The Revision Ritual

Neville Goddard's Step-by-Step Guide to Rewriting Your Reality

What Is Revision?

Revision is Neville Goddard's powerful manifestation technique for rewriting the past through imagination. By

How It Works

Your subconscious mind does not distinguish between real and vividly imagined experiences—especially wh

When to Use It

Use Revision anytime you feel regret, emotional tension, or recurring thoughts about a past experience. It's

The Revision Ritual: Step-by-Step

1. Identify an event from your day or past that felt negative or misaligned.
2. Enter a relaxed state—quiet your body, close your eyes, and slow your breath.
3. Replay the scene in your imagination, but change it to reflect the outcome you desired.
4. Feel the new version deeply. Let it imprint emotionally as if it truly happened.
5. Repeat until the new memory feels real, then release it into sleep or silence.

Revision Journal Prompts

• What moment today felt emotionally off or triggered an old belief?
• How do I wish that moment had gone instead?
• What new assumption can I carry forward from this revision?
• How does this revised version make me feel in my body?
• What does this say about who I truly am?

Nightly Revision Tracker

Use this tracker nightly to stay consistent with your practice.
[ ] Did I identify a moment to revise?
[ ] Did I enter a relaxed state?
[ ] Did I revise the scene with emotional feeling?
[ ] Do I feel differently now?
[ ] What assumption did I install tonight?