



# UNLOCKING POTENTIAL WITH NEVILLE GODDARD'S LADDER EXERCISE

The ladder technique is considered one of the best Neville Goddard's manifestation techniques. Within the Lesson 5 of the 1948 Classroom series, Neville breaks the 'climbing a ladder' exercise in detail.

## STEP 1

### IMAGINE A LADDER

It's important to be as specific as you can. You may consider writing down a detailed description of your ladder, so that you could have a clear image in your head.

**You can think of:**

- How big is the ladder?
- What colour is it?
- Is it tall or short?



## STEP 2

### RELAX



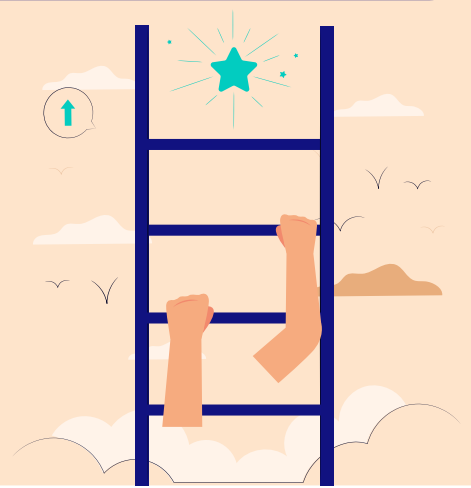
Do this exercise at bedtime, just before you are about to drift off to sleep, when you are the most relaxed. Neville Goddard calls this the **'State Akin To Sleep'**.

Use music or stay in silence, whatever makes you feel comfortable and relaxed.

## STEP 3

### IMAGINE CLIMBING YOUR LADDER

Feel yourself climbing the ladder in your imagination. It is very important that this is visualised in the first-person perspective, as this creates a more immersive experience. Use all your senses to feel it as real as possible. See how smooth or rough the ladder feels under your hands and feet.



## STEP 4

### WRITE NOTES STATING

**"I will NOT climb a ladder"**



During the day you should write on several pieces of paper the statement "I will not climb a ladder". Then leave these pieces of paper in places where you would look at every day, such as on your mirror/s, car or on your mobile phone.

## STEP 5

### REPEAT FOR 3 CONSECUTIVE NIGHTS

Repeat steps 1-4 for 3 nights.



## STEP 6

### LET GO



Once you're done, you can remove the notes and stop thinking of it entirely. This is a very important step in this process. You let go of the process, any expectations, and any attachment to the results.

After conducting this exercise what results do you see? Where you put in a situation where you had to climb a ladder like Neville's students? You can now replace climbing a ladder with absolutely anything, because whatever we live in our imagination, we will create in real life as well.



**Neville Goddard Mystic Teachings:**

[www.truecosmic.com/academy](http://www.truecosmic.com/academy)

