

# The Six Mental Faculties and How to Use Them

## Imagination

*Definition: Ability to form mental images not present to the senses.*

How to Use It:

- Use visualization, vision boards, or mental rehearsal to feel your desire as real in the present moment.

## Will

*Definition: Ability to focus on a single idea or thought.*

How to Use It:

- Practice concentration exercises (e.g., focusing on a candle flame or word).
- Discipline your mind to stay focused on your vision despite distractions.

## Intuition

*Definition: Inner knowing; the subconscious awareness of energy.*

How to Use It:

- Meditate to still the mind or journal to cultivate intuitive nudges.
- Trust and act on insights or inner guidance.

## Reason

*Definition: The ability to think, compare, and evaluate ideas.*

How to Use It:

- Question limiting beliefs and replace them with empowering ones.
- Use logical frameworks to support your goals and desires.

## Perception

*Definition: Your point of view or interpretation of reality.*

How to Use It:

- Shift your perspective to see the good in situations.
- Reframe challenges as opportunities for growth.

## Memory

*Definition: Ability to store and recall information and experiences.*

How to Use It:

- Recall past successes to build self-confidence.
- Use Neville Goddard's Revision technique to heal old memories.
- Affirm new self-images to reprogram your subconscious.