

Worksheet

Revision

“By revising the past, you rid yourself of any effect it may have on your future.”

Neville Goddard

Have you ever noticed repeating patterns in your life or wish you could change something that has happened in your past? Revision is a powerful technique that Neville talked about in “The Pruning Shears of Revision.” If you want to understand revision, I would recommend going to your web browser and typing in The Pruning Shears of Revision by Neville Goddard or check out his lecture of the same title on YouTube.

1. Construct a scene which you DESIRED to have happened. Decorate it with all the tones of reality. What would it feel like? Who was there? What were you wearing? What kind of weather was it? Were you inside? Outside?
2. Enter a meditative state. Do this by focusing on the now. Normally the way I do this is by breathing in, with my diaphragm, and counting my breaths. That usually takes me out of my thoughts, and into the present moment. The idea is to stop thinking about anything except what is in front of you. In the case of focusing on my breathing, I am usually fully immersed in counting my breaths and watching the rise and fall of my stomach. Before bed is the best time to do this, because our conscious is already in a semi-suspended state, and if we fall asleep in the state we desire, it is 100% guaranteed done without resistance.
3. Enter the desired revision state. Play the scene in a way which you desired it to happen. Not as it happened in the past. Think FROM the state -- entering it in FIRST PERSON POINT OF VIEW (this is the difference between success and failure). Replay it a few times until it feels completely natural, and you FEEL THE FEELINGS of as if you were there.
4. Stop doing it and stop thinking about it after.

And in a way that you will never know, a series of events will unfold and change your current state to reflect the modification of the past state.

The Past Event or Conversation to be Revised

What do I see? _____

What do I hear? _____

Who is with me? _____

What are they saying to me? _____

How am I acting? _____

What do I respond back? _____

What am I wearing? _____

Where am I? _____

How would you feel emotionally? _____

Now, in your imagination, rewrite it! Construct the past event or conversation as you wished it had happened. Give it all the tones of reality as best you can (site, smell, feel, hearing).

Get into a relaxed state and close your eyes if you wish. Relax completely, breathing deeply and let any thoughts of the day go. The idea is to empty the mind and fill it with the scene you have created. By doing so, you will replace this current reality with the one you desire.

Enter your scene as if you are there, in your imagination. You are the main character so enter the scene as if you are there; thinking “from” the scene instead of it. You are not looking at yourself as though you were watching yourself on a movie screen but rather you are “in” the scene. You may use this worksheet as a guide, but a spiral notebook or journal works well too.

What do I see? _____

What do I hear? _____

Who is with me? _____

What are they saying to me? _____

How am I acting? _____

What do I respond back? _____

What am I wearing? _____

Where am I? _____

How would you feel emotionally? _____

Repeat the scene on repeat until it becomes steady, and effortless. Do this until you can feel as if you are there, using all your 5 senses if possible.