

Power Of Quiet

The Body Mastery Course



Notes

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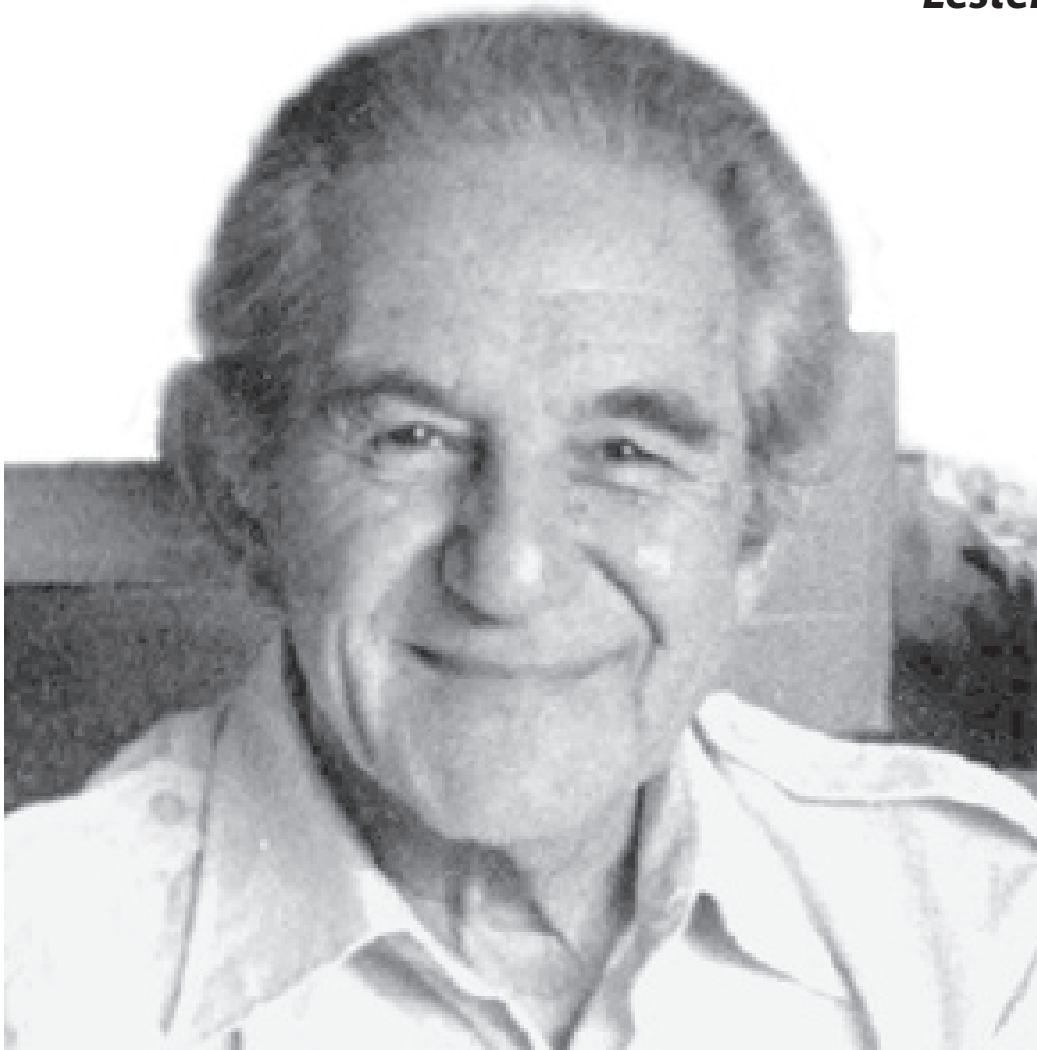
Notes

If one can heal oneself spiritually one should do it because it is instantaneous.

If one cannot do it spiritually, then one should do it mentally as mental healing is from rapid to instantaneous.

If one cannot do it mentally, then one should do it physically seeing a doctor..

Lester Levenson



Introduction

The Power of Quiet is a proven, practical approach to discovering that the key to wealth and wisdom lies just beyond your thoughts. No matter what your goals are in life... a more abundant business or career, greater wealth and prosperity, stronger health and vitality, harmonious and loving relationships, or peace of mind and stillness... this innovative method of self inquiry can assist you in experiencing it

This may sound like a huge promise, but I assure you it is not. In fact, I encourage you to not believe anything I say. This whole course is designed to be only experiential, which means you don't take any of this information on blind faith. The greatest way to learn is by experiencing the results for yourself. It's all here for you to prove for yourself – now.

“How long should it take me to finish this course?”

As long as it takes. Seriously! There's no right or wrong way to go through the course. You may do all the sessions and exercises one right after another, or take your time in between to thoroughly digest and work on the material that is given. As a benchmark, by going through the course at a steady pace and completing all of the assignments, you should finish it in six weeks. I recommend that you go through the material as quickly as you are comfortable the first time through, knowing that you can always come back and review any of the exercises as many times as you need.

“How much time should I dedicate each day to letting go?”

Even 15 minutes a day can make a huge difference. However, you will get more out of this process the more often you do it. Since we are always having feelings and always doing something with them, it is great to get into the habit of applying this practice as soon as feelings occur, as best you can. You can also start your day with a few minutes of letting go to get quiet, to set the tone for the day. You can end the day the same way to sleep more soundly. You can also take focused breaks to use these methods throughout the day to get even more out of the process. If you lose track of the process and forget to use it, simply start again, knowing that it is okay and you always jump back in.

“What can I do to handle the big issues and when should I tackle them?”

You handle the big issues the same way you handle any issue, one step at a time. However, if you can complete at least one go-around of this course, it will be a lot easier. Letting go is a skill, the what this course gives you is a set of tools. The more you work with the tools, the easier it gets, even with the deepest and most disturbing issues, and the quicker you will see results.

Introduction (cont.)

“How long does it take to ‘let go’ of everything?”

Every topic takes its own time to fully drop. Simply proceed as best you can, and take it step by step. This is not a sprint to the finish, but a marathon to completion. The good news is that every step of the way, you will become lighter, happier and freer. Keep in mind that anything you have let go of is gone for good. However, if there is more on any particular topic, it will keep coming up until it is all gone.

On certain topics, you may go through it a few times and never have that issue again. On other topics, you may find that you will fall back into old patterns even if you have already worked on them. For topics that require further work, you may find yourself forgetting or procrastinating on the topic until the unwanted pattern again shows up again. If this happens, simply apply the tools here again and again. Over time, you will be able to catch yourself in the middle of the problem and let it go—and stop it right then and there. Over time, the pattern will simply ‘go quiet’ and never occur again. This does not have to take a long time. Simply allow the process to take as long as it does, while being open to the possibility that any time you let go your topic may be the very last time.

Getting the most out of this course

The beauty is: It's so simple.

It has nothing to do with religion, positive thinking, counseling, rebirthing, meditating, visualization, concentration, therapy, reprogramming your subconscious mind, hypnosis, or anything weird or way-out. It's as practical as can be, but no one ever explained it to you like this before.

This is the course you've been waiting to take all your life! One course that will teach you the underlying secret to success in all areas of your life.

You'll soon discover why thousands of people find this approach the best, fastest and most effective way of helping you discover your true nature first hand. Why? Because this course is one hundred percent experiential. It doesn't give you a bunch of theories and beliefs. Giving you a lot of intellectually appealing materials doesn't help you at all. Why? Because the intellectual approach is way to 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 skills you'll learn in this course, you will discover it, prove it, experience it for yourself, and begin to use it...on the very first day.

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.

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

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.

What do I want from my body?

What does my body want from me?

**The Mind
is a
Creative
Instrument**

Want
is
Lack

The dictionary's definition of 'want'

Here is the dictionaries definition of want.

It is easily the most negative word in the English language.
If you're not "having," it is only because you are still into wanting.

Noun

1. want - a state of extreme poverty, deprivation, impoverishment, poorness, poverty
2. the state of having little or no money and few or no material possessions
3. absence or deficiency of something desirable or requisite; lack
4. the state of being without something desired or needed; need
5. the state of being without the necessaries of life; destitution; poverty
6. a sense of lack or need of something

Verb

1. to be needy or destitute
2. to be lacking or absent, as a part or thing necessary to completeness
3. to fall short by (a specified amount)

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?

The Nature of Desire

To want something means we feel we're lacking it now in this moment. We feel needy, incomplete, desolate, lonely, and hurting. And we believe that once we achieve that thing we desire, it will take away that painful experience and we'd feel complete, and happy.

So behind our wants and desires is (1) a pursuit of happiness, and (2) believing that happiness can be found by fulfilling that desire.

Desire is the problem, however. The experience of desire is suffering, hardship, anguish, lacking, and looking forward to some time in the future when we will achieve that want and be happy.

Wanting and having are polar opposites. You cannot want and have at the same time. There is no pain, or problem, with having. It's perfectly natural for us to have. Wanting is the opposite of that, and is a mechanism in which we inflict pain upon ourselves - and actually push away having.

Take a look at the list of things you wrote down that you want in life. And look at the list of things you have in life. Notice the difference. Notice how everything you want is everything you don't have, and vice versa.

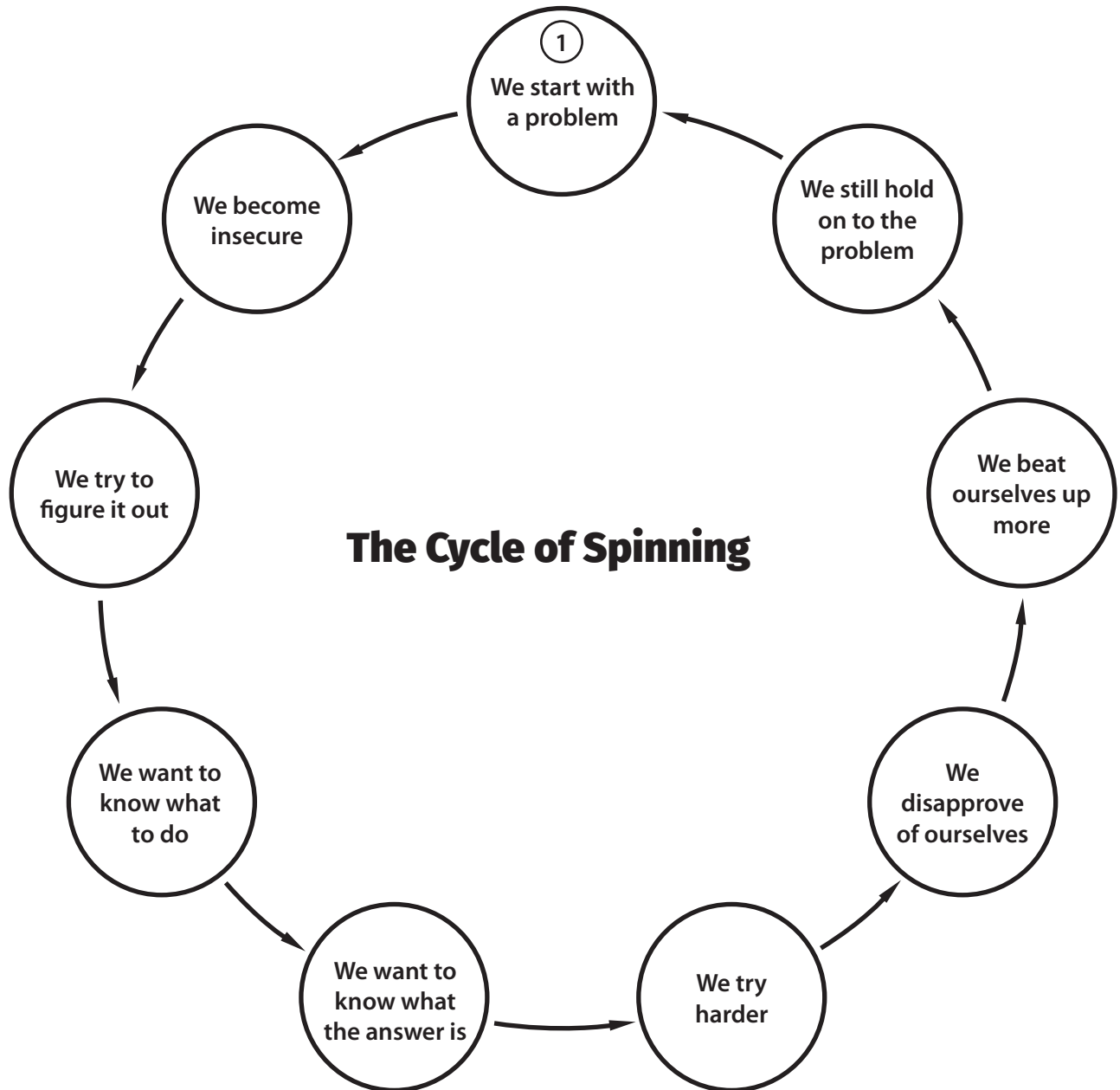
So the solution for moving from wanting to having is threefold: (1) We let go of wanting so we can dissolve the pain of desire, which (2) changes our consciousness so we can actually have it. Finally, (3) upon discovering that our happiness cannot be attained in the future, but already exists within us right now, we may stop seeking it out in the world.

***“The body dies,
but the spirit that
transcends it
cannot be touched
by death.”***

Sri Ramana Maharshi



The cycle of stuckness



The turnaround to positivity

1. Ask your mind if it has the answer—an answer that you can use.
It doesn't have a clue how to do it.
Isn't it silly to keep asking something that doesn't know?
2. Could you let go of asking your mind what to do?
3. Could I let go of wanting to know what the answer is?
4. Now see if you've been disapproving of yourself (or disapproving of the situation).
5. How is beating yourself up going to resolve anything?
6. And who's doing it?
7. So, if you're doing it and it doesn't resolve anything, now you need to make a decision: "I'm going to be positive and love myself, or I'm going to be negative and beat myself up."

What do you decide?

8. Could you let go of disapproving of yourself?

And some more. And some more. And some more.
9. Check to see if you feel lighter – now you're moving in a positive direction.
10. Could you give yourself some approval?

And some more. And some more. And some more.
11. See how you feel now. And see if you have an answer, or if it's more possible.

CHART OF

Imperturbability

Wanting Approval

Wanting Control

Wanting Safety

Apathy

Blahs
Boredom
Bummer
Can't win
Careless
Comatose
Cut-off
Dead
Defeated
Demoralized
Desolate
Discouraged
Disinterest
Dismal
Dispassion
Disregard
Doldrums
Downer
Dullness
Dumps
Emotionless
Futile
Giving up
Hopeless
I can't
I don't care
Immobile
Inactive
Indifferent
It's too late
Lazy
Letdown
Lethargy
Listless
Loser
Lost
Mopes
Numb
Powerless
Resigned
Sluggish
Slump
Stagnation
Stuck
Stupor
Tedium
Too tired
Unfeeling
Unfocused
Unresponsive
Useless
Vague
Wasted
What's the use?
Why try?
Worthless
Yawn

Grief

Abandoned
Abused
Agony
Anguished
Bemoaning
Bereaved
Betrayed
Cheated
Dejection
Depression
Desolation
Despair
Despondent
Disappointed
Discomfort
Distraught
Distress
Forgotten
Gloom
Grieving
Heartache
Heartbreak
Hurt
If only
Ignored
Inconsolable
It's not fair
Lamenting
Left out
Longing
Loss
Melancholy
Misery
Mortified
Mourning
Neglected
Nobody cares
Nobody loves me
Nostalgia
Pain
Passed over
Pity
Poor me
Regret
Remorse
Sadness
Sorrow
Tearful
Tormented
Torn
Tortured
Trouble
Unhappy
Unloved
Unwanted
Why me?
Woe
Wounded

Fear

Anxiety
Anxious
Apprehensive
Aversion
Cautious
Chicken
Cold feet
Cold sweat
Concern
Cowardice
Creeps
Defensive
Distress
Distrust
Doubt
Dread
Evasive
Fainthearted
Foreboding
Frantic
Fright
Hesitant
Horrible
Horror
Hysterical
Inhibited
Insecure
Jitters
Misgiving
Nervous
Nightmare
Panic
Paralyzed
Paranoid
Phobia
Scared
Secretive
Shaky
Shy
Suspicious
Terrified
Terror
Threatened
Timid
Trembling
Trepidation
Uncertain
Uneasy
Vulnerable
Worry

Lust

Anticipation
Appetite
Callous
Can't wait
Compulsive
Coveting
Craving
Demanding
Desire
Devious
Driven
Envy
Excitement
Exploitative
Fixated
Frustrated
Gluttonous
Greedy
Hankering
Hoarding
Hunger
Impatient
Itch
Lascivious
Lecherous
Lewdness
Libido
Longing
Manipulative
Miserly
Must have it
Need
Never enough
Never satisfied
Obsessed
Over-indulgent
Possessive
Predatory
Pushy
Reckless
Scheming
Selfish
Sensuality
Thirst
Urge
Weakness
Yearning

EMOTIONS

Imperturbability

Wanting Approval

Wanting Control

Wanting Safety

Anger

Abrasive
Aggressive
Animosity
Annoyed
Antagonistic
Argumentative
Belligerent
Boiling
Brooding
Caustic
Defiant
Destructive
Disgust
Exasperation
Explosive
Frustrated
Fuming
Furious
Harsh
Hatred
Hissy fit
Hostility
Huff
Ill tempered
Infuriated
Irate
Irritable
Livid
Mad
Mean
Merciless
Miffed
Murderous
Outraged
Peeved
Pushy
Rage
Resentment
Resistant
Savage
Simmering
Spiteful
Stewing
Stubborn
Temper tantrum
Vengeful
Vicious
Violence
Violent
Volcanic
Wicked

Pride

Alloof
Arrogant
Bigoted
Boastful
Bragging
Bullying
Closed
Conceited
Critical
Ego trip
Egotist
False humility
Fancy talk
Gloating
Head trip
Holier than thou
Hot air
Hypocritical
Icy
Judgmental
Know-it-all
Narcissistic
Narrow-minded
Never wrong
Opinionated
Patronizing
Pompous
Prejudiced
Pretentious
Righteous
Rigid
Self-absorbed
Self-centered
Self-glorification
Self-worship
Selfishness
Showing off
Smug
Snobbish
Special
Spoiled
Stubborn
Stuck up
Superior
Swaggering
Swelling
Uncompromising
Vain
Vanity

Courageousness

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

Acceptance

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

Peace

Abiding
Ageless
Always
Awareness
Being
Bliss
Boundless
Calm
Centered
Complete
Connected
Eternal
Free
Fulfilled
Glowing
Goodwill
Happiness
Imperturbable
In tune
Infinite
Light
Oneness
Perfection
Presence
Pure
Quiet
Selfless
Serenity
Silence
Space
Still
Timeless
Tranquility
Unlimited
Whole
Without end

Scale of Emotions

Peace I am – I am whole and complete in my Beingness, one with everyone and everything. I am totally fulfilled in the silent presence of Now.

Acceptance Nothing needs to be changed. There are no judgements of good _ or bad. Everything is perfect, exactly as it is. I allow that perfection and abundance to unfold.

Courageousness The willingness to step out without fear or hesitation. The willingness to do whatever it takes, to let go and move forward.

Pride Desire to keep ourselves above others. Unwilling to concede our position or allow others to grow as they may pass us up.

Anger Desire to lash out, hurt or destroy the other one, but with a resistance to doing so as we might get ourselves in trouble.

Lust Desire for possession or impulsive craving. Must have it – but with an underlying feeling of unworthiness, or that it's wrong to have.

Fear Desire to reach out, but not doing it because we think we'll lose or get hurt. The desire to strike or retaliate against the other one, but holding back because they might hit us harder.

Grief Desire for someone to come along and save us from our suffering, disappointment, loss. We call out for someone to do it for us.

Apathy Desire is no use, so we don't bother. We feel completely powerless and nothing will make a difference. We shy away and play dead so we won't get hurt.

THE COSMIC PICTURE

How we ended up in our current state of mind

(The Real You / The Unlimited You)

"I"



(The Limited You)

WANTING TO BE SEPARATE



WANTING TO BE SAFE & SECURE



WANTING APPROVAL



WANTING CONTROL



A G F L A P C A P



THINKING



THE WORLD

Read this carefully

- ★ Wanting approval is a lacking approval feeling.
- ★ Wanting control is an out of control, a lacking control feeling.
- ★ Wanting safety is a lacking safety feeling.
- ★ You can't stand up and sit down at the same time, right?
- ★ You can't want and have at the same time.
- ★ They are two opposite energies.

The Six Steps

- 1 You must want imperturbability more than you want approval, control and safety.
- 2 Decide you can do the method and be imperturbable.
- 3 See all your feelings culminate in the three wants—the want of approval, control and safety. See that immediately and immediately let go of the want of approval, the want to control and the want of safety.
- 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.

Health Questionnaire

Rate yourself from 1–10 with regard to each of the following statements (10 being the most positive).

1. I have a problem with my health _____
2. I worry about my health _____
3. I struggle with my weight _____
4. I'm insecure about my body _____
5. I'm insecure about my life _____
6. I disapprove of myself _____
7. I disapprove of my body _____
8. I worry about getting older _____
9. I worry about dying _____

I disapprove of my:

- face _____
- eyes _____
- ears _____
- nose _____
- neck _____
- shoulders _____
- back _____
- chest _____
- arms _____
- legs _____
- feet _____
- butt _____
- joints _____
- skin _____
- hair _____
- other _____
- other _____
- other _____
- other _____

Limiting Beliefs About Freedom and the Body

Rate yourself from 1–10 with regard to each of the following statements (10 being the most positive).

1. Freedom is out of my reach. _____
2. Lester went free, but I will never get there. _____
3. Going free takes too much work and struggle. _____
4. If I go free, I won't have a body anymore. _____
5. I have too much identification with my body. _____
6. My body runs me. _____
7. My mind runs me. _____
8. I have too many wants that I desire. _____
9. I have too many attachments and aversions. _____
10. I have no control over my body. _____
11. My body is causing me too much agony. _____
12. I'm not willing to take responsibility for what is happening to me. _____
13. Why did I end up in this body? _____
14. I am truly afraid to die. _____
15. I'd have to give up my sexual drives if I go free. _____
16. I can't live without socializing and entertainment. _____
17. I need my fear to keep me safe. _____
18. I can't stand my feelings. _____
19. I'm too young to go free. _____
20. I'm too old to go free. _____
21. I haven't got a clue about being omniscient, omnipotent, or omnipresent. _____

Attachments and Aversions to My Body

What is my now thought or feeling:

What benefit is it to have my body?

What drawback is it to have my body?

What advantage is it to have my body?

What disadvantage is it to have my body?

Attachments and Aversions to My Body (cont.)

<i>What do I like about my body?</i>	<i>What don't I like about my body?</i>
<i>Why I want to have my body?</i>	<i>Why I don't want to have my body?</i>

1. Imagine having my body—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never having my body—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Being Healthy

What is my now thought or feeling:

<i>What benefit is it to be healthy?</i>	<i>What drawback is it to be healthy?</i>
<i>What advantage is it to be healthy?</i>	<i>What disadvantage is it to be healthy?</i>

Attachments and Aversions to Being Healthy (cont.)

<i>What do I like about being healthy?</i>	<i>What don't I like about being healthy?</i>
<i>Why I want to be healthy?</i>	<i>Why I don't want to be healthy?</i>

1. Imagine being healthy all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never being healthy—ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

How do I feel about my body?

<i>What is my now feeling about my health?</i>	<i>What is my now feeling about my body?</i>	<i>What is my now feeling about exercise / physical activity?</i>

How do I feel about my body?

<i>What is my now feeling about my diet?</i>	<i>What is my now feeling about my physical appearance?</i>	<i>What is my now feeling about tension and stress?</i>

What I think I need to do in order be healthy

(Write it down and keep letting go until you are 100% imperturbable about it.)

Having a Healthy Body

<i>I deserve to be healthy because...</i>	<i>I don't deserve to be healthy because...</i>

Attachments and Aversions to Figuring Things Out

What is my now thought or feeling:

<p><i>What benefit is it to figure things out?</i></p> <hr/> <p><i>What advantage is it to figure things out?</i></p> <hr/>	<p><i>What drawback is it to figure things out?</i></p> <hr/> <p><i>What disadvantage is it to figure things out?</i></p> <hr/>

Attachments and Aversions to Loving My Body Unconditionally

What is my now thought or feeling:

<p><i>What benefit is it to love my body unconditionally?</i></p>	<p><i>What drawback is it to love my body unconditionally?</i></p>
<p><i>What advantage is it to love my body unconditionally?</i></p>	<p><i>What disadvantage is it to love my body unconditionally?</i></p>

Attachments and Aversions to Loving My Body Unconditionally (cont.)

<p><i>What do I like about loving my body unconditionally?</i></p> <hr/> <p><i>Why I want to love my body unconditionally?</i></p>	<p><i>What don't I like about loving my body unconditionally?</i></p> <hr/> <p><i>Why I don't want to love my body unconditionally?</i></p>
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1. Imagine loving your body unconditionally all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never loving your body unconditionally—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to: _____

What is my now thought or feeling:

<p><i>What benefit is it to</i> ?</p> <p><i>What advantage is it to</i> ?</p>	<p><i>What drawback is it to</i> ?</p> <p><i>What disadvantage is it to</i> ?</p>
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Attachments and Aversions to: _____ (cont.)

<p><i>What do I like about</i> _____ ?</p> <p><i>Why I want to</i> _____ ?</p>	<p><i>What don't I like about</i> _____ ?</p> <p><i>Why I don't want to</i> _____ ?</p>

1. Imagine always _____ —all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

2. Imagine never _____ —ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to: _____

What is my now thought or feeling:

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Attachments and Aversions to: _____ (cont.)

<i>What do I like about</i> _____ ?	<i>What don't I like about</i> _____ ?
<i>Why I want to</i> _____ ?	<i>Why I don't want to</i> _____ ?

1. Imagine always _____ —all the time.
 (Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

2. Imagine never _____ —ever again.
 (Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to: _____

What is my now thought or feeling:

<p><i>What benefit is it to</i> ?</p> <p><i>What advantage is it to</i> ?</p>	<p><i>What drawback is it to</i> ?</p> <p><i>What disadvantage is it to</i> ?</p>
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Attachments and Aversions to: _____ (cont.)

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<i>Why I want to</i> _____ ?	<i>Why I don't want to</i> _____ ?

1. Imagine always _____ —all the time.
 (Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

2. Imagine never _____ —ever again.
 (Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Responsibility

Taking responsibility is a powerful way of creating abundance in your life, as well as accelerating your growth. The following quote from Lester Levenson 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 that 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.”

by Lester Levenson

Use the exercise on the following page. Write down whatever comes to mind, and let it go. Be open to seeing your underlying pattern or program that’s been holding you back from abundance and happiness.

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.

What have I created in my body?

(Sit quietly until the answer comes. Write it down and keep letting go until you are 100% imperturbable.)

Wording a Goal Statement

1. Word it in the NOW, as though it's already yours. Wording it as happening in the future will always push it away—into the future.
2. Word the goal to focus on what you want as the positive outcome, not what you don't want or would like to get rid of.
3. It should feel real, realistic and genuine to you. It should feel like "yes, I can have it," or that it is already yours.
4. You should feel connected and one with the goal.
5. Be clear and succinct in your wording. Use as few words as possible while accurately describing the end result of your goal.
6. Be specific, but don't restrain the possibilities so that the results can extend far beyond what you initially envision.
7. Use the word "allow" to facilitate effortlessness, and achieving your goal by letting go.
8. Avoid the word "want." Make it a statement of having.
9. Focus on the result. Don't qualify your goal by stating the means of how it will come to you.
10. Focus on only one goal in your statement. If you have multiple goals, separate them into individual statements.

Sample Goal Statements

These can be used as a basis for creating your own individual goal statements. Simply adjust the final wording to reflect your specific goal or outcome.

BUSINESS/FINANCIAL

- I allow myself to have \$_____ or more by releasing only.
- I decide to grow my wealth and abundance every day.
- I allow myself to perform effectively and effortlessly at everything I do.
- I allow myself to stay present and release with ease throughout my workday.
- I allow myself to do absolutely nothing but release, and have a wonderful abundant life with ease.

RELATIONSHIP/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 myself unconditionally.
- I allow myself to love _____.

TIME

- I allow myself to have everything done with ease, by releasing only.
- I allow myself to be the witness, and have my day to flow with ease and harmony.
- I allow myself to do only what I choose, at all times, by releasing only.
- I allow myself to be in the present moment only at all times with ease.

GENERAL HEALTH

- 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 easily achieve and maintain my ideal body weight.
- I allow myself to enjoy eating foods that keep my body healthy and fit.
- I allow myself to enjoy being a nonsmoker.
- I allow myself to be perfectly healthy with ease
- I allow myself to love _____ (put in the parts of your body) with ease.

Goals I would like to achieve

Goal Chart

Goal: _____

What thought or feeling comes up when I think about my goal?

Goal Chart

Goal: _____

What thought or feeling comes up when I think about my goal?

Ramana Maharshi on Being Not The Doer

“Surrender once and for all and be done with desire. So long as the sense of doership is retained there is the desire that is also personality. If this goes, the Self is found to shine forth pure.

The sense of doership is the bondage and not the actions themselves.

‘Be still and know that I am God.’ Here stillness is total surrender without a vestige of individuality. Stillness will prevail and there will be no agitation of mind. Agitation of mind is the cause of desire, the sense of doership and personality. If that is stopped there is quiet. There ‘Knowing’ means ‘Being.’

Thoughts, good or bad, take you farther and not nearer, because the Self is more intimate than thoughts. You are Self, whereas the thoughts are alien to the Self.

Every being in the world yearns to be always happy, free from the taint of sorrow and desires to get rid of bodily ailments which are not of his true nature. Further every one cherishes the greatest love for himself; and this love is not possible in the absence of happiness. In deep sleep, though devoid of everything, one has the experience of being happy. Yet, due to the ignorance of the real nature of one’s own being, which is happiness itself, people flounder in the vast ocean of material existence forsaking the right path that leads to happiness and act under the mistaken belief that the way to be happy consists in obtaining the pleasures of this.

The world is false. The false delusions of ignorance, the vicious and age-long tendencies of the mind, which constitute this knot, are destroyed. All doubts are dispelled and the bondage of Karma is severed.”

Attachments and Aversions to Fear

What is my now thought or feeling:

<p><i>What benefit is it to have fear?</i></p> <hr/> <p><i>What advantage is it to have fear?</i></p> <hr/>	<p><i>What drawback is it to have fear?</i></p> <hr/> <p><i>What disadvantage is it to have fear?</i></p> <hr/>
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Attachments and Aversions to Fear (cont.)

<i>What do I like about fear?</i>	<i>What don't I like about fear?</i>
<i>Why I want to have fear?</i>	<i>Why I don't want to have fear?</i>

1. Imagine having fear all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never having fear again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Doing Something (cont.)

<i>What do I like about doing something?</i>	<i>What don't I like about doing something?</i>
<i>Why I want to do something?</i>	<i>Why I don't want to do something?</i>

1. Imagine doing something all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never doing anything—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Releasing Pride Sheet

Now let's take a look at the Releasing the 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 often we want to hold on to it and protect it. Pride is sometimes a sense of having done it and not being sure if we can do it again. Therefore, we hold on to what we've done and try to get acknowledgment for it instead of just moving on to our next accomplishment. It's also sometimes a subtle sense of being better than others.

Pride is a blind spot for most of us. We often get stuck in pride and don't know it. Doing this exercise will uncover your pride for yourself and let it go. What I want you to do is just follow along and see what happens.

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!

Pride

What am I proud of?

Who or what am I judging?

Who or what do I want to stop?

Who or what do I want to be separate from?

Pride (cont.)

Who or what am I putting down?

Who or what do I want to fail?

Who or what am I resisting?

Who or what am I jealous of?

Pride (cont.)

Who do I think I am better than?

Who do I think is better than me?

Who or what am I rejecting?

What is my persona?

What is Resistance?

1. Resistance is a major block to freedom.
2. Positive momentum is required to overcome resistance.
3. The want for imperturbability allows us to overcome resistance.
4. Resistance is opposition to force real or imagined.
5. Wanting to control the other person, who you think is trying to control you, is only an experience of your own resistance.
6. "I can't" is resistance
7. Resistance is just another program which we have put into the mind, to protect the ego.
8. If there were no resistance, we would go free. We are constantly having to release the resistance in order to let the feelings up and out.
9. Resistance is when you haven't decided yet whether to do the thing or not. And you're doing it anyway, and it's difficult. To make it easy to do, all you need is to decide to do it, or decide not to do it, and follow that decision.
10. Resistance is pushing against the world so that it will push back.

Questions to Discriminate About Resistance

1. Let go of what we want to prevent—then we are not holding it in mind. What is it you want to prevent?
2. What you don't undo—you will go through.
3. One of the ways you know that you are resisting is you HAVE TO or YOU SHOULD or anything you have EFFORT IN IT. Check.
4. What things could I do, with ease—if I dropped all resistance?
5. If you did not have it in you—it would not bother you. What bothers you?
6. Would I rather resist or would I rather be free?
7. Choose to let go of that which is making us uncomfortable.
8. Every time we come from feelings, we are coming from the past. It is only a program—so let go of wanting approval or wanting control or wanting security.

Resistance Exercises

1. What would I have to give up in order to let go of ALL my resistance?
2. What bothers me? Could I let it go?
3. What things could I do with ease—if I dropped all resistance?
4. What is it I have to do or should do? Could I let go of that?

Every feeling wants to leave.

It's coming up to leave!

Just allow them to leave!

***WELCOME
ALL
FEELINGS!!***

Resistance Worksheet

Things I resist about my body

Things I resist doing with my body

Resistance I have to specific parts of my body

Physical sensations I resist

Resistance Worksheet (cont.)

What do I resist about myself?

What do I resist doing?

What do I resist having?

What do I resist being?

What are things that I crave / lust after?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What are things that I am addicted to?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What are habits / rituals I do with the body?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What would I miss doing / having / being without my body?

(Write it down and keep letting go until you are 100% imperturbable about it.)

Lester on Conscious Creation

The direction is going within, seeking and meditating to quiet the mind enough so that we can see the infinite Being that we are. The major steps are first, becoming aware of the fact that we are master over matter (and with matter we include the body). Then, the second major step is becoming master over mind. And when we become really masterful over mind we let go of mind and operate in the realm of omniscience, in the realm of knowingness. Then we are fully in tune with' the infinite Being that we are, and are in the ultimate Happiness.

We should start with the first step, consciously controlling matter. 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 are 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 that we reverse it). If we think the opposite right after we have a thought, with equal strength, we neutralize it. But any thought not reversed or neutralized will materialize in the future, if not immediately.

So this thing of demonstration that we are all trying so hard to do, we are doing all the time, unaware of the fact that we're doing it. All we need to do is to consciously direct it, and that we call demonstration. Everything that everyone has in life is a demonstration. It couldn't come into your experience had you not had a thought of it at sometime prior.

If you want to know what your sum total thinkingness is, it's exactly determined by what's around you, what you have. That's 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 are 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 million dollars. The mind sets the size. Anyone who can demonstrate a dollar can demonstrate a million dollars. Become aware of the way you are demonstrating a one-dollar bill and just put six zeros 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 is no 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 and the world, and many bodies. And when we see that it is just an out-projecting of our minds, just a picture out there that we have created, we can very easily change it, instantly.

So, to repeat, everyone is demonstrating, creating; every moment what 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 is a higher state than creation, it's the state of isness, of beingness, 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 the mind is involved primarily in creation, in 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 God, because you have to go just above the mind to know God, 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, and therefore the ultimate Truth is not there.

So, to 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 that 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 that you create that you don't like. Just say, "Look what I did." Because when you become aware that you've created things that you don't like, you're in the position of creator, and if you don't like it, all you have to do is turn it upside down and then you'll like it.

What am I creating in my life?

(What are you are creating in your life, or what is happening around you? Write it down and keep letting go until you are 100% imperturbable about it.)

What am I creating in health?

(What is the story you have about your business—what is happening? Write it down and keep letting go until you are 100% imperturbable about it.)

Attachments and Aversions to Having a Perfect Body

What is my now thought or feeling:

<p><i>What benefit is it to have a perfect body?</i></p>	<p><i>What drawback is it to have a perfect body?</i></p>
<p><i>What advantage is it to have a perfect body?</i></p>	<p><i>What disadvantage is it to have a perfect body?</i></p>

Attachments and Aversions to Having a Perfect Body (cont.)

<p><i>What do I like about having a perfect body?</i></p>	<p><i>What don't I like about having a perfect body?</i></p>
<p><i>Why I want to have a perfect body?</i></p>	<p><i>Why I don't want to have a perfect body?</i></p>

1. Imagine having a perfect body all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never having a perfect body—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

It's impossible to have a perfect body because...

(Write it down and keep letting go until you are 100% imperturbable about it.)

I have no control over my body because...

(Write it down and keep letting go until you are 100% imperturbable about it.)

My body needs to before I can love it

(Write it down and keep letting go until you are 100% imperturbable about it.)

My body needs to _____ in order for me to feel safe and secure

(Write it down and keep letting go until you are 100% imperturbable about it.)

Attachments and Aversions to Being Sick

What is my now thought or feeling:

<i>What benefit is it to be sick?</i>	<i>What drawback is it to be sick?</i>
<i>What advantage is it to be sick?</i>	<i>What disadvantage is it to be sick?</i>

Attachments and Aversions to Getting Sick (cont.)

<i>What do I like about being sick?</i>	<i>What don't I like about being sick?</i>
<i>Why I want to be sick?</i>	<i>Why I don't want to be sick?</i>

1. Imagine being sick—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never being sick—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to (diagnosis)

What is my now thought or feeling:

<i>What benefit is it to have</i> ?	<i>What drawback is it to have</i> ?
<i>What advantage is it to have</i> ?	<i>What disadvantage is it to have</i> ?

Attachments and Aversions to
(cont.)

(diagnosis)

<i>What do I like about having</i> ?	<i>What don't I like about having</i> ?
<i>Why I want to have</i> ?	<i>Why I don't want to have</i> ?

1. Imagine having _____—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never having _____—ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Doctors

What is my now thought or feeling:

<p><i>What benefit is it to see doctors?</i></p>	<p><i>What drawback is it to see doctors?</i></p>
<p><i>What advantage is it to see doctors?</i></p>	<p><i>What disadvantage is it to see doctors?</i></p>

Attachments and Aversions to Doctors (cont.)

<i>What do I like about seeing doctors?</i>	<i>What don't I like about seeing doctors?</i>
<hr/> <i>Why I want to see doctors?</i>	<hr/> <i>Why I don't want to see doctors?</i>

1. Imagine seeing doctors all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

2. Imagine never seeing doctors—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Medications

What is my now thought or feeling:

<p><i>What benefit is it to take medications?</i></p> <hr/>	<p><i>What drawback is it to take medications?</i></p> <hr/>
<p><i>What advantage is it to take medications?</i></p> <hr/>	<p><i>What disadvantage is it to take medications?</i></p> <hr/>

Attachments and Aversions to Medications (cont.)

<i>What do I like about taking medications?</i>	<i>What don't I like about taking medications?</i>
<i>Why I want to take medications?</i>	<i>Why I don't want to take medications?</i>

1. Imagine taking medications all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never taking medications—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Resistance Exercises

What do I resist about being healthy?

What do I resist about being fit?

What do I resist about exercising?

What do I resist about dieting?

Resistance Exercises (cont.)

What do I resist about my age?

What do I resist about satisfying my body's needs?

What do I resist about feeling beautiful?

What do I resist about letting go of my body?

Attachments and Aversions to Satisfaction

What is my now thought or feeling:

What benefit is it to be satisfied?

What drawback is it to be satisfied?

What advantage is it to be satisfied?

What disadvantage is it to be satisfied?

Attachments and Aversions to Satisfaction (cont.)

<i>What do I like about being satisfied?</i>	<i>What don't I like about being satisfied?</i>
<i>Why I want to be satisfied?</i>	<i>Why I don't want to be satisfied?</i>

1. Imagine being satisfied all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never being satisfied—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Trusting

What is my now thought or feeling:

<p><i>What benefit is it to me to trust?</i></p> <hr/> <p><i>What advantage is it to me to trust?</i></p> <hr/>	<p><i>What drawback is it to me to trust?</i></p> <hr/> <p><i>What disadvantage is it to me to trust?</i></p> <hr/>
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Attachments and Aversions to Trusting (cont.)

<i>What do I like about trusting?</i>	<i>What don't I like about trusting?</i>
<i>Why I want to trust?</i>	<i>Why I don't want to trust?</i>

1. Imagine trusting all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never trusting—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Looking in the Mirror

What is my now thought or feeling:

What benefit is it to look in the mirror?

What drawback is it to look in the mirror?

What advantage is it to look in the mirror?

What disadvantage is it to look in the mirror?

Attachments and Aversions to Looking in the Mirror (cont.)

<p><i>What do I like about looking in the mirror?</i></p> <hr/> <p><i>Why I want to look in the mirror?</i></p> <hr/>	<p><i>What don't I like about looking in the mirror?</i></p> <hr/> <p><i>Why I don't want to look in the mirror?</i></p> <hr/>

1. Imagine looking in the mirror all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never looking in the mirror—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Wanting

What is my now thought or feeling:

<p><i>What benefit is it to want?</i></p> <hr/> <p><i>What advantage is it to want?</i></p> <hr/>	<p><i>What drawback is it to want?</i></p> <hr/> <p><i>What disadvantage is it to want?</i></p> <hr/>

Attachments and Aversions to Wanting (cont.)

<i>What do I like about wanting?</i>	<i>What do I dislike about wanting?</i>
<i>Why I want?</i>	<i>Why I don't want?</i>

1. Imagine wanting everything—all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never wanting anything—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Taking All My Joy From Within

What is my now thought or feeling:

What benefit is it to me to take all my joy from within?

What drawback is it to me to take all my joy from within?

What advantage is it to me to take all my joy from within?

What disadvantage is it to me to take all my joy from within?

Attachments and Aversions to Taking All My Joy From Within (cont.)

<i>What do I like about taking all my joy from within?</i>	<i>What do I dislike about taking all my joy from within?</i>
<i>Why do I want to take all my joy from within?</i>	<i>Why do I not want to take all my joy from within?</i>

1. Imagine taking all my joy from within all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never taking my joy from within—ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Being

(Your Name)

What is my now thought or feeling:

<i>What benefit is it to me to be</i> ?	<i>What drawback is it to me to be</i> ?
<i>What advantage is it to me to be</i> ?	<i>What disadvantage is it to me to be</i> ?

Attachments and Aversions to

(Your Name) (cont.)

<i>What do I like about being</i> _____ ?	<i>What do I dislike about</i> _____ ?
<i>Why do I want to be</i> _____ ?	<i>Why do I not want to be</i> _____ ?

1. Imagine *being* _____ forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never *being* _____ –ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Being Confident

What is my now thought or feeling:

<p><i>What benefit is it to me to be confident?</i></p> <hr/> <p><i>What advantage is it to me to be confident?</i></p> <hr/>	<p><i>What drawback is it to me to be confident?</i></p> <hr/> <p><i>What disadvantage is it to me to be confident?</i></p> <hr/>
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Attachments and Aversions to Feeling at Ease with Myself

What is my now thought or feeling:

What benefit is it to feel at ease with myself?

What drawback is it to feel at ease with myself?

What advantage is it to feel at ease with myself?

What disadvantage is it to feel at ease with myself?

Attachments and Aversions to Eating

What is my now thought or feeling:

<p><i>What benefit is it to eat?</i></p> <hr/> <p><i>What advantage is it to eat?</i></p> <hr/>	<p><i>What drawback is it to eat?</i></p> <hr/> <p><i>What disadvantage is it to eat?</i></p> <hr/>

Attachments and Aversions to Eating (cont.)

<i>What do I like about eating?</i>	<i>What do I dislike about eating?</i>
<i>Why do I want to eat?</i>	<i>Why do I not want to eat?</i>

1. Imagine eating all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never eating again–ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Sugar (cont.)

<p><i>What do I like about eating sugar?</i></p> <hr/> <p><i>Why do I want to eat sugar?</i></p> <hr/>	<p><i>What do I dislike about eating sugar?</i></p> <hr/> <p><i>Why do I not want to eat sugar?</i></p> <hr/>

1. Imagine eating sugar all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never eating sugar again—ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Coffee/Tea

What is my now thought or feeling:

<p><i>What benefit is it to drink coffee/tea?</i></p> <hr/> <p><i>What advantage is it to drink coffee/tea?</i></p> <hr/>	<p><i>What drawback is it to drink coffee/tea?</i></p> <hr/> <p><i>What disadvantage is it to drink coffee/tea?</i></p> <hr/>
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Attachments and Aversions to Coffee/Tea (cont.)

<i>What do I like about drinking coffee/tea?</i>	<i>What do I dislike about drinking coffee/tea?</i>
<i>Why do I want to drink coffee/tea?</i>	<i>Why do I not want to drink coffee/tea?</i>

1. Imagine drinking coffee/tea all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never drinking coffee/tea again—ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Eating Whatever I Want (cont.)

<p><i>What do I like about eating whatever i want?</i></p>	<p><i>What do I dislike about eating whatever i want?</i></p>
<p><i>Why do I want to eat whatever i want?</i></p>	<p><i>Why do I not want to eat whatever i want?</i></p>

1. Imagine eating whatever i want all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never eating whatever i want–ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Eating Down My Feelings

What is my now thought or feeling:

<p><i>What benefit is it to eat down my feelings?</i></p>	<p><i>What drawback is it to eat down my feelings?</i></p>
<p><i>What advantage is it to eat down my feelings?</i></p>	<p><i>What disadvantage is it to eat down my feelings?</i></p>

Attachments and Aversions to Eating Down My Feelings (cont.)

<i>What do I like about eating down my feelings?</i>	<i>What do I dislike about eating down my feelings?</i>
<i>Why do I want to eat down my feelings?</i>	<i>Why do I not want to eat down my feelings?</i>

- 1. Imagine eating down my feelings all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

- 2. Imagine never eating down my feelings again–ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Being Overweight

What is my now thought or feeling:

<p><i>What benefit is it to be overweight?</i></p> <hr/> <p><i>What advantage is it to be overweight?</i></p> <hr/>	<p><i>What drawback is it to be overweight?</i></p> <hr/> <p><i>What disadvantage is it to be overweight?</i></p> <hr/>
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Attachments and Aversions to Being Overweight (cont.)

<p><i>What do I like about being overweight?</i></p> <hr/> <p><i>Why I want to be overweight?</i></p> <hr/>	<p><i>What do I dislike about being overweight?</i></p> <hr/> <p><i>Why I don't want to be overweight?</i></p> <hr/>
<p><i>Why I want to be overweight?</i></p> <hr/>	<p><i>Why I don't want to be overweight?</i></p> <hr/>

1. Imagine always being overweight—all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

2. Imagine never being overweight—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Being Thin

What is my now thought or feeling:

<i>What benefit is it to me to be thin?</i>	<i>What drawback is it to me to be thin?</i>
<i>What advantage is it to me to be thin?</i>	<i>What disadvantage is it to me to be thin?</i>

Attachments and Aversions to Being Thin (cont.)

<i>What do I like about being thin?</i>	<i>What do I dislike about being thin?</i>
<i>Why do I want to be thin?</i>	<i>Why do I not want to be thin?</i>

1. Imagine being thin all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never being thin again—ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Exercising

What is my now thought or feeling:

What benefit is it to me to exercise?

What drawback is it to me to exercise?

What advantage is it to me to exercise?

What disadvantage is it to me to exercise?

Attachments and Aversions to Exercising (cont.)

<i>What do I like about exercising?</i>	<i>What do I dislike about exercising?</i>
<i>Why do I want to exercise?</i>	<i>Why do I not want to exercise?</i>

1. Imagine exercising all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never exercising again–ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Dieting

What is my now thought or feeling:

<p><i>What benefit is it to diet?</i></p> <hr/> <p><i>What advantage is it to diet?</i></p>	<p><i>What drawback is it to diet?</i></p> <hr/> <p><i>What disadvantage is it to diet?</i></p>
<p><i>What advantage is it to diet?</i></p>	<p><i>What disadvantage is it to diet?</i></p>

Attachments and Aversions to Dieting (cont.)

<i>What do I like about dieting?</i>	<i>What do I dislike about dieting?</i>
<i>Why I want to diet?</i>	<i>Why I don't want to diet?</i>

1. Imagine always dieting—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never dieting—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Being Attractive

What is my now thought or feeling:

<p><i>What benefit is it to be attractive?</i></p>	<p><i>What drawback is it to be attractive?</i></p>
<p><i>What advantage is it to be attractive?</i></p>	<p><i>What disadvantage is it to be attractive?</i></p>

Attachments and Aversions to Being Attractive (cont.)

<i>What do I like about being attractive?</i>	<i>What do I dislike about being attractive?</i>
<i>Why I want to be attractive?</i>	<i>Why I don't want to be attractive?</i>

1. Imagine being attractive all the time.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never being attractive—ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Fitting Into My Clothes

What is my now thought or feeling:

<p><i>What benefit is it to fit into my clothes?</i></p>	<p><i>What drawback is it to fit into my clothes?</i></p>
<p><i>What advantage is it to fit into my clothes?</i></p>	<p><i>What disadvantage is it to fit into my clothes?</i></p>

Attachments and Aversions to Fitting Into My Clothes (cont.)

<i>What do I like about fitting into my clothes?</i>	<i>What do I dislike about fitting into my clothes?</i>
<i>Why I want to fit into my clothes?</i>	<i>Why I don't want to fit into my clothes?</i>

1. Imagine always fitting into my clothes.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never fitting into my clothes—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

**Life
is a
Decision**

What Decisions Have I Made?

<i>...about my body?</i>	<i>...about my health?</i>	<i>...about my life?</i>

Beliefs About My Body

<i>What do I know about my body?</i>	<i>What don't I know about my body?</i>

My Body Consciousness

<i>What decisions have I made about my body?</i>	<i>What excuses do I have about my body?</i>

What are my beliefs about how my body gains / loses weight?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What are my beliefs about how my body stays healthy / gets sick?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What I want to change about my body

(Write it down and keep letting go until you are 100% imperturbable about it.)

What I want to stay the same about my body

(Write it down and keep letting go until you are 100% imperturbable about it.)

**What do I think will be different (about my life, about me) when
my body becomes perfect**

(Write it down and keep letting go until you are 100% imperturbable about it.)

I can't love my body unconditionally right now because...

(Write it down and keep letting go until you are 100% imperturbable about it.)

What am I afraid of happening to my body?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What am I most afraid of about dying?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What are my beliefs about dying?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What are my beliefs about wanting to survive as a body?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What are my beliefs about how my body controls me?

(Write it down and keep letting go until you are 100% imperturbable about it.)

What are my beliefs about living without a body?

(Write it down and keep letting go until you are 100% imperturbable about it.)

Attachments and Aversions to Feelings

What is my now thought or feeling:

<p><i>What benefit is it to have feelings?</i></p> <hr/> <p><i>What advantage is it to have feelings?</i></p> <hr/>	<p><i>What drawback is it to have feelings?</i></p> <hr/> <p><i>What disadvantage is it to have feelings?</i></p> <hr/>
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Attachments and Aversions to Feelings (cont.)

<i>What do I like about having feelings?</i>	<i>What do I dislike about having feelings?</i>
<i>Why I want to have feelings?</i>	<i>Why I don't want to have feelings?</i>

1. Imagine always having feelings—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never having feelings—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Pain

What is my now thought or feeling:

<p><i>What benefit is it to have pain?</i></p> <hr/> <p><i>What advantage is it to have pain?</i></p> <hr/>	<p><i>What drawback is it to have pain?</i></p> <hr/> <p><i>What disadvantage is it to have pain?</i></p> <hr/>
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Attachments and Aversions to Pain (cont.)

<p><i>What do I like about having pain?</i></p>	<p><i>What do I dislike about having pain?</i></p>
<p><i>Why I want to have pain?</i></p>	<p><i>Why I don't want to have pain?</i></p>

1. Imagine always having pain—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never having pain—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Holding On

What is my now thought or feeling:

<i>What benefit is it to hold on?</i>	<i>What drawback is it to hold on?</i>
<i>What advantage is it to hold on?</i>	<i>What disadvantage is it to hold on?</i>

Attachments and Aversions to Holding On (cont.)

<i>What do I like about holding on?</i>	<i>What do I dislike about holding on?</i>
<i>Why I want to hold on?</i>	<i>Why I don't want to hold on?</i>

1. Imagine always holding on—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never holding on—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Letting Go

What is my now thought or feeling:

<i>What benefit is it to let go?</i>	<i>What drawback is it to let go?</i>
<i>What advantage is it to let go?</i>	<i>What disadvantage is it to let go?</i>

Attachments and Aversions to Letting Go (cont.)

<i>What do I like about letting go?</i>	<i>What do I dislike about letting go?</i>
<i>Why I want to let go?</i>	<i>Why I don't want to let go?</i>

1. Imagine always letting go—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never letting go—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Living (cont.)

<i>What do I like about living?</i>	<i>What do I dislike about living?</i>
<i>Why I want to live?</i>	<i>Why I don't want to live?</i>

1. Imagine always living—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never living—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Dying

What is my now thought or feeling:

<p><i>What benefit is it to die?</i></p>	<p><i>What drawback is it to die?</i></p>
<p><i>What advantage is it to die?</i></p>	<p><i>What disadvantage is it to die?</i></p>

Attachments and Aversions to Dying (cont.)

<i>What do I like about dying?</i>	<i>What do I dislike about dying?</i>
<i>Why I want to die?</i>	<i>Why I don't want to die?</i>

1. Imagine always dying—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never dying—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Being Separate

What is my now thought or feeling:

<p><i>What benefit is it for me to be separate?</i></p>	<p><i>What drawback is it for me to be separate?</i></p>
<p><i>What advantage is it for me to be separate?</i></p>	<p><i>What disadvantage is it for me to be separate?</i></p>

Attachments and Aversions to Being Separate (cont.)

<i>What do I like about being separate?</i>	<i>What do I dislike about being separate?</i>
<i>Why I want to be separate?</i>	<i>Why I don't want to be separate?</i>

1. Imagine always being separate—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never being separate—ever again.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Attachments and Aversions to Releasing Constantly

What is my now thought or feeling:

<p><i>What benefit is it for me to release constantly?</i></p> <hr/> <p><i>What advantage is it for me to release constantly?</i></p> <hr/>	<p><i>What drawback is it for me to release constantly?</i></p> <hr/> <p><i>What disadvantage is it for me to release constantly?</i></p> <hr/>
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Attachments and Aversions to Releasing Constantly (cont.)

<i>What do I like about releasing constantly?</i>	<i>What do I dislike about releasing constantly?</i>
<i>Why I want to release constantly?</i>	<i>Why I don't want to release constantly?</i>

1. Imagine always releasing constantly—forever.
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never releasing constantly—ever.
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)

Imperturbability

It isn't that you don't want imperturbability. Because of past habits, you're more interested in other things.

Things in the world are more important to you, either consciously or subconsciously.

With that in mind, ask yourself what it is that you want more than you want imperturbability.

Write down those things one at a time and see each one as wanting approval, wanting control, or wanting safety—letting go of whichever what comes up.

You will know when you are totally imperturbable when it's allright with you either way, whether you have the thing or not.

When you are imperturbable about things in the world, you are that much freer to experience greater and greater freedom.

Ask yourself:

What do I want more than I want imperturbability?

What people?

What relationships?

What accomplishments?

What experiences?

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 try for yourself. Just focus on it and prove to yourself how the “butt” system will work for you.

Happiness

<i>What do I need to be happy?</i>	<i>What do I need to avoid to be happy?</i>

Beingness Chart

The Real You
The Unlimited You
Beingness



All knowing, no thinking, Intuitive only, oneness, no problems, quiet only, solutions, yes, I can, abundance of everything, havingness, no lacking, open, easy, no effort, no clutching

- peace
- acceptance
- courageousness

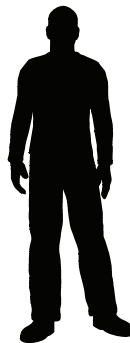
The Unreal You
The Limited You



Questions, confusion, doubts, thinking I'm releasing, no trust, no satisfaction, desires, problems, struggles, I can'ts, lies, effort, clutching

- pride
- anger
- lust
- fear

The Extremely Limited You



Body hurts, tired, sick, headaches, sleepy, no energy

- fear
- grief
- apathy

DEAD

