

Change Your State at Will

A practical introduction to Neville Goddard + The Framework

Understand the foundation.

Stop collecting techniques.

Start practicing deliberately.

1. If You're Here, Something Has Already Changed

If you are reading this, there is probably some part of you that no longer accepts that your present circumstances have the final word.

That matters.

It takes courage to question what has felt fixed. Your history may say one thing. Your circumstances may say another. The people around you may have very different ideas about what is possible.

You do not need to fight any of them.

You are beginning to ask a different question:

What if who I have been is not who I have to remain?

That is a worthwhile question.

This guide will not give you twenty techniques or ask you to force yourself into constant positive thinking.

It will give you a place to begin.

2. Start With State, Not Technique

Most beginners immediately ask:

What technique should I use?

SATS?

Revision?

Affirmations?

Inner conversations?

Visualization?

Those can all be useful.

But the technique is not the destination.

The purpose of a technique is to help you experience and occupy a state.

A state is the position from which you are presently living.

It influences what you expect, what you notice, what circumstances mean to you, and how you automatically react.

Someone can affirm:

I am wealthy.

while spending the rest of the day checking the bank account for proof that it is not working.

The words say one thing.

The occupied state says another.

That distinction changes everything.

Neville taught a practice called revision: returning to an experience in imagination and experiencing it as you would have wanted it to unfold. You give yourself a different experience to return to, instead of continuing to rehearse the old one.

Your first Neville study

If you are new to Neville Goddard, I recommend beginning with Five Lessons.

Do not race through it.

Read it as instruction, not information.

The question is not simply:

Do I understand what Neville is saying?

Ask:

Where am I actually living from this?

3. Before You Begin: Be Still

Be still and know that I am God.

Before trying to fix anything, stop.

Before checking the circumstances, stop.

Before deciding that something has gone wrong, stop.

The state you are experiencing is not the whole of you.

You are the Awareness capable of recognizing it and choosing another.

This is why I begin here.

Not:

How do I make this situation change?

But:

What am I presently aware of being?

That little space between Awareness and reaction is where conscious change begins.

You do not have to fight the old state.

You have to see it.
Then you can choose.

4. The Framework

Four movements. One practice.

01. REVEAL

See the identity currently directing the experience.

What are you expecting?

What are you automatically telling yourself?

What are you making the circumstances mean about you?

You cannot consciously leave a state you refuse to recognize.

No judgment.

Just see it.

02. RELEASE AUTHORITY

Stop letting the past and present circumstances tell you who you are.

A circumstance can give you information.

It does not automatically get to define you.

A rejection does not get to decide that you are unwanted.

A bank balance does not get to decide who you are capable of becoming.

Yesterday does not get to dictate today.

Releasing authority does not mean pretending something did not happen.

It means no longer allowing what happened to determine who you must be now.

03. OCCUPY

Choose the state you intend to live from.

Now ask:

Who would I be if this were already true?

What would feel natural?

What would I expect?

What would I stop arguing with?

Use imagination, inner conversation, assumption, or another practice to experience that state now.

Do not merely think about it.

Experience from it.

04. STABILIZE

Return until the new state becomes natural.

You may leave the new state.

You may wake up tomorrow feeling exactly like the old version of yourself.

That does not mean you failed.

You noticed where you returned.

Choose again.

The goal is not perfect mental control.

The goal is for the chosen state to become increasingly familiar until returning to it feels more natural than returning to the old one.

5. Why Do I Keep Going Back?

This question is ancient.

Romans 7 contains the remarkable observation:

“What I want to do I do not do...”

That is an extraordinarily accurate description of what it feels like to recognize one direction while repeatedly returning to another.

Neville used sin in its older sense of missing the mark.

Seen that way, this is not primarily a story about being a bad person.

It describes the experience of knowing the mark and repeatedly finding yourself somewhere else.

You intend confidence.

You return to doubt.

You choose abundance.

You return to lack.

You decide you are chosen.

One unanswered message pulls you back into rejection.

This is not proof that change is impossible.

It reveals the state that still feels familiar.

That is why the Framework does not end with Occupy.

It ends with Stabilize.

You recognize where you went.

You realign.

You return.

No condemnation required.

6. Five Traps Beginners Fall Into

“I had a negative thought. Did I ruin it?”

No.

You do not need to police every thought.

Notice the state the thought came from and choose again.

“Nothing is happening in the 3D.”

Be careful.

You may have just asked the reflection to tell you whether your inner work is valid.

Circumstances are information.

They are not your authority.

“Which technique works best?”

The technique that helps you actually occupy the state is useful.

Do not turn the technique into the power.

“I woke up feeling like the old me.”

Good information.

You just discovered where you naturally returned.

That is not failure.

That is something you can now see consciously.

“How long will this take?”

Notice what happens when the calendar becomes evidence.

Elapsed time is another circumstance.

Do not let time decide who you are.

7. Your First Seven Days

Do not spend the next week trying to manifest ten things.

Spend it learning to recognize where you live.

Each morning

Ask:

What state did I wake up in?

Do not fix it immediately.

Notice it.

That is Reveal.

During the day

When something affects you, ask:

What am I allowing this to tell me about myself?

That is Release Authority.

Once each day

Take a few quiet minutes and ask:

Who would I be if what I desire were already true?

Experience from that position.

That is Occupy.

When you notice yourself returning

Do not criticize yourself.

Choose again.

That is Stabilize.

Seven days.

One practice.

Pay attention.

8. Where to Go Next

You do not need to learn everything at once.

Build the foundation

Read Neville's Five Lessons, or follow along with my readings, commentary, and Q&A.

[Read the Five Lessons](#)

[Watch the readings, commentary & Q&A](#)

Practice revision

These guided meditations put revision into practice. Through imagination, you revisit the story you have been living from and begin experiencing yourself as loved, healthy, or provided for.

If a practice asks you to recall a moment, keep it simple. One ordinary experience is enough. If nothing comes to mind, begin with a small scene you consciously imagine: receiving help, feeling cared for, or having what you need.

You do not have to find proof in your past before you can begin. Let that simple scene help you become familiar with the state you are choosing.

Choose the practice that speaks to what you're working on. Begin with one.

[Always Been Wealthy](#)

[Read the Wealth practice guide](#)

[Always Been Healthy](#)

[Read the Health practice guide](#)

[Always Been Loved](#)

[Read the Love practice guide](#)

Keep studying

Neville's lectures become much easier to understand once you stop reading them only for techniques and begin noticing what he is saying about states.

Go deeper with my five-part teaching series, exploring the lessons through practical explanation and application.

[Explore the Five Lessons with Gilbert](#)

When you need personal application

There is a difference between understanding a principle and applying it to a specific recurring pattern in your own life.

That is the work I do privately.

[Work with Gilbert](#)

One Last Thing

You do not need permission from your past to choose differently.

You do not need perfect thoughts.

You do not need to know how everything will happen.

Start by seeing where you are.

Stop giving the reflection the authority to define you.

Choose.

Return.

And keep going.

Be still. Reveal. Release Authority. Occupy. Stabilize.

Gilbert Anaya