

Neville Goddard

Feeling is the Secret

Book Overview

Neville Goddard's "Feeling is the Secret" explores the concept of feeling as the primary force in manifestation, arguing that by assuming the feeling of having already achieved a desired state, individuals can influence their subconscious minds to create it in reality. The book delves into the relationship between the conscious and subconscious and proposes methods like sleep and prayer as gateways for influencing the subconscious. The author emphasizes the power of feeling over thinking, highlighting the importance of choosing to focus on desirable feelings and emotions to attract positive outcomes. Through controlling one's feelings, it is believed that one can transform their subjective reality, ultimately impacting their objective world.

By understanding the law of consciousness and harnessing the power of feeling, you can create a life of happiness, fulfilment, and abundance. You become the artist of your life, consciously shaping it according to your deepest desires.

Neville Goddard challenges readers to apply the principles outlined in "Feeling is the Secret" to experience personal success, emphasizing the power of practice over reasoned arguments.



by OL booksummary

The Nature of Consciousness and Reality

Goddard posits that consciousness is the ultimate reality, divided into two aspects: the conscious and subconscious minds. The conscious mind is personal, selective, and deals with effects, while the subconscious mind is impersonal, non-selective, and deals with causes. This division is likened to male and female aspects of consciousness, with the conscious mind generating ideas and the subconscious manifesting them into reality.

The world we experience is a reflection of our conditioned consciousness. By changing our consciousness, we change our reality. This concept challenges conventional understanding of the nature of reality and our role in shaping it. It suggests that we are not passive observers of an external world, but active creators of our experiences through our thoughts and feelings.

Understanding this relationship between consciousness and reality is crucial for anyone seeking to manifest their desires. It implies that by mastering our inner world, we can profoundly influence our outer circumstances. This perspective empowers individuals to take responsibility for their experiences and provides a framework for personal transformation.

The central message is that our reality is a reflection of our internal state, and that by mastering our feelings, we can master our destiny.

1 Consciousness as the Ultimate Reality

The world is a manifestation of our consciousness. By changing our consciousness, we change our reality.

2 The Power of Feeling

Feeling is the key to impressing the subconscious mind, which is the creative force responsible for manifesting our desires.

3 Assuming the Feeling of the Wish Fulfilled

To manifest a desire, we must feel as if it is already accomplished.

4 Sleep and Prayer as Gateways to the Subconscious

These states provide access to the subconscious mind, allowing us to plant the seeds of our desires.

5 Self-Mastery

Controlling our thoughts and feelings is essential for creating the life we want.



The Power of Feeling in Manifestation

At the core of Goddard's teaching is the idea that feeling is the secret to manifestation. Feeling acts as the crucial link between conscious desires and subconscious creation. The subconscious mind, which Goddard describes as the "womb of creation," does not originate ideas but accepts and expresses the ideas impressed upon it by the conscious mind through feelings.

Goddard emphasizes that "sensation precedes manifestation." Before something can manifest in the physical world, we must first feel it as true within ourselves. This principle underscores the importance of cultivating and directing our feelings intentionally. By controlling our feelings, we can shape our subjective reality, which ultimately impacts our objective world.

The author stresses the importance of feeling the wish fulfilled. To manifest a desire, we must assume the feeling of having already achieved it. This practice impresses the desired state upon the subconscious, which then works to bring it into physical reality. Goddard states, "You never attract that which you want, but always attract that which you are conscious of being." This highlights the need to align our feelings with our desires, rather than focusing on the lack or absence of what we want.

Key Aspects of Feeling in Manifestation

Feeling is the medium through which ideas are conveyed to the subconscious

Dominant Feelings

The dominant of two feelings is the one expressed

Non-selective Subconscious

The subconscious does not judge the truth or falsity of our feelings, it simply expresses them



Key Themes

- Consciousness is divided into two parts: The conscious mind is personal, selective, and deals with effects.
- The subconscious mind is impersonal, non-selective, and deals with causes.
- The subconscious mind does not originate ideas: It accepts the ideas impressed upon it by the conscious mind through feelings.
- Dominant feelings are expressed: "The dominant of two feelings is the one expressed. I am healthy is a stronger feeling than I will be healthy."
- The subconscious mind is non-selective: It does not judge the truth or falsity of our feelings; it simply expresses them.
- Our feelings create our reality: "Your feelings create the pattern from which your world is fashioned, and a change of feeling is a change of pattern."
- We are already that which we want to be: Our refusal to believe this is the only thing preventing us from seeing it.
- Sleep is the natural door to the subconscious: Our last waking concept of self dominates our subconscious impressions during sleep.
- Prayer is an entrance into the subconscious: It allows us to impress the subconscious with the feeling of the wish fulfilled.
- Faith is feeling: "According to your faith (feeling) be it unto you."
- We attract what we are: "You never attract that which you want, but always attract that which you are conscious of being."



Practical Takeaways

Law and Its Operation

1 The Nature of Consciousness

Explains consciousness as the fundamental reality, divided into conscious and subconscious aspects likened to male and female divisions. The conscious generates ideas, while the subconscious manifests them into reality.

2 The Power of Feeling

Emphasizes feeling as the crucial link between conscious desires and subconscious creation. It delves into how controlling and directing feelings can shape our reality, highlighting the negative impact of dwelling on undesirable emotions.

3 The Subconscious as the Womb of Creation

Explores the non-selective nature of the subconscious and its role in expressing all impressed feelings, urging readers to focus on desired states rather than difficulties.

4 The Importance of Feeling the Wish Fulfilled

Stresses the need to assume the feeling of having already achieved the desired state, highlighting this as the key to influencing the subconscious and manifesting desires.

5 The Inner World Reflects in the Outer

Reinforces the idea that our outer world is a mirror of our inner consciousness, stating that a change in feeling leads to a change in destiny.

- **Believing as Being:** Links the concept of feeling to being, urging readers to believe they are God or Jesus, rather than just believing in them, drawing from biblical references to support the idea of achieving God-like abilities through belief.
- **Establishing Success Through Applied Advice:** Highlighting that believing in and applying valuable advice reinforces the reality of success within oneself.



Sleep

The Natural Gateway to the Subconscious

Goddard presents sleep as a powerful tool for influencing the subconscious mind. He describes sleep as the natural door to the subconscious, comparing it to a romantic rendezvous with a lover who faithfully reproduces our inner beliefs in the outer world. This analogy emphasizes the intimate and powerful relationship between our conscious thoughts before sleep and the subconscious work that occurs during our resting hours.

Your mood prior to sleep defines your state of consciousness as you enter into the presence of your everlasting lover, the subconscious.

By mastering this technique, individuals can harness the natural power of sleep to influence their subconscious mind and, consequently, their waking reality. This practice turns the nightly act of falling asleep into a potent ritual for personal transformation and manifestation.

1 Sleep as the Gateway to the Subconscious

Describes sleep as the natural entrance to the subconscious, comparing it to a romantic rendezvous with a lover who faithfully reproduces our inner beliefs in the outer world.

2 The Impact of Our Last Waking Concept

Explains how the last waking concept of self dominates our subconscious impressions during sleep, shaping the conditions and events of our waking lives.

3 The Importance of Feeling the Wish Fulfilled Before Sleep

Advocates for consciously assuming the feeling of accomplishment and satisfaction before sleep, as this directly influences the subconscious creative process.

4 Directing Desires into the Subconscious

Provides a practical technique of feeling oneself into the state of the realized wish before sleep, drawing a parallel with the biblical "Song of Solomon" to illustrate the union of conscious and subconscious.

5 The Power of Imagination and Belief

Encourages readers to imagine states beyond past experiences, emphasizing that all objective states were first subjective, brought into existence by feeling their reality.



Prayer

Another Gateway to the Subconscious

In "Feeling is the Secret," Goddard presents prayer as an alternative entrance to the subconscious mind, similar to the relaxed and receptive state experienced before sleep. He redefines prayer not as a plea to an external deity, but as a method of impressing desired states upon the subconscious mind. This perspective aligns prayer with the broader concept of conscious creation through feeling.

The key to effective prayer, according to Goddard, lies in believing that prayers are already answered. This belief is manifested through feeling the wish fulfilled during the act of prayer. He emphasizes that prayer requires yielding to the wish, not forcefully exerting will. This approach contrasts the disciplined mind's alignment with the fulfilled wish against the undisciplined mind's reliance on sensory evidence.

Goddard provides a practical technique for achieving a passive state of mind conducive to effective prayer. This state, similar to the feeling before sleep, allows one to shut out sensory distractions and focus on the desired feeling. He instructs readers to visualize their desires in picture form and feel the associated emotions of having already achieved them during this passive state.



By reframing prayer in this way, Goddard provides a powerful tool for conscious creation that can be practiced at any time, not just before sleep. This approach to prayer aligns with the book's central theme of using feeling to impress desires upon the subconscious mind for manifestation.

The Importance of Self-Mastery

A crucial aspect of Goddard's teaching in "Feeling is the Secret" is the emphasis on self-mastery. He asserts that controlling our thoughts and feelings is essential for creating the life we want. This concept of self-mastery extends beyond mere positive thinking; it involves a deep understanding and conscious direction of our inner world.

Goddard stresses the importance of choosing to focus on desirable feelings and emotions to attract positive outcomes. He warns against dwelling on negative feelings, explaining that the subconscious mind does not discriminate between positive and negative impressions. It simply accepts and expresses whatever is impressed upon it. Therefore, mastering our feelings becomes a critical skill in shaping our reality.

The author encourages readers to cultivate awareness of their dominant feelings and consciously shift them towards their desires. This practice requires persistence and discipline, especially when faced with contradictory external circumstances. Goddard advises maintaining the feeling of the wish fulfilled, despite any apparent lack of evidence in the physical world.

Control of your feeling is all important to a full and happy life.

Self-mastery, in this context, also involves developing the ability to imagine states beyond past experiences. Goddard challenges readers to break free from the limitations of their current reality and to dare to imagine and feel states that align with their deepest desires. This practice of expanding one's imaginative capacity is presented as a key element in personal growth and manifestation.

By mastering our thoughts and feelings, we become deliberate creators of our reality, rather than passive recipients of circumstances. This empowering perspective places the responsibility for our life experiences squarely in our own hands, offering a path to profound personal transformation and fulfillment.



Practical Application of "Feeling is the Secret"

Applying the principles outlined in "Feeling is the Secret" requires consistent practice and a willingness to shift one's perspective on reality. Here are some practical steps for implementing Goddard's teachings in daily life:

1. **Cultivate Awareness:** Begin by becoming more aware of your feelings throughout the day. Notice how different thoughts and experiences affect your emotional state.
2. **Choose Your Feelings:** Consciously choose to focus on feelings that align with your desires. When negative feelings arise, acknowledge them but don't dwell on them.
3. **Practice Feeling the Wish Fulfilled:** Regularly take time to imagine and feel what it would be like to have already achieved your desires. Make this a daily practice, especially before sleep.
4. **Use Sleep and Prayer:** Utilize the techniques Goddard provides for impressing desires on the subconscious mind through sleep and prayer. Make these practices a consistent part of your routine.
5. **Persist Despite Appearances:** Maintain your chosen feeling state even when external circumstances seem to contradict your desires. Trust in the power of your subconscious to manifest your feelings into reality.
6. **Expand Your Imagination:** Challenge yourself to imagine and feel states beyond your current experiences. Don't limit yourself to what seems possible based on past events.
7. **Monitor Your Self-Talk:** Pay attention to your inner dialogue and consciously shift it to support your desired feelings and outcomes.

Remember, the key to success with these principles is consistency and faith in the process. Goddard emphasizes that results may not be immediate, but persistent application of these techniques will lead to profound changes in one's life experience.



Conclusion

The Transformative Power of Feeling

"Feeling is the Secret" presents a powerful framework for understanding the relationship between our inner world and our outer reality. Neville Goddard's teachings emphasize the crucial role of feeling in the manifestation process, challenging readers to take control of their emotional states as a means of shaping their lives.

The book's core message - that our feelings create the pattern from which our world is fashioned - offers a profound shift in perspective. It empowers individuals to see themselves not as victims of circumstance, but as active creators of their reality. By mastering the art of feeling the wish fulfilled, we can impress our desires upon the subconscious mind, which then works to bring these desires into physical manifestation.

Goddard's techniques for utilizing sleep and prayer as gateways to the subconscious provide practical tools for applying these principles in daily life. These practices offer a means of aligning our conscious desires with the creative power of the subconscious, potentially leading to significant personal transformation.

Ultimately, "Feeling is the Secret" invites readers to explore the depths of their consciousness and to harness the power of their feelings to create the life they desire. It challenges us to expand our understanding of reality and our role in shaping it, offering a path to greater self-mastery and fulfillment.

Your feelings create the pattern from which your world is fashioned, and a change of feeling is a change of pattern.

As we apply these principles, we may find that the secret to manifesting our desires lies not in forceful action or endless planning, but in the subtle yet powerful realm of our feelings. By mastering this secret, we open ourselves to a world of infinite possibilities and the potential for profound personal and collective transformation.

