

The 30-Day Imagination Workbook

Thirty nights of imagining, one technique at a time.

Noah Lampert

Read This First

Hey, it's Noah. Welcome in.

The idea under this whole workbook fits in one line: you can't not create your own reality. You're already doing it, mostly on autopilot, with assumptions you picked up as a kid and never checked. These thirty days are about doing it on purpose.

You'll see me mention Neville Goddard now and then. He's where I started, but I think of him as a launching pad and not the ending point. Most of what's in here I've tested on myself for years: the three-second scene, revision as time travel, the mirror, the internal Amazon order, and a pile of smaller tricks I use every day.

The routine is easy. Give yourself about ten minutes before bed. Read the day, answer the journal prompts with an actual pen, then do the practice lying down, right before you fall asleep. That drowsy edge is where this stuff lands best.

Try not to skip ahead, because each day leans on the one before. And please don't take my word for any of it. Test it.

If you want the short version of every technique in one place, it's at the back: The Techniques at a Glance.

The Tools You'll Use Every Night

A handful of techniques keep coming back over these thirty days, so here they are now. That way they'll feel familiar when they show up.

The three-second scene. Pick something you actually want, get drowsy, and build a tiny scene, three to five seconds long, that could only happen if the wish already came true. You live it from inside your body, the way you'd live a normal moment, and you don't watch it from the outside. Load it with a loving feeling, then take no further steps to force it.

Feeling first. Every mood is a song, and you're the DJ. The scene carries the feeling, and the feeling does most of the work. You can borrow it from real moments you've already lived.

Revision as time travel. When something hurts, go back into the memory as the person you are now and run it the way you needed it to go. You can show up for younger you.

Repetition, faith, expectancy. You repeat the scene until it feels familiar. After a while familiar turns into trust, and trust turns into plain old expecting it. That's why we do this every night and not once.

That's enough to get started. Most of what follows is a variation on these.

Day 1: How's Reality?

Your relationships, your money, even the way strangers treat you at the store all reflect assumptions you hold about yourself. You didn't choose most of them. You picked them up as a kid, heard them repeated, and after a while they felt like facts.

That's good news, though. If you've been creating on autopilot this whole time, the creative power is already yours. You don't have to go get it from anywhere. You just have to notice where it's been pointed.

So tonight you're not fixing anything. You're taking an honest look at the self you already assume you are, because it's hard to move out of a picture you won't look at.

TONIGHT'S PRACTICE

Lie down and let your body get heavy. Close your eyes and ask, "How do I actually see myself?" The answer might come up as a word, a picture, or a feeling in your body. Leave it alone for a couple of minutes without fixing it or arguing with it. Then swap in one calm scene of you at ease in your own skin, like you've always belonged right where you are. Rest there until you drift off.

JOURNAL

1. What are three things you believe about yourself that you've never questioned?
2. Where did each one come from? A parent, a teacher, one bad day that stuck?
3. If you woke up tomorrow without those beliefs, what would you do differently?

I'm already creating my reality, and starting tonight I'm doing it on purpose.

Day 2: The People in Your Head

Think of five people in your life, say your boss, your mom, an ex and your best friend, plus one more. Now notice how the versions of them in your head react to you. Proud? Annoyed? Bored? Rolling their eyes?

Those imagined reactions say a lot more about you than about them. Put together, they're a panorama of how you see yourself. I call fixing this the teleportation technique. "So change how they view you and then you are actually changing how you view you which leads to your beliefs being changed."

You aren't controlling anybody with this. You're cleaning up your own inner audience.

TONIGHT'S PRACTICE

Pick one person whose imagined reaction stings. Put them somewhere real, like a kitchen, an office or a car. Now see them look at you with real respect. Maybe they say "I'm proud of you." Hear it in their actual voice and let it land in your chest. Keep replaying it, gently, until you're asleep.

JOURNAL

1. Whose imagined opinion of you has been running the show?

2. Go through your five people. What does each of them think of you, in your head?

3. What would each of them say to the version of you that you're becoming?

The people in my head see me the way I'm choosing to see myself.

Day 3: Your Reactions Tell on You

You can say affirmations all day, and your reactions will still tell you what you actually believe. An unexpected bill, a text from family, a headline that makes your jaw clench. Watch the first few seconds. That's your litmus test.

Your reactions "will reveal more to you about how you actually feel than what you can trick yourself into believing that you feel." They show you where you're really standing.

Please don't use this to beat yourself up. You're collecting information. Today, catch one reaction and name the belief under it, something like "Money always disappears" or "Nobody listens to me."

> **TONIGHT'S PRACTICE**
>
> Replay the moment you caught today. Let it play once the way it happened. Then rewind and react the way the person you want to be would have reacted. Maybe calm, maybe a little amused. Run it a few times until the new reaction feels natural in your body, then let it go and sleep.

> **JOURNAL**
>
> 1. What did your strongest reaction today reveal about what you believe?
> 2. What sets you off fastest? Money, family, being ignored, something else?
> 3. How would the version of you that you want to be have reacted? Describe it in detail.

My reactions show me where I am, and I get to choose where I go next.

Day 4: The Three-Second Scene

This is the technique I teach more than any other. First, pick something you actually want. Second, get drowsy, and bedtime is perfect for that. Third, build a tiny scene, three to five seconds long, that could only happen if the wish already came true, and live it from inside your body. You don't watch it like a movie. You're in it.

Fourth, load it with a loving feeling, then double that by knowing you imagined it in. Fifth, take no further steps to force it, and let it surprise you.

That last step matters more than it looks. If you strain to make it happen, your rational mind takes the credit and you never find out what your imagination can do. Keep the scene small, like a handshake, a text that says "you got it," or someone calling you by a new title.

TONIGHT'S PRACTICE

Run all five steps. Get comfortable and let yourself get drowsy. Build your scene and keep it to a few seconds. Feel the floor under your feet, hear the voice, see it through your own eyes. Add the loving feeling, then double it. Loop the scene until it feels real, and fall asleep inside it.

JOURNAL

1. What scene did you pick, and what feeling is underneath it?
2. What would have to be true for that scene to happen? Write it as if it already is.
3. Where are you tempted to force it? What would it look like to let it surprise you?

I imagine it in, and I let it surprise me.

Day 5: You're the DJ

I spent years as a music producer, so this is how my brain works: "Songs are your feelings. And guess what? You're the DJ."

Every mood is a frequency. A few you put on on purpose, and most of them play because nobody touched the playlist. "If an experience can create a mood, a mood can create an experience." That's most of what we're doing here.

You don't have to invent the right feeling from scratch. You've felt capable before, and loved, and totally fine. You already own those tracks. Tonight you practice pulling one up when you want it and playing it over your scene.

> **TONIGHT'S PRACTICE**
>
> Lie down and relax your body from your feet up. Pull up a real memory of feeling good about yourself. Small is fine. Stay with it until the feeling comes back in your body, like turning up a song you love. Then drop the memory, keep the feeling, and carry it into last night's scene. Hold it for about five minutes and let sleep take you.

> **JOURNAL**
>
> 1. What feeling is on repeat for you right now, and what would you rather have playing?
> 2. Describe a real moment when you felt capable, loved, or at peace. Where were you, and what did your body feel like?
> 3. If you could make one feeling your default track, which would it be?

I pick the song, and the song shapes my day.

Day 6: Fall in Love With Future You

People ask me what makes the technique work, expecting me to say the visualization. My answer: "That's the secret thing that makes that whole imaginal technique work, it's love."

A scene with no feeling in it is a screensaver. A scene you're in love with goes somewhere. So fall in love with the version of yourself you want to be. Don't just put up with them, and don't wait to meet them someday. Fall for them now.

And "when you remember love, you forget fear." The two have a hard time sharing a room. If you're nervous about whether any of this works, that's fine. Put your attention on love and watch the nerves settle.

TONIGHT'S PRACTICE

Picture the you who already has the thing. Notice how they stand, how they talk, how easy they are with people. Then let yourself feel real affection for that person, the way you would for someone you adore. Stay in that warmth for five to seven minutes and drift off from inside it.

JOURNAL

1. What do you love most about the version of you you're becoming?

2. Describe an ordinary morning in their life. What do they do first, and how do they feel?

3. What's one thing they'd do this week that you keep putting off?

I'm in love with who I'm becoming, and that love is the engine.

Day 7: Signs Always Follow

One week down. Nice. You might be looking for proof about now, like a sign, a number on a license plate, anything that says it's working.

Remember that "signs always follow." They don't come first. You make the shift inside, and then the world gives you the cosmic wink. If you wait for a sign before you commit, you're waiting for a mirror to smile first.

So go easy on the evidence hunting this week. Assume it, and let the evidence catch up. Tonight we make the scene feel more lived in, which makes it easier to assume.

TONIGHT'S PRACTICE

Build your scene one sense at a time. What are you touching? What can you hear? Is there a smell, even a faint one? What do you see through your own eyes? Maybe there's a taste. Take seven to ten minutes. When it feels lived in, rest there and fall asleep in it.

JOURNAL

1. Where have you been waiting for a sign before letting yourself believe?
2. Which sense came easiest tonight, and which was hardest?
3. Look back at week one. Which practice felt most alive for you?

I make the shift first, and the signs follow.

Day 8: Threshold Guardians

This week is about the stuff that pushes back, like fear, doubt and old hurts. Joseph Campbell called them threshold guardians. I use that phrase all the time because it changed how I feel about fear: "doubt, fear, anxiety, shame, those are threshold guardians." Picture them as guards standing right in front of the thing you want, and not as walls.

That makes fear a signpost. It tends to show up when you're about to go somewhere new. These days when I feel it, I take it as a sign I'm doing something worth doing.

Every time you feel the doubt and keep going anyway, you're doing psychic push-ups. "We're strengthening the muscle of faith and expectancy and belief."

TONIGHT'S PRACTICE

Think of the fear that shows up whenever you imagine your wish. Picture it as a guard at a door, and give it a face if that helps. Walk up, look it in the eye, and walk past it into your scene. You don't have to fight it. You just keep walking. Stay in the scene for five minutes.

JOURNAL

1. What's the threshold guardian standing in front of your biggest desire?

2. When did that fear first show up in your life?

3. What's on the other side of the door? Describe it as if you're already there.

Fear tells me I'm close, and I walk past it.

Day 9: How Did I Figure It Out?

This is a tiny trick I use all the time. When you catch yourself thinking "I can't figure this out," flip it into the past tense: "How did I figure it out?"

It sounds too simple. But the first sentence keeps you stuck, and the second puts you on the other side looking back. Your mind starts answering from there, and ideas show up that weren't around a second ago. It works the same with "when will this get better?" Swap it for "when did this get better?"

This is living from the end in its smallest everyday form. You don't need a quiet room or ten minutes for it. One sentence will do.

> **TONIGHT'S PRACTICE**
>
> During the day, catch yourself at least three times and flip the question, out loud if you can. Then tonight, pick the thing you're most stuck on. Picture yourself a few weeks from now telling a friend, "It's wild how that worked out." Feel the relief in your body, and loop it until you're asleep.

> **JOURNAL**
>
> 1. What's one problem you've been asking the wrong question about?
>
> 2. Write the past-tense version of that question. Then write whatever answers come.
>
> 3. How many times did you catch yourself today? What did you notice when you flipped it?

I already figured it out. I'm catching up to it.

Day 10: The Judo Flip

Ten days in. I call this one the judo flip. When something goes wrong, you train yourself to see it as the thing that happened right before everything got good.

I don't mean fake positivity. Don't just accept a bad situation and move on. Take the lesson you're handing yourself so you can actually move on.

A while back a Jeep crashed through the front of my local health food store, and I treated it as a test. You can spiral, or you can flip it. Pessimism feels smart, but most of the time it's the lazy option.

TONIGHT'S PRACTICE

Pick one setback from this month. Imagine yourself a year from now telling the story of how that setback is what turned everything around. Who are you telling, and where are you sitting? Let yourself feel grateful for it, and sleep in that.

JOURNAL

1. What's the smallest piece of evidence you've noticed out in the world these ten days?

2. What setback are you flipping, and what's the lesson in it?

3. Write the one-year-from-now version of the story, as if it already happened.

Whatever happened today is what happened right before everything got good.

Day 11: You're a Time Machine

Revision is one of the first techniques I learned from Neville, and I've taken it further. I treat it as actual time travel. You go back into a memory that hurt, and instead of only rewriting what happened, you go back as the person you are now. You're a time machine, and you can show up for younger you.

This next part gets me every time. "If you've ever felt kind of like a divine intervention, that's you." Future you, coming back for present you.

Start small. A short conversation that left you feeling dismissed, or a moment you kept replaying on the drive home. Small revisions build the muscle for bigger ones.

> **TONIGHT'S PRACTICE**
>
> Pick something small from this week that left you feeling dismissed or deflated. Let it play once. Then rewind it and run it the way you wanted it to go. Hear what you needed to hear, and watch the other person's face soften. Stay in the new version for at least five minutes and fall asleep there.

> **JOURNAL**
>
> 1. How does carrying the revised version change how you see yourself today?
> 2. What moment did you revise, and what did you need to hear?
> 3. Has help ever shown up for you at exactly the right time? Could that have been you?

I can go back for any version of me, and I always show up.

Day 12: Imagine Them Happy

"The easiest way to get out of a situation where you're trapped in another's actions is just imagine them happy, fulfilled, and at peace."

I know, that's the last thing you want to do for someone who bugs you. But whatever you condemn, you end up becoming. Every replay of what they did is you rehearsing being the one who got wronged. "If you become as emotionally engaged over your ideals, as you do over the things you dislike or hate," things start moving fast.

When I started doing this, mostly I stopped caring so much. "It's liberating to not be bothered."

TONIGHT'S PRACTICE

Think of someone you carry a little resentment toward, and start with a small one. Picture them doing well. Maybe they're laughing, or getting good news, or just at peace. You don't need to be in the scene. If your chest tightens, breathe through it. Give it five minutes and let release be the last thing you feel.

JOURNAL

1. What story about this person have you been repeating, and who would you be without it?

2. What did you feel in your body while you pictured them happy?

3. What would you do with the energy you've been spending on them?

I wish them well, and I get my energy back.

Day 13: Spring Cleaning

"I've always been bad with money." "I'm not the lucky one." "I'm just not that type of person." We hold onto stories about ourselves the way some people hoard junk, for years, without ever asking whether they still help.

So today is spring cleaning. If there's "a story about yourself and about your life that is no longer serving you, take it out, take it out with the garbage."

Self-talk is seeds in a field, and the field grows whatever you plant. Telling yourself "I'm sad, I'm lonely, I can't do this" has real pull, and so does the opposite. You don't have to believe the new story yet. You only have to pick it and keep coming back to it.

> **TONIGHT'S PRACTICE**
>
> Write down the stories you replay on a loop. Pick one and cross it out, then write one sentence to replace it. Lie down and ask, "What would my body feel like if this were already true?" Rest in that sensation for five to eight minutes.

> **JOURNAL**
>
> 1. Which story about yourself is going in the trash?
>
> 2. List every story you can think of. Next to each, write whether it still helps you.
>
> 3. Write the replacement sentence three times by hand.

I keep the stories that help me and put the rest out with the garbage.

Day 14: Hug Your Younger Self

Some of the assumptions running your life got installed before you could question anything. A kid who hears "you're too much" doesn't debate it. They carry it for decades.

This is where revision as time travel helps the most. You can go back as the adult you are now and give that kid what they needed. "Go up, lean in and give yourself a big hug and tell yourself that I love you."

Then tell them how it turns out, and let that reassurance echo forward through every year between then and now. Go easy with this one. If a memory feels too heavy, pick a smaller one. Nobody gets a prize for going deepest first.

TONIGHT'S PRACTICE

Let a childhood memory come up on its own. Step into the scene as your grown self. Walk up to younger you, lean in, give them a big hug, and tell them you love them. Tell them how it turns out. Stay for five to ten minutes and fall asleep with that warmth.

JOURNAL

1. What did your younger self need to hear?

2. What belief from childhood has followed you the longest?

3. Write a short note from you now to you then.

I go back with love, and that love echoes forward.

Day 15: Don't Fear the Wobble

Halfway there. If things feel a little chaotic right now, good. I call that the wobble. It shows up right before every big shift, "so don't fear the wobble."

Two steps forward and one step back still gets you somewhere. "What feels like destabilization right now is actually calibration." Old patterns shake loose before new ones settle in, and the shaking usually means it's working.

If it's been smooth so far, great, keep going. Tonight we stretch the scene from a few seconds into a whole ordinary day.

TONIGHT'S PRACTICE

Take three slow breaths. Pick the practice from these two weeks that moved something real in you. Then walk through a whole ordinary day as the version of you who's already past the wobble, from waking up to talking with people, with that ease in your chest. Give it seven to ten minutes, then sleep inside that day.

JOURNAL

1. Where's the wobble showing up for you, and what might it be clearing out?
2. Which practice from the first two weeks moved something real? Why that one?
3. What's different in you today compared to Day 1?

The wobble means it's working.

Day 16: Feelings Over Things

This week is about money, opportunity and receiving. Years of trial and error taught me that "the most tactful and skillful way of using manifestation techniques is for emotional states."

In my words: "It's not the specific number, it's not the specific amount, it's not the specific person, it's how you feel." You don't even have to know exactly what you want. You need to know how you want to feel, whether that's secure, free or fulfilled.

Get specific about the feeling and loose about the form. The form tends to show up better than what you would have picked.

TONIGHT'S PRACTICE

Take three deep breaths with a hand on your heart. Ask, "What would it feel like to never worry about money again?" Skip the number and look for the feeling. Let your shoulders drop and your jaw unclench. Stay in that feeling of enough for five minutes and fall asleep there.

JOURNAL

1. What feeling are you actually after when you want more money?

2. Where in your body do you feel money worry? Where do you feel enough?

3. Name three moments when you already felt that way, even briefly.

I know how I want to feel, and I can feel it now.

Day 17: Your Internal Amazon Order

When you order something online, you don't sit by the door panicking. You got the confirmation, so you go about your day, because it's coming.

I call this placing an internal Amazon order, and it works for any state you want, like clarity, fearlessness or financial ease. "You don't need a physical package to have something delivered to you."

Stepping into a state like that is the cheat code. "I am clear. I am calm. I am provided for." It works like a light switch: "You do flip the light switch and you can flip it on for anything."

TONIGHT'S PRACTICE

Place your order. Pick the state you want most this week and say it in the present tense, softly, a few times. Then feel the confirmation land, that settled "it's on the way" feeling. Rest in it for a few minutes and drift off.

JOURNAL

1. What state are you ordering, and what changes when you assume it already shipped?

2. Write your order as three "I am" sentences.

3. What would you do differently tomorrow if the package had already arrived?

My order is confirmed and on the way.

Day 18: Don't Dig Up the Seed

Say you plant a tomato seed and a week later dig it up to check on it. You kill the plant. Every time you check too early, "you dig up the seed that was going to bloom into the amazing thing you imagined."

Most of us do exactly that with what we want. We imagine something beautiful, then keep checking the bank account, the phone and the inbox, and every check digs up the seed.

Carry your desire like a light fragrance, and not like a stinky fish held up in front of your face. Plant it, water it with feeling at night, and forget about it during the day. "When you plant a seed and you forget about it, it'll grow, trust me, it'll grow."

TONIGHT'S PRACTICE

During the day, notice every time you check for results. Each time, smile and let it go. Tonight, run your scene once more, as warmly as you can. Then imagine closing a garden gate behind you and walking away, totally unbothered. Sleep in that unbothered feeling.

JOURNAL

1. Where have you been digging up your seeds?
2. How many times did you catch yourself checking today?
3. What would you do with your day if you trusted the seed completely?

I plant it, I water it, and I let it grow.

Day 19: The Farmer's Bath

Picture a farmer who's worked from dawn to dusk, sinking into a hot bath when the day is over. That moment holds relief, satisfaction and gratitude, which are the feelings of having what you desire. If you can feel them before the thing arrives, you're already standing at the end.

Gratitude is the strongest of the three. "If you can feel grateful for what's yours but you haven't experienced yet, you'll witness it flow into your life with unprecedented speed and harmony."

There's a bonus, too. "It is impossible to be suffering when you are expressing gratitude, when you are feeling gratitude."

TONIGHT'S PRACTICE

If you can, take a hot bath or shower before bed. While you're in it, feel the satisfaction of a finished day, the relief of things handled, and gratitude for what's already on its way. Carry that warmth into bed and fall asleep in it.

JOURNAL

1. What would you feel relieved about if it were already done?

2. What are you satisfied with about today, even a little?

3. List five things you're grateful for that haven't shown up yet.

I feel the relief and the gratitude now, before it shows up.

Day 20: Repetition, Faith, Expectancy

Twenty days in, so let's talk about why repetition matters. "And faith, again, is loyalty to the unseen world." It means staying true to the thing you imagined when there's no evidence of it yet.

My formula goes like this: "Repetition turns into faith, turns into expectancy." I call them the three secret ingredients. You repeat the scene until it feels familiar. Familiar turns into trust, and trust turns into expecting it, the way you expect the sun to come up.

That's why we do this every night for 30 days. Nothing magic happens on night 20. You've just repeated it twenty times.

TONIGHT'S PRACTICE

Run your favorite scene from this month again, and notice how different it feels now compared to the first time. Maybe it's easier to get into, or it feels more normal. Rest in that familiarity and fall asleep expecting it.

JOURNAL

1. What's the biggest shift in how you feel about money and receiving?
2. How does your favorite scene feel now compared to the first time you ran it?
3. What are you starting to expect?

I repeat it until I expect it.

Day 21: The Mirror Technique

This week is about love and the people in your life, and we're starting with my favorite technique, the mirror. Relax and picture yourself in a mirror. Then give your reflection everything you'd want from someone else. "All of the things that you would want from someone else, give them to yourself."

That means attention, kindness, admiration and love. "Like so if you want love, give the reflection love."

I put this together from Tufti and Neville, and I ask almost everyone who gets a love reading from me whether they've tried it. My claim is that you'll see something tangible in three to five days. Test it out, and tell me I'm wrong.

TONIGHT'S PRACTICE

Picture the mirror and see your reflection clearly. Look it in the eye and say what you've been waiting for someone else to say, like "I'm so proud of you" or "I've got you." Feel it land. Stay for five minutes and fall asleep loved.

JOURNAL

1. What have you been waiting for someone else to give you?

2. What did you say to your reflection? How did it feel to hear it?

3. Over the next three to five days, what do you notice? Come back and write it here.

I give myself what I've been waiting for.

Day 22: Friends as Angels

Not everyone can visualize. If scenes feel fuzzy for you, this one's for you. Use voices instead of pictures. Imagine a friend who loves you calling to congratulate you on the thing you want, as if it already happened. Hear their exact tone, the way they laugh, the way they'd say "I knew it."

In that moment your friend carries the message from the end back to you. "They essentially turn into an angel."

It works the other way too. Ask someone you trust to imagine something good for you. "You would be surprised the alchemy that happens when you ask someone to imagine something for you."

TONIGHT'S PRACTICE

Pick the friend and hear the call: their voice, their words, the background noise on their end. Let them repeat the good news until you're grinning in the dark, then sleep.

JOURNAL

1. Whose voice would you most want to hear telling you it worked out?
2. Write out exactly what they say on the call.
3. Who could you ask to imagine something good for you this week?

The people who love me already know it worked out.

Day 23: Imagine It for Someone Else

One of my favorite practices is imagining good things for other people. "See if you can imbue some miracles in other people's lives and how that would look and how that would work." Unexpected money, a job offer, a weight coming off their shoulders.

Two things happen. Sometimes it actually lands for them, and that's the best proof you'll ever get. "If I or anyone else has the ability to imagine something for someone and then it can become true, then you have that power too." A loving wish for someone else also bounces right back to you, since it's hard to feel lack while you're imagining abundance for a friend.

Run it past the golden rule, though. Only imagine for others what you'd want imagined for you.

TONIGHT'S PRACTICE

Pick three people and give each one a small happy scene, like a text with good news, a hug, or a sigh of relief. See it through their eyes or from across the room. Fall asleep feeling generous.

JOURNAL

1. Who did you choose, and what did you imagine for them?

2. How did you feel after imagining for them?

3. Keep watching. If something lands for any of them, write it here.

What I imagine for other people comes back to me.

Day 24: Walk Out of the Theater

"And you've been watching this horror movie on repeat over and over and over again, you can get up and go into a different theater."

Maybe it's the same fight with the same person, or the same money panic every month, or the same kind of relationship with a different face. You don't have to sit there and watch it again. You're the audience, and you're also the writer, the director and the actor.

All this practice builds toward that. "We're working up to being able to get up out of a movie at any time and walk into another one."

TONIGHT'S PRACTICE

Name the movie that keeps replaying. Then picture yourself standing up, walking out of that theater, down the hall, and into one where a better story is already playing. You're the lead. Live a few seconds of it through your own eyes, then stay there until you sleep.

JOURNAL

1. What's the rerun, and what's playing in the next theater?

2. As the writer, what's the first scene of the new movie?

3. As the actor, how does your character walk into a room?

I can walk out of any movie and into a better one.

Day 25: Your Ego Is a Puppy

A lot of spiritual teaching tells you to kill your ego, and I don't buy it. "If we didn't have an ego, we would be jellyless lumps of nothing doing nothing anywhere ever."

I think of the ego more like a puppy than a bad guy. "Your ego is gonna do what an ego does." You train it, and you don't drown it. Years ago I had a vision of my ego as a snarling wolf, and what worked was petting it.

So when your ego gets loud this week, whether it's defensive or jealous or scared, try being kind to it.

TONIGHT'S PRACTICE

Picture the part of you that's been loudest lately as an animal. Sit with it and pet it. Tell it, "I've got this, you can rest." Feel it settle down beside you, and fall asleep calm.

JOURNAL

1. What has your ego been trying to protect you from?

2. What animal showed up tonight, and what was it doing?

3. What would it look like to thank your ego instead of fighting it?

I'm kind to every part of me, even the loud ones.

Day 26: Joy Hugs

When my son Aslan was three, he made up something he calls a joy hug. It's exactly what it sounds like. I use it as a compass now. When something feels like a joy hug, I know I'm on track.

These last five days are about living in the end full time. Visiting the wish for ten minutes at night and doubting it by breakfast won't get you there.

"Love is fun," and lightness is a real way in. "Silliness, not taking things too seriously, being creative, being curious, those are your routes as far as I can see."

TONIGHT'S PRACTICE

Pick something really ordinary from the life you want, like coffee in the morning or dinner with people you love. Notice how normal it feels in there, like any other Thursday. Stay five minutes, then sleep there.

JOURNAL

1. What felt like a joy hug today?
2. What's one ordinary thing in your wished-for life that you can already do now?
3. Where could you be a little sillier about all this?

I live in the end, and it feels like a joy hug.

Day 27: Presence Comes First

At some point the outside world argues with you. The account still says the same number, or the thing still hasn't shown up. What you see today is the shadow of yesterday's assumptions, and shadows lag behind. Stay loyal to the bigger picture.

This is where I part ways with a lot of manifestation talk. If your nervous system is in survival mode, positive thinking curdles into toxic positivity, and you can't imagine from the end while your body is bracing for impact. "It takes a state of presence to activate and access the divine."

So if you're spiraling, don't force the scene. Breathe, put a hand on your chest, and get back into your body first. Then imagine.

> **TONIGHT'S PRACTICE**
>
> Take five slow breaths, longer out than in. Feel the bed holding you, and feel your hands, your feet and your face. Only then step into your scene, and look past the evidence like it's fog burning off. Rest there and sleep.

> **JOURNAL**
>
> 1. What evidence has been arguing with you, and how does your body feel when it does?
> 2. What helps you get back into your body when you're spiraling?
> 3. What does the bigger picture look like, past the fog?

I come back to my body first, and imagine from there.

Day 28: Hold the Vibe for Five Minutes

One afternoon during the pandemic I was buried in lease paperwork and spiraling. Standing in a grocery store line, I caught it. I reached for the feeling of knowing this stuff always works out, and I held onto it. A stranger's bad day flipped in seconds, right in front of me.

That's most of the practice right there. You catch the old state, choose the new one, and hold it. "Just watch what happens if you can hold the vibe for like five minutes."

Your words help. "I'm trying to get healthy" comes from someone who isn't healthy yet, and "I take good care of my body" comes from someone who is. Talk like you're already on the other side.

> **TONIGHT'S PRACTICE**
>
> Say your desire out loud in one present-tense sentence, twice. Then imagine telling a friend about your life as it is now, the way you'd give them an update. Keep talking until it feels like old news, then sleep.

> **JOURNAL**
>
> 1. What are three things you say a lot that belong to the old you?
>
> 2. Rewrite each one the way the new you would say it.
>
> 3. When did you hold the vibe today, even for a minute? What happened?

When I catch the old state, I pick the new one and hold it.

Day 29: You're the Conductor

You don't need to know how it's going to happen, because the how isn't your department. The way I see it, "the world is a symphony of synchronicities and you're the conductor." You set the feeling and the orchestra figures out the notes. It might be an email, a random conversation, or a door you'd never have thought to knock on. From the outside it looks like coincidence, and I call it synchronicity.

I learned tarot and astrology by imagining I already knew them. I didn't map out every step. About ten months later a friend asked how long I'd been reading.

Your job is the end. Let the middle take care of itself.

> **TONIGHT'S PRACTICE**
>
> Take three slow breaths and set down every plan you've been gripping. Step into the moment right after the good news lands, and skip the road that gets you there. Rest in the end and fall asleep there.

> **JOURNAL**
>
> 1. When has something good come to you through a door you didn't plan?
>
> 2. What plan are you gripping that you could set down?
>
> 3. Describe the moment right after the good news lands.

I set the feeling and let the orchestra play the notes.

Day 30: What Happened?

Day 30, you made it. Whether or not things have shifted out there yet, look inward for a second. The person who opened Day 1 and the person reading this have changed, and that inside change already happened.

You've got the tools now: the three-second scene, time-travel revision, the mirror, the internal Amazon order, and repetition, faith and expectancy. Keep it simple. Feel it as done, sleep in the end, and let the world catch up.

And keep testing. Don't take my word for it. Take your own.

TONIGHT'S PRACTICE

Look back over these thirty days and give yourself some credit for showing up. Then do the fullest, most felt scene you've done yet, using every sense you can. Let the gratitude wash all the way over you, and fall asleep there.

JOURNAL

1. Write a letter from you six months from now, telling you how it all unfolded.
2. What's the biggest shift in your inner world over these thirty days?
3. Which practices are you keeping? Write down when you'll do them.

I showed up for thirty nights, and I'm not the person who started.

Day 31 and Beyond

The thirty days are done, but the practice can keep going for as long as you want it to. What you've been building is a different way of relating to your own mind.

The outside world will argue back sometimes. That's normal, and it's the gap between planting the seed and seeing the fruit. When it happens, don't fight the evidence and don't panic. Get back into your body, then return to the feeling of it done. "Persist in your assumptions and then rejoice as they unfold."

Keep it light. Run the three-second scene most nights, even if it's only for a minute at the edge of sleep. Revise the day when it needs revising. Place an internal Amazon order when you need a state. Use the mirror, and imagine good things for other people.

Come back to this workbook whenever you need a reset. Pick the days that moved something in you and run them again.

Keep Going

If you want a place to do the nightly practice, that's what I built Imaginal for. It walks you through it: imaginalapp.space.

If you want to keep going with other people doing this work, come find us on Patreon: patreon.com/synchronicity.

You're on the SYNC List too, so you'll keep hearing from me every couple of weeks.

Happy imagining.

Noah

The Techniques at a Glance

The short version, if you want it. Each of these got its own night earlier in the book. Tap a day to jump back to it.

- **Know where you start** (Day 1): Ask yourself how you actually see yourself, and look at the answer before you change anything.
- **The teleportation technique** (Day 2): Change how the people in your head react to you, and you change how you see you.
- **Reactions are the litmus test** (Day 3): Your first few seconds of reaction show where you really stand, so replay them the way future you would react.
- **The three-second scene** (Day 4): Get drowsy, live a tiny scene that implies the wish came true, load it with love, then leave it alone.
- **You're the DJ** (Day 5): Pull up a good memory, keep the feeling it gives you, and play that feeling over your scene.
- **Fall in love with future you** (Day 6): Feel real affection for the version of you who already has it. Love is what makes the scene work.
- **Signs always follow** (Day 7): Make the shift inside first and let the evidence catch up. Build the scene one sense at a time.
- **Threshold guardians** (Day 8): Fear and doubt are guards at the door, so look them in the eye and walk past them into your scene.
- **"How did I figure it out?"** (Day 9): Turn "I can't figure this out" into the past tense and answer from the other side.
- **The judo flip** (Day 10): Treat a setback as the thing that happened right before everything got good.
- **Revision as time travel** (Day 11): Go back into a memory as who you are now and run it the way you needed it to go.
- **Imagine them happy** (Day 12): Picture someone who bugs you happy, fulfilled and at peace, and notice how much lighter you get.
- **Spring cleaning** (Day 13): Write down the stories you keep telling about yourself, throw one out, and plant a new sentence.
- **Hug your younger self** (Day 14): Walk up to little you, give them a big hug, and tell them how it turns out.

- **Don't fear the wobble** (Day 15): Chaos before a big shift usually means it's working, so keep going.
- **Feelings over things** (Day 16): Aim at the feeling you want, like secure or free, and stay loose about the number or the person.
- **The internal Amazon order** (Day 17): Order a state in the present tense ("I am clear"), feel the confirmation, and stop checking the porch.
- **Don't dig up the seed** (Day 18): Plant the scene at night and stop checking for results during the day.
- **The farmer's bath** (Day 19): Feel relief, satisfaction and gratitude now, as if the work is already done.
- **Repetition, faith, expectancy** (Day 20): Repeat the scene until it feels familiar, and familiar slowly turns into expecting it.
- **The mirror technique** (Day 21): Picture your reflection and give it everything you want from someone else.
- **Friends as angels** (Day 22): If pictures don't come easily, hear a friend call to congratulate you as if it already happened.
- **Imagine it for someone else** (Day 23): Give other people small happy scenes, and check them against the golden rule.
- **Walk out of the theater** (Day 24): When the same movie keeps playing, get up and go sit in a theater with a better story.
- **Your ego is a puppy** (Day 25): Pet it, train it, and tell it you've got this. Killing it was never the goal.
- **Joy hugs** (Day 26): Use whatever feels like a joy hug as your compass, and live the ordinary parts of the life you want.
- **Presence comes first** (Day 27): Get back into your body before you imagine. A body braced for impact can't imagine from the end.
- **Hold the vibe** (Day 28): Catch the old state, pick the new one, hold it for five minutes, and talk like you're already there.
- **You're the conductor** (Day 29): Set the feeling and let the how show up as synchronicity. Rest in the arrival instead of the road.
- **Feel it done, sleep in the end** (Day 30): Run your fullest scene yet and let the world catch up.

© 2026 Noah Lampert · Synchronicity