

The great secret is a controlled imagination and a well-sustained attention firmly and repeatedly focused on the object to be accomplished.

It cannot be emphasized too much that, by creating an ideal within your mental sphere, by assuming that you are already that ideal, you identify yourself with it and thereby transform yourself into its image

Introduction

He calleth things that are not seen as though they were, and the unseen becomes seen. [Romans 4:17]

To reach a higher level of being, you must assume a higher concept of yourself.

To be transformed, the whole basis of your thoughts must change. But your thoughts cannot change unless you have new ideas, for you think from your ideas.

All transformation begins with an intense, burning desire to be transformed.

The first step in the "renewing of the mind" is desire.

You must want to be different [and intend to be] before you can begin to change yourself.

Then you must make your future dream a present fact. You do this by assuming the feeling of your wish fulfilled. By desiring to be other than what you are, you can create an ideal of the person you want to be and assume that you are already that person. If this assumption is persisted in until it becomes your dominant feeling, the attainment of your ideal is inevitable.

Transformation + Self Image

THE CHANGES which take place in your life as a result of your changed concept of yourself always appear to the unenlightened to be the result, not of a change of your consciousness, but of chance, outer cause, or coincidence.

All transformation is based upon suggestion, and this can work only where you lay yourself completely open to an influence. You must abandon yourself to your ideal as a woman abandons herself to love, for complete abandonment of self to it is the way to union with your ideal.

Everything depends upon your concept of yourself. That which you do not claim as true of yourself cannot be realized by you.

Self-image

You become according to your resigned will, and your resigned will is your concept of yourself and all that you consent to and accept as true.

If you would change your life, you must begin at the very source with your own basic concept of self.

When the imagination is not controlled and the attention not steadied on the feeling of the wish fulfilled, then no amount of prayer or piety or invocation will produce the desired effect.

Your assumptions determine not only what you see, but also what you do, for they govern all your conscious and subconscious movements towards the fulfillment of themselves.

When you know what you want, you must deliberately focus your attention on the feeling of your wish fulfilled until that feeling fills the mind and crowds all other ideas out of consciousness.

Concentrated observation of one thing shuts out other things and causes them to disappear.

Your attention must be developed, controlled, and concentrated in order to change your concept of yourself successfully and thereby change your future.

Attention

Attention is developed by repeated exercise or habit.

Concepts determine the route that attention follows. Here is a good test to prove this fact. Assume the feeling of your wish fulfilled and observe the route that your attention follows. You will observe that as long as you remain faithful to your assumption, so long will your attention be confronted with images clearly related to that assumption.

For example; if you assume that you have a wonderful business, you will notice how in your imagination, your attention is focused on incident after incident relating to that assumption.

YOUR IMAGINATION is able to do all that you ask in proportion to the degree of your attention. All progress, all fulfillment of desire depend upon the control and concentration of your attention.

THE QUESTION is often asked, "What should be done between the assumption of the wish fulfilled and its realization?"

Nothing. It is a delusion that, other than assuming the feeling of the wish fulfilled, you can do anything to aid the realization of your desire.

You think that you can do something, you want to do something; but actually you can do nothing. The illusion of the free will to do is but ignorance of the law of assumption upon which all action is based.

Everything happens automatically.

All that befalls you, all that is done by you – happens.

Your assumptions, conscious or unconscious, direct all thought and action to their fulfillment.

THE PRINCIPLE of "Least Action" governs everything in physics, from the path of a planet to the path of a pulse of light. Least Action is the minimum of energy, multiplied by the minimum of time. Therefore, in moving from your present state to the state desired, you must use the minimum of energy and take the shortest possible time.

Your journey from one state of consciousness to another is a psychological one, so, to make the journey, you must employ the psychological equivalent of "Least Action" and the psychological equivalent is mere assumption.

THE ASSUMPTION of the wish fulfilled is the ship that carries you over the unknown seas to the fulfillment of your dream.

Action + Freewill ○ The assumption is everything; realization is subconscious and effortless.

It is impossible to do anything. You must be in order to do.

If you had a different concept of yourself, everything would be different.

You are what you are, so everything is as it is.

The events which you observe are determined by the concept you have of yourself.

If you change your concept of yourself, the events ahead of you in time are altered, but, thus altered, they form again a deterministic sequence starting from the moment of this changed concept.

You are a being with powers of intervention, which enable you, by a change of consciousness, to alter the course of observed events – in fact, to change your future.

You must imagine that you are already experiencing what you desire.

That is, 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.

Faith ○ Form a mental image, a picture of the state desired, of the person you want to be. Concentrate your attention upon the feeling that you are already that person.

First, visualize the picture in your consciousness. Then feel yourself to be in that state as though it actually formed your surrounding world.

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By your imagination that which was a mere mental image is changed into a seemingly solid reality.