**The Power of Awareness (Neville)**

**Chapter 19 – ESSENTIALS – “OF” THE END or “FROM” THE END**The **ESSENTIAL POINTS** –
in the successful use of – **THE LAW OF ASSUMPTION –** are these:
**First**, and above all,
***yearning; longing; intense, burning desire***.
*With all your heart* – ***you must want*** –
 to be different from what you are.

ACIM Fear of healing –

**Intense, burning desire** - (***combined with* -
 *intention to make good***) -
is the mainspring of action, the beginning of all successful ventures.

In every great passion - (which achieves its objective),
**desire – is concentrated (*and intentioned****).****You must first - DESIRE*** *– and then –* ***INTEND – to succeed***).

*Blessed are they that hunger and thirst after righteousness - f
or they shall be filled. Matt 5:6.*

*Intend – expectation – Mean –*

*Anticipate –*

***Second***, ***CULTIVATE (a state of) - PHYSICAL IMMOBILITY*** :
**It is a state akin to sleep**, but one in which –
 ***you are still in control of the direction of attention***.

***CULTIVATE CULTIVATE CULTIVATE CULTIVATE***

**You must learn – to induce this state – at will**,
but experience has taught that it is more easily induced after a substantial meal,
 or - **when you wake in the morning** – **feeling very loath to arise**.

Then you are naturally disposed to enter this state.
The value – of - ***physical immobility*** – ***SHOWS ITSELF*** –
 ***in the accumulation of mental force*** – which -
 **ABSOLUTE STILLNESS - brings with it**.
 ***It increases – YOUR POWER OF CONCENTRATION***.

In fact, **the greater energies of the mind** - seldom break forth -
*save when* - the body is stilled and the door of the senses -
 closed to the objective world.

**The third, and last thing to do** -
**is to experience in your imagination** – **what you would experience in reality** - ***had you achieved your goal.*** ***You must gain it - in imagination first****, -
for -* ***IMAGINATION*** *-* ***is the very door******- to the reality of that which you seek****.****But use imagination masterfully*** *-
and - not as - an onlooker -* ***thinking*** *–* ***OF THE END****,
 - but as - a partaker –* ***thinking – FROM THE END***.

**Imagine that you possess a quality** - or - ***something you desire*** -
which hitherto has not been yours.  ***Surrender yourself completely*** - ***to this feeling*** *-* ***until your whole being is possessed by it*.**
**This state**, *differs from reverie - in this respect*:
it is the result of -
**a** ***controlled imagination*** *- and -* ***a steadied, concentrated attention****,*
**whereas reverie** – *is the result of -* ***an uncontrolled imagination*** –
 *usually just a daydream*.

**In the controlled state, a minimum of effort suffices** -
to keep your consciousness - ***filled with the feeling of the wish fulfilled*.**

**The physical and mental immobility of this state -**
is a powerful aid to voluntary attention - and - **a major factor of minimum effort**.

**The application of these – THREE POINTS:**

1**. Desire 2. Physical immobility 3. The assumption of the wish fulfilled -
 IS THE WAY** – **to – AT-ONE-MENT - or union with your objective.**

*The first point is -* ***thinking - of the end****, -* ***with intention to realize it****.
The third point is -* ***thinking - from the end*** *- with the feeling of accomplishment.
The secret of -* ***thinking - from the end –******IS TO ENJOY BEING IT****.****The minute you make it pleasurable*** *- and -****IMAGINE*** *–* ***THAT YOU ARE IT****,* ***YOU START THINKING – FROM THE END****.*