

feeling is the secret

feeling is the secret is a powerful concept that has gained significant attention in the realms of self-development, manifestation, and conscious living. Rooted in the teachings of Neville Goddard, this principle emphasizes the transformative power of emotions and beliefs in shaping reality. In this comprehensive article, you will learn how feeling is the secret to unlocking personal growth, understanding the science behind emotions, and mastering techniques that leverage positive feelings for success. We will explore practical applications, real-world examples, and expert insights on how your feelings create and attract the experiences you desire. Whether you are new to the idea or seeking to deepen your understanding, this guide provides actionable strategies and in-depth knowledge to help you harness the secret behind feeling. Continue reading to discover how embracing your emotions can lead to profound changes in your life, relationships, and overall well-being.

- Understanding the Concept: Feeling is the Secret
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Understanding the Concept: Feeling is the Secret

The phrase "feeling is the secret" originates from Neville Goddard, a renowned teacher and author in the field of metaphysical thought. His philosophy centers around the idea that your feelings directly influence the events and circumstances you experience. According to Goddard, it is not enough to simply think about your desires; you must feel them as if they are already realized. This shift from thought to emotion is what bridges the gap between intention and manifestation.

The core principle is that your subconscious mind responds to feelings, not just words or thoughts. When you cultivate a genuine sense of belief and emotional resonance with your goals, your subconscious accepts them as reality, prompting changes in your behavior and environment. This concept has inspired many individuals to pursue their dreams by focusing on positive emotions and inner conviction.

Understanding "feeling is the secret" is fundamental for anyone looking to improve their life through conscious creation, manifestation techniques, or emotional intelligence. By recognizing the significance of emotions, you can begin to use them deliberately to shape your future.

The Science Behind Feelings and Manifestation

How Emotions Influence Reality

Scientific research supports the idea that emotions have a profound impact on both physical and psychological outcomes. Studies in neuroscience have shown that emotional states can change brain chemistry, affecting decision-making, motivation, and perception. The law of attraction, a related concept, suggests that focusing on positive feelings attracts positive experiences.

Your subconscious mind does not differentiate between reality and imagination; it responds to the

emotional intensity of your thoughts. When you consistently feel as though your desires are already fulfilled, you program your subconscious to seek out and create conditions that align with those feelings.

Biological Effects of Positive Feelings

Positive emotions such as joy, gratitude, and love trigger the release of beneficial hormones like serotonin and dopamine. These hormones enhance cognitive function, boost the immune system, and increase overall well-being. Conversely, negative emotions can lead to stress, anxiety, and health issues.

- Improved mental clarity and focus
- Greater resilience to stress
- Enhanced creativity and problem-solving ability
- Increased motivation and drive
- Better physical health outcomes

These effects illustrate why feeling is the secret to manifesting and maintaining a fulfilled life.

Practical Techniques for Harnessing Feeling

Visualization and Emotional Immersion

Visualization is a widely used technique to evoke the emotions associated with desired outcomes. By vividly imagining yourself experiencing success, happiness, or abundance, you generate feelings that prime your subconscious for action. The key is to engage all senses and immerse yourself fully in the emotional experience.

Affirmations and Emotional Anchoring

Affirmations become more effective when paired with strong emotions. Rather than repeating statements mechanically, focus on generating genuine feelings of belief and gratitude. Emotional anchoring involves associating certain words or actions with positive emotional states, reinforcing the desired feeling over time.

Meditation and Mindfulness Practices

Mindfulness meditation teaches you to observe and regulate your emotional responses. By cultivating awareness, you can consciously shift your feelings from doubt or fear to hope and confidence. Regular practice strengthens your ability to maintain positive emotions, making manifestation more consistent and effective.

Common Misconceptions and Pitfalls

Misunderstanding the Role of Thought Versus Feeling

A common misconception is that thoughts alone are sufficient for manifestation. While thoughts set

intentions, it is the feeling behind those thoughts that activates the subconscious mind. Without genuine emotion, intentions remain intellectual and lack the power to influence reality.

Suppressing Negative Emotions

Another pitfall is the belief that negative emotions must be avoided at all costs. Suppressing feelings can lead to emotional blockages and mental distress. Instead, acknowledge and process negative emotions, then consciously choose to shift your focus towards positive feelings.

Expecting Immediate Results

Manifestation through feeling is not always instantaneous. Expecting quick fixes can result in frustration and disappointment. Consistency, patience, and persistence are crucial to integrating the philosophy of "feeling is the secret" into daily life.

Real-Life Applications and Success Stories

Personal Development and Goal Achievement

Many individuals have reported significant improvements in their lives after applying the principles of "feeling is the secret." By cultivating feelings of success, confidence, and self-worth, people have achieved career advancements, financial abundance, and fulfilling relationships.

Health and Well-Being Improvements

Applying positive feelings to health goals has led to better recovery rates, increased motivation for healthy habits, and greater resilience during challenging times. Emotional well-being is closely linked to physical health, making this approach a valuable tool in holistic wellness.

Relationships and Social Success

Building strong relationships often begins with feeling worthy of love and connection. When individuals consistently feel valued and appreciated, they attract similar experiences and people into their lives. This principle has helped many foster deeper connections and resolve interpersonal conflicts.

Expert Insights on Emotional Power

Psychological Perspectives

Psychologists emphasize the importance of emotional intelligence in achieving personal and professional success. Emotional awareness, regulation, and expression are key factors in building resilience, managing stress, and fostering positive relationships.

Neuroscience and Brain Training

Neuroscientific research indicates that regularly practicing positive emotional states can rewire neural pathways, making optimism and confidence habitual. Experts recommend integrating techniques such as gratitude journaling, visualization, and mindful breathing into daily routines.

Coaching and Personal Growth Strategies

Life coaches and personal development specialists advocate for the deliberate cultivation of empowering feelings. By setting clear intentions and consistently nurturing the emotional state aligned with desired outcomes, individuals create lasting transformation.

Conclusion: Embracing the Secret of Feeling

Understanding that feeling is the secret enables individuals to harness the full potential of their emotions in shaping their reality. From scientific evidence to expert insights and practical applications, the profound impact of feelings on manifestation and well-being is undeniable. By adopting techniques that prioritize emotional resonance, anyone can unlock greater success, happiness, and fulfillment in all areas of life.

Q: What does "feeling is the secret" mean?

A: "Feeling is the secret" refers to the concept that your emotions and feelings are the key drivers in manifesting your desires and shaping your reality. It emphasizes that genuine feeling, not just thought, activates the subconscious mind to bring about desired outcomes.

Q: Who popularized the concept of feeling is the secret?

A: Neville Goddard, a prominent metaphysical teacher and author, popularized the concept through his writings and teachings, highlighting the power of emotions in manifestation.

Q: How do feelings influence manifestation?

A: Feelings create a strong emotional resonance with your desires, programming your subconscious mind to accept them as reality. This alignment prompts actions and circumstances that support the realization of your goals.

Q: What practical techniques help harness the power of feeling?

A: Techniques such as visualization, emotionally charged affirmations, meditation, and mindfulness practices can help evoke and sustain the feelings needed to manifest desired outcomes.

Q: Can negative feelings block manifestation?

A: Persistent negative feelings can hinder the manifestation process by attracting undesirable experiences. It is important to acknowledge and shift negative emotions towards more positive and empowering feelings.

Q: Is feeling more important than thought in manifestation?

A: Yes, while thoughts set intentions, it is the emotional intensity behind those thoughts that activates the subconscious mind and facilitates manifestation.

Q: How long does it take for manifestation to work using feeling is the secret?

A: The time frame varies depending on individual beliefs, consistency, and emotional alignment. Manifestation is typically not instant, and patience is essential.

Q: Are there scientific studies supporting the power of feelings?

A: Yes, research in neuroscience and psychology has shown that emotions influence brain chemistry, decision-making, motivation, and physical health, supporting the idea that feelings can shape outcomes.

Q: Can feeling is the secret be applied to health and relationships?

A: Absolutely. Cultivating positive feelings can improve physical well-being, strengthen relationships, and foster personal growth in various aspects of life.

Q: What are common mistakes when practicing feeling is the secret?

A: Common mistakes include relying solely on thoughts without genuine emotion, suppressing negative feelings instead of processing them, and expecting immediate results without persistence or patience.

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Feeling Is the Secret: Unlocking Your Potential Through Emotional Intelligence

Introduction:

Are you tired of feeling stuck, unsure of why things aren't going your way? We often prioritize logic and reason, neglecting the powerful, often unspoken, language of feelings. This post delves into the profound truth that feeling is the secret to unlocking your potential, improving relationships, and navigating life's complexities with greater ease. We'll explore how understanding and managing

your emotions can dramatically shift your perspective and empower you to make more informed decisions, achieve your goals, and live a more fulfilling life. Get ready to unlock the power within – the power of your feelings.

H2: Understanding the Power of Emotional Intelligence (EQ)

Before we dive into the specifics of "feeling is the secret," let's establish a fundamental concept: emotional intelligence (EQ). EQ isn't about suppressing your emotions; it's about understanding, accepting, and managing them effectively. It's about recognizing your own emotional state and the emotional states of others. This awareness allows you to navigate interpersonal relationships, make better decisions, and build stronger connections. High EQ individuals are often more successful, resilient, and happier.

H2: How "Feeling Is the Secret" to Better Decision-Making

Logic alone can often lead us astray. Our feelings, often dismissed as irrational, provide valuable insights into what truly resonates with us. Ignoring our gut feeling, that intuitive sense that something is right or wrong, can lead to poor choices. "Feeling is the secret" because it acts as an internal compass, guiding us toward decisions aligned with our values and aspirations. Learning to listen to your feelings—not impulsively reacting to them, but thoughtfully considering their message—is crucial for making decisions that truly serve you.

H3: Identifying Your Feelings: The First Step

The first step in harnessing the power of your emotions is to identify them. Are you feeling anxious, excited, frustrated, or content? Take the time to label your emotions accurately. Journaling, mindfulness practices, and self-reflection can significantly enhance this ability. The more you understand your emotional landscape, the better equipped you are to manage and leverage it.

H3: Differentiating Between Feeling and Reacting

It's crucial to differentiate between feeling an emotion and reacting to it. Feeling anger is natural; lashing out in anger is a reaction. The secret lies in the space between feeling and reacting. This space allows you to choose a response aligned with your goals and values, rather than being controlled by your emotions. This requires practice and self-awareness, but the rewards are immense.

H2: "Feeling Is the Secret" to Stronger Relationships

Our feelings profoundly impact our relationships. Empathy, the ability to understand and share the feelings of others, is a cornerstone of strong connections. By tuning into the emotions of those around us, we can build deeper rapport, resolve conflicts more effectively, and cultivate more meaningful relationships. "Feeling is the secret" to creating a supportive and loving environment where everyone feels seen, heard, and understood.

H2: Using Feelings to Achieve Your Goals

Feelings are not just a barrier to success; they are powerful motivators. Passion, excitement, and even fear can fuel your drive towards your goals. Understanding your feelings about your aspirations can help you identify what truly motivates you and adjust your approach as needed. If you feel dread about a particular task, it might be time to re-evaluate your strategy or seek support.

H2: Overcoming Challenges with Emotional Awareness

Life throws curveballs. Challenges and setbacks are inevitable. However, emotional awareness can make a significant difference in how we navigate these difficulties. When faced with adversity, our feelings often provide valuable clues about our needs and coping mechanisms. By acknowledging and processing our emotions, rather than suppressing them, we can build resilience and bounce back from setbacks with greater ease.

H2: Cultivating Emotional Intelligence: Practical Tips

Practice mindfulness: Regularly engaging in mindfulness meditation helps you become more aware of your emotions in the present moment.

Journal your feelings: Writing down your feelings can help you process them and identify patterns.

Seek feedback: Ask trusted friends and family for honest feedback about your emotional responses.

Learn emotional regulation techniques: Explore techniques like deep breathing, progressive muscle relaxation, and cognitive reframing to manage challenging emotions.

Engage in self-compassion: Be kind to yourself, acknowledging that it's okay to feel a range of emotions.

Conclusion:

"Feeling is the secret" to a more fulfilling and successful life. By cultivating emotional intelligence,

you unlock the power within to make better decisions, build stronger relationships, and overcome challenges with resilience. Embrace your feelings, understand their message, and use them as a compass to guide you toward a life aligned with your values and aspirations. The journey of emotional awareness is a lifelong process, but the rewards are immeasurable.

FAQs:

1. Is it possible to be too in touch with my feelings? While emotional awareness is beneficial, it's important to find a balance. Overly dwelling on negative emotions can be detrimental. Healthy emotional intelligence involves understanding your feelings and managing them constructively.
2. How can I deal with overwhelming emotions? If you are experiencing overwhelming emotions, seek professional help. A therapist or counselor can provide guidance and support in developing healthy coping mechanisms.
3. Can emotional intelligence be learned? Yes, emotional intelligence is a skill that can be developed and improved through practice and self-awareness.
4. How does feeling affect my physical health? Chronic stress and suppressed emotions can negatively impact physical health. Managing your emotions effectively can contribute to improved physical well-being.
5. Is emotional intelligence the same as empathy? While empathy is a key component of emotional intelligence, EQ encompasses a broader range of abilities, including self-awareness, self-regulation, and social skills.

feeling is the secret: Feeling Is the Secret Neville Goddard, 2024-05-21 A guidebook to revolutionizing your life through the power of thoughts and emotions, from one of the New Age's most powerful writers Neville Goddard is one of the most powerful writers in the realm of New Age spirituality. Unknown during his lifetime, his work has grown increasingly popular, and his writings have influenced the likes of Rhonda Byrne in *The Secret*, Carlos Castaneda, and Wayne Dyer. The founding principle of Neville's work is stunning in its simplicity—your imagination is God. This message of empowerment has resonated with countless readers, showing them how to unlock their full potential through the power of feeling. A leader in the New Thought movement, Neville Goddard believed that anyone can shape their own reality by understanding and harnessing their thoughts and feelings. Our mindset can either limit our potential or open up a new world of possibility, giving us the capacity to transform every part of our lives, from finances to relationships to wellness. Introducing readers to Goddard's revolutionary methods that include sleep training and prayer, the clear, easy-to-follow system outlined in this book is perfect for readers looking to tap into their own power. Written in 1944, *The Feeling Is the Secret* is one of Neville's most life-changing works. This edition has been repackaged and updated for a modern audience, and includes a new introduction by the publisher as well as a bonus book, *Awakened Imagination*.

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awe-inspiring compilation of the most uplifting and powerful real-life stories from readers of the worldwide bestseller *The Secret*. Discover how everyday people completely transformed their lives by applying the teachings of *The Secret*. Since the very first publication of *The Secret* a decade ago, Rhonda Byrne's bestselling book has brought forth an explosion of real people sharing real stories of how their real lives have miraculously changed for the better. *How The Secret Changed My Life* presents a selection of the most heartwarming and moving stories in one inspirational volume. Each story provides an authentic, real-life illustration of the pathway that leads to success in every area of life: money, health, relationships, love, family, and career. The people in *How The Secret Changed My Life* show time and again that no one is excluded from living the life of their dreams.

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and it will harden into fact.”

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feeling is the secret: This Is How You Lose the Time War Amal El-Mohtar, Max Gladstone, 2019-07-16 * HUGO AWARD WINNER: BEST NOVELLA * NEBULA AND LOCUS AWARDS WINNER: BEST NOVELLA * “[An] exquisitely crafted tale...Part epistolary romance, part mind-blowing science fiction adventure, this dazzling story unfolds bit by bit, revealing layers of meaning as it plays with cause and effect, wildly imaginative technologies, and increasingly intricate wordplay...This short novel warrants multiple readings to fully unlock its complexities.” —Publishers Weekly (starred review) From award-winning authors Amal El-Mohtar and Max Gladstone comes an enthralling, romantic novel spanning time and space about two time-traveling rivals who fall in love and must change the past to ensure their future. Among the ashes of a dying world, an agent of the Commandment finds a letter. It reads: Burn before reading. Thus begins an unlikely correspondence between two rival agents hellbent on securing the best possible future for their warring factions. Now, what began as a taunt, a battlefield boast, becomes something more. Something epic. Something romantic. Something that could change the past and the future. Except the discovery of their bond would mean the death of each of them. There’s still a war going on, after all. And someone has to win. That’s how war works, right? Cowritten by two beloved and award-winning sci-fi writers, This Is How You Lose the Time War is an epic love story spanning time and space.

feeling is the secret: The Love Hypothesis Ali Hazelwood, 2021-09-14 The Instant New York Times Bestseller and TikTok Sensation! As seen on THE VIEW! A BuzzFeed Best Summer Read of 2021 When a fake relationship between scientists meets the irresistible force of attraction, it throws one woman's carefully calculated theories on love into chaos. As a third-year Ph.D. candidate, Olive Smith doesn't believe in lasting romantic relationships—but her best friend does, and that's what got her into this situation. Convinced Anh that Olive is dating and well on her way to a happily ever after was always going to take more than hand-wavy Jedi mind tricks: Scientists require proof. So, like any self-respecting biologist, Olive panics and kisses the first man she sees. That man is none other than Adam Carlsen, a young hotshot professor—and well-known ass. Which is why Olive is positively floored when Stanford's reigning lab tyrant agrees to keep her charade a secret and be her fake boyfriend. But when a big science conference goes haywire, putting Olive's career on the Bunsen burner, Adam surprises her again with his unyielding support and even more unyielding...six-pack abs. Suddenly their little experiment feels dangerously close to combustion. And Olive discovers that the only thing more complicated than a hypothesis on love is putting her own heart under the microscope.

feeling is the secret: Neville Goddard Neville Goddard, 2022-11-24 Bringing Together The Best of Neville Goddard's works. This wonderful collection contains: At Your Command; Awakened Imagination; Be What You Wish; Feeling Is The Secret; Five Lessons; He Dreams in me; Out Of This World; Prayer: The Art Of Believing; Seedtime & Harvest; The Law & The Promise; The Power Of Awareness; The Secret Of Imagining; Your faith is your fortune; By Imagination We Become; Answered Prayer; Meditation; The Law of Assumption; Truth; Stone, Water or Wine? And Affirm the

Reality of Our Own Greatness

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feeling is the secret: *The Giver* Lois Lowry, 2014 *The Giver*, the 1994 Newbery Medal winner, has become one of the most influential novels of our time. The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal, if colorless, world of conformity and contentment. Not until he is given his life assignment as the Receiver of Memory does he begin to understand the dark, complex secrets behind his fragile community. This movie tie-in edition features cover art from the movie and exclusive Q&A with members of the cast, including Taylor Swift, Brenton Thwaites and Cameron Monaghan.

feeling is the secret: Feeling Is The Secret, Revised Edition Neville, Neville Goddard, 2007 THIS book is concerned with the art of realizing your desire. It gives you an account of the mechanism used in the production of the visible world. It is a small book but not slight. There is a treasure in it, a clearly defined road to the realization of your dreams. Were it possible to carry conviction to another by means of reasoned arguments and detailed instances this book would be many times its size. It is seldom possible, however, to do so by means of written statements or arguments since to the suspended judgment it always seems plausible to say that the author was dishonest or deluded, and, therefore, his evidence was tainted. Consequently, I have purposely omitted all arguments and testimonials, and simply challenge the open-minded reader to practice the law of consciousness as revealed in this book. Personal success will prove far more convincing than all the books that could be written on the subject.

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feeling is the secret: *Out of This World: Your Wish Is Already Fulfilled* Neville Goddard, 2019-02-09 My object in writing these pages is to indicate possibilities inherent in man, to show that man can alter his future; but, thus altered, it forms again a deterministic sequence starting from the point of interference—a future that will be consistent with the alteration. The most remarkable feature of man's future is its flexibility. It is determined by his attitudes rather than by his acts. The cornerstone on which all things are based is man's concept of himself. - Neville Goddard

feeling is the secret: *The Book of Human Emotions* Tiffany Watt Smith, 2016-06-07 A thoughtful, gleeful encyclopedia of emotions, both broad and outrageously specific, from throughout history and around the world. How do you feel today? Is your heart fluttering in anticipation? Your stomach tight with nerves? Are you falling in love? Feeling a bit miffed? Do you have the heebie-jeebies? Are you antsy with *iktsuarpok* or filled with *nakhes*? Recent research suggests there are only six basic emotions. But if that makes you feel uneasy, suspicious, and maybe even a little bereft, *The Book of Human Emotions* is for you. In this unique book, you'll get to travel across the world and through time, learning how different cultures have articulated the human experience and picking up some fascinating new knowledge about yourself along the way. From the familiar (anger) to the foreign (*zal*), each entertaining and informative alphabetical entry reveals the surprising connections and fascinating facts behind our emotional lives. Whether you're in search of the perfect word to sum up that cozy feeling you get from being inside on a cold winter's night, surrounded by friends and good food (what the Dutch call *gezelligheid*), or wondering how nostalgia evolved from a fatal illness to enjoyable self-indulgence, Tiffany Watt Smith draws on history, anthropology, science,

art, literature, music, and popular culture to find the answers. In reading *The Book of Human Emotions*, you'll discover feelings you never knew you had (like basorexia, the sudden urge to kiss someone) and gain unexpected insights into why you feel the way you do. Besides, aren't you curious what nginyiwarrarringu means?

feeling is the secret: *The Subtle Art of Not Giving a F**k* Mark Manson, 2016-09-13 #1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be positive all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. F**k positivity, Mark Manson says. Let's be honest, shit is f**ked and we have to live with it. In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F**k* is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault. Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F**k* is a refreshing slap for a generation to help them lead contented, grounded lives.

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lays out strategies for turning big emotions into manageable ones and will help you understand: - how to end the cycle of intrusive thoughts brought on by regret, and instead use this feeling as a compass for making decisions - how to identify what's behind your anger and communicate it productively, without putting people on the defensive - how to spot the warning signs for burnout and take the necessary steps to balance your life - why you might be suffering from perfectionism even if we feel far from perfect, and how to detach your self-worth from what you do

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feeling is the secret: Freedom for All Neville, 2013-10 This is a new release of the original 1946 edition.

feeling is the secret: Feeling Is the Secret Neville Goddard, 2016-10-24 Neville Goddard (Born February, 15, 1905 in Barbados) was a metaphysical teacher who taught the law of attraction through lectures given on television, radio, books, and live in front of an audience. For years he was one of the most influential teachers on manifestation or on how our imagination creates reality in an almost literal way. THIS book is concerned with the art of realizing your desire. It gives you an account of the mechanism used in the production of the visible world. It is a small book but not slight. There is a treasure in it, a clearly defined road to the realization of your dreams. Neville may eventually be recognized as one of the world's great mystics. -Joseph Murphy, author of The Power of Your Subconscious Mind A popular speaker on metaphysical themes from the late '30s until his death in 1972, Neville authored ten books in which he captured the sheer logic of creative mind principles. His work has impacted me in a very profound way; in fact, he's been a great mentor to me in the past few years. -Dr. Wayne Dyer in Wishes Fulfilled Neville may be the positive-thinking movement's most radical and subtly influential voice. -Mitch Horowitz, Time.com Of all the metaphysical systems with which I am acquainted, Neville's is the most magical. -Israel Regardie The words of spiritual teacher Neville Goddard retain their power to electrify... Neville captured the sheer logic of creative mind principles as perhaps no other figure of his era. -Science of Mind magazine

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