

The Great Secret of Life

A PRACTICAL SYNTHESIS OF THE MASTERS WHO KNEW HOW
REALITY REALLY WORKS

Free Chapter Sample

This is a free sample of Chapter 1 from *The Great Secret of Life*, an 80-page synthesis of the six masters behind the modern manifestation tradition — Neville Goddard, Wallace Wattles, Joseph Murphy, Napoleon Hill, Ernest Holmes, and Abdullah — with a structured 30-day practical program.

The full book is available at <https://thegreatsecret.co> for \$39.90 USD, with a 30-day money-back guarantee.

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CHAPTER 1

The Secret Hidden in Plain Sight

In the late 1920s, a man known to his students as Abdullah — born Modeste Abdallah Guillaume, a former baritone with one of the great Black vaudeville companies of the day — was running a small study center at 30 West 72nd Street in Manhattan. Two of his students would go on to change the world.

One was a 24-year-old Barbadian dancer named Neville Goddard. The other was an Irish-born pharmacist named Joseph Murphy.

Within four decades, both of those young men would publish books that sold tens of millions of copies. Their work would influence — directly or indirectly — almost every major self-help and "manifestation" teacher of the last century: Rhonda Byrne's *The Secret* (2006), Wayne Dyer's lectures, Bob Proctor's seminars, and the vast "Law of Assumption" community now found on YouTube and TikTok.

And it began, in part, in that single Manhattan study, with a single teacher whose name almost no one remembers.

This booklet is about what that teacher — and a handful of his contemporaries — actually knew.

The Tradition You Weren't Told

About

There is a tradition. It was not invented in 2006 by an Australian documentary filmmaker, and it was not invented in 1937 by a man named Napoleon Hill. Its roots reach back at least to the 1830s in Maine, to a clockmaker named Phineas Parkhurst Quimby who began healing the chronically ill by changing what they believed about their own bodies.

Quimby's central conviction — that mental states shape physical conditions, and that beliefs, when held with conviction, harden into facts — fertilized a movement that historians now call **New Thought**. Between roughly 1880 and 1960, dozens of practitioners refined those ideas into specific techniques. A handful rose above the rest. Not because their personalities were more magnetic, but because their methods worked, were teachable, and were written down.

This booklet introduces six of them.

Wallace Wattles (1860–1911). A self-taught farm boy from Illinois who, in the last year of his life, wrote *The Science of Getting Rich* (1910). His claim: wealth is the result of doing things in a "Certain Way" — and that Way begins with the conscious formation of a clear mental image, held with gratitude, until physical action aligns with it.

Napoleon Hill (1883–1970). Author of *The Law of Success* (1928) and *Think and Grow Rich* (1937), the latter among the best-selling self-help books of all time. Hill's contribution was a vocabulary: *burning desire*, *the Mastermind*, *autosuggestion*. Words that have entered ordinary English. (A note on Hill: parts of his biography have been seriously challenged by historians. We will treat his teachings on their merits rather than on his myth.)

Ernest Holmes (1887–1960). Founder of Religious Science and author of *The Science of Mind* (1926) — a six-hundred-page systematic treatise that remains the most ambitious attempt anyone has made to lay out the metaphysics of this tradition as a coherent whole. Holmes also founded *Science of Mind* magazine in 1927, which still publishes today.

Joseph Murphy (1898–1981). That young Irish pharmacist from West 72nd Street. He was ordained by Ernest Holmes himself in 1946, led one of the largest New Thought congregations in America, and in 1963 published *The Power of Your Subconscious Mind*, which has sold more than fifteen million copies. Murphy's specialty was the precise mechanics of how the conscious mind impresses upon the subconscious — and how the subconscious, once impressed, executes.

Neville Goddard (1905–1972). The Barbadian dancer turned mystic. Across fourteen books and hundreds of recorded lectures, Neville developed the most philosophically extreme version of this tradition: that human imagination is itself God, that the world we walk through is the mirror of states we have already assumed within, and that "an assumption, though false, if persisted in, will harden into fact." He is, by some distance, the most rigorously demanding of the six.

Abdullah (dates uncertain). Modeste Abdallah Guillaume. Neville's teacher. Murphy's teacher. He published nothing under his own name. Almost everything we know about what he taught reaches us through what his two students later said and wrote. His method, by their account, was uncompromising: assume, now, that the thing you want is already yours, and refuse to be moved.

Why Another Book

Because the existing literature has a problem.

Most contemporary writing on "manifestation" suffers from one of three failures, and often all three. It **cherry-picks** — pulling a slogan from Hill, a visualization from Murphy, a feeling from Neville, and presenting the mash-up as if it were one unified teaching. It **softens** — replacing the specific, demanding techniques of the originals with vague invitations to "feel positive." And it **omits the lineage** — presenting these ideas as if they emerged fully-formed from some recent guru's intuition, when in fact they were forged in print, over decades, by writers whose names are on the books.

A reader who has spent a hundred hours on the modern material may have absorbed nothing from any of the six teachers above. They may be able to recite *The Secret* without ever having read the 1910 book it was lifted from. This is not their fault. It is a failure of the genre.

This booklet exists to correct it.

Across the next seven chapters, we will treat each teacher on his own terms. We will distinguish where they agreed and — equally important — where they did not. We will then assemble what they shared into a single, internally consistent model of how this is supposed to work. And in the final chapter, we will translate that model into a thirty-day practice that you can begin tomorrow morning.

What You Should Expect

A few honest notes.

This is a summary and a synthesis. It is not a substitute for reading Wattles, Hill, Holmes, Murphy, or Neville in their own words. At the end of each chapter, I will tell you which of their works to read next, in what order, if you want to go deeper.

It is also not a magical document. Reading it will not, by itself, make you wealthy, fulfilled, loved, or healed. It is a map. Maps are useless to people who will not walk. The thirty-day path in the final chapter is the walking part; everything before it is the territory you need to understand in order to walk it without getting lost.

Finally, a word on tone. The teachers in this book made large claims about the nature of reality. I have not softened those claims to make them more palatable, nor added defensive caveats designed to insulate me from skeptical readers. If Neville said human imagination is God, this book reports that he said it, in roughly the strength in which he said it. What you do with that claim is, properly, your business.

The Road From Here

The next chapter, the longest in the booklet, is on Neville Goddard. He is first because his framework — assumption, feeling, the "state akin to sleep," revision — is the sharpest and most teachable single technique in the entire tradition. Once you understand Neville, everything else in this book either reinforces or qualifies what you have already learned.

After Neville comes the man behind him: Abdullah. The chapter is short, because the documentary record is short, but the chapter is essential, because Abdullah is the connective tissue that links Neville to Murphy and stands at the practical, no-nonsense root of this whole tradition.

Then come Wattles, Murphy, Hill, and Holmes — each on his own terms.

Chapter eight pulls the threads together. Chapter nine is the practice.

If you read carefully, work the practice honestly for thirty days, and find that nothing in your life has changed, you will have lost about three hours of your time and the price of this booklet. If something does change — and the experience of millions of readers across more than a century suggests something will — then you will have made the only investment in your life that returns on itself for as long as you live.

Turn the page.

You've Read Chapter 1.

The other eight chapters are waiting.

Chapter 2 treats Neville Goddard in depth — his four techniques (assumption, the State Akin to Sleep, revision, persistence), the famous Barbados story, and the radical late teaching that "everyone is you pushed out."

Chapter 3 is on Abdullah — the forgotten Manhattan teacher who trained both Neville Goddard and Joseph Murphy in private, then never published a word himself.

Chapter 4 is on Wallace Wattles — author of *The Science of Getting Rich* (1910), the unattributed seed text of nearly every modern manifestation book including *The Secret*.

Chapter 5 is on Joseph Murphy — the Irish pharmacist whose *Power of Your Subconscious Mind* has sold over fifteen million copies.

Chapter 6 is on Napoleon Hill — the honest accounting of his biographical fraud, paired with the two genuinely useful ideas (Burning Desire and the Mastermind) worth recovering.

Chapter 7 is on Ernest Holmes — the systematic theologian whose six-hundred-page *Science of Mind* is the most rigorous philosophical exposition this movement ever produced.

Chapter 8 is the synthesis — what all six teachers shared, where they differed, and the single underlying mechanism that organizes their separate methods.

Chapter 9 is the thirty-day practical program — designed to be done by an ordinary person, in the middle of ordinary life, in twenty minutes a day.

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Read the Full Book

The Great Secret of Life is available now as an instant PDF for **\$39.90** at:

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30-day money-back guarantee. If after thirty days of honest practice you find the book has been useless, write to hello@thegreatsecret.co and we will refund every cent.