulfilled than to "live it" in a dream. "Use this interval preceding sleep wisely. Assume the feeling of your wish fulfilled and go to sleep in this mood. Then, deep asleep in a dimensionally larger world, you will see and play the parts you will later repeat on earth." – Neville

2. Meditation

"In fact, the greater energies of the mind seldom break forth save when the body is stilled and the door of the senses closed to the objective world." –Neville

Neville talks about achieving a type of "controlled waking dream" where one is maintaining the feeling of the wish fulfilled

while shutting down the bodily senses. With the senses quiet one can connect deeper with the powers of imaginal manifestation.

"It is a state in which you are conscious and quite able to move or open your eyes but have no desire to do so." – Neville

"Drowsiness facilitates change because it favours attention without effort. But it must not be pushed to the state of sleep, for then you are no longer able to control your movements. The most effective way to embody a desire is to assume the feeling of the wish fulfilled and then, in a relaxed and drowsy state, repeat a short phrase over and over again like a lullaby. Say, "Thank you, thank you, thank you", as though you were addressing a higher power, thanking him for giving you your desire." – Neville

"Your future is best changed when you control your thoughts while in a state akin to sleep, for then effort is reduced to its minimum. In that state your attention is relaxed, yet controlled within the feeling without being forced or using effort. Imagination, not willpower will create reality." – Neville

"With the body immobilized, feel the greater you come out of your physical body and perform the proposed motion. If you are going to walk, do not see yourself do it, but feel you are walking. If you are going to climb stairs, feel yourself climbing." – Neville

"My third way of praying is simply to feel thankful. If I want something either for myself or another, I immobilize the physical body, produce the state akin to sleep and

just feel happy and thankful. Having assumed the feeling of the wish fulfilled, with my mind dominated by this single sensation, I go to sleep.” – Neville

3. Visualization

"Now, this is what I mean by spiritual sensation. 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? Through spiritual sensation – that is – through imaginal sight, sound, scent, taste and touch, you can give to the image sensory vividness. If you do this, all things will conspire to aid your harvesting and upon reflection you will see how subtle were the threads that led to your goal." – Neville

The more senses we can engage mentally, the better in our process of visualization. Anything we can use to help bring us to the state the better. If you are wanting to move to a new city, then always carry a picture of this new city with you. Throughout the day sit down and gaze into your picture. Imagine the feeling of living in that city inside the scene in your picture. See the streets, smell the scents in the air, feel the warmth or coolness, the humidity or lack of, hear the sounds local to that area.

“Through spiritual sensation – through your use of imaginal sight, sound, scent, taste and touch – you will give to your image the sensory vividness necessary to produce that image in your outer or shadow world.”

– Neville

“The world is a mirror wherein everyone

sees himself reflected. The objective world reflects the beliefs of the subjective mind. Some people are self-impressed best by visual images, others by mental sounds, and still others by mental actions. The form of mental activity which allows the whole power of your attention to be focused in one chosen direction is the one to cultivate, until you can bring all to plan on your objective at the same time." – Neville

4. Continuous Prayer

"Every moment of your life, consciously or unconsciously, you are assuming a feeling." – Neville

When you realize that every moment, we are assuming a state, you see the importance of being in control of one's mind and thoughts. To let one's mind indulge in

negative or unproductive thoughts is counterproductive. Neville calls this "Investing our thoughts". In our usual mode of consciousness we are spending our thoughts by letting our mind freewheel bouncing from thought to thought in an associative manner. In investing we control where our thoughts are placed. The longer and more frequently we can maintain the state of the thing desired the quicker will be its manifestation.

"The desire which realizes itself is always a desire upon which attention is exclusively concentrated, for an idea is endowed with power only in proportion to the degree of attention fixed on it." – Neville

"We match ourselves to our ideals by constantly remembering our aim and identifying ourselves with it." – Neville

"Have a set, definite aim or your mind will wander, and wandering, it eats every negative suggestion." – Neville

"After you have assumed the feeling of the wish fulfilled, do not close the experience as you would a book, but carry it around like a fragrant odor. Instead of being completely forgotten, let it remain in the atmosphere communicating its influence automatically to your actions and reactions." – Neville

"Saturate your mind with one sensation and walk as though your desire were already a fact." – Neville

"A single sensation must dominate the mind if you want to pray successfully." – Neville

"Earnest, concentrated thought focused in

a particular direction shuts out other sensations and causes them to disappear. You have only to concentrate on the state you desire in order to see it." – Neville

"Recognizing the power of feeling, pay strict attention to your moods and attitudes." – Neville

"What you are inwardly saying and doing is far more important than what you outwardly express, and can be changed. If you have never uncritically observed your reactions to life, then you are unaware of its cause. But when you become conscious of your thoughts, you can change them." – Neville

"Mastery of self-control of your thoughts and feelings—is your highest achievement. However, until perfect self-control is attained so that in spite of appearances you

feel all that you want to feel, use sleep and prayer to aid you in realizing your desired states. These are the two gateways into the subconscious." – Neville

"...therefore he (the perfectly disciplined man) never entertains a feeling which does not contribute to his happiness..." – Neville

5. Feeling

"...you must assume the feeling of the fulfillment of your desire until you are possessed by it and this feeling crowds all other ideas out of your consciousness." – Neville

If you truly desire something when you acquire it you should achieve an emotional peak of sorts. By imagining the feeling of receiving what you wish you can concentrate on this feeling and amplify it

until the only thing you are aware of is this wonderful feeling of the wish fulfilled.

"There is a definite feeling associated with every idea in the mind of man." – Neville

"Feeling is the one and only medium through which ideas are conveyed to the subconscious. Therefore, the man who does not control his feeling may easily impress the subconscious with undesirable states. By control of feeling is not meant restraint or suppression of your feeling, but rather the disciplining of self to imagine and entertain only such feeling as contributes to your happiness." – Neville

"Whatever the mind of man can conceive and feel as true, the subconscious can and must objectify." – Neville

"Whenever you become completely

absorbed in an emotional state, you are at that moment assuming the feeling of the state fulfilled. If persisted in, whatsoever you are intensely emotional about you will experience in your world. These periods of absorption, of concentrated attention, are the beginnings of the things you harvest. It is in such moments that you are exercising your creative power – the only creative power there is." – Neville

"Feeling is the secret of successful prayer. Feel yourself into the situation of your answered prayer by living and acting upon your conviction. Feeling gradually unfolds the soul's hidden capacities. It is the ferment without which no creation is possible." – Neville

6. Negativity

"...prune your imagination by withdrawing your attention from all unlovely and destructive ideas and concentrating on the ideal you wish to attain." – Neville

One of the main themes taught in the Fourth Way schools is the removal of negativity. The negativity you allow yourself to indulge in keeps your energies from rising above the base level of daily human drama. The negativity you put your attention on, through the law of manifestation, will eventually find its way into your life and perpetuate negative conditions in your life. This is an excellent place to start your Neville work. Assume a positive outlook, see everyone at their best and everything at its best regardless of your memory of them. When you start catching yourself either about to or in the

midst of engaging a negative thought or emotion you will feel very empowered. You see that you actually have a choice about what you feed yourself mentally. You'll see that you really have the ability to make changes in yourself and your life. You are starting to observe your automatic behavior and becoming more conscious in the process.

"Begin now to discipline your mind by observing your thoughts. Watch them all through the day and refuse to listen to any thought that is unlovely." – Neville

Another incentive to eliminate negativity is the rebound effect or what Neville calls the "Golden Rule". "The warning was given to man in the famous Golden Rule – "Do unto others that which you would have them do unto you." You may desire something for

yourself or you may desire for another. If your desire concerns another make sure that the thing desired is acceptable to that other. The reason for this warning is that your consciousness is God, the giver of all gifts.

Therefore, that which you feel and believe to be true of another is a gift you have given him. The gift that is not accepted returns to the giver. Be very sure then that you would love to possess the gift yourself for if you fix a belief within yourself as true of another and he does not accept this state as true of himself, this unaccepted gift will embody itself within your world. Always hear and accept as true of others that which you would desire for yourself. In so doing you are building heaven on earth.” – Neville

When you direct negative thoughts toward

another there is a good chance they will get rebounded to you. Always directing negative thoughts at others there is a guarantee that some of the negativity will return to you. "A person who directs a malicious thought to another will be injured by its rebound if he fails to get subconscious acceptance of the other. "As ye sow, so shall ye reap." Furthermore, what you can wish and believe of another can be wished and believed of you, and you have no power to reject it if the one who desires it for you accepts it as true of you. The only power to reject a subjective word is to be incapable of wishing a similar state of another – to give presupposes the ability to receive." – Neville

On the other hand when you direct positive thoughts toward others you are supposed

to also receive benefit.

"The good you subjectively accept as true of others will not only be expressed by them, but a full share will be realized by you." – Neville

7. Inner Dialog

"Your inner speech is perpetually written all around you in happenings. Learn to relate these happenings to your inner speech and you will become self-taught." – Neville

It is important to become aware of the thoughts running through one's mind. Observing the mind is difficult but can be achieved through nonjudgmental detached observation of oneself. "An uncritical observation of our inner talking will reveal to us the ideas from which we view the world." – Neville

"Take yourself in hand and uncritically observe your thoughts and reactions to life. Don't condemn your thoughts, but subdue them." – Neville

Easier is to be on watch for one's negativity. It is important to remove attention to all negative thoughts from one's mind. When a negative thought enters the mind, and your mind is so trained, instead of indulging and identifying with the thought you immediately place your attention on something positive. Some will use this reflex to place their attention back to the "I Am" or their idea of God, others will turn their perspective on the negative idea to positive trying to see the positive aspect of what they had perceived negatively.

"You deny a thing by taking your attention away from it. To drop a thing, problem or

ego from consciousness you dwell upon God – God being I AM." – Neville

"...inasmuch as the state with which we are identified mirrors itself in our inner speech, then to change the state with which we are fused, we must first change our inner talking." – Neville

"Stop all of the old mechanical negative inner talking and start a new positive and constructive inner speech from premises of fulfilled desire." – Neville

"Through controlled inner talking from premises of fulfilled desire, seeming miracles are performed." – Neville

"All of us can realize our objectives by the wise use of mind and speech. Most of us are totally unaware of the mental activity which goes on within us. But to play the

same of life successfully, we must become aware of our every mental activity, for this activity, in the form of inner conversations, is the cause of the outer phenomena of our life." – Neville

8. Present Moment

Everything happens now. Even when you remember something it is a present memory of a past event. Correct prayer must be done in the present tense. Feel yourself into the state of the thing desired now, not in some future time frame.

"What you must strive after is being. In order to do, it is necessary to be. The end of yearning is to be." – Neville

"When you say, 'I AM,' you are declaring yourself to be, first person, present tense; there is no future. To know that I AM is to

be conscious of being. Consciousness is the only door." – Neville

"Never visualize yourself at a distant point in time and space. Make your action take place here and now! The difference between feeling yourself act here and now and visualizing yourself in action as though on a movie screen, is the difference between success and failure." – Neville

9. Time

"There is always an interval of time between the impression and its expression, between the conscious claim and its embodiment. This interval is called the Sabbath, the period of rest or non-effort (the day of entombment)." – Neville

In his book "Your Faith is Your Fortune" Neville acknowledges the element of time

involved in manifestation. Although time is ultimately an illusion it is an illusion we must contend with until we transcend physical limitations. The time it takes to manifest something would depend on the feeling intensity and the diligence of the practitioner.

"Acting at high tension, an imaginal act is an immediate objective fact. Keyed low, an imaginal act is realized in a time process."

– Neville

"Man is such a slave to time that, if after he has appropriated a state of consciousness which is not now seen by the world and it, the appropriated state, does not immediately embody itself, he loses faith in his unseen claim; forthwith he drops it and returns to his former static state of being. Because of this limitation of man I have

found it very helpful to employ a specified interval of time in making this journey into a prepared mansion."- Neville

"Now I (consciousness) go to a point in time and there prepare a place." – Neville

"With this belief firmly established decide what would be a relative, rational interval of time in which such a desire could be realized. Again let me remind you not to shorten the interval of time because you are anxious to receive your desire; make it a natural interval. No one can give you the time interval. Only you can say what the natural interval would be to you." – Neville

"Confidence in yourself as determined by conditioned consciousness always shortens the interval of time. If you were accustomed to great accomplishments,

you would give yourself a much shorter interval in which to accomplish your desire than the man schooled in defeat." – Neville

10. Revision

Neville mentions that if he is to be remembered for anything that it would most likely be for the exercise of revision. Revision is simply changing your memory of an event in your life. The idea is to take a memory of a negative physical event and convert it into a positive imaginal event. Revision, also popular in the NLP world and given to us by Seth, works by supplanting a memory with an equally valid imaginal event.

"In the evening, review all the episodes, events, conversations and meetings of your day. As you recall them, rewrite those

you wish changed. This is done by revising the event, conversation or meeting. Revise each scene until it becomes so real you feel you are actually experiencing it. You will discover that, as you revise your days, your tomorrows change. People who disappointed you today, will encourage you tomorrow, because you have changed their nature. Having changed the seeming other, he will bear witness to the change which took place in you." – Neville

What Next?

You've gotten everything you thought you wanted in life and still feel something is missing in your life.

"As long as you are born of the flesh you have to suffer. This is the way of the flesh. Do not try to improve your life. You're

making a big mistake. For there is no question about it, if you use positive thinking and use your mind, you may appear to improve your life. But remember, this world in which you live is a world of duality. For every up there is a down. For every forward there is a backward. For every good there is a bad. Therefore, whatever improvement comes in your life, it will last for a while, then will subside, then you become miserable again. You'll start sticking up for your rights and fighting for your survival. Then as you get what you want, you'll be happy again. You're like a yo-yo. You go up and down, up and down. And no matter how much I talk to you about this, you're going to keep on doing this.” – Robert Adams from ‘Silence of the Heart’

At some point you will start to realize

fulfillment doesn't come from anything outside yourself. "But if you put your energy into it, and you practice it every chance you get, and you put this first in your life, you will see amazing results. But you have to put it first in your life. Think right now. What is first in your life? Don't tell me but just think. What comes first in your life? Can you take it with you when you die?" – Robert Adams from 'Silence of the Heart'

Neville mentions our true purpose is something greater than success in the material world. "In the early stages, your every venture will be successful. You will increase your income and have the things of this world that you so desire. But after a while you will realize that they are only toys to amuse you until the spirit of Christ awakens from within. Then you will know

you are not here to amass a fortune, but to redeem society." – Neville

The ultimate goal is union with the divine or to awaken the Christ within. Neville mentions in several lectures the day when he "awoke from the dream of life". Once awakened we no longer find the need to accumulate physical objects. Our interests lie mostly in the inner world of which this physical world is a shadow.

"Tame the violence that is housed in you. Transcend it! Do not fight against conditions, as they only reflect the turmoil within you, their observer. Turn your attention around, as you would physically turn your back upon that which you do not want to see." – Neville

"It is important to learn to distinguish

between your identity (your "I") and the state you occupy." – Neville

"God is not there. He is in your mind, dreaming he is you." – Neville

"Therefore, call the perfect one into being by living in the feeling, "I am Christ," for Christ is the one concept of self through which can be seen the unveiled realities of eternity." – Neville

"Instead of believing in God or in Jesus – believe you are God or you are Jesus." – Neville

I AM

Neville has something in common with the great Indian tradition of Advaita Vedanta which is "I AM". Our sense of identity is the one thing that transcends this physical self and links us to the higher self. When we

hold onto this sense of "I Am" it will lead us to the divine. Attention must be turned from outward through the physical senses to back inward toward the divine self.

"Now, you cannot change your "I" until you first find it. This is done by an uncritical observation of self. The discovery of yourself (your "I") is essential, for it is the sole cause of everything you observe." – Neville

"Silently feel yourself to be I AM. Do not condition it, but lose yourself in the feeling of being formless and faceless. When this expansion of consciousness is attained, move into the form of the new concept by feeling yourself in your desired state. Do this and you will discover that within this deep of self, all things are divinely possible. Anything you can conceive of being, while

in your formless awareness, will seem to be a natural attainment.” – Neville

“Our usual attitude is of 'I am this'. Separate consistently and perseveringly the 'I am' from 'this' or 'that', and try to feel what it means to be, just to be, without being 'this' or 'that'.” – Nisargadatta Maharaj

"In order to catch that which is beyond your present consciousness, you must launch into the deeper waters where your desires swim. This is done by taking your attention away from your present problem, or limitation and dwelling upon just being. Say to yourself over and over again, "I am; I am; I am." Do not condition this declaration, just feel yourself to be. Persist until you slip the anchor that binds you to your problems and you will move out into the depth of their solution." – Neville

"Unconditioned consciousness is God, the one and only reality. By unconditioned consciousness is meant a sense of awareness; a sense of knowing that I AM apart from knowing who I AM; the consciousness of being, divorced from that which I am conscious of being." – Neville

The Catch All State

This seems to be the one catch all and wonderful way to practice correct prayer. Just assume an ecstatic state. Remain in this state then your outer world will reflect this state.

“During the course of a day I may imagine many things, but instead of imagining lots of small things, I would suggest that you imagine something so big it includes all the little things. Instead of imagining wealth,

health and friends, imagine being ecstatic. You could not be ecstatic and be in pain. You could not be ecstatic and be threatened with a dispossession notice. You could not be ecstatic if you were not enjoying a full measure of friendship and love. What would the feeling be like were you ecstatic without knowing what had happened to produce your ecstasy? Reduce the idea of ecstasy to the single sensation, "Isn't it wonderful!" Do not allow the conscious, reasoning mind to ask why, because if it does it will start to look for visible causes, and then the sensation will be lost. Rather, repeat over and over again, "Isn't it wonderful!" Suspend judgment as to what is wonderful." – Neville

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