

SATS

(STATE AKIN TO SLEEP)



WHAT IT IS AND WHY YOU SHOULD BE INTERESTED

“Imagination is the very gateway of reality ...” — Neville Goddard



More than half a century ago, Neville Goddard came up with a technique of manifestation called SATS – State Akin to Sleep.



In modern times, we refer to this as self-hypnosis.



But what exactly happens to the brain when you're in this state?

UNDERSTANDING SATS

Even though Goddard has written a variety of books to explain the concept, with each book being unique in some way or the other, the one thing that stays consistent is his technique which he utilizes to manifest desires — SATS (State Akin to Sleep).

SO WHAT IS SATS PRECISELY?



It's entering a meditative or self-hypnotic state before you go to sleep where you will envision what you desire.



The purpose of this technique is to help you feel what you would feel as if you had your desire right now.



The goal with SATS is that you create a short scene where you have your desire, and you repeat the same scene every night until the feeling is fulfilled for you.



The best visualizations are ones that utilize all the senses so that it feels like you are living it — Neville does mention in his books that you should see this through your eyes when you are playing out your scene.

At this stage, it's important to understand how specific brain waves come into play.

The brain waves in our minds have five states – Gamma, Beta, Alpha, Theta and Delta – SATS is primarily the Theta state.

Here's a quick breakdown of what each state means:



Gamma

Higher mental activity, including perception, problem solving, and consciousness



Beta

Active, busy thinking, active processing, active concentration, arousal, and cognition



Alpha

Calm relaxed yet alert state



Theta

Deep meditation /relaxation, REM sleep (the one we are most interested in)



Delta

Deep dreamless sleep, loss of body awareness



SATS specifically taps into the subconscious mind, and with the help of the Theta brain wave, you visualize to identify your desires and then create a path towards eventually achieving them.



Once you feel what it would feel like to have your desire in your life then you are doing it correctly.



Don't second guess yourself and ask yourself if you messed up while visualizing, because that defeats the purpose of the technique.

“Feeling is the secret.” — Neville Goddard

However, it's not as simple as just following a DIY guide and achieving it on your own. You need to understand how the Law of Attraction and Law of Assumption comes into play, and then use them to forge a path towards achieving your greatest desires.

WHAT IS THE LAW OF ASSUMPTION?

If, by any chance, you're even remotely familiar with any of Neville Goddard's teachings, then you have probably heard him mention The Law of Assumption.



This principle appears throughout Goddard's books, and is one of the cornerstones of his entire philosophy.



Goddard teaches that the way to create anything you desire is simply to assume the feeling of your wish fulfilled.



Nothing exists outside of your own consciousness, and your entire experience of the world is a symbolic representation of where your consciousness currently stands.



To change anything in your life, therefore, you have to change the beliefs and assumptions you hold about it.



Furthermore, everything that you experience is a result of your changing consciousness;



Goddard explains that changing your assumptions, and assuming the presence of your desire as of now, is the only thing that will bring about your aim.

WHAT ROLE DOES THE LAW OF ATTRACTION PLAY?

Many people tend to get confused when first learning about The Law of Assumption because they believe it is more or less the same as The Law of Attraction.

In fact, the Law of Assumption is more similar to what is commonly called The Law of Vibration, and when you look at these 3 laws holistically you can begin to understand them more clearly:



The Law of Vibration states that you are always experiencing a physical world that is an exact match to your state of consciousness and state of being at which you are operating.

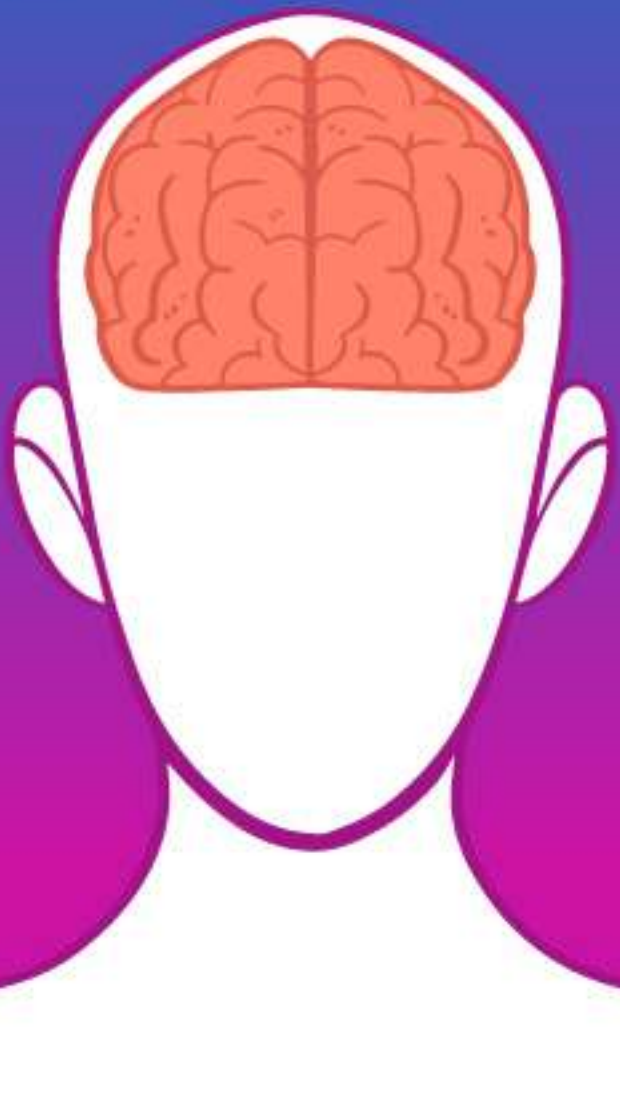


The Law of Attraction is a law of momentum. It dictates what energy you will receive, given your current vibration. It also indicates how quickly you are moving towards your goals, or keeping yourself out of reach of them.



The Law of Assumption fits into these two principles, because it states that you can always achieve any you set for yourself – so long as you assume the feeling (the state of being/the vibration) of your aim.

In other words, The Law of Assumption is a principle you can enact to help you work directly with the corresponding Laws of Vibration and Attraction.



CLOSING THOUGHTS

Does all this sound too confusing or complicated? It isn't – not at all – once you master the Law and Attraction and the art of achieving your greatest desires.

BEGIN YOUR JOURNEY now!

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