

THE NEVILLE GODDARD MASTERMIND

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THE DIFFERENCE THAT MAKES THE DIFFERENCE.

1. THE DIFFERENCE BETWEEN FEELING GOOD AND FEELING IT REAL.

Seeing your body in a movie, where you are being congratulated FEELS GOOD.

But it doesn't FEEL REAL. Because, if I were to actually walk up to you RIGHT NOW, and congratulate you on making a good decision, you would see MY body getting closer to you, and getting bigger too as I get closer, but you certainly wouldn't SEE YOUR BODY. All you would see is my body, getting closer to you, and maybe you would see your hand reaching toward mine.

The DIFFERENCE between “Feeling Good” and “Feeling It Real”, is what determines if your session is going to be a distraction from your life or be a truly creative action in your life.

Congratulations, you've taken the First Step.

TAKE AWAY: Do not make movies with your body in them. Always do your sessions so that you FEEL IT REAL.

Imagining movies with your body in them FEELS GOOD, but they are mostly DISTRACTING, not CREATING.

So to create, see through your own eyes - Feel It Real.

Let's Amp It Up Much Higher Now.

Let's begin with the question everyone who follows Neville needs to answer correctly:

What is the difference between an emotion and a state?

Did you know there was a difference between an emotion and a state? Do you clearly know what that difference is?

Answer truthfully. Your happiness and success truly depend on it.

Because most people aren't **TOTALLY CLEAR** on the difference, they tend to get stuck doing one out of two things:

1. Trying to make yourself feel good, when you have been overwhelmed, are tired, and just feel bad.
2. Feeling that have to keep forcing change to happen in life, in your sessions.

When you get the difference between a state and an emotion, you'll find that "bad and tired" states naturally impact you less, and more quickly disappear.

And your sessions (and life) will be more enjoyable. Like a really great meal, or invigorating activity.

## 2. WHAT IS THE DIFFERENCE BETWEEN AN EMOTION AND A STATE.

What is the difference between an emotion and a state?

Do you know what it is? Are you absolutely sure?

Do you know why it is important? (So important, that getting the difference is vital to your success.)

Because if you don't truly know and get the difference...

You will be wrestling with your emotions all day.

And it will feel like you are **STILL** trying to force things to happen in your life.

Catching a basketball is easy, compared to catching a marble.

Basketball = state.  
Marble = emotion.

Marbles are much smaller. Harder to spot flying through the air. Harder to get a grip

on IF you happen to be lucky enough to catch one in action.

Reveal how you lose your marbles, and how you can catch....

Emotions - like fear, anger, desire, pride, are like marbles.

Little, fast, hard to catch in the act.

A STATE is more like a basketball.

Easier to see, easier to get a grip on.

EXAMPLE: The State of the Amazing Speaker.

The state of "Amazing Speaker" contains emotions. Both "good and bad" ones.

And the state DECIDES how they fit in with life - the life of the Amazing Speaker.

The state determines how you respond to the situation and to your emotions.

How and when does the Amazing Speaker experience fear?

How big is it? How long do they feel it? What impact does it have? What does it inspire the Amazing Speaker to do?

THE STATE changes how you relate to specific emotions, and how you relate to the world.

THE MISTAKES: and what to do instead.

1. Trying to just shift emotions. (Negative to positive.)
2. Trying to eliminate emotions. (Be positive ALL the time.)
3. Focused on controlling emotions. (Instead of constructing amazing states.)

## SECTION 2: THE 7 SPECIAL STEPS

1. Construct states that are experienced as real, not just feeling "good".

It feels good to see your BODY being congratulated.

But it FEELS REAL to see your HAND ONLY being shook, or in a high five.

It feels good to make affirmations - they lead emotions.  
But it feels real to HEAR CONGRATULATIONS.

It feels real to tell people how great it feels, to be on the top, and to say THANK YOU.

2. Always use The Powers of Relief and Gratitude.

Always discover or define how “your ideal state” does them.

How does YOUR IDEAL STATE express gratitude?  
How does YOUR IDEAL STATE experience relief?

Thankful states:

The Successful Author: “Thank you for your review.”

The Successful Speaker: “The room is jam packed with smiling people AGAIN.”

Relief States:

The Loving Stepfather: “My daughter is now home.” (Relaxed.)

The Successful Speaker: “The room is packed, what a relief.”

3. Practice Just Sitting in Silence.

Neville sat in silence. He asked his audience to simply “go into the silence”.

There is a “special silence” in gratitude.

There is a “special silence” in relief.

Engage that special silence.

It will improve your sessions, and also feed you as spirit.

Note: Sitting in silence produces healing brainwaves. Enjoy them.

4. False Gods. Stop creating them.

How to make LOVE unconditional.

Notice how almost everyone does something like this. “I can relax, ONCE I have enough money.” (This is creating a false God, and delaying gratification by making it conditional on “enough money”.)

They are chasing the emotion of RELAX, making it conditional on “enough money”.

On the other hand...

The state of THE PROFESSIONAL SPEAKER - includes relaxed. On stage and at home.

Enter into the silence, allow yourself to be embraced by the state, feel it now.

5. Forget the future.

Do your sessions to FEEL IT REAL NOW.

You feeling “the state” real now, changes how you experience and how you are experienced in this moment.

That contributes to eternity. There is more of “that special state” now, and that will change EVERYTHING in the “future”.

Eat from the state of “strong healthy man”, and you experience health now, and you will ALSO be healthier tomorrow. On the other hand...

(Eat emotionally to distract you from life now, and you will probably not eat the best food, or even fully enjoy it, and you’ll be paying the price in health and fat tomorrow.)

6. Include The Scope of Success

It's not about “the belt”, it's about “the man”.

The Black Belt Man enjoys learning, working out, teaching.

So he seeks out people to teach him, he trains, and he teaches.

It's not just about “the belt”, it's about “the man”.

There is a scene that implies that you got the black belt.  
And in that scene there is a single event that anchors it in. (Handshake.)  
But the scope of that scene - includes congratulations on the dedication, the “living it”, not just the having it.

7. Now do it.

Remember the difference between:

Feeling Good and Feeling it Real.

Remember the difference between:

Emotions (marbles) and States (basketballs).

Apply the 7 steps.

And email us ANYTIME.

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