



The Abundance Course

*Experience Total Abundance—and have:
Riches, Health and Unlimited Happiness*

Release Workbook

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Publisher:

Lawrence Crane Enterprises
15101 Rayneta Drive
Sherman Oaks, CA 91403
Phone: 818-385-0611

Printed in the United States of America

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with your medical practitioner.*

If a mind

cannot

achieve

peace

and

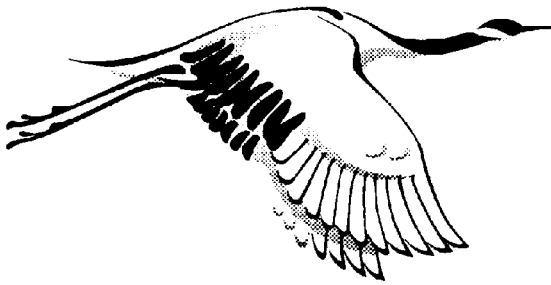
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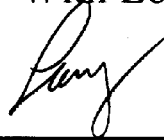
to achieve

anything else.



Dedicated to the best friend anyone ever had. The man who taught me the truth — dear Lester.

With Love,



"No one can be taught truth, each must realize truth by himself or herself. A teacher can give direction, the way, and the pupil may take it. All truth is provable. Accept nothing on hearsay. Each must prove everything for himself or herself."

"Prove it yourself. Only when proven for oneself does one have it and can one use it. One knows only that which he can do."

"You should not believe anything we say, but prove it out for yourself by having great wealth, happiness, well being and health in your life."

"I only know what I can do — not say. — Prove it."

Lester Levenson



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GUIDELINES—GETTING THE MOST OUT OF THE COURSE

How You Will Discover This Ability Within Yourself

Scientific researchers who have studied The RELEASE® Technique found out through working with thousands of people that the best, fastest and most effective way of helping you discover and use this ability is by having you participate in actually using this ability. Why? Because giving you a lot of intellectually appealing materials won't help much at all. Why? Because the intellectual approach is WAY TOO SLOW. Lester found that out! He'd read and learned a lot in his life, but that didn't help him when the chips were down. No, what helped him was when he discovered and used this ability. And used it experientially. And quickly. And you can, too!

Furthermore, this should be your clue as to why some things you may have tried before just didn't work. Anyone attempting to recall this ability intellectually would spend decades trying to "make sense out of it," if it could be done at all. By using the RELEASE® Technique, you will discover it, prove it, experience it for yourself, and begin to use it...on the VERY FIRST DAY.

This remarkable new audio program brings The Abundance Course to you, in the comfort and privacy of your home, or anywhere you play cassettes. Experiencing this program will be the happiest, most enjoyable days you've spent in your entire life!

And let me emphasize that you won't need to learn anything else. But, you SIMPLY MUST DO IT EXPERIENTIALLY, because it can NOT be done intellectually. After you do, you'll have the ability to create the unlimited life you deserve.

And having these audios in your possession is like having an instructor at your beck and call, anytime you want an instructor to help you, just pop it into your player! Just sit back and watch your limitations just fly out without effort on your part—it's that simple.

You'll have the opportunity to work on issues that are important to you and you'll learn more about the technique as you listen to me guide you through the experience, just as Lester taught me.

Don't forget, your firsthand experience is what counts—learn and experience it for yourself instead of being told about it—then it's yours forever. It's an exciting, experiential learning process.

Introduction

The Release Technique (Releasing) is a powerful, unique, and yet very practical tool that can significantly improve the quality and effectiveness of your life. No matter what you believe your life should hold . . . more money, better relationships, physical well-being, improved career success or a renewed sense of meaning and purpose, this innovative method of self inquiry can assist you in experiencing it.

This may sound like a lot of promise, but we assure you it is not. The Release Technique is a life transforming technique and yet it is easy to use. It is an innovative, original system that has been scientifically tested by leading doctors and researchers at some of the best universities in the country, and yet it is based on some of the world's most ancient and treasured secrets.

Until recently, The Release Technique was only available to a small number of people through private classes. However, after two years of experimentation we have found new ways to effectively introduce it in different forms. So we can now invite you to participate in one of life's truly remarkable and empowering adventures — the journey of self-inquiry and self-mastery.

How can you be sure that the hours you spend learning and using this technique will allow you to create the kinds of changes you desire in your Life? The answer is simple. The Release Technique is not just a set of ideas and theories. It is a practical technology that you can begin working with today to produce direct and measurable results in your life.

The Release Technique is so effective because it works directly on you as the primary instrument of change. It does not deal with effects. It deals with cause. It does not promise you strategies that will change the outside environment. And it certainly does not suggest that you use manipulation, no matter how subtly or benevolently, to change someone else's behavior. Instead, it echoes the very sound and practical suggestion of noted psychologist, Carl Jung who said, "If things go wrong in the world, something is wrong in me. Therefore, if I am sensible, I shall put myself right first."

Is it the things going on around you that are causing distress; or is it your reaction to them?

Unique Features of the Release Technique

1. The Release Technique is the only technique that enables you to eliminate stress at its source — as you feel it — as opposed to trying to manage, avoid or cope with the symptoms and effects of stress.
2. This technique is self-empowering and helps you to become self-sufficient by avoiding dependent relationships on counselors, trainers or other outside authorities.
3. The Release Technique works anywhere, any time on any issue in your personal or professional life.
4. Results increase over time. The effect of eliminating stress is cumulative. The more you use this method the greater your ability to make positive changes in behavior and to handle difficult situations with greater ease.

This exciting Enlightening course will help you:

- ◆ Rid yourself of fear, which is holding you back from having everything in life.
 - ◆ Get rid of the failure habits that are holding you back in life, such as procrastination.
 - ◆ Find out just what satisfaction is and how to get it.
 - ◆ Feel love any time you want it . . . with ease.
 - ◆ Learn how to trust yourself.
 - ◆ Rid yourself of worrying and spinning.
 - ◆ Access answers from your higher self, instead of being frustrated with old answers or no answers.
 - ◆ Rid yourself of the habit of beating yourself up.
 - ◆ Clear away the years of accumulated confusion.
 - ◆ Have abundant health, joy and riches.
 - ◆ Be in total control of your life with ease.
5. The Release Technique is unique. It is not a compilation or takeoff on any other course or technique. Because of this it will not duplicate any other training program or personal development work.
 6. If you have any difficulty along the way, please feel free to call our releasing hotline at (818) 385-0611, Monday through Friday, 9 am to 5 pm Pacific Standard Time.

Here's How People Use the Release Technique

HAVE MORE ABUNDANCE WITH EASE

"The most pronounced, tangible evidence that I'm getting only through using the method is in the monetary aspects of my business. I'm on a commission basis only, and I've earned as much in the first quarter of this year as I did in all of last year"

*Karen Brock, Woodland Hills CA
President, Brock Enterprises*

"I took The Release* Technique because I was under a lot of business and personal pressure. I find now that I'm more relaxed, easier in all my relationships and making a lot more money with much less effort — working smarter, not harder."

*Tom Beyers, Scottsdale AZ
Senior Vice President
First Federal Mortgage Company*

"My business has tripled since learning the Abundance Course, yet I'm spending most of my time traveling and having fun all the time. The Technique is so powerful, I've had my entire family learn the Technique. I also got rid of 20 years of asthma. Last month I made over 1 million dollars using this Technique."

*Jim Whitman, Scottsdale AZ
Manufacturers Representative*

"I have regained my focus on abundance thanks to the Abundance course. Customers are calling me to advertise on my radio show — Big time! I recommend it to all who want abundance, riches, success, happiness and health. It really does work."

*Jacque Soloman, Phoenix AZ
Radio Hostess, KFNX*

"I'm Excited! I have already made over \$7,000 and I am working on a deal now I expect to triple that . . . Anyone can do it. All that the Abundance course claims is true and then some. I can't imagine everyone not taking this course "

*Kathy Shoden, Los Angeles CA
Sales and Marketing*

"I just completed the Abundance course and the basic Release Method Course for the first time last weekend. On the second day, I received an offer for a house I have been trying to sell for three years. Before the course ended, I received three offers on the house. My sales results have been amazing — I've had the biggest month I ever had, and that's just in one week! I can't imagine anyone not wanting to learn The Easy Way."

*Gayle Henderson, Scottsdale AZ
Russ Lyon Realty Co.*

HAVE ABUNDANT HEALTH

"I took the Abundance Class to have more financial abundance in my life. Not only did I get that big time, but I had a chronic pain in my jaw for 6 years. I was able to get rid of it the very first evening of the course. My golf has improved, I lowered my score by 14 points in two weeks. This course is worth thousands."

*Roger Brunnetti
Marketing Consultant*

"I have had a full recovery from a boating accident, since taking the course. I did not have full range of motion in my left arm; I do now and I have been able to stop taking 14 different pills "

Raul Marmol, Claremont CA

VAST ABUNDANCE IS WITHIN YOU — WHY NOT JOIN IN ON THE FUN

HEALTH GAINS

"During the second day, I worked on an injured foot that had been bothering me for years. I was wearing a bandage and a sandal. The next day I was able to wear shoes and it didn't hurt me at all! I'm not angry at anyone, and I like myself more, and I feel joy all the time. Wow!"

*Cathryn Willmeng, Phoenix AZ
Real Estate Appraiser*

"I let go of a lower back pain I had been suffering with for a long time during the third day of the course. I even took off my back support — WOW, what a course."

*Gary Sylvester, San Diego CA
Telecommunications*

BE IN TOTAL CONTROL OF YOUR LIFE

"On Sunday morning (during the course), I woke up with the knowledge that I had found the tools that empower me to take back control of my life, and that's not a goal — it's a fact."

*Linda Carella, Los Angeles CA
V.P. Marketing, Tova Corp.*

"Acceptance expanded, trust expanded, love expanded, freedom is and continuously unfolds easily! I also received five checks in the mail yesterday — and money and joy just keep rolling in. I also have a major art show this week at the Scottsdale Art Center and it just happened with ease."

*Monica Martinez, Phoenix AZ
Artist*

"This course helped me bring back the value of more consistent releasing. It has given me awareness to use the tools I have for releasing with ease. Thank you for putting such a practical spin on the method. My life is so much richer for having use of these tools and Lester's wisdom."

*Rosalie Lurie, Los Angeles CA
Fundraiser*

"I no longer judge myself and others. I no longer feel guilty about anything; I love myself and others. I'm experiencing peace and joy more and more. I can't imagine anyone not taking this fabulous course."

*Scott Jones, Mission Viejo CA
Advertising Executive*

"I gained the ability to stop being counter productive in life. I can now erase any attitude of 'I never win.' It enabled me to take control of myself — wow!"

*Kathy Mullen, El Segundo CA
Deputy Sheriff*

RID YOURSELF OF FAILURE HABITS

"I actually let go of beating myself up. I hadn't thought it was possible. I feel exhilarated and energetic after years of fatigue. I have more clarity and peace and improved self confidence. I have a feeling of 'I can' after years of depression and anxiety. Thank you Lester and Larry."

*Liz Ugalde Fortner
Newhall CA*

"I've taken many classes, but it wasn't until I took the Abundance Course that I really, really got on track. WOW — I really didn't know what I was missing! Abundance, is the greatest, and our natural way. . . . Don't miss this opportunity."

*Ron Hamady, Los Angeles CA
Movie Producer*

MORE GAINS USING THE RELEASE TECHNIQUE

RID YOURSELF OF FEAR AND GAIN CLARITY

"I unlocked my fear, lack and scarcity feelings that stopped me from having abundance for years. It was powerful and fun and easy. I can't imagine anyone not taking this course — it's a must."

*Joseph Harrington, Los Angeles CA
Psychologist*

"My clarity in life improved dramatically. I see where I am and where to go next. My abundance improved just in that one weekend — I wish all could attend."

*Craig Davis, Winnetka CA
School Psychologist*

"I had severe anxiety when I would get on the freeway. It was preventing me from having a life. Then I took the Abundance course. On the first day I dumped the phobia. It was so simple that it was almost hard to believe it could be so easy! I now look at life in such a way that it becomes magical. I recommend it to all."

*Lauren Brent, Los Angeles CA
Esthetician*

RID YOURSELF OF WORRY AND SPINNING

"I was able to retire from a job I had for years, and I feel terrific about it! I'm using the "Butt" system and it works. Thank you, the course is the greatest."

*Charles Jones, Washington DC
Psychotherapist*

"I released worrying about the future. My life really works!"

*Bebe Young, Paramount CA
Businesswoman*

"I just completed the Abundance Course. My understanding gets clearer and clearer. My decision process is fantastic, and I'm having fun all the time. My business has tripled, and I'm having more time to do what I want. It's easy — anyone can do it."

*Judy Smith Whitman, Scottsdale AZ
Art Dealer*

FEEL LOVE ANYTIME YOU WANT IT

"These past few weeks have been especially wonderful — 'Joyous' is the true word. More and more do I see myself as one with everything. Right now, Larry, I feel as if I'm going to explode with joy — And I can't stop laughing! All is well! All should join in on the fun."

*Clara Sida-McCoy, Glendale AZ
Housewife/Secretary*

"Thanks, Larry, for your loving support, humor and commitment to others having abundance. I often felt the presence of Lester in the room."

*Roxanne Kineward, San Francisco CA
Homemaker*

"The new work that is being done on abundance is fantastic. I'm just busting with happiness and doing and having what I want all the time."

*Cecilia Gallager, Scottsdale AZ
Business Developer*

"I never thought I could feel this good about myself. I now have a tool I can use each day of my life."

*Yvonne Medina, Los Angeles, CA
Client Service Genetics Institute*

Unlock What's Holding You Back From Having Total Abundance and Joy In Your Life — Once And For All

LEARN TO TRUST YOURSELF

"By the end of Day 2, I achieved a sense of deep calm. While driving home, I found I wasn't so irritated by other drivers and I remained unperturbed. My boyfriend commented on the youthful, lighter look on my face over dinner."

*Kim LaChance, Lawndale CA
Therapist*

"I have been going through books and seminars for so long. This course allowed me to see that life can be without problems. The future is wonderful now."

*Pirayeh Shaban, Pasadena CA
Coordinator*

IMPROVE RELATIONSHIPS

"I am able to release my anger at my girlfriend whenever she gets angry/jealous about our relationship. Our relationship has greatly improved in a short time."

*Jay Torres, Culver City CA
Salesman*

"My relationship with my children has greatly improved. I am able to handle disgruntled clients without being uptight. I lost my craving for smoking and stopped smoking in the first day of the course."

*Thomas Mitchel, Los Angeles CA
Investment Advisor*

"Everything is working for me with ease — my relationships are getting better, my business is exploding with ease, abundance just is and it's easy!"

*Shawna Leach-Lugo, Phoenix AZ
Artist*

"I can allow myself to love people for who they are, no matter what."

*John Cullen, Lake-In-the-Hills IL
Contractor*

MORE REPORTS FROM THE ABUNDANCE COURSE GRADUATES

DROP UNWANTED HABITS

"A few weeks after learning the Release Technique, I completely stopped my chain smoking habit and the craving hasn't come back in 15 years since stopping."

*Don Janklow, Westlake Village CA
President, Janklow & Associates*

"I have learned to relax by releasing, and an unexpected gain has been that I no longer have a desire for alcohol — it feels good."

*Jack Dimalante
New York*

"I lost five pounds during the first week of the course without thinking about it!"

*Lloyd Scott
Dallas, TX*

"I used this method when I was feeling hunger, and I no longer feel the desire to eat."

*Rita Recken
Glandorf OH*

ELIMINATE STRESS

"I connected with the ease of releasing. I simply didn't know how much resistance I had. By Sunday I had so much energy it was great and after only 4 hours of sleep. I feel lighter and happier."

*Ariana Attie, Los Angeles CA
Legal Secretary*

"Sleeping better than I have in years. I quit taking drugs for my arthritis and feel better without them."

*Raymond Hanson
Los Angeles CA*

"The first weekend I discovered my feeling of fatigue could be alleviated, and I drove 200 miles without the sleepiness and feeling of heaviness that so often has plagued me."

*Ruth A. Riegel
Chicago IL*

"I had several physical ailments including migraine headaches, diverticulitis, gout and severe hypoglycemia, and the week after taking the course was scheduled for surgery. But within a few days after beginning to release, the surgical condition disappeared and never re-appeared. My other physical problems cleared up. I believe these good effects are due to the stress reduction brought about by using the Method."

*Dr. David Hawkins, Manhasset NY
Medical Director, The North Nassau Mental Health Center*

"I think it is becoming evident, in my observation, that the techniques learned in the program were beneficial to people who work under the stress and strain that we do in the investment banking industry. I have personally benefited, especially when I ran in the New York City Marathon shortly after an illness."

*Thomas J. Kitrick, New York
V.P., Training and Development, Goldman, Sachs & Co.*

Make A List Of The Things You Want In Life . . .

Make A List Of The Things You Have In Life . . .

**WANTING — *Is lack or the
Sensation of
"LACKING"***

WANT = LACK

WANT = DESIRE

WANTING IS THE OPPOSITE OF HAVING

**WANTING IS HOLDING YOU BACK FROM
HAVING EVERYTHING IN LIFE.**

Question:

**What value at all, have you ever received,
from this "sensation of lacking or
wanting?" Everyone wants something; it
arises from the pain of not having.**

**. . . then, why not "Let it go?"
and HAVE.**

DESIRE'S NATURE

First, to want something means we feel we don't have it. We feel empty, lonely, lacking or deprived, and we believe if we possessed that object or had that experience, we'd feel filled up and we would be happy. So behind all desiring and seeking is (1) a motivation to be happy, and (2) a belief that happiness lies in desire's fulfillment.

On the contrary, desire is the problem. Being in a state of desire is suffering, wanting, lacking, hurting, and looking to a future time when we will have the want and be happy. *Want is the Opposite of Having.* In this course we will teach you how to master the dynamics of desire and

wanting (a lacking feeling). It is perfectly okay to have anything. The "having" is not the problem. The problem is "wanting", which causes pain and inhibits receiving. Check the list of wants that you have made and see if there is pain there for not having it. Notice, it's everything you don't have?

So the solution to the problem of wants and desires is threefold: (1) we let go of the want in order to end the pain of desire, which allows (2) the receiving of what formerly was a want and allows us to hold in mind having, which allows it to come to you. Lastly, (3) feeling already complete, we may decide to let go the attaining that which was so important just moments before, because we already feel happy right now.

The old expression "the rich get richer and the poor get poorer" is easily explained. A rich person doesn't want money; he has the feeling it's his already, thus creating more money. A poor person wants money, thus creating lack and no money.

You can have it all! If you want anything at all, you can have it, providing you let go of wanting it.

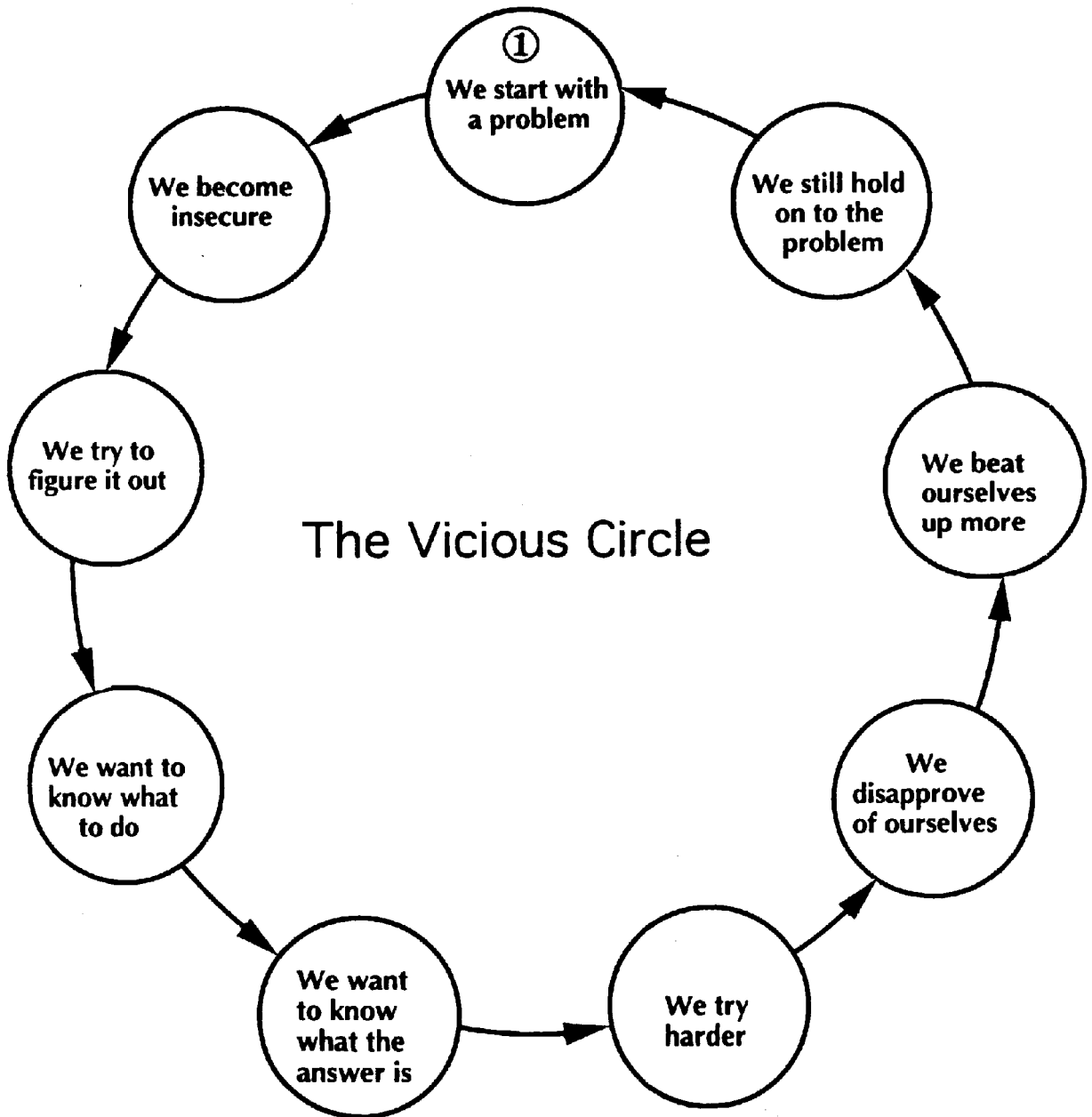
Releasing feelings and desires leads to firsthand understanding of the true nature of thinking, emotions, wants and desires. All these occur only in our minds. Only our belief in that they are real and the importance of thinking, feelings, wants and desires gives them any reality. Once we see that they are not real, but simply feelings, we begin to experience the ultimate state we all seek — that of happiness, with no sorrow, love, joy and havingness. When the mind, which creates every thing, is quiet, we become happy, complete, and joyous.

You are not who you think you are. You are not your feelings. All that you believe or perceive yourself is an illusion. Simply release and find out, that what you think is simply a feeling.

" WHEN ONE LEARNS, BY
ACTUALLY EXPERIENCING IT,
THAT MIND IS ONLY REACTIVE,
HE THEN HOLDS IN MIND
ONLY THE THINGS HE WANTS
AND NEVER TAKES THOUGHT
FOR THE THINGS
HE DOES NOT WANT. "

LESTER LEVENSON

The Unstuck Chart Road Map

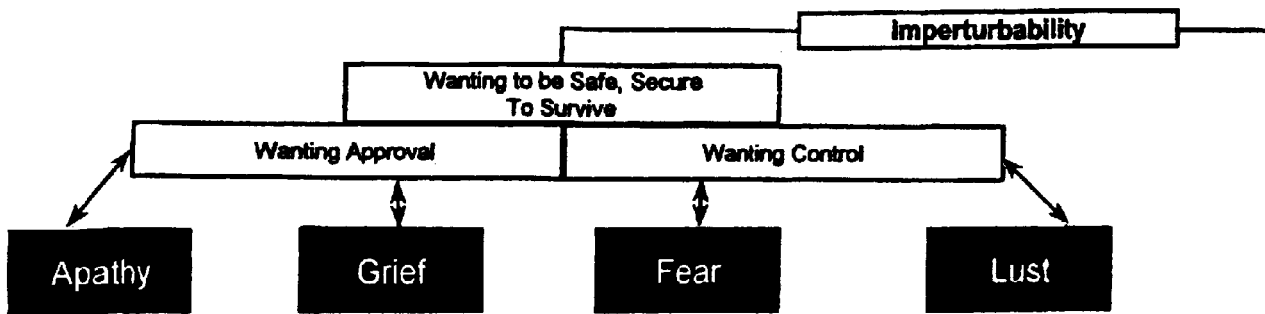


Your Ticket to Bliss and Abundance

1. Could I let go of wanting to figure things out?
 2. Could I let go of wanting to know what to do?
 3. Could I let go of wanting to know the answers?
 4. Could I let go of wanting to know anything
(for this moment) right now?
 5. And again, and again, etc.
 6. Could I let go of wanting to think?
 7. And again, and again, etc.
-

1. Now, can I let go of disapproving of myself
right now?
2. And again, and again, etc.
3. Could I give myself approval (for no reason)?
4. And again, and again, etc.

Chart of



Bored
 Can't win
 Careless
 Cold
 Cut-off
 Dead
 Defeated
 Depressed
 Demoralized
 Desolate
 Despair
 Discouraged
 Disillusioned
 Doomed
 Drained
 Failure
 Forgetful
 Futile
 Giving up
 Hardened
 Hopeless
 Humorous
 I can't
 I don't care
 I don't count
 Inattentive
 Indecisive
 Indifferent
 Invisible
 It's too late
 Lazy
 Let it wait
 Listless
 Loser
 Lost
 Negative
 Numb
 Overwhelmed
 Powerless
 Resigned
 Shock
 Spaced out
 Stoned
 Stuck
 Too tired
 Unfeeling
 Unfocused
 Useless
 Vague
 Wasted
 What's the use
 Why try?
 Worthless

Abandoned
 Abused
 Accused
 Anguished
 Ashamed
 Betrayed
 Blue
 Cheated
 Despair
 Disappointed
 Dismayed
 Embarrassed
 Forgotten
 Guilty
 Heart-broken
 Heartache
 Heartsick
 Helpless
 Hurt
 If only
 Ignored
 Inadequate
 Inconceivable
 It's not fair
 Left out
 Longing
 Loss Melancholy
 Misunderstood
 Mourning
 Neglected
 Nobody cares
 Nobody loves me
 Nostalgia
 Passed over
 Pity
 Poor me
 Regret
 Rejected
 Remorse
 Sadness
 Sorrow
 Tearful
 Tormented
 Torn
 Tortured
 Unhappy
 Unloved
 Unwanted
 Vulnerable
 Why me?
 Wounded

Anxious
 Apprehensive
 Cautious
 Clammy
 Cowardice
 Defensive
 Distrust
 Doubt
 Dread
 Embarrassed
 Evasive
 Foreboding
 Frantic
 Hesitant
 Horrified
 Hysterical
 Inhibited
 Insecure
 Irrational
 Nausea
 Nervous
 Panic
 Paralyzed
 Paranoid
 Scared
 Secretive
 Shaky
 Shy
 Skeptical
 Stage fright
 Superstitious
 Suspicious
 Terse
 Terrified
 Threatened
 Timid
 Trapped
 Uncertain
 Uneasy
 Vulnerable
 Want to escape
 Wary
 Worry

Abandon
 Anticipation
 Callous
 Can't wait
 Compulsive
 Craving
 Demanding
 Devious
 Driven
 Envy
 Exploitative
 Fixed
 Frenzy
 Frustrated
 Gluttonous
 Greedy
 Hoarding
 Hunger
 I want
 Impatient
 Lascivious
 Lecherous
 Manipulative
 Miserly
 Must have it
 Never enough
 Never satisfied
 Oblivious
 Obsessed
 Over-indulgent
 Possessive
 Predatory
 Pushy
 Reckless
 Ruthless
 Scheming
 Selfish
 Voracious
 Wanton

Emotions

Imperturbability

Wanting to be Safe, Secure
To Survive

Wanting Approval

Wanting Control

Anger

Pride

Courageousness

Acceptance

Peace

Abrasive
Aggressive
Annoyed
Argumentative
Belligerent
Boiling
Brooding
Caustic
Defiant
Demanding
Destructive
Disgust
Explosive
Fierce
Frustrated
Fuming
Furious
Harsh
Hatred
Hostility
Impatience
Indignant
Irate
Jealous
Livid
Mad
Mean
Merciless
Murderous
Outraged
Petulant
Pushy
Rebellious
Resentment
Resistant
Revolted
Rude
Savage
Simmering
Sizzling
Smoldering
Spiteful
Steely
Stern
Stewing
Stubborn
Sullen
Vengeful
Vicious
Violent
Volcanic
Wicked
Willful

Above reproach
Aloof
Arrogant
Bigoted
Boastful
Bored
Clever
Closed
Complacent
Conceited
Contemptuous
Cool
Critical
Disdain
Dogmatic
False humility
False virtue
Gloating
Haughty
Holier than thou
Hypocritical
Icy
Isolated
Judgmental
Know-it-all
Narrow-minded
Never wrong
Opinionated
Overbearing
Patronizing
Pious
Prejudiced
Presumptuous
Righteous
Rigid
Self absorbed
Self satisfied
Selfish
Smug
Snobbish
Special
Spoiled
Stoic
Stubborn
Stuck-up
Superior
Uncompromising
Unfeeling
Unforgiving
Unyielding
Vain

Adventurous
Alert
Alive
Assured
Aware
Centered
Certain
Cheerful
Clarity
Compassion
Competent
Confident
Creative
Daring
Decisive
Dynamic
Eager
Enthusiastic
Exhilaration
Exploration
Flexible
Focused
Giving
Happy
Honorable
Humor
I can
Independent
Initiative
Integrity
Invincible
Loving
Lucid
Motivated
Non-resistant
Open
Optimistic
Perspective
Positive
Purposeful
Receptive
Resilient
Resourceful
Responsive
Secure
Self-sufficient
Sharp
Spontaneous
Strong
Supportive
Tireless
Vigorous
Visionary
Willing
Zest

Abundance
Appreciative
Balance
Beautiful
Belonging
Childlike
Compassion
Considerate
Delight
Elated
Embracing
Empathy
Enriched
Everything's okay
Friendly
Fullness
Gentle
Glowing
Gracious
Harmonious
Harmony
Intuitive
In tune
Joyful
Loving
Magnanimous
Mellow
Naturalness
Nothing to change
Open
Playful
Radiant
Receptive
Secure
Soft
Tender
Understanding
Warm
Well-being
Wonder

Ageless
Awareness
Being
Boundless
Calm
Centered
Complete
Eternal
Free
Fulfilled
Glowing
Light
Oneness
Perfection
Pure
Quiet
Serenity
Space
Still
Timeless
Tranquility
Unlimited
Whole

Desire is dead because it's no use. We can't do anything and no one else can help. We withdraw and play weak so we won't get hurt.

Apathy

results in . . .

Feeling

Cut off	Downcast	Negative
Dead	Drained	Numb
Defeated	Exhausted	Overwhelmed
Dejected	Fatigued	Pessimistic
Depressed	Futile	Powerlessness
Despairing	Helpless	Resigned
Discouraged	Hopeless	Tired
Disillusioned	Low	Weak

Thinking

I can't.	I'm useless.	No matter what I do, it
I can't win.	I'm worthless	doesn't make a difference.
I don't care.	It'll never work.	No use, why try.
I don't count.	It's a dead end.	No way, forget about it.
I don't know how.	It's no use.	No way out.
I don't matter.	It's too late.	Tomorrow.
I give up.	It's too hard.	What's the use.
I'm doomed.	Let it wait.	Why bother.

Acting

Careless	Inattentive	Passive
Catatonic	Indecisive	Spaced Out
Disassociated	Indifferent	Stuck
Defeated	Lazy	Unfocused
Forgetful	Listless	Unresponsive
Giving up	Negative	Withdrawn

Grief

The desire for someone to help us because we can't do anything but we think maybe someone else can — we cry out for that someone to do it.

results in . . .

Feeling

Abandoned	If only	Pity
Abused	Ignored	Poor me
Accused	Inadequate	Rejected
Ashamed	Inconsolable	Remorse
Betrayed	It's not fair	Sadness
Blue	Left out	Sorrow
Cheated	Longing	Tearful
Despair	Loss	Tormented
Disappointed	Melancholy	Torn
Distraught	Misunderstood	Tortured
Forgotten	Mourning	Unhappy
Guilty	Neglected	Unloved
Heartbroken	Nobody cares	Unwanted
Heartache	Nobody loves me	Vulnerable
Heartsick	Nostalgia	Why me?
Helpless	Passed over	Wounded
Hurt		

Thinking

Do it for me, I can't do it myself.	I'm useless.	No matter what I do, it doesn't make a difference.
I can't do anything about it.	I'm worthless.	No use, why try.
I can't do it right.	It'll never work.	No way, forget about it.
I'll never get it right.	It's a dead end.	No way out.
I'll never recover.	It's no use.	Tomorrow.
I'm a victim.	It's too late.	What's the use.
	It's too hard.	Why bother.
	Let it wait.	

Acting

Acting helpless	Hysterical	Pouting
Attention seeking	Martyr	Seeking comfort
Complaining	Melancholy	Self-conscious
Crying	Moping	Sobbing
Dramatizing	Morose	Suffering
Flustered	Needy	Wailing
Helping others at your own expense.	Neglecting self and others	Weeping
	Nostalgia: "the good old days"	

The desire to strike out but not doing so because we think they will hit us harder. The desire to reach out but not doing it because we think we'll get hurt.

Fear

results in . . .

Feeling

Anxious	Engulfed	Strained
Apprehensive	Exposed	Tense
Caged	Faint	Terrified
Cautious	Fidgety	Threatened
Cowardly	Frantic	Timorous
Distrusting	Insecure	Trapped
Disturbed	Nervous	Uncertain
Doubt	Panic	Unsafe
Dread	Skeptical	Vulnerable
	Sheepish	Wary

Thinking

Crisis after crisis.	I'm not enough.	What if I make a mistake?
Disaster's looming and I've got to hide.	I'm not safe.	What if they don't like me?
I can't let them find me out.	I'm trapped, there is no way out.	What if . . . ?
I don't want anything to change.	It's closing in around me.	What will they think?
I have to get it right or they'll kill me.	It's so confusing that I just can't move.	No use, why try?
I have to get them before they get me.	It's not safe.	No matter what I do, it doesn't make a difference.
I'm not OK.	It is safer to stay still and not take any chances.	No way, forget about it.
I'm confused and don't know what to do, so I can't do anything.	They're out to get me.	No way out.
	What if I fail?	Tomorrow.
	What if I get fired?	What's the use
	What if I get into trouble?	Why bother . . .

Acting

Agitated	Hyper-active	Procrastination
Ambivalent	Hyper-focused	Quaking
Apologetic	Hyper-vigilant	Scared
Chaotic	Hysterical	Secretive
Confused	Indecisive	Self-sabotage
Cowering	Inhibited	Shady
Cringing	Irrational	Sheepish
Defensive	Lack of Clarity	Shock
Disorderly	Meek	Shy
Distraught	Mistrustful	Superstitious
Distrustful	Nervous	Suspicious
Disturbed	No action	Timid
Embarrassed	Not Trusting	Traumatized
Evasive	Overwhelmed	Tremble
Frenzied	Panicky	Tunnel vision
Frozen	Paralyzed	Wishy-washy
Hesitant	Paranoid	

Lust

The desire for possession — Wanting. The hunger for money — things — people, but with hesitation. We may or may not reach out. There is an underlying sense that we cannot, should not have.

results in . . .

Feeling

Ambitious	Gluttonous	Longing
Anticipation	Greedy	Ravenous
Appetite	Heedless	Reckless
Craving	Horny	Sensuous
Demanding	Hot	Sexy
Desire	Hunger	Voracious
Envious	Insatiable	Wanting
Excited	Jealous	Wanton
Frustrated	Less than	

Thinking

I want . . .	I need you.	I'm not satisfied.
Do it my way.	I need them.	I'm starving.
Don't stop.	I need . . .	It feels so good.
How can I get it?	I want excitement.	Look at me.
I can't wait.	I want it all.	Me, me, me.
I have to . . .	I want it now!	My way is the only way.
I like it this way.	I want more.	There won't be enough for me.
I must do it my way.	I want to know.	There isn't enough.
I must have it.	I want to figure it out.	
	I want to understand.	

Acting

Addictive	Hoarding	Over indulgent
Attention seeking	Impatient	Over-eating
Chaotic	Inconsiderate	Panting
Compulsive	Indecent	Predatory
Covert	Lascivious	Pushy
Desperate	Lavish	Risqué
Devious	Lecherous	Ruthless
Devouring	Lewd	Seductive
Driven	Licentious	Self-centered
Excessive	Manic	Selfish
Exploitive	Manipulative	Uncooperative
Extravagant	Miserly	Unruly
Fixated	Obsessive	Vulgar
Frantic	Out-of-control	Wild
Frenzied		With Abandon

Anger

The desire to strike out, to hurt and stop the other one, but with hesitation. We might or might not strike out.

results in . . .

Feeling

Agitated	Jealous	Steely
Annoyed	Livid	Stern
Boiling	Mad	Stewing
Disgusted	Malicious	Sullen
Disturbed	Outraged	Upset
Explosive	Perturbed	Vengeful
Fierce	Rageful	Violent
Frustrated	Resentful	Volcanic
Hateful	Sizzling	Wicked
Irritated	Smoldering	Willful

Thinking

Do it my way or else.	I'll get them.	Not a chance.
Don't even think of it.	I'll kill you!	Not on your life.
Don't push me around.	I'll never give in.	Now you'll pay.
Don't tell me what to do!	I'm not doing anything.	Out of my way.
Drop dead!	If they don't listen to me,	Who do they think they
F .. off!	I'll let them go down the	are?
F .. you!	tube.	You better do it my way,
Fat chance.	Me do it your way, not on	or else!
Get out of my way.	your life.	
I'll get even!		

Acting

Abrasive	Crazed	Instigating	Pushy
Abrupt	Cruel	Intimidating	Ravaging
Abusive	Curt	Inflexible	Rebellious
Aggressive	Defiant	Invasive	Resistant
Attacking	Demanding	Malevolent	Rude
Barbarous	Deranged	Maniacal	Ruthless
Belligerent	Destructive	Merciless	Sarcastic
Biting	Discourteous	Nasty	Savage
Blinded	Disrespectful	Obstinate	Spiteful
Bloodthirsty	Exactng	Offensive	Strife
Brooding	Ferocious	Passive-aggressive	Stubborn
Brusque	Fierce	Petulant	Talking about others
Brutal	Gruff	Pigheaded	Uncooperative
Callous	Harsh	Profane	Unyielding
Caustic	Headstrong	Provoking	Vengeful
Cold	Heartless	Punishing	Vicious

The wish to maintain the status quo. Unwilling to change or move — therefore, the wish to stop others from movement as they might pass us up.

Pride

results in . . .

Feeling

Above it all	Cool	Rejecting
Aloof	Disdain	Righteous
Arrogant	Haughty	Rigid
Better than	Holier than thou	Smug
Complacent	Icy	Special
Conceited	Irreverent	Superior
Condescending	Judgmental	Uncompromising
Contemptuous	Pious	Unfeeling
		Vain

Thinking

I'll just reject!	I'm not like them.	Maybe I'll do it and maybe I won't
How dare you!	I'm right.	My way is the only way.
I knew that.	I'm smarter than everyone else.	What do they know.
I know everything.	I'm the only one who can do it right.	What's wrong with you.
I know.	I'm the only one who can get it done.	Who do they think they are?
I won't associate with "those kind" of people.	I'm the savior/hero.	Who do you think you are?
I'll look like I'm agreeing and do it my way.	I'm too busy with important matters to have time for you.	Why is everyone so incompetent.
I'm better than all of them.	It's your fault.	You don't belong.
I'm better than you.		You need me to get it done.
I'm in a better place than all of you.		

Acting

Aloof	Distant	Patronizing	Stoic
Arrogant	Dogmatic	Pompous	Stubborn
Bigoted	Egotistical	Putting others down	Stuck-up
Blaming others	False Humility	Remote	Talking against others
Boastful	Gloating	Sabotage	Unforgiving
Bored	Hypocritical	Sanctimonious	Impenetrable
Closed	Indifferent	Self-absorbed	Unreadable
Complacent	Know it all	Self-centered	Unyielding
Conceited	Narrow minded	Self-important	Withdrawn
Detached	Never wrong	Snobbish	Walk away
Disrespectful	Opinionated	Spoiled	

Courageousness

The willingness to move out without fear or hesitation —
to do — to correct — to change wherever needed. The
willingness to let go — to move on.

results in . . .

Feeling

Alert	Focused	Passionate
Alive	Grounded	Purposeful
Assured	Gusto	Receptive
Aware	Happy	Resilient
Centered	Heartiness	Safe
Cheerful	Hopeful	Secure
Clear	Independent	Stable
Confident	Invincible	Willing
Cooperative	Loving	Zealous
Delighted	Lucid	Zest
Eager	Non-resistant	
Energetic	Open	
Exhilarated	Optimistic	

Thinking

I can	I know we can.	It is as easy as it was hard.
I can get it done.	I'll do what it takes to make	It's possible.
I can listen.	it work.	Let's work together.
I can respond appropriately.	I'm willing.	We can do it.
I do what's needed and it	I'm willing to take risks.	We'll find a way.
works.	It can be easy and effortless.	Yes!

Acting

Able	Decisive	Humorous	Risk-taking
Aboveboard	Dedicated	Initiative	Robust
Adaptive	Dynamic	Inquiry	Self-sufficient
Adventurous	Enjoyment	Insightful	Sharp
Bold	Exploration	Integrity	Solution focused
Brave	Flexible	Inventive	Spontaneous
Candid	Focused	Motivated	Strong
Collaboration	Forthright	Partnering	Supportive
Commitment	Gallant	Perceptive	Tireless
Compassionate	Generosity	Persevering	Unpretentious
Competent	Giving	Persistent	Valiant
Cooperation	Goodness	Playful	Vigorous
Creative	Gratification	Pleasure	
Daring	Honesty	Resourceful	

No need to change anything. No judgements of good or bad. It just is and it's OK. It is beautiful as it is. I have and enjoy everything as it is.

Acceptance

results in . . .

Feeling

Accepting	Enriched	Mellow
Allowing	Flowing	Open
Attuned	Fulfillment	Playful
Beautiful	Glowing	Radiant
Childlike	Happy	Receptive
Compassionate	Harmonious	Satisfied
Contented	Innocent	Secure
Delighted	Joyful	Soft
Elated	Loving	Well-being

Thinking

All is well.	I accept you.	It's all coming together.
Everything is beautiful.	I have what I need as I need	We all have a contribution
Everything is OK.	it.	to make.
Everything is unfolding as it should.	I love you just as you are.	

Acting

Abundant	Devotional	Naturalness
Accepting	Embracing	Non-judgmental
Appreciative	Empathy	Orderly
Balanced	Friendly	Receptive
Benevolent	Gentleness	Satisfied
Caring	Gracious	Tenderness
Clear-sighted	Insightful	Understanding
Co-creative	Intuitive	Warm
Compassionate	Magnanimous	Wonder

**I am — I am whole, complete, total unto my Self.
Everyone and everything is part of my Self. It is all
perfect.**

Peace

results in . . .

Feeling

Awareness	Eternal	Pure
Boundless	Free	Quiet
Calm	Fulfilled	Serene
Centered	Glowing	Oneness
Complete	Light	United

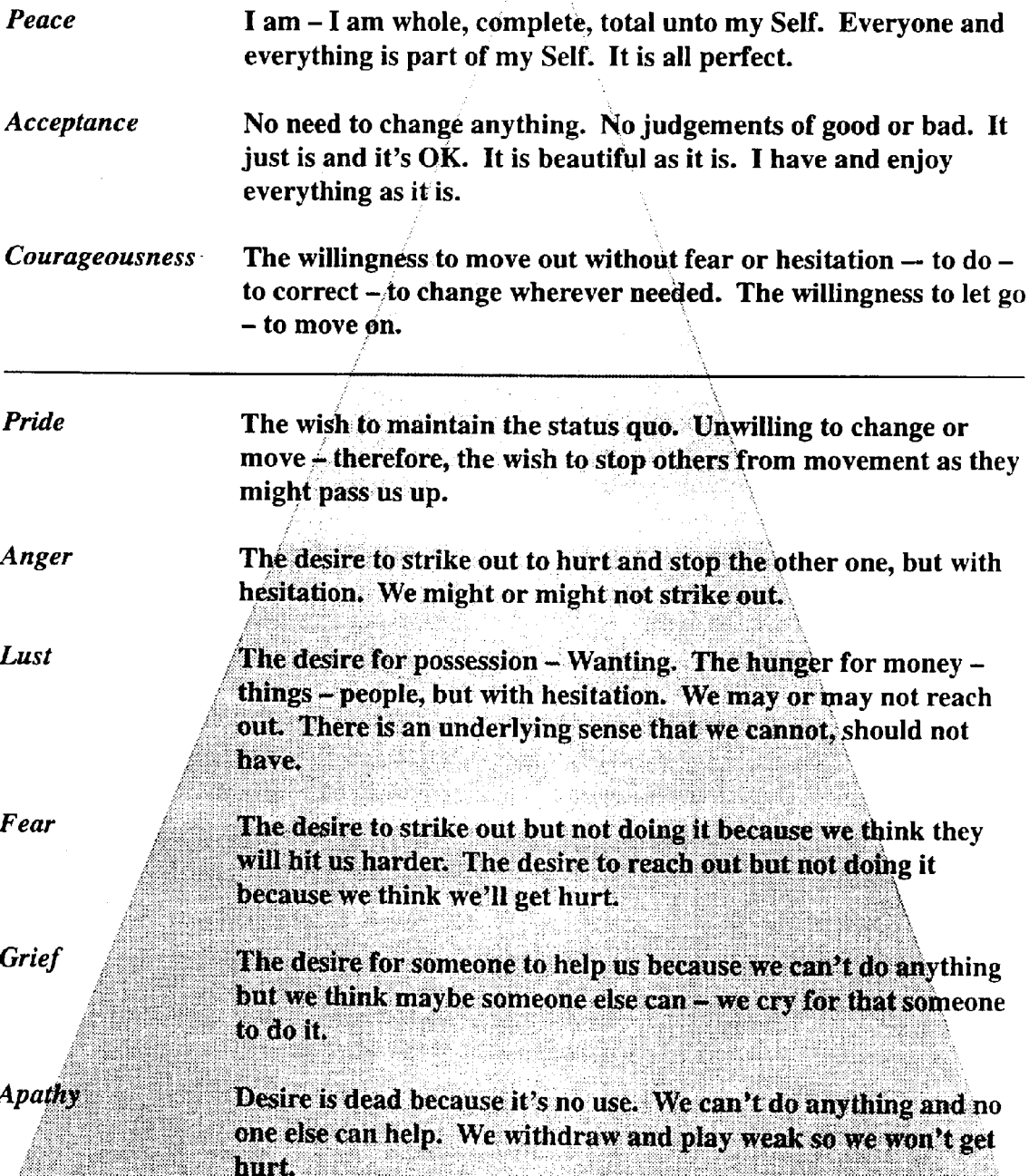
Thinking

All is well.	I am.	We are one.
Everything is unfolding as it should.	It's just perfect.	

Acting

Actionless	In equilibrium	Serenity
Balanced	Infinite	Spacious
Centered	Limitless	Stillness
Composed	Perfection	Tranquil
Connection	Poised	Unlimited
Flawless	Quiet	Whole
Imperturbable	Self-possessed	Witnessing

Scale Of Action



<i>Peace</i>	I am – I am whole, complete, total unto my Self. Everyone and everything is part of my Self. It is all perfect.
<i>Acceptance</i>	No need to change anything. No judgements of good or bad. It just is and it's OK. It is beautiful as it is. I have and enjoy everything as it is.
<i>Courageousness</i>	The willingness to move out without fear or hesitation – to do – to correct – to change wherever needed. The willingness to let go – to move on.
<hr/>	
<i>Pride</i>	The wish to maintain the status quo. Unwilling to change or move – therefore, the wish to stop others from movement as they might pass us up.
<i>Anger</i>	The desire to strike out to hurt and stop the other one, but with hesitation. We might or might not strike out.
<i>Lust</i>	The desire for possession – Wanting. The hunger for money – things – people, but with hesitation. We may or may not reach out. There is an underlying sense that we cannot, should not have.
<i>Fear</i>	The desire to strike out but not doing it because we think they will hit us harder. The desire to reach out but not doing it because we think we'll get hurt.
<i>Grief</i>	The desire for someone to help us because we can't do anything but we think maybe someone else can – we cry for that someone to do it.
<i>Apathy</i>	Desire is dead because it's no use. We can't do anything and no one else can help. We withdraw and play weak so we won't get hurt.

Four Ways of Handling a Feeling

In general, the world knows of three ways of handling a feeling. These ways are to express (vent) the feeling, try to suppress (hide) the feeling, or try to escape (cope) from the feeling or situation.

We teach a fourth option for handling a feeling. This is the Release Technique, which allows you to "let go" of the feeling, and to discharge any negative energy.

1. **Suppress (Hide)**

This is the most common and most harmful thing you can do with feelings. Pushing feelings down causes a build-up of repressed energy (stress) which eventually drives you to behave automatically in ways you don't like and wouldn't choose if you weren't being driven by the feelings. Suppressed feelings eventually take their toll on emotional and physical health.

2. **Express (Vent)**

Expressing puts the feeling into action and sometimes gives you a short-term feeling of relief. However, it does not eliminate the feeling but simply relieves the pressure of it for the time being. Expressing is often unpleasant for the person toward whom we express our feelings and it sometimes causes further distress when we feel guilty for having done so.

3. **Escape (Cope)**

We turn on the TV, go to a movie, smoke, go out, play music, or have a drink, etc., anything to get away from that unsettling feeling. But it doesn't go away . . . It's still there . . . It just goes underground, taking its toll on you even though you're not aware of it.

4. **The Release Technique**

This technique allows you to let go of the feeling itself. It is the healthiest and best way to handle a feeling. Each time you use the technique, you eliminate a bit of the repressed negative energy. It is a way of gradually discharging the suppressed energy of the feeling until eventually all the suppressed energy is undone, leaving you freer and calmer. As time goes by, you become naturally free and calm, with greater clarity of mind. Purpose and direction become more positive and constructive, resulting in better decision making and higher productivity.

Steps to Releasing

- ① Become aware of feelings**
- ② Feel the feeling**
- ③ Identify the feeling**
- ④ Relax into the feeling**
- ⑤ Release the feeling**

Emotional Intelligence

- **1. Knowing One's Emotions**
- **2. Managing Emotions**
- **3. Motivating One's Self**
- **4. Recognizing Emotions in Others**
- **5. Handling Relationships**

On Emotional Intelligence

For the past year the book *Emotional Intelligence* by Daniel Goleman has been a #1 best seller on the New York Times book list. The premise of the book is that our emotional intelligence is much more important in predicting our level of success and satisfaction in life than our I.Q. In fact, the book has redefined what it means to be smart and effective in life.

Daniel Goleman in his book defines five critical skills that make up emotional intelligence. The following is a summation of these skills and how they relate to The Abundance Course and the skill of releasing.

"Knowing one's emotions. Self-awareness—recognizing a feeling as it happens—is the keystone of emotional intelligence. The ability to monitor what we are feeling moment to moment is crucial to psychological insight and self understanding.* The course is designed to help you gain better awareness of what you are feeling moment to moment. There are also specific exercises in the course that will give you a road map to your emotions and effective tools to deal with them. New research is discovering that being aware of our emotions helps us to make better decisions and inappropriate emotional responses cloud our judgment. The course includes specific processes that will help you to eliminate the inappropriate emotional responses that cause you to make decisions that you later regret.

"Managing emotions. Handling feelings so they are appropriate.* The release technique goes beyond managing your emotions by giving you a powerful tool to let go of or eliminate the painful and limiting emotions and stress that prevent you performing at your best and from being able to bounce back from life's inevitable set backs and challenges. It also will show you how to eliminate the emotional baggage and patterns that stem from the traumas and disappointments of the past.

"Motivating oneself. Marshaling emotions in service to a goal is essential for paying attention, for self-motivation and mastery, and for creativity. Emotional self control—delaying gratification and stifling impulsiveness—underlies accomplishment of every sort. And being able to get into the "flow" state enables outstanding performance of all kinds.* The tools you will learn in our basic course will show you how to easily eliminate the blocking feelings that prevent you from achieving what you want in life. As you eliminate the feelings that say "I can't . . . I don't know how . . . I don't deserve it . . . I can't handle it . . .," you uncover your innate sense of "I can" that naturally catapults you to greater success. Our inappropriate emotions cause us to act impulsively—as you let them go, you find it easier to stick with your goals. Graduates report that consistent use of the method results in greater access to the "flow" state. The course will also show you specific processes designed to help you achieve all you desire.

"Recognizing emotions in others. Empathy . . . is the fundamental people skill.* As you use the technique you will not only become more aware of your own emotions, you will be able to recognize the emotions of others and attune yourself to their needs and wants.

"Handling relationships. The art of relationship is, in a large part, skill in managing emotions in others.* As you let go of your own emotional baggage and increase your empathy by releasing, you naturally develop an ability to relate better to others. As you learn that you are a master of your emotions, you intuitively know how to guide others towards their own emotional mastery. Also, as you use the release Technique and let go of your own emotional baggage, people will enjoy relating to you and giving you what you want.

*From *"Emotional Intelligence"* by Daniel Goleman

Releasing Questions

Choose an incident from your past about which you still have some feelings.

Ask: **What is your now feeling about the incident?**
 (you answer)

Does that bring up a Wanting Approval? A Wanting Control? or a Wanting to Be Safe or Secure?
(you answer)

Could you let it go?
(you answer)

Would you let it go?
(you answer)

When?
(you answer)

Now: **Focus on the situation again and notice how you feel.**

Is there more of that feeling left, or is there a different feeling?
(you answer)

Could you let it go?
(you answer)

Would you let it go?
(you answer)

When?
(you release)

Continue the process:

Could you? — Would you ? — When?

Continue the process until you are completely calm about the incident.



**Never think of things as
coming in the future,
as the mind will keep it in
the future.**

**See it, feel it, taste it,
possess it as yours now.**

**Do not see it in its
"Will-be-ness".**

Lester Levenson

Wording a Goal Statement

1. **Phrase it in the NOW**—as though it is already achieved. Phrasing it as a future event tends to keep it always out of reach—in the future.
2. **Phrase the goal positively**, without any negatives. Put in what you want—not what you don't want. Your goal statement should reflect the end result that you want to achieve; therefore, be sure you do not include in your statement those things you're wanting to get rid of. Keeping it in mind tends to create it.
3. **It should feel real, realistic, and right to you**—possible, with a sense of "I can have it."
4. **Include yourself** in the statement in relationship to the goal.
5. **Be precise and concise**. Use as few words as possible while being sure to make it a complete statement of what you want. Choose the exact words that convey a specific meaning to you.
6. **Be specific, but not limiting**. Don't limit the results by including limiting specifics. Leave things open as much as possible to allow for results being upgraded from what you initially project.
7. **Word it to facilitate your letting go**.
8. **Eliminate the word 'want'**.
9. **State the goal or end result** and not the means or how you're planning to get it. These action possibilities would more appropriately go on your Goal 'to do' list.
10. **Focus on one goal per statement**. Don't diffuse your energy by creating multiple goals in a goal statement.

Sample Goal Statement

Job/Career/Financial

I decide to experience my full abundance and wealth every day.

I allow myself to perform effectively and successfully at work.

I allow myself to release with ease throughout my workday.

I allow myself to easily have and enjoy the best job for me at this time in my life.

I allow myself to easily find and develop a career which will greatly utilize my creative abilities (and/or skills) and which will provide abundant financial rewards.

I allow myself to have an abundant cash flow of \$_____ with ease.

I allow myself to have _____ dollars or more this week by releasing only.

Relationships/Communication

I allow my relationship with _____ to be joyful, loving and supportive.

I allow myself to easily and effectively communicate with _____.

I allow my situation with _____ to be resolved with fairness and mutuality for all concerned.

I allow myself to love and accept (or forgive) myself (or _____) no matter what.

I allow myself to love _____.

(name of person)

Diet

I allow myself to easily achieve and maintain my ideal body weight.

I allow myself to enjoy eating foods that keep my body slender, healthy and fit.

General Health

I allow myself to release naturally with ease.

I allow myself to sleep well and awake refreshed and well-rested at _____ a.m.

I effortlessly allow myself to live at optimum health and well-being.

I allow myself to enjoy being a nonsmoker.

I allow myself to lovingly support _____ in their growth (and freedom).

I allow _____ to have what they want for themselves.

Please note:

These can be used as a basis for creating your own individual goal statements.

Simply adjust the final wording to reflect your particular situation.

Goals I Would Like To Achieve

Goal Chart

Goal:

What is my NOW feeling about my goal?	Let go?	Feel Good?

Goal Chart

Goal:

What is my NOW feeling about my goal?	Let go?	Feel Good?

Goal Chart

Goal:

What is my NOW feeling about my goal?	Let go?	Feel Good?

Goal Chart

Goal:



What is my NOW feeling about my goal?	Let go?	Feel Good?

Goal 'To Do' List

Goal:



'To do' list to accomplish my goal	What is my NOW feeling about doing each item?	Let go?

Eliminating Wants — The Keys to Empowerment



*"We should strive to attain a desireless state.
As long as we have desire, we lack. Lack and
want are the same thing. Wanting traps us in
a world of limitation. Wanting is the greatest
enemy of joy!"*

Lester Levenson



A Definition of Wants

1. Although wants are not feelings, they definitely have a "feel" to them. Wanting Approval has a kind of gimme feeling to it—a kind of soft neediness. Wanting Control on the other hand has a harder feeling. It is a little more pushy and assertive.
2. Remember that a want is a lack.
3. Remember that there is nothing wrong with giving or receiving approval or being in control. It is not the actual state that limits us, but the "wanting" it.
4. Releasing on the wants is more powerful and deeper than releasing on the emotions and feelings. When you let go of a want you are letting go of a piece of everything on the chart.
5. All pain and misery come from wanting approval and control—which is another way of saying wanting love. All joy and bliss comes from giving approval and giving up wanting control—which is another way of saying giving love. It comes from being yourself.
6. Control is not BAD—It's the wanting (lacking) control that we need to release. It's okay to be in control all the time, just let go of the lacking feeling.

Approval is not BAD—Have all the approval you want. What's off is the wanting (lacking) approval. Just let go of the wanting (lacking) approval and you'll have it.

Being safe and secure is what you want. It is the wanting (lacking) to be safe and the wanting (lacking) to be secure is that's off.

Ways in Which I Seek Approval (Love)

Ways in Which I Seek Control (Change)

Ways in Which I Seek Security/Safety/Survival

The Emotional Picture

(How the Feeling of Desire Works)

(The Real You/The
Unlimited You)

"I"



(The Limited You)

WANTING TO BE SEPARATE



WANTING TO SURVIVE,
WANTING TO BE SAFE & SECURE



WANTING APPROVAL (LOVE)



WANTING CONTROL (TO CHANGE THINGS)



A G F L A P C A P



THINKING



THE WORLD

Attachment To Money

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What Advantage is it to me to Have Money?	What Disadvantage is it to me to Have Money?

1. Imagine never, ever being able to have money.

(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)

2. Could I let go of my entire attachment to money?

(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Aversion To Money

Stream of Consciousness:





(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What do I like about money?	What do I dislike about money?

1. **Imagine always having money.**
(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. **Could I let go of my entire aversion to money?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Attachments & Aversions

Here again the desires keep things away from us subconsciously. Doing attachments and aversions brings up the subconscious feelings which show up in the form of "clutching" or resistance. When we release these subconscious desires we can discriminate why we are doing destructive things to ourselves (subconsciously) and get rid of them easily, so we can be clear on what's holding us back and get rid of what's holding us back in any area.

Attachments — A desire (wanting) to have it.	*Let go?
 <p><i>I am attached to my title at work— w/a</i> <i>I like the respect it gets me when people know how important I am.</i> <i>I worked hard to get it and will continue to work hard to keep it.</i></p>	
<p>INSTRUCTIONS:</p> <ol style="list-style-type: none"> 1. Write attachment; 2. Write a stream-of-consciousness about attachment (just let your mind wander about the attachment); 3. Release on whatever wants are stirred up; 4. Do an <i>Advantage/Disadvantage</i> sheet; 5. Picture yourself never having this again, and release whatever comes up; 6. Ask yourself "could I let go of my attachment to _____?" 7. Then ask yourself the squeezing the lemon questions: Imagine never, ever having _____ ever again. Keep releasing until it is 100% okay. 8. Now ask yourself "can I let go of my entire attachment to _____?" Keep asking until there is no more clutching or resistance to saying yes. 	
Aversions — A desire (wanting) to get it away from me.	*Let go?
 <p><i>I have an aversion to cold calling— w/s, w/a</i> <i>I don't like calling people I don't know. I never know the right way to introduce myself.</i></p>	
<p>INSTRUCTIONS:</p> <ol style="list-style-type: none"> 1. Write aversion; 2. Write a stream-of-consciousness about aversion; 3. Release on whatever wants are stirred up; 4. Do a <i>Likes/Dislikes</i> sheet; 5. Picture yourself having this with you forever, and release what comes up; 6. Ask yourself "could I let go of my aversion to _____?" 7. Then ask yourself the squeezing the lemon questions: Imagine always having _____; you can't get away from it. Keep releasing until it is 100% okay with you. 8. Now ask yourself—can I let go of my entire aversion to _____? Keep releasing until you can say yes 100%. 	
<p>*Did I completely let go?</p>	

Aversion To . . .

Stream of Consciousness:

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

<p>What do I like about _____?</p> <p>(Always put the same aversion in the blank space)</p>	<p>What do I dislike about _____?</p> <p>(Always put the same aversion in the blank space)</p>
<p></p>	<p></p>

- 1. *Imagine always . . .***
(Put the aversion in the blank space and let go of clutching or resisting the feeling it brings up in your stomach or chest. Keep releasing until there are no more feelings in your stomach or chest.)
- 2. *Could I let go of my entire aversion to . . .***
(Put the aversion in the blank space and keep letting go until you can say "yes" 100% with no clutching or resistance.)

Stream of Consciousness:

What Advantage is it to me to _____? (Always put the same attachment in the blank space)	What Disadvantage is it to me to _____? (Always put the same attachment in the blank space)

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Attachment To Disapproving of Myself

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What advantage is it to me to disapprove of myself?	What disadvantage is it to me to disapprove of myself?

1. **Imagine never, ever being able to disapprove of myself ever again.**
(Let go of clutching or resisting the feeling it brings up in your stomach or chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. **Could I let go of my entire attachment to disapproving of myself?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Aversion to Disapproving of Myself

Stream of Consciousness:

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What do I like about disapproving of myself?	What do I dislike about disapproving of myself?

1. ***Imagine disapproving of myself all the time.***
(Let go of clutching or resisting the feeling it brings up in your stomach or chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. ***Could I let go of my entire aversion to disapproving of myself?***
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Attachment To Figuring Things Out

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What advantage is it to me to figure things out?	What disadvantage is it to me to figure things out?

1. **Imagine never being able to figure things out ever again.**
(Let go of clutching or resisting the feeling it brings up in your stomach or chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. **Could I let go of my entire aversion to figuring things out?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Aversion To Figuring Things Out

Stream of Consciousness:

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What do I like about thinking?	What don't I like about thinking ?

1. ***Imagine always always figuring things out, everything, and you can't stop.***
(Let go of clutching or resisting the feeling it brings up in your stomach or chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. ***Could I let go of my entire aversion to figuring things out?***
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Responsibility

Taking responsibility is a powerful way of creating abundance in your life, as well as accelerating your releasing.

The following quote from *Keys To The Ultimate Freedom* describes how you can start creating and taking responsibility in your life.

"If you want one practical key for quickly reaching the Goal, I would recommend that you take full responsibility for everything that happens to you. We have lost sight of our mastership and have deluded ourselves into thinking we are victims in a World that controls us, that pushes us around. It isn't so! We are causing what is happening to us by giving power, our power, to the external World. If you want to regain your control, you must take full responsibility.

How to regain our control? Examine your thinking and correct it. Develop the habit of honest introspection by asking yourself, 'Wherein did I cause this to happen to me?' and holding it until the thought that caused the happening comes out of the subconscious into the conscious plane. Then you recognize your mastership, that you caused that pleasant or unpleasant experience to happen to you. The more you will do this, the easier it becomes and the more able you become, until finally — you recognize that you were always the master."

From *Keys To The Ultimate Freedom*
by Lester Levenson

Fill out the attached sheet. Write down whatever comes up and release it without censoring what you discover. Be open to seeing your underlying pattern or program about abundance. **Take responsibility, but let go of beating yourself up. By taking responsibility, you can take control of what happens to you in your world. If you did it, you can change it. If you feel, "I didn't do it, it happened to me", you're stuck and you have to wait for something or someone outside of yourself to change — you become a victim.**

Wherein did I cause my lack of abundance?

(Sit quietly until the answer comes — Write it down and keep releasing until you are 100% released about it.)

Attachment to Health

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What Advantage is it to me to be healthy?	What Disadvantage is it to me to be healthy?

1. **Imagine never, ever being able to be healthy.**
(Keep releasing until there are no more feelings in your stomach or chest.)
2. **Could I let go of my entire attachment to health?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

Instructions:

Once you have released the feeling completely, check the *Let Go?* column. When you have *let it go*, look back and see what the next feeling is about the topic. Do this until you feel at least courageousness about that topic. Then repeat the process with the next topic.

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What is my NOW Feeling About Wellness?

What is my NOW feeling about my condition of health?	Let Go?	What is my NOW feeling about my physical health?	Let Go?	What is my NOW feeling about exercise?	Let Go?
					<p>Did I completely let go?</p>

Releasing Stuckness

Take a topic where you are experiencing stuckness, i.e., making a decision, a goal, an undesirable habit or behavior pattern, a troublesome relationship or situation, a recurring feeling.

Start with one advantage, write it down, then write 'wanting approval', 'wanting to control', or 'wanting security' next to it and release the NOW want completely. Check the *Let Go?* column.

Then, go to one disadvantage, write it down, and go through the same steps. Go back to another advantage, repeating the same steps. Then do another disadvantage, then another advantage, another disadvantage, so that you continue alternating the items and keep them balanced. If you can't come up with something, write 'none' in that column and continue your releasing.

Topic: Being Overweight

[illegible]

**WHEN WE KNOW THAT WE
HAVE EVERYTHING
AND
THEREFORE NEED NOTHING,
THEN EVERYTHING
COMES TO US FOR THE MERE
EFFORTLESS THOUGHT OF IT.**

Lester Levenson



The Check Exercise

Every time we begin to write a check, it's an opportunity to release our resistance to having abundance. Just simply writing a check will show you what's in the way to having total abundance. Sometimes we "clutch" or resist our feelings about the check, thus we can now bring up what's in the way of having abundance from our

subconscious thoughts to a conscious level and release those lacking feelings. This is a very powerful way of having abundance fast. A suggestion: Write the word "Release" on the front of the check book to remind you to release the feelings of lack or resistance. Don't send the check until you feel 100% released on it and the people you are sending the check to. If you do this consistently you will be eliminating "what you don't want in your mind — and be left with what you want — which is abundance. Doing this is certain to lead to vast abundance. Try it, you'll like it!

		1998
		91-2/1221
Pay to the order of	_____ 19__	
	\$ _____	
	_____ DOLLARS	
BANK 1 ONE BankOne, Arizona, NA Branch Office (106) Phoenix, Arizona		

		1999
		91-2/1221
Pay to the order of	_____ 19__	
	\$ _____	
	_____ DOLLARS	
BANK 1 ONE BankOne, Arizona, NA Branch Office (106) Phoenix, Arizona		

		2000
		91-2/1221
Pay to the order of	_____ 19__	
	\$ _____	
	_____ DOLLARS	
BANK 1 ONE BankOne, Arizona, NA Branch Office (106) Phoenix, Arizona		

Attachment To Worrying

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What advantage is it to me to worry?	What disadvantage is it to me to worry?

1. **Imagine never, ever being able to worry again.**
(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. **Could I let go of my entire attachment to worrying?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Aversion To Worrying

Stream of Consciousness:

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What do I like about worrying?	What don't I like about worrying ?

1. **Imagine always worrying, forever, you can't stop.**
(Keep releasing until there are no more feelings in your stomach or chest)
2. **Could I let go of my entire aversion to worrying?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Attachment To Thinking

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What advantage is it to me to think?	What disadvantage is it to me to think?

1. **Imagine never, ever being able to think.**
(Keep releasing until there are no more feelings in your stomach or chest)
2. **Could I let go of my entire attachment to thinking?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Aversion To Thinking

Stream of Consciousness:

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What do I like about thinking?	What don't I like about thinking ?

1. **Imagine always thinking, you can't stop.**
(Keep releasing until there are no more feelings in your stomach or chest)
2. **Could I let go of my entire aversion to thinking?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance)

Attachment To Doing Something

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What advantage is it to me to do something?	What disadvantage is it to me to do something?

1. **Imagine never, ever being able to do something.**
(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. **Could I let go of my entire attachment to doing something?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Ponder . . . Worrying, Thinking, Doing Something (Why we do it automatically)

Here's why I suggest you do the worrying, thinking, doing something exercises. By doing this, you call up the subconscious mind and look at it and release what you don't want.

The habit of worrying is something that plagues us all, but we seem to do it a lot. One day when I was into worrying, I sat down and did an attachment to worrying and an aversion to worrying. The word "thinking" kept coming up in the releasing exercise, so I sat down and did an attachment to thinking and an aversion to thinking, and to my amazement, I noticed that in order to "worry" I had to "think" and in order to "think" I had to "worry". That "worrying" went hand in hand with "thinking". I never saw that in myself. Then the words "doing something" kept coming up, so I sat down and did an attachment to doing something and an aversion to doing something. I then discovered that every time I was worrying and thinking I always had to do something. Then I noticed that I was motivating myself with negativity to do something about the scary situation. I decided that I no longer wanted to motivate myself with negativity, so I sat down and I wrote the following goal which I have been using successfully for years:

"I allow myself to do absolutely nothing (except release)
and have a wonderful abundant life with ease."

I then discovered that the most powerful action I could take was releasing. Every thing started to happen for me without moving my muscles — the "butt" system started to work for me — big time, and I started to know how the mind really worked. Try it — you'll like it.

"Good" and "Bad" Exercise

If something is good we have a tendency to hold on to it and stop releasing, and if something is bad, we suppress the bad thing because we don't want to look at it and we stop releasing. By doing this exercise it will enable you to release more consistently.

What's good?	Let go?	What's bad?	Let go?

*Did I
Completely
Let Go?*

Releasing Pride Sheet

The following exercise is designed to allow you to let go of your pride and move up into Beingness faster. Pride is an emotion that gets us stuck because we often want to hold onto and protect it.

Pride is sometimes a sense we did it and we are not certain we can do it again. So, we hold onto what we've done and try and get acknowledgement for it, instead of just moving on to our next accomplishment. It's also a sometimes subtle sense of being better than others.

Pride is a blind spot for most people. We often get stuck in pride and don't know it. Doing this exercise will assist you in uncovering your pride for yourself and letting it go.

1. Ask yourself, "*what am I proud of?*" Make a list and release the wants associated with each item. Do one at a time.
2. Ask yourself, "*could I let go of holding on to the pride?*"
3. Things that people are often proud about, that we are not consciously aware of:
 - being stubborn
 - being able to drive others crazy by us acting negative
 - being a woman or being a man
 - being smart
 - being proud of certain things you do in life
 - being a smart ass or a brat . . .

You get the idea!

Digging Deeper

Keep asking yourself the question and continue letting go until you have no more wanting approval, wanting control, wanting safety, security or survival on each subject before moving on to the next set of questions.

1. Who or what am I judging? . . . *Could I let that go?*
2. Who or what am I guilty about? . . . *Could I let that go?*
3. Who or what do I want to be separate from? . . . *Could I let that go?*
4. Who or what am I rejecting? . . . *Could I let that go?*
5. Who or what am I resisting? . . . *Could I let that go?*
6. Who or what am I jealous of? . . . *Could I let that go?*
7. Who do I think I am better than? . . . *Could I allow that person to be equal to me?*
8. Who do I think is better than me? . . . *Could I allow myself to be equal to them?*
9. What is my Persona (Personality)? . . . *List and release.*

Attachment To Holding On

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What advantage is it to me to hold on?	What disadvantage is it to me to hold on?

1. **Imagine never, ever being able to hold on.**
(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. **Could I let go of my entire attachment to holding on?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Aversion To Holding On

Stream of Consciousness:

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What do I like about holding on?	What don't I like about holding on?

1. Imagine always holding on to everything and you can't stop.

(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)

2. Could I let go of my entire aversion to holding on?

(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Attachment To Letting Go

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What advantage is it to me to let go?	What disadvantage is it to me to let go?

1. Imagine never, ever being able to let go.

(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)

2. Could I let go of my entire attachment to letting go?

(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Aversion To Letting Go

Stream of Consciousness:

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What do I like about letting go?	What don't I like about letting go?

1. **Imagine always having to let go of everything and you can't stop.**
(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. **Could I let go of my entire aversion to letting go?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Attachment To Satisfaction

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What advantage is it to me to be satisfied?	What disadvantage is it to me to be satisfied?

1. Imagine never, ever being able to satisfy myself.

(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)

2. Could I let go of my entire attachment to satisfaction?

(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Aversion To Satisfaction

Stream of Consciousness:

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What do I like about me being satisfied?	What don't I like about me being satisfied?

1. **Imagine always being satisfied no matter what.**
(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)
2. **Could I let go of my entire aversion to satisfaction?**
(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Attachment To Trusting

Stream of Consciousness:

(Just let your mind think of things about the attachment. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What advantage is it to me to trust?	What disadvantage is it to me to trust?

1. Imagine never, ever being able to trust, ever again.

(Let go of clutching or resisting the feeling it brings up in your stomach or your chest. Keep releasing until there are no more feelings in your stomach or chest.)

2. Could I let go of my entire attachment to trusting?

(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

Aversion To Trusting

Stream of Consciousness:

(Just let your mind think of things about the aversion. Write it down and see what you wrote or thought as wanting approval, wanting control, or wanting to be safe or secure and then release the want.)

What do I like about trusting?	What don't I like about trusting?

1. **Imagine always trusting everybody, everything.**

Let go of clutching or resisting the feeling it brings up in your stomach or your chest. (Keep releasing until there are no more feelings in your stomach or chest.)

2. **Could I let go of my entire aversion to trusting?**

(Keep letting go until you can say "yes" 100% with no clutching or resistance.)

The Release Technique

The Six Steps

- ① You must want imperturbability more than you want approval, control and security.
- ② Decide you can do the Method and be imperturbable.
- ③ See all your feelings culminate in three wants—the want of approval, control and security/survival. See that immediately and immediately let go of the want of approval, want to control and the want of security/survival.
- ④ Make releasing constant.
- ⑤ If you are stuck, let go of wanting to control the stuckness.
- ⑥ Each time you release you are happier and lighter. If you release continually, you will be continually happier and lighter.

Getting The Most From Your Releasing

1. As soon as you awaken in the morning, become aware of what you are feeling, trace the feeling down to the underlying want, and release.
2. Preview the day, and release. Have the Six Steps in front of you.
3. In addition to releasing on the go, set aside time for short releasing breaks during the day.
4. If you begin to get stirred up or stressed, notice this, and release.
5. Have some goals you're releasing on daily. Do attachments and aversions exercises on things and situations in your life.
6. Review the day and release. Have the Six Steps in front of you.
Release on:
 - Circumstances/events/situations
 - People
 - Resistance to circumstances/events/situations
 - When was wanting control stirred up? Wanting approval? Wanting Security?
7. Determine where you could have been more aware today, and where you need to be more aware tomorrow, in order to keep your releasing going even more consistently.
8. Be aware of when you are resisting, and release the feeling of resistance.
9. Review the Six Steps daily. Determine where you were off, and what you need to do to get back on the track.
10. If you have trouble releasing, see where in the Six Steps you are off.
Remember — there are **NO EXCEPTIONS!**

Things I Have To Do

Things I feel I have to do:	What NOW feeling does this "have to" bring up?	Let go?	What NOW feeling comes up next?	Let go?

Did I Completely Let Go?

Daily Review

A daily review or "clean up" is a powerful process which richly repays the effort invested. The process is most commonly done in the evening, although it can be done at any time during the day. In fact, if you get in the habit of stopping periodically and doing this kind of general cleanup in addition to your regular releasing you will find your life improving dramatically.

This is a time to look dispassionately over events and interactions: a meeting or gathering at work or with friends, a talk with a loved one, etc. It is the time to extract from them the learning they contain and then to release any attachments or emotional residue.

In many ways the process is like harvesting the seeds of consciousness. In giving our attention and awareness to the events and their lesson we gain the nourishment they contain and distill their essential value.

The first step is to relax and allow this process to take place from the standpoint of an observer. Judgment and self-criticism only impede the process.

After you have achieved this state of relaxation, look back over the events of the previous hours and allow certain events or interactions to come into your mind. Notice that these may be events you passed over too rapidly, or that were incomplete for you. Pay attention to what was left unsaid, or undone, or any unvoiced agendas or wants which are associated with each. Before you release on these wants, stay present with them for just an instant and see if they have a message or lesson for you. Then identify the want and ask yourself if you could let go of wanting approval, control or security.

Do this process as often as you remember each day. It's a terrific addition to what you are now doing.

Special Release Process

The following process has been designed to greatly accelerate your use of the Release Technique. It is made up of a series of questions which can be asked before or after meetings, especially if these are with difficult people, also gatherings with your family or friends or in any situation where you interact with people.

As you work with these questions, you will see they help you improve your relationships, communicate more effectively, resolve conflicts and incorporate Releasing more easily into your life. They will also greatly improve your effectiveness and contribute to the integrity of all of your interactions.

There are three groups of questions; each one focuses on a separate want. First, Control, then Approval, then Security.

The way to work with these questions is as follows:

1. Focus on (visualize) the face of the person you would like to release about.
2. Ask yourself one question at a time and allow the question to surface your wants. You may often notice that just asking yourself the question will cause you to spontaneously release the want you are focusing on at the moment.
3. The third question in each set is designed to help you see if you are fully released on that want about that individual. Keep asking yourself the first two questions in each set and release whatever is stirred up until you can honestly answer yes to the third question.
4. Start with the set of questions on Control and stay with that set of questions until "You grant that person the right to be the way they are." This often is just a decision to release to completion and it is possible to get to this point very quickly if you are open to it.
5. Do the same thing with each set of questions in order. You'll know when you are fully released on a person when you can see their face and have only love for them.

Clean-Up Questions

I.

1. Did this person try to control me?
2. Did I try to control this person?
3. Do I now grant this person the right for this person to be as this person is?

Repeat these questions until you do.

II.

1. Did I dislike or disapprove of anything in this person?
2. Did this person dislike or disapprove of anything in me?
3. Do I have only love feelings for this person?

Repeat these questions until you do.

III.

1. Did this person challenge, oppose or threaten me?
2. Did I challenge, oppose or threaten this person?
3. Do I have only a feeling of well-being, a feeling of safety and trust with this person?

Repeat these questions until you do.

Look at the face of each person you are working on and feel only love for them — only a feeling of "You are me" for that person. If there are any other feelings, go back to the above.

Fast Steps To Freedom

- Get everything only by releasing.
- Practice witnessing things more while releasing.
- Take responsibility for everything.
- Take all your joy from within.
- Be all giving.
- Be yourself.

Lester Levenson

Assignment: Pick one of the Fast Steps to Freedom to try for yourself and just focus on it and prove to yourself how the "butt" system will work for you.

Happiness

Topic: _____

What do I need in order to be happy?	Let go?	What do I need to avoid in order to be happy?	Let go?
			<i>Did I Completely Let go?</i>

Gains

A Gain

is simply feeling good where a moment before you felt bad. Gains are also the specific results you achieve through releasing. They include the large and small benefits, successes and accomplishments you enjoy day to day using the Release Technique.

Each time you record your gains in your GAINS SECTION, you validate what you have done to benefit yourself. In addition to being a record of your progress, your gains also remind you to keep using the Release Technique.

There are many categories of gains. The following list provides a sampling of gains categories for your reference:

- Positive changes in behavior and/or attitude
- Greater ease and effectiveness in daily activities
- More effective communications
- Increased problem solving ability
- Greater flexibility
- More relaxed and confident in action
- Accomplishments
- Insights and realizations
- Completions
- New beginnings
- Acquiring new abilities or skills
- Increase in positive feelings
- Decrease in negative feelings

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

The Abundance Course Candidates

People you would like to share the Release Technique with:

PERSON	ACTIONS AND/OR FEELINGS LIST AND RELEASE

Share The Method

Mail list to: Lawrence Crane
15101 Rayneta Dr
Sherman Oaks, CA 91403
(818) 385-0611

or Fax: (818) 385-0563

We are all connected . . . mom, and dad, grandparents, sister, brothers, aunts, uncles, business associates, dentists, physician, minister, lawyer, insurance agent, veterinarian, college or high school classmates, nurse, travel agent, church members.

Most of us know 1,000's of people during our lifetime. Just imagine if all of us shared The Abundance Course with a fraction of that number. It is truly the gift of a lifetime. Please list names, addresses, and phone numbers of people you think would benefit from this course. We will send them a special information packet with a personalized gift certificate from you.

YOUR NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: _____

☐ I do want you to use my name.

☐ I do not want you to use my name.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
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Phone: _____

Use separate sheet for more names

Releasing Projects

LESTER LEVENSON on DEMONSTRATION

A Transcript from Lester's "Will Power" audio:

Whether we are aware of it or not, everyone is controlling matter all the time. Whether one wants to be a demonstrator or not, he is. It is impossible to not be a creator all the time. Everyone is creating every day. We're not aware of it because we just don't look at it. Every thought, every single thought materializes in the physical world. It's impossible to have a thought that will not materialize, except when we reverse it. If we say the opposite right after we have a thought of equal strength, we just neutralize it. But any thought not reversed or neutralized will materialize in the future, if not immediately. So this thing of demonstration that we're all trying so hard to do we're doing all the time, unaware of the fact that we are doing it. All we need to do is consciously direct it, and that we call demonstration.

Everything that everyone has in life is a demonstration. It could not come into your experience had you not had a thought of it sometime prior. If you want to know what you sum total thinkingness is, it's exactly determined by what's around you, what you have. That is your demonstration. If you like it, you may hold it. If you don't start changing your thinking, concentrate it in the direction that you really want until those thoughts become predominant—and whatever those thoughts are will materialize in the world. And when you begin to demonstrate consciously—small things—you may then realize that the only reason why they're small is because you don't dare to think big. But the exact same rule or principle applies to demonstrating a penny that applies to demonstrating a billion dollars. The mind sets the size. Anyone who can demonstrate a dollar can demonstrate a million dollars. Become aware of the way you're demonstrating the one-dollar bill, and just put six zeroes after it next time. Take on the consciousness of the million, rather than the one-dollar bill.

This relates to what I have been saying that there's not difference between the spiritual and the material when you see it, the material being just an out-projecting of our minds into what we call the universe, the world and many bodies. And when we see that it is just an out-projecting of our mind, that it's just a picture out there we have crated, we can very easily change it. Instantly. So to repeat: Everyone is demonstrating and creating during every moment that he or she is thinking. You have no choice. You are a creator so long as you have a mind and think. To get beyond creation, we must go beyond the mind—and just beyond the mind is the realm of all Knowingness, where there is no need for creation. There's a higher state than creation: It's a state of is-ness, of being-ness, sometimes called Awareness, Beingness, Consciousness. That's just behind the mind. That's beyond creation. The mind finds it very difficult to imagine what it's like beyond creation because it is involved primarily in creation—in the act of creating. It's the creating instrument of the universe and everything that happens in the world, in the universe. So, if you take this thing called mind, which is only a creator, and try to imagine what it is like beyond

creation, it's impossible. The mind will never know peace (quiet) because you have to go just above the mind to know peace (quiet) to know the Infinite Being that we are—to know what it's like beyond creation. The final state is beyond creation. The ultimate State is the changeless state. In creation, everything is constantly changing. Therefore, in creation, the Ultimate Truth is not there. So demonstrate what one wants, one needs to become aware of the fact that all we need to do is to think only of the things we want, and that is all that we would get, if we would do just that. Only think of the things you want, and that's what you'll be getting all the time, because the mind is only creative. Nice and easy, isn't it? Also, take credit for all the things you create that you don't like. Just say, "Oh, look what I did," because when you become aware that you've created things you don't like, you're still in a position of creator. If you don't like it, all you have to do is turn it upside down and you'll like it.

What Am I Demonstrating In My Life?

(If what you are doing in life or what is happening to you brings up a clutching or resistance in your stomach or chest, keep releasing the energy until it is completely released.)

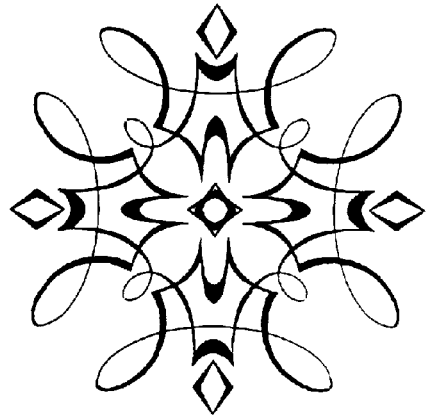
What Is My Consciousness About Relationships?

(If what you are doing in life or what is happening to you brings up a clutching or resistance in your stomach or chest, keep releasing the energy until it is completely released.)

What Is My Consciousness About Business?

(If what you are doing in life or what is happening to you brings up a clutching or resistance in your stomach or chest, keep releasing the energy until it is completely released.)

Congratulations



We have spent this time together, preparing you in the use and application of The Release Technique, and now you have all you need to complete the journey you've started on your own.

We truly hope you continue to using the Release Technique in all areas of your life. While using it on any topic you will see that it also affects all other areas of your life. As you achieve greater and greater success and contentment, you are helping not only yourself but those around you, your loved ones, friends, co-workers, even the people you meet on the street. They can sense your inner calmness and notice your ability to experience life more fully. We hope you'll share your wonderful gains with these people, and join with us in our vision of letting everyone have the Release Technique for their own.

Thank you for participating in the training, and our best wishes for the highest state of Abundance and Imperturbability.

Now that you have completed the Abundance Course, you are considered a Graduate.

Send us a copy of your gains sheet and we will send you a catalog with a 10% discount coupon good toward your next purchase of products or seminars! We will also enter your name for a FREE subscription to our quarterly newsletter, "Release." Sending us your gains will make you eligible to participate in our nationwide advanced seminars, which are offered to graduates only. To find out about these courses go to our Web site—www.ReleaseTechnique.com—then you can go to "Live Classes" and also go to the "Graduate area" on the site and put in your e-mail address so we can notify you by e-mail about free telephone workshops as well as other ongoing courses.

We offer the live version of The Abundance Course regularly around the country and in my home in Sherman Oaks, California. The live course has many different exercises that do not translate to audios.

We will also send a qualified instructor anywhere in the United States for a group of 25 people or more who would like to learn the Abundance Course live.

We offer comprehensive, customized programs that incorporate The Release Technique for groups, organizations and corporations.

If you would like further information regarding any of the above, call us toll-free at (888) 333-9666, or (818) 385-0611, e-mail—releasela@aol.com.

Send your copy of "Gains Sheet" to:

Lawrence Crane Enterprises, Inc.

15101 Rayneta Dr.

Sherman Oaks, CA 91403

Phone: 818-385-0611 or Fax: 818-385-0563

or E-mail: releasela@aol.com

Visit our Web site:

www.ReleaseTechnique.com

Want Even More Results?!

Read the gains from the Goals-Resistance course

\$120,000 PROFIT

I worked on the goal you showed us how to do in the Goals-Resistance Course—result \$120,000 profit on sales in a real estate deal, also purchased a property at \$25,000 below market value with a monthly positive cashflow of \$500 per month. What a course!

Tom Beyer, Scottsdale, AZ

JOY SPILLING OUT

The Abundance Course is truly the marvel of life. I am a skeptical person (or I was!) and I didn't think the course would do much for me, but now I am a believer—actually I know that this course is the key to happiness with no sorrow.

Right now, I feel absolutely joyous—it's spilling out of me—and it's for the best reason, which is no reason at all.

I'd like to thank you for your everlasting patience, love and givingness that Lester shared with us.

Foster Brown, Massachusetts

ABUNDANCE ABOUNDS

Thank you for the Goals-Resistance Course and finding me a super partner to release with. I've had lots of gains since. On my trip I got two free meals at hotels for one reason or another. I got bumped up to business class on the London to New York flight. Friends can't get over the change in me. I've received over \$200 by releasing only, with gratitude.

Rachel Heal, New York City

FREEDOM A HEARTBEAT AWAY

I have been working with Larry and The Release Technique for almost six months. After taking the live Abundance Course, the "What Do You Want To Do When You Grow Up" Course and the "Goals and Resistance" Course, I felt I had reached a plateau and was stuck on my releasing in that my gains all appeared to be subjective. Larry convinced me to participate again in the "What Do You Want To Do When You Grow Up" Course. I felt resistance, however, I decided to commit and asked Lester for help and guidance. I experienced the best releasing yet, taking the live course this last weekend. My cognition is that the "Release Technique" does in fact have a *accumulative effect!* Believe that it works, practice the method and *freedom will come.* My quiet self reflects that freedom is just a heartbeat away. I am determined to get There and look forward to seeing you There.

Bruce Fields, Los Angeles

PEACEFULNESS AND CONTENTMENT

- Ability to sometimes predict events and control or change them.
- \$500 as an extra paycheck from my company for no apparent reason.
- Peacefulness and contentment with my life.

Gabe Grunbaum, Los Angeles

THE NEWEST MILLIONAIRE

After one week of practicing the course, I used the "butt system" and to my amazement I had a million dollar profit on a sale I made. The course helped me to think bigger than I was thinking. I released, and it happened. I am having so much positive energy. WOW!

Kay Barans, Dallas, TX

MORE ENERGY AND LESS FATIGUE

Here are just some of my gains from the Goals-Resistance course.

On a slow afternoon in the office with some open time that we had difficulty filling with patients, I decided to release on my goal of getting \$100 or more by releasing only. Shortly thereafter two people walked into the office needing minor procedures that totaled \$240.

I have a goal of walking at least 30 minutes a day on my treadmill. Most days it is a struggle to get started because of fatigue. Since I've started the goals and resistance course I've been doing a cleanup immediately after arriving at home and then doing my exercise. This has had a very positive effect on my exercise—more energy and less fatigue.

Most of the time as I'm on the way to my office I get this stressing feeling that I can only describe as an "I've got to" feeling. Lately, I've been releasing this feeling and just witnessing. Things are still getting done and there is more harmony and flow to my work.

Andrew J. Newsom, DDS, Atlanta, GA

ENTIRE OUTLOOK ON LIFE IMPROVES

I wanted to share some of the gains I've had over the length of the Goals-Resistance course.

- Improved attitude/outlook on life.
- Improved insight into how I've been holding myself back from having a better life.
- Insight into how it only hurts me (!) when I resist other people. I feel much better when I just let go of wanting to change them!
- More willing to take risks and let go of protecting myself with fear; have been actively releasing on and seeking a relationship, something I haven't done in quite a while.
- \$463.90 by releasing only! I really like that one!
- More capable of handling stress. Also, my situation at work, which has been very hectic and stressful the last few months, actually has improved quite a bit for me, while I've noticed that everyone else still seems to be as busy and stressed-out as usual.
- Lots of little gains from letting go of being so smart; changing what I thought other people would say or do—it actually turned out the way I wanted. I've also noticed that traffic on my drive to work is much better after letting go of believing it will be bad.
- More energy, cheerfulness, and being present in the moment.

Thank you for sharing this gift that anyone can use to make any positive change in their life!

Matt Seimer, St. Louis, MO

Release Technique • 2413 Bowland Pkwy., Suite 102, Virginia Beach, VA 23454
1-888-333-7703-toll free • Outside the U.S. 818-385-0611 • 1-757-631-7566-fax • 1-877-472-3317-toll free from Canada
E-mail: releasela@aol.com • Web site: www.releaseTechnique.com

Take the Next Step to Advance Your Releasing Skill

Order Both
and Save
\$100

SUPERCARGE YOUR RELEASING

An Advanced Course Specially Designed by Lester

Goals-Resistance Course

(for graduates only)

Now
on Tape



A six-week course on eight audio cassettes, complete with workbook, two bonus tapes and a partner to release with.

"Resistance is just a program that subconsciously stops us from experiencing our beingness and our unlimitedness. If one would let go of resistance they would immediately see what they really are!! Whole, complete, unlimited."

Lester Levenson

This special course is facilitated by Larry Crane. You will receive a Goals Resistance Course work book and assignments, and a special audio tape which consists of 2 sessions by Lester on goals and resistance. You will also be assigned a releasing partner to release with each day. The Goals-Resistance Course was created to fill a need. Graduates wanted more. The tools they had acquired were powerful and yet they asked for something which would help them incorporate The Release Technique even more into their daily lives.

DID YOU EVER WONDER WHY RELEASING WASN'T SMOOTH AND EASY SOMETIMES?

Well, we all have subconscious resistance, which we hide from ourselves. The Goals-Resistance Course was created by Lester to help us knock out this subconscious resistance thus allowing you to start winning more in life, moving closer and closer towards freedom and make releasing more consistent and powerful. If you wish, you can call Larry for any questions you might have about the next steps.

"The more you quiet the mind, the more you feel the self—and the better you feel. You feel as good as your mind is quiet."

The cost is just \$295 plus \$12.95 shipping*

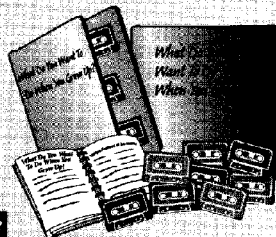
Call toll-free to order 1-888-333-7703

What Do You Want To Do When You Grow Up?

A Very Advanced Course

(for graduates only)

A six-week course on eight audio cassettes, complete with workbook, two bonus tapes and a partner to release with.



Are you ready to go all the way to freedom? Are you ready

to stop tolerating things in your life? Are you ready to take charge of your life and do what you truly love? If you are finally ready to really find the way, then this 8 tape series is for you. This advanced course works on the fear of dying and working on these deep, suppressed areas allows you to go very, very deep. And the wanting to be separate, which is a very deep hidden program.

- Discover how to have the life you truly love
- Discover how to do only what you love
- Enjoy a life free of worry and stress
- Increase self-confidence
- Attain better relationships at work and home
- Be the person you were always meant to be
- Get clear on your goals and then reach them
- Make the most of you life and have the freedom to choose
- Get unstuck and move forward with a wonderful life
- Get clear on the direction you should go in life
- Take back your life and your power
- Be in charge of our life, fully
- Move beyond constant, frenetic doing
- Lift the ceiling of your success once and for all
- Resolve your money issues and have financial abundance
- Create the life you always wanted

At the core of this course is the magic Lester Levenson taught to go all the way to freedom.

The cost is just \$295 plus \$12.95 shipping*

Call toll-free to order 1-888-333-7703

If you are interested in having a live Abundance Course in your area, for your group or organization, call us at 1-888-333-9666

*additional shipping charges apply for outside the U.S.

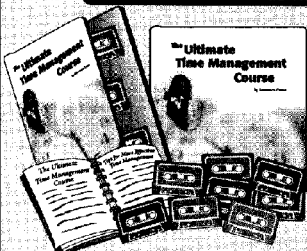
Order Both
and Save
\$100

Advanced Courses

The Advanced Way to use the "Butt System"

The Ultimate Time Management Course

FOR GRADUATE-LEVEL RELEASING STUDENTS



The Ultimate Time Management course is a six week intensive course—designed to have you use your time in a productive, effortless way, which will give you more abundance of everything that life has to offer!

Having enough time seems to be one of the biggest problems people have today. Everyone is running and running and people don't seem to have enough quality time for themselves and have the fun they deserve.

Now there is an answer.

This special course is facilitated by Larry Crane on tape. You will receive the entire course on 8 audio cassette tapes. You will also receive a course work book and assignments, and a special audio tape which consists of two sessions by Lester Levenson on time and what it is about. You will also be assigned a releasing partner to release with each day.

If you're sick and tired of working and not having enough time to do the things you want—then *The Ultimate Time Management Course* is for you.

You'll learn

- The advanced way to use the "Butt System."
- How to effectively prioritize.
- How to eliminate crisis management.
- How to be efficient and productive with a minimum waste or effort.
- How to get things done effortlessly.
- How to achieve more personal balance.
- How to double personal productivity.
- How to increase personal time.
- How to stop procrastinating and have things happen effortlessly, without stress.
- How to achieve personal goals.
- How to eliminate time wasters.
- How to "be in Release" 24 hours a day.

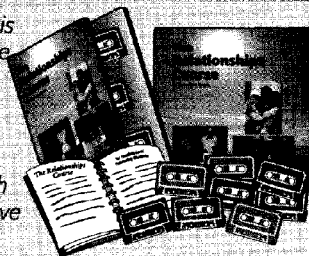
Manage Yourself, Not Your Time

This is an advanced course.
For Graduates Only! The cost is just \$295.
Call toll-free to order 1-888-333-7703

The Relationships Course

FOR GRADUATE-LEVEL RELEASING STUDENTS

The Relationships Course is a six week intensive course designed to have you really love the one you're with...the one you see in the mirror every morning, and how to really live with the one you love...your love partner!



This special course is facilitated by Larry Crane on tape. You will receive the entire course on 8 audio cassette tapes. You will also receive a *Relationships* course work book and assignments, and a special audio tape which consists of two sessions by Lester Levenson on relationships. You will also be assigned a releasing partner to release with each day. If you're sick and tired of being in relationships that are dull, lifeless and just leave you feeling empty inside—then *The Relationships Course* is for you.

If you want better relationships—relationships filled with more joy, more passion and improved communication with people in your life—then *The Relationships Course* is for you.

If you're looking for a relationship that is alive, full of joy and full of intimacy, and more of a relationship between two people who come together as equals or friends (not adversaries) to help and support each other on this journey we call life—then *The Relationships Course* is for you.

Relationships with other family members and associates at work will dramatically improve.

We will work on improving and enhancing any relationship, couples, singles relationships; your relationship with yourself; parent/child relationships; family relationships and work relationships.

You'll learn

- How to deal with jealousy
- Communication
- Relate to create happiness
- How to start a conversation so it doesn't end in an argument
- Get off the merry go round
- Rekindle romance
- Clean up the past so you can move on and live in the present
- Improve self esteem
- The art of loving
- Unconditional love
- Sex and love
- Build effective relationship skills

This is an advanced course.
For Graduates Only! The cost is just \$295.
Call toll-free to order 1-888-333-7703

Affiliate Program

Do you own a Web site? You can now join our Affiliate Program and make big money while helping others experience freedom by referring visitors to our site. Go to our Web site: www.ReleaseTechnique.com and look under Affiliate Program for details.

Books and Tapes for Your Personal Growth

The Ultimate Truth

Book by Lester Levenson

Lester discusses subjects like: Happiness, love, truth, peace, the ego, the mind, the world, sex and marriage, pleasure-pain, health and supply, spiritual growth, self-growth yardsticks. A brand New book.

\$15.00 plus \$5.00 shipping*



No Attachments, No Aversions

NEW!

The Autobiography of a Master—book

Lester tells his own story in his very own words. In the margin are Lester's own notes in his own handwriting. Each time you read it you will discover something profound that will help you in your own personal quest towards freedom.

\$25.00 plus \$5.00 shipping*

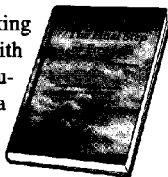


The Final Step to Freedom

Book written in Lester's own words

This book was written by Lester on taking the Final Step to Freedom. It is filled with Lester's own words that will help graduates take the Final Step to Freedom. It's a must for any graduate wanting total and complete freedom and wanting to know how to take the next step.

\$20.00 plus \$5.00 shipping*



Talks with Lester

Video set

Two video tapes. This rare footage was filmed during a Nine-Day Intensive in 1984. This is Lester at his best—in front of an audience of graduates.

\$59.95 plus \$8.00 shipping*



In Retreat with Lester Levenson

Audio tapes

This dynamic three-tape audio set of Lester Levenson was recorded live at several Nine-Day Retreats in the 1980s. These tapes are full of practical suggestions on how to accelerate your releasing for freedom. They also contain rare accounts of Lester describing his personal experience of freedom.

\$39.95 plus \$6.00 shipping*



The Way with Lester Levenson

Audio tapes

Three-tape audio programs of Lester Levenson recorded in 1989. Lester was pulling no punches as he spoke with a small, dedicated group of staff at the Retreat Center. These rare recordings contain powerful pointers on how to achieve freedom now. This three-tape set includes a bonus tape recorded in 1973.

\$39.95 plus \$6.00 shipping*



The Ultimate Goal—Volume I

in Lester's Own Words—Audio tapes

Tape 1

- The Ultimate Truth
- Experiencing Truth

Tape 2

- Letting Go of Ego
- The Perfect Day

Tape 3

- The Mind Mirror
- Your Path to Happiness

Tape 4

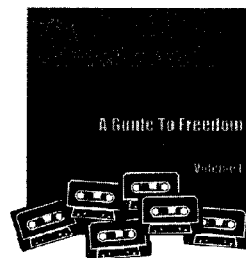
- Creating All You Desire
- The Effortless Miracle

Tape 5

- Silence, Love and Grace
- Having It All

Tape 6

- The Key to Individual Freedom
- Lester's Discovery



\$79.95 plus \$8.00 shipping*

A Fireside Chat with Lester Levenson

Audio tapes— We all have many questions that we would love to ask Lester. Hear Lester answering puzzling questions from graduates.

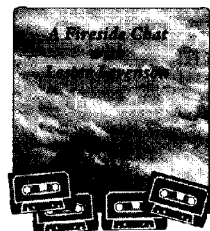
Tape 1—Looking for Happiness

Tape 2—Attachments and Aversions

Tape 3—Communication and Love

Tape 4—About Releasing

\$39.95 plus \$6.00 shipping*



The Ultimate Goal—Volume II

Audio tapes

Tape 1—Happiness is Love

- On this tape Lester describes the experiences and realizations that led up to his ultimate understanding of the absolute Truth.

Tape 2—The Source of All

Intelligence

- On this tape Lester talks about "Beingness is freeing yourself from thoughts of limitation."

Tape 3—The Answer is Here All the Time

- On this tape Lester talks about "Eliminating desire itself."

Tape 4—There Are No Problems

- On this tape Lester talks about "Converting all desires to the desire to go free." "There is no satisfying a desire... just release it."

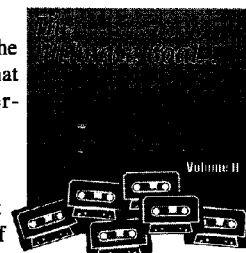
Tape 5—The Steps to Being What You Are

- Some of the topics include: "When you are being your Beingness, there is nothing else!" "You cannot use words to describe Beingness."

Tape 6—Beingness

- On this tape Lester talks about what it is like to experience your natural state of Beingness.

\$79.95 plus \$8.00 shipping*



*additional shipping charges apply for outside the U.S.



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SPECIAL LIMITED TIME OFFER

Receive-absolutely Free!
"The Final Step to Freedom" NEW

(a \$20 value) Just for ordering books and tapes worth at least \$50.



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YOU TOO CAN ACCOMPLISH TOTAL IMPERTURBABILITY JUST LIKE LESTER DID

For the last few months I have been trying to encourage graduates to participate in the Advanced Courses. These courses will **SUPERCARGE** your releasing-big time! The following is a letter from Kam Bakhshi, who is experiencing exactly what Lester is trying to tell us to do.

Dear Graduates,

I have been releasing for about 4 years. I felt that I had reached a peaceful place of being; little did I realize that I had just been floating above my garbage.

Just under a year ago, I found out about Larry and The Abundance Course and gave him a call. In the past I had reached states of being sometimes for as long as a year, but rubbish would still resurface. Larry explained that I had been in a nice space but had been just floating above my garbage. I could quite easily have stayed in that space this whole lifetime; however little further growth would have been made.

He explained that it was a very common pitfall of the method. You reach a nice quiet place and stay there, but do not get rid of the remaining garbage. I have so much gratitude towards Larry for pointing this out to me and enabling me to continue on the journey towards freedom.

I ordered the Abundance Course and began working with the tapes.

The things that Lester has spoken about started to become apparent. Larry was kind enough to work with me and started to point out to me that I was experiencing things that Lester had spoken about. Things started to open up for me. I decided to fly from England to Los Angeles to take a Live Course and spend some time with Larry. I also ordered the Goals and Resistance course and all of the Advanced Courses.

I would like to share some of the things that have happened to encourage you to continue releasing for freedom.

The mind stilled. So what! you might say. But let me explain; no more worries, doubts, recriminations, etc. Just a delightful peace. A deep sense of resting no matter what was happening. No matter what happens now there is always that state of resting. Of being. The mind can never touch me again. It comes and goes but I know it can never touch me again.

Kam comes and goes, and that's o.k. too. There is the deep sense of rest like in deep sleep. It is so beautiful and peaceful. This deep, deep sense of peace. It really has to be experienced to be believed.

The world is seen for what it is. A dream or drama. The drama goes on, I just watch, like sitting in a movie theater. Everything is o.k. There is no need to change anything because everything is as it should be. Everything is perfect.

You start to see everybody as part of you. There is no other. There never was any other. There is only one and we are that. There is a sense of 'coming back' to play the game. But this time just for having fun. There is only beingness.

Lester and all the masters are here with us. Every single second they are with us. We just have to call on them. Now there is just a resting. Things just happen, without effort.

I would encourage every one of you who has the method to continue releasing. To continue releasing until you have all the peace and joy that is rightfully yours. And this is possible this very lifetime if you would do it.

We start and then we stop. Then we start again, and then we stop. And so it goes on. This is because the decision has not been made. Once the decision has been made then the releasing momentum starts, and releasing becomes easier and easier.

The problem is you do not want it. You talk about it and think about it, but ultimately you really do not want it. If you did then there would be no stopping.

You would rather bathe in misery. You love your stories and suffering too much. Take a good look inside and see for yourself.

The method is the most powerful tool available. It is the most highest method possible. What is it? 'I am not this feeling. I am not this feeling. I am not this feeling.' It is stopping you identifying with the lesser part of you. We take this beautiful gift and we bastardize it. We use it for the lesser part of ourselves.

.So make the decision now, the peace and relief you will experience is ecstasy.

Love,

Kam Bakhshi

Kam Bakhshi, United Kingdom

A personal letter from Lester Levenson*

Greetings,

Almost forty years ago, with my back to the wall and only three months to live, I was forced to search for the answers to life. I decided to ask myself what it is we all want, and the answer came to me. We all want to be happy!

I had spent my entire life looking for happiness and security in making money, having personal relationships and keeping busy. But, I only achieved happiness for short periods of time. Somehow happiness still eluded me.

I wondered, how could I get all the things I want and be happy all the time too?

Most of the great philosophers have told us that our basic inherent nature is happiness. So what is it that happens that causes us to lose what is already ours? The answer is: Our feelings cover up our happiness and keep it hidden from us.

The key to securing the happiness that is yours... forever... is to discover how to discharge the negative feelings you've accumulated. By discharging these negative feelings, you will not only increase the happiness in your life, but everything else will get better too! Money, health, relationships, looks, you name it!

It's so simple and it's the one answer you've been looking for.

Please give us the opportunity to share this with you. You have nothing to lose and **EVERYTHING TO GAIN.**

Lester Levenson

*Written by Lester at the age of 84.



Lester's wish is to share his discovery with everyone. Releasing the blocks to having everything in life. Having abundance, health, well-being, happiness and joy is yours—just try it.

Researchers, Dr. David McClelland of Harvard University and Dr. Richard Davidson of the State University of New York have found the Release Technique "stands out far beyond the rest for its simplicity, efficiency, absence of questionable concepts and rapidity of observable results."

Dr. John Kemeny, who was a professor at Columbia University Medical School who worked with Albert Einstein, and has been using the technique for 20 years says, "*The Release Technique is a profound breakthrough in the history of behavioral science. Lester liberated the subconscious mind and discovered how to get rid of negativity at any level. The work that Larry Crane is teaching is a major breakthrough in the field of human behavior science. By participating experimentally, you will reach a place where nothing and no one will ever bother you again. A place where you can eliminate all of your I can't's and turn them into I can's.*" These studies also reveal that individuals using The Release Technique show significant reduction in heart rate and diastolic blood pressure. With respect to short versus long-term gain the overall findings suggest that it is effective in promoting and maintaining stress reduction months after the training.

You can call us about our public or organizational courses as well as our books, tapes and advanced courses.

Call toll free: 888-333-7703

Lester Levenson and Larry Crane wish to share with others the discovery of HOW to eliminate the blocks to abundance, health, happiness and success.

Thousands of people worldwide, including people in Canada and Europe, have learned this natural ability.

Among them are Sally Jessy Raphael, Joan Collins, Shelly Long, Diane Ladd, Terry Garr, Tom Hopkins (one of America's top motivational trainers), Dale Brown (retired LSU Head Basketball Coach), Catherine Oxenberg, John Wooden (UCLA, the winningest coach in basketball history), Eddie Albert, Hope Lang, Karen Goldman (author, "Angel Voices"), Michael Hutchinson (author, "Mega Brain Power"), plus hundreds of the most successful business people in the United States, from top Fortune 500 companies such as Exxon, AT&T, Merrill Lynch, TWA, J.C. Penney, Marriott, FAA, Bristol Myers, Chemical Bank, Chase Manhattan Bank, Lever Brothers, Monsanto, Paine Webber, Touche Ross and Mutual of New York.