

FREE EBOOK

Manifest Your Specific Person

By Preeti Sagar



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Final words from Your Mentor Preeti Sagar

What is Manifestation?

Manifestation isn't something mystical or outside of you. **Manifestation is simply your inner world becoming your outer world.**

Whatever you accept as **true for yourself**, whether consciously or unconsciously, shows up in your 3D reality.

The Truth (No Sugarcoating):

You're manifesting all the time.

Not just when you're "visualizing" or "scripting."

But right now.

Through:

- Your **assumptions**
- Your **beliefs about yourself**
- Your **self-talk and inner conversations**

In Neville Goddard's words:

"The world is yourself pushed out."

This means:

The way people treat you, the situations you experience — it's all a reflection of **what you assume to be true**.

So, how does this work?

1. **You have a repetitive thought (assumption).**
Example: ***"I'm always ignored."***
2. You **accept it as true** (maybe unconsciously).
3. That assumption gets **impressed on your subconscious mind**.
4. Your outer world (people, events, circumstances) **reflects that assumption back to you**.

This is not “the universe deciding.”
This is **you deciding** — consciously or not.

Manifestation = Assumptions Externalized

Think of manifestation as a **mirror effect**:

- If you see yourself as chosen, loved, and worthy — life reflects that.
- If you see yourself as not enough, rejected, or unlucky — life reflects that too.

It's not about “making” something happen.
It's about **choosing a new assumption** and persisting in it until it hardens into fact.

In simple bestie terms:

Manifestation = **You deciding who you are, and life matching that decision.**

Stop hoping, start assuming.
You are the operant power.

Understood. Here's “**The Science Behind Manifestation**” written in **Neville Goddard's Law of Assumption perspective**, in **small, tight paragraphs**, with no extra line spacing.

Section 1: The Science Behind Manifestation

While manifestation is often seen as spiritual, it has a strong psychological foundation. Neville Goddard's teachings align with how the subconscious mind shapes our experiences. He always emphasized imagination and assumption as the keys to changing reality.

Your subconscious mind accepts whatever you repeatedly tell it. It doesn't argue. It doesn't judge. It simply accepts your assumptions as facts and projects them outward into your physical world. This is why Neville said, “Change your conception of yourself and you will automatically change the world in which you live.”

Modern neuroscience backs this idea through concepts like neuroplasticity. Your brain forms new neural pathways based on repeated thoughts, beliefs, and imagined experiences. When you constantly assume yourself to be a certain way, your brain wires itself to support that identity.

Another concept that supports manifestation is the Reticular Activating System (RAS). The RAS filters information and focuses your attention on things that match your internal beliefs. If you assume “I am loved and chosen,” your RAS will begin noticing evidence that aligns with this belief, even if you missed it before.

But Neville goes deeper. He teaches that it's not just about filtering reality — it's about creating it. Your assumptions impress upon your subconscious, and your outer world reshapes itself to reflect those assumptions. This is not positive thinking. It is a law of consciousness.

In simple terms: what you accept as true within yourself is projected outward. Persist in a new assumption, and your outer reality must conform. The science of how the brain learns, rewires, and focuses attention supports this principle, but Neville reminds us — imagination comes first.

So while modern psychology explains the “how,” Neville gives you the power to consciously direct it. You are not a passive observer. You are the creator, using your assumptions to shape your world.

Section 2: Why Manifesting a Specific Person Is Possible

Manifesting a specific person is not only possible — it's inevitable when you understand how manifestation actually works. The key is realizing that **everyone in your reality is reflecting your assumptions back to you.**

Neville Goddard teaches that **“Everyone is yourself pushed out.”** This means the version of your specific person that shows up in your life will always match the assumptions you hold about yourself and them. You are not changing another person's free will. You are changing the assumptions within you, and your outer world responds.

If you assume you are loved, wanted, and chosen, your specific person will reflect that back to you. If you assume they are distant or uninterested, you will experience that too. It's not manipulation. It's reflection.

This is why Neville emphasizes **Living in the End.** You must embody the state of already being in the relationship you desire. You don't wait for evidence. You decide it's done and persist in that feeling.

Every person in your world plays the role you assign to them through your beliefs and assumptions. When you change the inner story, you change the outer experience. Your specific person is no exception.

Manifesting a specific person becomes simple when you stop trying to “get” them and instead focus on **being the version of yourself who already has them.** You align with the reality where this relationship is natural and inevitable.

Neville's methods, like **imagining a scene implying fulfillment** and **mentally hearing what you would hear if it were already true**, are direct tools to impress your subconscious mind. Once impressed, the 3D reality must conform.

It's not about forcing someone to change. It's about shifting into the version of you for whom the relationship is already a fact.

That's why manifesting a specific person is not only possible — it's a natural result of changing your assumptions.

Section 3: Building the Right Foundation

Before you manifest anything — especially a specific person — you must build the right foundation within yourself. Manifestation is not about forcing reality to change. It's about becoming the version of you for whom your desire is already normal.

That foundation starts with **self-concept**, **identity**, and a deep understanding of your own power. This section will guide you through the essential inner work to make your manifestation inevitable.

3.1 Self-Concept: Who You Assume You Are

Your self-concept is the collection of beliefs you hold about yourself. It's your default setting. If you see yourself as unloved, ignored, or “not enough,” life will mirror that back to you, no matter how much you script, visualize, or affirm.

Neville said, “**You can't outperform your self-concept.**” You manifest who you are being — not what you are wanting.

To manifest your specific person, you must shift into the assumption of being someone who is already loved, valued, and chosen. This isn't about faking confidence. It's about deciding to embody a new identity.

Your self-concept is always being reflected back through relationships, situations, and experiences. If you want a different reflection, you must change the assumptions you hold about yourself.

3.2 Living in the End: Making It Normal

Living in the end means imagining and feeling yourself to already be the person who has your desired relationship. You don't wait for confirmation in the 3D world. You move in imagination first.

Neville taught that “**The feeling of the wish fulfilled**” is the secret. This is not daydreaming. It's an inner conviction that what you want is already yours.

When you live in the end, you stop reacting to what is. You respond from the state of “it's done.” You think, feel, and act like the version of you who is already in that loving relationship.

This is how you shift your inner state and allow the 3D world to conform.

3.3 Mental Diet: Guarding Your Inner Conversations

Your mental diet is not about food. It's about being aware of the thoughts you allow yourself to repeat. Every inner conversation is an assumption being impressed on your subconscious.

Neville said, **"Your inner speech is more powerful than your outer speech."** What you repeatedly say to yourself becomes your reality.

A proper mental diet means consciously choosing thoughts that align with your desired outcome. It means rejecting thoughts that contradict your desired state.

For example:

- Replace "They don't care about me" with "Of course I'm loved and chosen."
- Replace "Nothing is changing" with "Everything is unfolding perfectly."

This isn't forced positivity. It's disciplined assumption.

3.4 Persisting Beyond the 3D Reality

One of the biggest challenges is persisting in your assumption even when the outer world shows no evidence. Neville reminds us that **"Truth depends upon the intensity of imagination, not upon facts."**

The 3D world is a reflection of your past assumptions. It takes time to catch up with your new state. Your job is not to be swayed by appearances. Your job is to persist in the assumption of your wish fulfilled.

This persistence is the foundation of successful manifestation. Not effort, not struggle — but quiet, consistent inner conviction.

Building the right foundation is not optional. It is the core of manifesting anything, especially relationships. By focusing on self-concept, living in the end, guarding your mental diet, and persisting in assumption, you are creating the inner world that will inevitably reflect as your outer reality.

Manifestation starts with who you are being.

Section 4: Techniques to Manifest a Specific Person

Manifesting a specific person is not about trying to change them. It's about changing yourself — specifically, your assumptions, identity, and inner state. Neville Goddard shared timeless techniques to do exactly that. These are not “methods to attract.” They are tools to embody the version of you who already has what you want.

4.1 SATS (State Akin to Sleep)

One of Neville's most powerful techniques is SATS — a deeply relaxed state where your conscious mind quiets down, and your subconscious becomes more receptive. This is the ideal time to impress your desired assumption.

Before sleep, allow your body to relax completely. In this drowsy state, imagine a short, vivid scene that implies your desire is already fulfilled. For example, feel your specific person holding your hand, or hear them saying, “I’m so happy we’re together.”

The key is to feel the **reality** of the scene, not just visualize it. Persist in this inner experience until it feels natural. What you assume in this relaxed state will express itself in your 3D reality.

4.2 Inner Conversations

Neville emphasized that your inner conversations shape your outer world. You're always talking to yourself — consciously or not. These internal dialogues create your assumptions, which then get reflected back to you.

To manifest a specific person, deliberately choose inner conversations that affirm your desired relationship. Imagine your person calling you, saying how much they love and appreciate you. Hear them praising you, valuing you.

Every time you notice an old, unwanted dialogue (“They don’t care,” “They’re distant”), replace it immediately with a new, affirming conversation. Persist until this becomes your natural inner dialogue.

4.3 Revision Technique

Revision is about changing the meaning you assign to past events. If there's a memory or situation with your specific person that still bothers you, you have the power to revise it.

Replay the event in your imagination, but change it to reflect your desired outcome. For example, if they ignored your message, imagine them replying lovingly instead. Feel it as if that was the real memory.

Neville taught that the past and future are both fluid in imagination. By revising old assumptions, you free yourself from repeating unwanted patterns.

4.4 Living in the End

Living in the end means thinking, feeling, and being the version of yourself who already has the relationship you want. This isn't "fake it till you make it." It's embodying the state of "It is done."

Ask yourself daily:

- How would I think if I was already in this relationship?
- How would I feel, act, and show up?
Then, live from those answers.

Your 3D reality must reflect your dominant state of consciousness. Living in the end aligns your inner world with the outcome you desire, making it inevitable.

4.5 Mental Rehearsal Throughout the Day

While SATS is for deep relaxation, you can also practice mental rehearsal during the day. Briefly bring to mind scenes where you are already in your desired relationship. Feel the normalcy of it.

This is not obsessing or forcing. It's gently reminding your subconscious of the state you choose to occupy. Even a few seconds of vivid, assumed fulfillment can deeply impress the mind.

These techniques are not about making someone come to you. They are about becoming the version of yourself who effortlessly experiences that relationship. Persist in these practices, not with desperation, but with the quiet confidence that **what you assume to be true must manifest**.

It all begins and ends within you.

Section 5: The Role of Self-Love in Manifestation

In the Law of Assumption, self-love is not just a feel-good concept. It's the foundation of everything you manifest. Neville Goddard teaches that your outer world reflects who you believe yourself to be. This is why self-concept is central. You do not attract what you want. You experience what you assume to be true about yourself.

If you assume, “I am not good enough,” life will give you evidence to support that belief. People will mirror back your own doubts. On the other hand, when you assume, “I am loved, valued, and chosen,” your relationships will reflect that too.

Self-love is the practice of assuming your worth, without needing outside validation. It's not about daily affirmations only. It's about accepting the truth that you are already worthy, already deserving, without needing to earn it.

When you prioritize self-love, you stop looking to your specific person to give you approval, attention, or validation. You stop chasing. You stop needing. You begin to embody the version of yourself who is already chosen.

This inner shift is powerful. The moment you stop seeking love outside of you and start assuming it within you, your reality changes. Your specific person, like everyone else, responds to your state of being.

Neville reminds us that there is no one to change but self. Self-love, therefore, is not optional. It is the direct path to changing the assumptions that create your world.

You must dare to assume, “I am the version of me who is loved, adored, and respected.” When this becomes your dominant state, your specific person has no choice but to reflect that back to you.

Self-love is not a step you tick off. It's a state you return to daily. The more you persist in this assumption, the more naturally your outer world will align.

Section 6: Real-Life Success Stories

Success stories are not for motivation alone. They are powerful reminders that when you persist in assumption, your desired reality must unfold. These stories show how ordinary people, by applying Neville Goddard's teachings, manifested their specific person — not through force, but through inner transformation.

Story 1: Aditi Assumed She Was Chosen — And Became So

Aditi was heartbroken after her breakup. She spent months obsessing over what went wrong. But once she discovered the Law of Assumption, everything shifted. Instead of focusing on the breakup, she started assuming, “I am the version of me who is deeply loved and chosen.”

Every night before sleep, Aditi would enter a relaxed state and imagine her specific person holding her hand, saying, “I'm so lucky to have you.” Within weeks, her specific person reached out with an apology, expressing feelings he had never shared before. The relationship naturally rekindled — not because she chased him, but because she changed her assumption of herself.

Story 2: Rohan Persisted in Inner Conversations

Rohan wanted to reconcile with his long-term girlfriend, Meera, who had distanced herself. He realized that his inner conversations were filled with assumptions like, “She doesn’t care,” and “It’s over.” Guided by Neville’s teachings, he made a conscious effort to flip those dialogues.

Throughout the day, Rohan imagined Meera saying, “I miss you. I want us back together.” Even when his mind tried to argue, he persisted. Two months later, Meera initiated contact, sharing that she had been thinking about him constantly. His inner conversations had taken form.

Story 3: Priya Revised Her Old Story

Priya had years of belief that “men always leave.” This assumption played out in every relationship, including with her specific person, Karan. When she learned about Neville’s Revision technique, she began changing the meaning of her past.

Priya would revisit painful memories and revise them to reflect the outcome she wanted. Instead of replaying Karan ignoring her, she imagined him calling her, expressing his commitment. Slowly, her assumption of “I am abandoned” shifted to “I am cherished.” Karan returned, more committed than ever.

Story 4: Arjun Lived in the End and Let Go of the “How”

Arjun was fixated on when and how his specific person, Ananya, would come back. This desperation was creating resistance. He decided to practice “Living in the End.” Every morning, he imagined waking up next to Ananya, feeling the naturalness of being in a happy relationship.

He stopped checking her social media, stopped reacting to the 3D, and simply persisted in the state of “It is done.” Three months later, Ananya reconnected, and they are now engaged. The moment Arjun shifted his state, the 3D caught up.

These stories are proof that when you change your inner assumptions and persist, the outer world must follow. It’s not a matter of luck. It’s law.

Section 7: Overcoming Obstacles & How to Avoid Them

Obstacles in manifestation are never outside of you. They are nothing more than reflections of your inner doubts, fears, and conflicting assumptions. Neville Goddard teaches that your 3D reality is old news — it’s simply the result of your past beliefs. To overcome obstacles, you must stop reacting to them and persist in your desired state.

The Illusion of “No Movement”

One of the most common obstacles is feeling like “nothing is happening.” When you look at the 3D world and see no change, it’s easy to assume your manifestation isn’t working. But Neville reminds us, “The world is a mirror.” If you react to the mirror, you keep recreating the same reflection.

The solution is to ignore the apparent lack of movement and return to the assumption that it is already done. Your job is not to observe evidence. Your job is to maintain your inner conviction.

Doubt and Fear — Mental Discipline Required

Doubt and fear arise when you are more identified with your current reality than your imagined one. This is why mental discipline is crucial. You must watch your inner conversations and refuse to entertain thoughts that contradict your desire.

Neville said, “To be conscious of being something is to be that thing.” The moment you become conscious of your fear, you are giving life to it. Instead, you must return to the state of the wish fulfilled, even if fear tries to pull you back.

Old Story Loop — Break It Deliberately

Another obstacle is being stuck in the “old story” — repeating past hurts, failures, or assumptions that no longer serve you. This loop keeps you in a cycle of manifesting the same unwanted experiences.

To break free, you must consciously reject the old story and replace it with a new assumption. Revision is a powerful tool here. Imagine the event the way you wanted it to go, and persist in that new version. Over time, the old story loses its power.

Avoiding Obstacle Traps

To avoid these common obstacles:

- Stop seeking validation from the 3D.
- Persist in your desired assumption regardless of appearances.
- Maintain a strict mental diet — refuse to entertain contradicting thoughts.
- Practice Living in the End daily.
- Use Revision to clean up lingering doubts.

Remember, the only obstacle is your identification with a state you no longer wish to experience. When you shift your inner state, the outer must follow.

Section 8: Taking Manifestation to the Next Level

Once you understand the basics of manifestation, the next level is not about “doing more techniques.” It’s about deepening your **identity as the operant power**. Neville Goddard never taught “trying harder.” He taught **being in the state of the wish fulfilled — and persisting**.

Next-level manifestation happens when this becomes your natural way of living, not just something you practice for a few minutes a day.

Identity Shift — Becoming the Version of You Who Already Has It

The real shift happens when you stop seeing manifestation as a “goal” and start living as the person who already has their desire. It’s not about getting your specific person. It’s about being the version of you who is already loved, chosen, and fulfilled.

Every thought, reaction, and decision is filtered through this new identity. You think from your desired reality, not about it. Neville calls this **Living in the End**.

Detachment from the 3D — Focus on Inner Reality

Taking manifestation to the next level means refusing to let the 3D world dictate your inner state. Detachment is not ignoring your desires; it’s not being emotionally controlled by temporary appearances.

You recognize the 3D as a delayed reflection. You maintain your inner conviction no matter what. This is true power — staying loyal to your assumption until it hardens into fact.

Conscious Creation Becomes a Lifestyle

At the next level, manifestation stops being something you “do” and becomes a natural extension of who you are. You no longer waver between hoping and doubting. You know that every assumption you hold will express itself in your reality.

Your mental diet becomes sharper. You become more aware of your inner conversations. You revise in the moment. You live from the state of already having what you desire.

Persisting Without Effort

Persistence at this stage doesn’t feel like effort. It becomes your default. You no longer need constant reminders because you’ve reconditioned your self-concept.

Neville said, “You must persist in the assumption that your desire is already fulfilled until that assumption becomes your dominant state.” This is not a struggle. It’s a steady, calm conviction.

Embodying Faith as Certainty

The highest level of manifestation is moving from wishful thinking to absolute knowing. Faith is not blind hope. It’s inner certainty.

You no longer question if it will happen. You live in the assumption that it is already done. This certainty reshapes your reality effortlessly.

When manifestation becomes your identity, you stop chasing results. You simply express them.

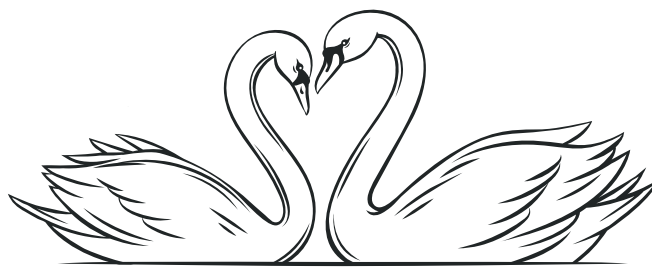
Final Message from Your Mentor

If you've made it this far, let me tell you — you already have what it takes. Manifestation isn't about being perfect. It's not about doing a million techniques. It's about **deciding who you are and persisting in that assumption** until life has no choice but to reflect it. You don't need to chase love, beg for attention, or wait for signs. You are the operant power. Always have been, always will be.

But I also know this journey can feel overwhelming. Doubts creep in. Old patterns try to pull you back. That's where **personal coaching becomes a game-changer**.

Having a coach isn't about someone telling you what to do — it's about having someone hold you accountable to your power when you're tempted to fall back into old assumptions. It fast-tracks your progress because you get **personalized guidance**, mindset corrections, and support designed specifically for your situation. Instead of struggling alone, you get clarity, structure, and momentum. The version of you who has it all? Coaching helps you step into her faster, with less confusion and way more confidence.

If you're ready to stop doubting and start embodying your dream reality, I'm here for you. You deserve to live as the version of yourself who is fully loved, chosen, and fulfilled — not someday, but now.



www.preetisagar.com