

How to Practice Live from the End

Here's how to apply Neville's most powerful teaching:

1. Define Your Desired End

Get crystal clear: What is your end scene? What would imply the desire has been fulfilled?

Examples:

Holding the keys to your dream home

Celebrating a book deal with champagne

Waking up next to the love of your life

2. Enter the State

Use SATS or meditation to still the mind. Enter the twilight zone between waking and sleep, the state akin to sleep.

3. Feel It Real

Visualize the scene from a first-person perspective. Hear the sounds, feel the textures, embody the emotion.

4. Accept It as Reality

Don't try to make it happen. Assume it already has. You don't wish for rain when you're already drenched.

5. Return to It Often

Revisit your end scene throughout the day, especially at night and upon waking. These are prime windows into the subconscious.