

***HOW TO RELEASE
PAINFUL EMOTIONS
THE SEDONA METHOD***



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SEE THE PERFECTION IN THE SEEMING IMPERFECTION

Release and allow yourself to see the perfection
where the seeming imperfection seems to be.

What is your key to serenity?
It is so simple that it may confound you.
Let go of the feeling of wanting to change it.

It being anything in your life
or within the scope of your personal experience
you do not like and want to be different
than the way it is
including events of the past.

If you remain open to the elegance and simplicity
of this solution
it has the power to set you free.

Lester Levenson



How to Get Rid of Emotional Baggage

One of my favourite prayers is the prayer of St Francis, which ends with: -

"It is in dying that we are born to eternal life."

The conventional interpretation of this is the in order to live life to the full you need to let go of desire. *The Sedona Method* is about 'releasing' emotions. The sub-title of the book is *"How to get rid of your emotional baggage and live the life you want"*.

The Sedona Method was developed by [Lester Levenson](#) after he was given three months to live. He then lived another 42 years. Lester was a man who loved challenges. Instead of giving up, he decided to go back to the lab within himself and find some answers. Because of his determination and concentration, he was able to cut through his conscious mind to find what he needed. What he found was the ultimate tool for personal growth - a way of letting go of all inner limitations. He was so excited by his discovery that he used it intensively for a period of three months. By the end of that period his body became totally healthy again. Furthermore, he entered a state of profound peace that never left him through to the day that he died 42 years later.

The Sedona Method written by Levenson's pupil [Hale Dwoskin](#), explains the system that he discovered. Basically it is extremely simple, just a mantra of three questions. However, the 400+ page book describes a further development of the basic approach and gives specific instructions of how to use it in many different contexts.



The Sedona Method of releasing painful emotions is similar to the age-old spiritual methods which correctly identifies emotions and not thoughts as the central cause of suffering. It is the experience of the method's founder, Lester Levenson, that all or nearly all of the main suffering emotions (**AGFLAP - Apathy, Grief, Fear, Lust, Anger, Pride**) have behind them a 'want'. Specifically, the want for **approval, control, and security/ survival/ safety** (there is another want, which is an extension of this third want, the want **to be separate**).

In this method the non-suffering feelings are **CAP - Courageousness, Acceptance, and Peace**. The ultimate goal is imperturbability. The basic method can be summed up as:

1) **become aware of the feeling**, 2) **feel the feeling**, 3) **identify the feeling**, 4) **relax into the feeling**, 5) **until the feeling releases**. Levenson wrote that after living in bliss for some time continually, he saw that was still 'imperfect' and he dissolved that to a even deeper (and more restful) peace - the ultimate **Freedom of Imperturbability**.

Look for the Freedom that is Here and Now

We hold on to our feelings and forget that we are holding on to them. It's even in our language. When we feel angry or sad, we don't usually say, 'I feel angry,' or, 'I feel sad.' We say, 'I am angry,' or, 'I am sad.' ***Without realizing it, we are misidentifying that we are the feeling.** Often, we believe a feeling is holding on to us. This is not true... we are always in control and just don't know it. As you master the process of releasing, you will discover that even your deepest feelings are just on the surface. **At the core you are empty, silent, and at peace** – not in the pain and darkness that most of us would assume.



Begin by allowing yourself to notice where your problem is not. Even your worst problem is not always with you in the present moment NOW. Start to become aware of your basic nature of unbounded freedom: Stop the habit of looking for your problems when they are not there.

Easily allow yourself to become aware of your SENSORY PERCEPTIONS beginning with your sense of HEARING. Could you allow yourself just to hear, listen, or welcome whatever is being heard in this moment?

Then, while allowing yourself to continue to focus on hearing: Could you allow yourself to welcome the **silence** that surrounds and interpenetrates whatever is being heard?

Switch back and forth between listening to what is being heard, and not heard.

Allow yourself to become aware of your THOUGHTS. Could you allow yourself just to welcome whatever thoughts are coming into your mind in this moment?

Then, while allowing yourself to continue to focus on your thoughts, could you allow yourself to welcome the **silence and the space** that surround and interpenetrate whatever is being thought?

Switch back and forth between focusing on your thoughts, and the silence and the space in your awareness between the thoughts.

Allow yourself to focus on what is being SEEN. Could you allow yourself to welcome whatever is being seen?

Then, could you allow yourself also to notice and welcome the **space, or emptiness**, that surrounds every picture or object, including the space between the words on this page?

Alternate between the two perceptions for a few moments.

Next, focus on whatever SENSATIONS are arising in the moment. Could you allow yourself to welcome whatever sensations are being perceived in the moment?

Then, could you allow yourself to notice and welcome the **space, or the absence of sensation** that surrounds every sensation?

Easily switch back and forth between the two ways of perceiving.

Now, could you allow yourself to focus on a PARTICULAR PROBLEM, and welcome that memory with all the pictures, sounds, sensations, thoughts, and feelings that are associated with it?

Could you allow yourself to notice how **most of your experience happens apart from this particular problem?**

And, could you allow yourself to welcome at least the possibility that is problem is not as all consuming as it has seemed?



The Conscious Releasing Process

1. Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment.
2. Ask yourself one of the following three questions:
 - **Could I let this feeling go?**
 - **Could I allow this feeling to be here?**
 - **Could I welcome this feeling?**



3. These questions are merely asking you if it is possible to take this action. "Yes" or "no" are both acceptable answers.
4. Ask this simple question: "**Would I?**" In other words: "**Am I willing to let go?**" If the answer is "no", or if you are not sure, ask yourself: "**Would I rather have this feeling, or would I rather be free?**"
5. Ask yourself this simpler question: "**When?**" This is an invitation to just let it go now. You may find yourself easily letting go. Remember that letting go is a decision you can make at any time you choose.
6. Repeat the preceding steps as often as needed until you feel free of that particular feeling.

If You Feel Resistance to Letting Go

Allow yourself a few moments to fully feel and welcome the resistance.

- Could you allow yourself to release the resistance to letting go?
- Would you let the resistance go?
- When?

Check the Wants - Approval, Control, Security, Separation

Does the feeling come from wanting / fear of losing **approval**?

(Approval includes love, to be loved, to mother, to be mothered, acceptance, admiration, caring, attention, understanding, nurturance, popularity, stroking.)

- Could you welcome the fear of losing / wanting approval?
- Could you let go of the fear of losing / wanting approval?
- Would you let go of the fear of losing / wanting approval?
- When?

Does the feeling you wish to release come from wanting / fear of losing **control**?

(Control may feel like wanting to understand, to manipulate, to push, to fix, to force, to have it your way, to be on top, to win.)

- Could you welcome the fear of losing / wanting control?
- Could you let go of the fear of losing / wanting control?
- Would you let go to the fear of losing / wanting control?
- When?

Does the feeling come from a fear of losing / wanting **security**?

(Security is about survival, safety, getting vengeance, self-protection, protecting others, attacking, defending, wanting to kill.)

- Could you welcome the fear of losing / wanting security?
- Could you let go of the fear of losing / wanting security?
- Would you?
- When?

Does the feeling come from fear of losing / wanting **separation**?

(To be separate from others / love / goodness / God means superiority / inferiority, i.e. specialness, and thus arrogance, being different, standing out, being alone, disconnecting, getting away, not fitting in, loneliness, self-pity.)

Ask yourself the same questions as above.



Make Releasing Constant

The secret to freedom from painful emotion is to make releasing constant. That is, instead of **suppressing or expressing** feelings choose to **let them go instead**, moment to moment, as the feelings arise. Pay attention to the feelings, question yourself about wanting approval / control / security / separation, and let it go.

What happens when you make releasing constant?

You feel happier constantly and rest in Beingness more of the time than when you were suppressing or expressing feelings. Your sense of ego fades away and the world seems less real, less definite.

If you are learning and using the Sedona Method to get lasting peace, happiness and to achieve goals, ultimately you may still want something even better i.e. freedom. Test it for yourself - make releasing constant, it becomes a moment to moment choice before it becomes a beautiful new habit.

You'll feel happier, you'll be more successful (even though that might no longer be a concern) and you'll be living free of resistance and enjoying the ease that comes with that.

If you only release now and then, that's ok. Just bear in mind if you want to see the big promises offered by the Sedona Method show up in your life, its constant releasing that makes all the difference.

The system recommends doing this for **good feelings as well as for bad feelings!**

Levenson believes that **inherent in us are nine emotional states: Apathy, Grief, Fear, Lust, Anger, Pride (AGFLAP), Courageousness, Acceptance, and Peace (CAP)**, which fall along a gradient scale of energy and action. In apathy we have almost no energy available to us and take little or no action. Each successive emotion on the scale has more energy and affords us a greater capability for outward action.

As you use the Sedona Method to let go of your apathy, grief, fear, lust, anger and pride, you uncover the higher energy emotions, which are the real you that has always been there and you will move into courageousness, acceptance and peace. He claims that your life will turn around as a result and everything will get easier for you.

As a further development of the model, Levenson maintains that everyone is motivated by **four basic desires** that exist beneath our thoughts. These underlying motivators - the desire for **approval, control, safety and separation** - form the core of all our limitation. When we release these wants, we can have what we desire and stay motivated. In the process, we simply let go of our sense of deprivation and lacking.



Releasing emotion does not in any way lead to emotional deadness. The exact opposite is true. It is precisely because you have so much suppressed emotion already that you are cut off from the goodness and richness of life.

When you practice releasing emotion you will be aware of everything that is happening, and you will enjoy it, but you won't be attached to, or bothered by, any particular outcomes. You will remain at rest, at peace.

The Six Steps to Your Enhanced Life

The Six Steps are the essence behind The Sedona Method. I suggest you carry these six steps on a piece of paper and laminate it. Keep them near you in case you need to revert back to them during your daily routine. Here are the six steps.

1. Allow yourself to **want freedom more** than you want approval, control, security and separation.
2. Decide that you **can release** and be free.
3. Allow yourself to **perceive that all of your feelings culminate in the four wants**: the want of approval, the want of control, the want of security, the want of separation. Then allow yourself to let go.
4. **Make it constant**, release these wants daily whether alone or with people.
5. If you get stuck, **release the need to be stuck OR unstuck**.
6. Each time you release you will feel **lighter and happier**.



TIPS on How to Release Your Feelings

1. Move from head to heart

Since you'll be dealing with your feelings it makes sense to be working from the feeling area of your heart. **Allow your attention to drop from your head to your heart area.** You may find it helpful to direct a few breaths to your heart area to help make this transition.

2. Identify the feeling

Choose an issue that's bothering you, and ask yourself:

As I consider <this issue>, what feeling is present right now?

Eg: As I consider <tomorrow's presentation>, what feeling is present?

Answer: I feel afraid – fear.

TIP Avoid any temptation to go back into your head and start thinking... “I’m afraid I’ll dry up, and they’ll think I’m stupid, and then...”. The beauty of Sedona releasing is that you don’t need to get tied up with the complications of thoughts, you simply work with the feelings. As you release the feelings, the thoughts fall away too.

TIP If it’s difficult to name the feeling, that’s OK, simply use a phrase like ‘this uncomfortable feeling’.

3. Welcome the feeling

The next step is to welcome the feeling as best you can. Ask yourself:

Could I welcome this feeling?

In a gentle way, allow the feeling to be as fully present as possible.

Notice what it feels like. For example you might feel anger as tension in your chest, or sadness as tightness in your throat. Or you may have more of an energetic sensation of constriction. Or you may not sense anything - that’s fine.

Sometimes the feeling releases after this step alone!

TIP If it feels too scary to welcome the feeling fully, simply allow yourself to be in touch with the feeling as much as you can right now. If this is just the edge of, say, a strong anger, that’s fine.



4. Ask yourself three questions

Now you're ready to ask yourself the three questions at the heart of the Sedona Method.

- For all the questions, answer from your heart. This means trusting yourself to go with your 'gut response'.
- For the first two questions, answer with a simple 'Yes' or 'No'.

1. Could I let this <fear> go?

2. Would I let it go?

3. When?

TIP If your answer to questions 1. or 2. is a 'No', that's fine. You may have released the feeling anyway; if not you can ask the questions again.

TIP If your thoughts start to intrude with explanations why you can't let go, simply take your attention back to your heart area, and focus on your feelings.

4. Repeat as needed

Letting go of emotions is like unpeeling the layers of an onion. Sometimes the feeling goes quickly; other times you need to repeat steps 3. and 4. a number of times. **The good news is that once the feeling is gone, it's gone forever!** **Any more fear surfacing around public speaking is another aspect of the fear, which I can release in the same way.**

The Delicious Nugget: With **Sedona** Releasing, letting go of emotions around an issue is surprisingly quick and easy. Simply: move into your heart area, identify the emotion present, welcome the feeling, then ask: Could I let it go?, Would I let it go?, When?





Avoiding What You Don't Want

While its clear that wanting approval, wanting control and wanting security or separation are running in the background, the ways in which we deny this is not always that clear.

Take wanting approval. If you want to avoid the pain of not getting your want of approval satisfied, you might decide to avoid disapproval. What would that look like? You could avoid situations and people that are likely to present you with the disapproval you fear.

You might also convince yourself that you don't need or want the approval of anyone - you decide to live with a lack of approval and never seek to get approval to ensure you never get rejected.

The same applies to wanting control and wanting security. You might decide to adjust to living with little control over you destiny and in a state of ongoing insecurity while all the time telling yourself that happiness, success, money, control, security and self-determination are not important to you.

This avoidance achieves nothing. Those unsatisfied desires are still driving you and taking from your peace of mind. But you deny this and so you get stuck. What can you do about this?

Be honest. What do you really want? If you want something, release and get it. Whether that be a kiss, new friends, greater harmony at home, more success at work or some toys you really want. So many people avoid going after their dreams because they fear failure and for many they fear success even more! Be brave, face your fears and let it all go.

If you can handle success you can handle anything! With releasing you can drop the AGFLAP that pops up when you become more in control, more secure and more approving of yourself and the world. You'll be okay!

Letting Go of Wanting

Why do you need to let go of wanting? Wanting indicates a state of lack, and as the Bible says, from those who **have not**, from them will be taken away, even the little that they have. But unto those who have, even more will be added unto them. This is a universal law of how energy works. It is the basis of the Law of Attraction; if you feel and act **as if you already have** something, you will attract more of the same.

Attachments are those things that we desire to hold close. Aversions are those things that we desire to hold away. The operative word is “hold.” This is the cause of all our unnecessary suffering. As the Buddha said, freedom is letting go of attachments and aversions. To help you let go of wanting, ask yourself the following questions:

- Would you rather want approval or have it?
- Would you rather want control or have it?
- Would you rather want security or have it?

Each Want Includes Its Opposite

Interestingly, each want includes an opposite or opposing force.



Not only does wanting create a sense of lack in us, we also experience varying degrees of conflict between:

- ♦ wanting to control and to be controlled / to be out of control
- ♦ wanting approval and disapproval,
- ♦ wanting security and insecurity, and
- ♦ wanting separation and belonging

Is it any wonder that most of us get stuck somewhere in the middle?

In letting go of wanting, remember that you are not being asked to let go of approval, control, security, or separation, merely to let go of your feeling of lacking them, of wanting them (or their opposites).

Focus on a problem, intention, or goal.

Welcome what you feel about it. Then ask:

Does the feeling come from wanting

- approval / disapproval,
- control / to lose control,
- security / wanting to die, or
- wanting separation / belonging?



Be the Freedom You Want

If you've listened to the audios you may have heard Lester talking about going high to release. This means getting into a high emotional state before releasing AGFLAP. That way you are in a much more resourceful state and you can let go of the heavy issues much more easily.

This is a key distinction Rich Furlanic noted when developing the **Lesterizing process**. A core principle in Lesterizing is **getting into the state of goal havingness** before letting go of the AGFLAP in the way of having the goal. At the same time you make sure to have step one in place - you decide you want freedom more than you want the goal. Then it's as if you are looking down on the goal from a place of power over it, rather than striving to grow to get it.

How do you get into the freedom state?

You decide to! Simply pretend you can and imagine how it would feel right now in this present moment. How would you sit, how would you breathe and what feelings would you focus on in your body? This is all about using some imagination to create that state in the present here and now. It feels just like making it up - because you are!

Maintain the freedom state.

Then release as you usually do. Maybe you like to use attachments and aversions. Release on a polarity, then check you are in the freedom state. If you are not, get back into freedom before releasing on the next polarity. And so on..



The AGFLAP-CAP Chart

The AGFLAP-CAP chart is a wonderfully accurate way of showing where we measure up when it comes to our emotional state. I've encountered quite a few self-help books and methods that attempt to map out the emotions. But I would say that none of these books have come close to the Sedona Method and release technique when it comes to providing a comprehensive chart of the different emotional states - in a way that is so simple to understand as well.



Courageousness and Acceptance

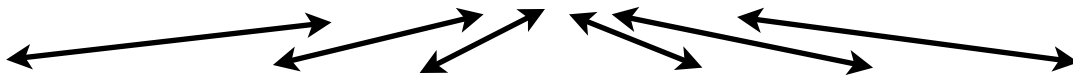
The AGFLAP-CAP chart tells us that the emotional states of *courageousness* and *acceptance* are both *loving*. Acceptance includes the following synonyms: *friendly, gracious, embracing, considerate, compassionate* and *understanding*. How can a person walk in love without these qualities?

In order to walk in love towards yourself and towards others, we need to have the kind of qualities seen in *courageousness*, such as: *aware, cheerful, compassionate, competent, confident, decisive, enthusiastic, flexible, giving, loving, self-sufficient* and *supportive*. We cannot adequately serve other people without these essential qualities - no matter how much we *want to*. Without these kind of qualities, people can end up half-heartedly going through the motions, not being able to make decisions and giving up when the going gets tough.

Courageousness, acceptance and peace are the states in which a person can be seen as abiding in love, and for Christians - possessing faith. A person cannot say they have love if they have a tendency, for example, to be: foreboding (fear), timid (fear), guilty (grief), listless (apathy), frustrated (lust and anger), compulsive (lust) or opinionated (pride) - you get the idea. If a person has these kind of tendencies, they will often wonder why life is not going so well for them.

AGFLAP CHART

WANTING APPROVAL CONTROL SECURITY SEPARATION



APATHY	GRIEF	FEAR	LUST	ANGER	PRIDE
Bored	Abandoned	Anxious	Abandon	Abrasive	Arrogant
Can't win	Abused	Cautious	Anticipation	Aggressive	Boastful
Cold	Accused	Cowardice	Can't wait	Annoyed	Clever
Dead	Ashamed	Defensive	Compulsive	Argumentative	Complacent
Defeated	Betrayed	Distrust	Craving	Boiling	Conceited
Depressed	Disappointed	Dread	Demanding	Brooding	Contempt
Demoralized	Distraught	Evasive	Devious	Defiant	Critical
Disillusioned	Embarrassed	Frantic	Driven	Disgust	Dogmatic
Doomed	Forgotten	Horrified	Envy	Explosive	False dignity
Drained	Guilty	Hysterical	Fixated	Frustrated	Gloating
Failure	Heart-broken	Insecure	Frenzy	Furious	Hypocritical
Hopeless	Hurt	Nervous	Greedy	Harsh	Judgmental
I can't	Ignored	Panic	Hunger	Hatred	Know-it-all
Indecisive	Inadequate	Paranoid	I want	Hostile	Never wrong
Indifferent	Its not fair	Secretive	Impatient	Indignant	Opiniated
Its too late	Longing	Shy	Manipulative	Irritated	Overbearing
Lazy	Loss	Skeptical	Miserly	Jealous	Righteous
Lost	Mourning	Stagefright	Must have it	Murderous	Rigid
Numb	Nobody cares	Suspicious	Never enough	Outraged	Smug
Overwhelmed	Poor me	Tense	Obsessed	Rebellious	Snobbish
Powerless	Regret	Threatened	Possessive	Resentful	Special
Stuck	Rejected	Trapped	Pushy	Spiteful	Spoiled
Unfocused	Tortured	Uncertain	Ruthless	Vicious	Stubborn
Why try?	Unloved	Vulnerable	Selfish	Violent	Unforgiving
Useless	Wounded	Worry	Wanton	Volcanic	Vain

CAP CHART: TOP GOAL = IMPERTURBABILITY (THE PEACE THAT CAN'T BE DISTURBED)

THE FREEDOM OF "HOOTLESSNESS" (DON'T GIVE A HOOT)



COURAGEOUSNESS	ACCEPTANCE	PEACE
Adventurous	Abundance	Ageless
Alert	Appreciative	Awareness
Alive	Balance	Being
Assured	Compassion	Boundless
Certain	Delight	Calm
Cheerful	Embracing	Centered
Clarity	Empathy	Complete
Competent	Enriched	Enlightened
Confident	Friendly	Free
Creative	Fullness	Fulfilled
Daring	Gentle	Glowing
Decisive	Gracious	Light
Dynamic	Harmony	Oneness
Enthusiastic	Intuitive	Perfection
Flexible	Joyful	Pure
Giving	Loving	Quiet
Humour	Open	Serenity
Independent	Playful	Space
Initiative	Radiant	Still
Integrity	Soft	Timeless
Optimistic	Tender	Tranquility
Secure	Understanding	Unlimited
Strong	Well-being	Whole
Visionary	Wonder	Zen



Anger

We cannot adequately serve ourselves or others if we are regularly in a state of *anger*, which includes the synonyms: *abrasive, aggressive, argumentative, brooding, demanding* and *jealous*. If we are regularly angry or jealous towards people, then that anger can easily become diverted towards those people whom we say we love. This is particularly the case when the want for approval is the motivating force behind such acts of benevolence, and that want is not being fulfilled by the other person's appreciation.

Apathy and Grief

If a person is in a state of *apathy* or *grief*, they will hardly be able to do anything good for others or themselves; *apathy* includes: *depressed, drained, indecisive, lazy, and unfocused* and *why try?* Living a peaceful and courageous life requires commitment - apathy or grief will rob a person of that ability to keep on going when the way gets hard. In fact, if a person is in apathy, they will lack the energy to do even the simplest of things.

Lust

Even lust, which has enough energy to commit to something for a time, cannot serve people well; synonyms for lust include: *devious, driven, envy, impatient, manipulative* and *pushy*. When a person is in lust they want *something* - they are operating in one or more of the four wants and maybe some of their opposites as well. When a person is in a state of lust they will often make efforts to be kind, friendly and helpful - but it will be subconsciously, and perhaps consciously, motivated largely out of a compulsion to fulfil their wants in some way.

The Want for Approval and False Love

The want for approval is a huge motivator for those who do seek to do nice things for people. I have seen many people who say they love their husband / wife. But they complain that they have invested so much time and effort into the marriage, only to find that they are at loggerheads with their partner and their efforts don't seem to gain them the reward, attention and appreciation they were hoping for.



The Need to Let Go of Pent-Up Emotion

The AGFLAP-CAP chart of emotions can give us a clue as to why our best efforts to be kind to other people never seem to endure or fulfil our expectations. We can become more aware of our real intentions by focusing on our emotional state in relation to our actions. This is not intended to put someone into a state of morbid introspection, but to simply become aware of our feelings so that we can release them effectively.

If not released, these negative emotions simply become ignored, repressed or expressed in the wrong way. Repressed emotions often become expressed through other channels when the emotions become too much to contain and when the opportunity presents itself - often when a person least expects it. You could see releasing as a means of opening these emotional "pressure valves" as a means of letting go of pent-up emotion.

Releasing versus Positive Thinking

Living life by a set of rules simply does not work. There are scores of Christian books that advocate following principles and maintaining a positive attitude as a means of being blessed. There are also scores of secular self-help books which do a very similar thing. In all of these methods the onus is put on the adherent to think positively - which is often easier said than done! Releasing offers a simple and effective solution to this dilemma by allowing the ability to release emotions and their underlying wants.

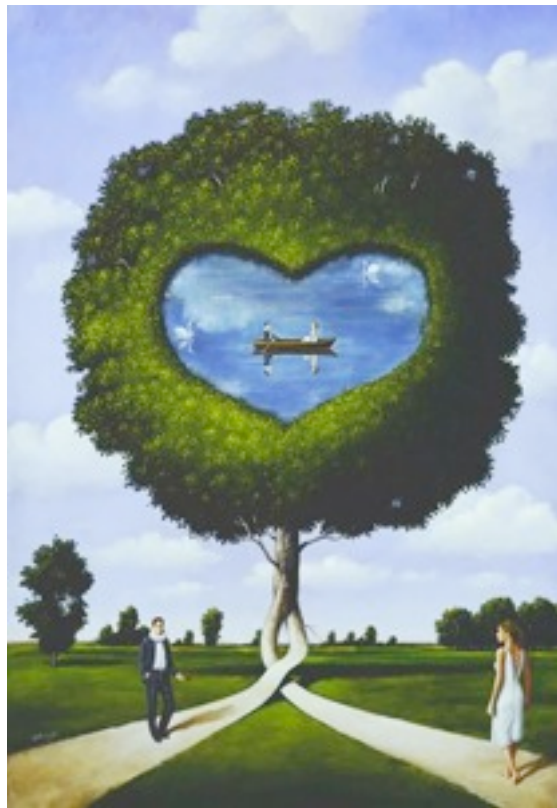
The Subject of Love from Lester's Viewpoint

Lester Levenson often said that Love was one of the most often used but misunderstood words in human experience. What Love brings to mind for most of us is that first kiss with our high school sweetheart, or meeting our spouse-to-be for the first time.

When we "fall in Love" there is a real chemical cocktail that is uncorked, poured into our blood, and we feel high, giddy, and for a time, the world is a blissful place. We see our beloved bathed in Love-colored hues, and he/she is perfect.

I've often thought if they could put this into a pill, we'd have a drug problem of horrendous proportions! Lester said that human Love is totally different from the way a Master defines Love, which is the real Love of Beingness/God. He said that human Love is a very limited thing.

"You do this for me, and I will Love you." I, in turn will do that for you, and you will Love me." In Latin, we use the term :Quid Pro Quo, or "this for that". There is the law of mutuality always running, and this so-called Love is partly a type of human arrangement for some kind of desired result. It could be a planned family, a promising business future, or a myriad of other lustful fantasies.



These fantasies may or may not work out, and even if they do, there is no guarantee that Love, Inc. will survive. After all, the reminder of that drug is always on our minds, and that is why we hear about so much infidelity and affairs. The same person who incited that cocktail just can't do it any more. Sound familiar?

At a New York City impromptu short lecture Lester gave, he made this powerful statement, "LOVE, LOVE, LOVE, and you'll be so happy....and healthy....and prosperous!" How could that be? The secret lies in Lester's definition of Love. "Love is total selflessness. Wanting for the other one what he/she wants for themselves (not what we want).

Love is someone knowing that "I AM YOU." On the feeling chart, Love is very high, in ACCEPTANCE, right below total PEACE. So, we need to query ourselves, "Am I really loving?" Probably not, most of the time. When we Love our pets or someone's newborn infant, we feel this Love. Love is Giving, with no thought of Receiving, wanting nothing from the other one. Difficult? Not really, according to Lester. He said, "Loving people is the easiest thing to do." Then why does it seem so hard to Love people? How many of you have heard others say, "If only people were as easy to Love as dogs."



The reason for that is simple. Just like our dog, we want them to just be there when we get home, wag their tails or purr, take walks with us, etc., and Love us for what we are, not what we are not. We want them to forget our scolding yesterday, or that we forgot their favorite cookies. This is easy for dogs, because they exist in the NOW moment.

We humans have a hard time loving people because we fear rejection. We put up walls around ourselves to protect us from any more hurt and to buffer the pain we are sure is to come. We want Love instead of feeling safe to give Love. Lester said "Wanting equates to not having." So when we want Love, we create the opposite, or rejection. Lester was often heard to say, "Every feeling is a non-Love feeling." Fear, Pride, Grief, Apathy, etc. are all expressions of non-Love. So when we release the Wanting Love program, it takes thousands of non-Love feelings with it!

Because Love is such a high state, you are in tune with the Whole Universe, which is ALL LOVING. When the mind is quiet with no thoughts and feelings, all the power of one's Self is available, untethered by the baggage of the past (the want programs).

If we would Love all the time, we would achieve a very successful and happy life. Loving totally would amazingly give us all the knowledge we seek as well. So what keeps us from doing this? Just holding on to non-Love feelings we think will protect us, but in fact cause us so much trouble and heartache.



The very fear of rejection causes us to be rejected. Anger at him/her for something said causes us to create the same thing over again with someone else! Also, because Love is such a high state, it automatically will bring up all the AGFLAP, or non-Love feelings, just as wording a goal in a high energy. If you make it a goal to "Love people no matter what," it may stir up a whole hornet's nest of non-Love feelings. That is why intimate relationships, and especially marriages, where we promise to Love, stir up so many non-Love feelings, and are such wonderful places to practice releasing.

Each time you remember the Truth of who you are, you bring more Light into the world.

Setting and Attaining Goals

The procedure involves three steps:

- EXPERIENCE IT
- LET IT GO
- AND MAKE IT SO

Formulate Your Goal:

- In the NOW, as if it is already achieved
- In positive terms
- So it feels realistic and attainable
- Include yourself in the statement
- Be precise and concise
- Be specific but not limiting



Remember to:

- Eliminate the word “want”
- Facilitate letting go
- State the end result, not the steps / means of achieving it
- Relate your goal to **courage, acceptance, or peace**



Examples:

- I allow myself to love and accept myself or no matter what.
- I allow myself easily to achieve and maintain my ideal body weight.
- I allow myself to enjoy eating foods that keep my body slender, healthy, and fit.
- I allow myself easily and naturally to establish and maintain a lifestyle and habits that promote my emotional wellbeing and peace of mind.
- I allow myself lovingly to support in his / her growth and freedom.
- I allow to have what he / she wants for him / herself.
- I allow my relationship with to be easy, relaxed, harmonious, loving, open and mutually beneficial.
- I allow myself effortlessly to run my business efficiently and successfully.
- I allow myself to feel fulfilled and to receive abundant financial reward for the excellent service I provide.
- I allow myself easily to find and develop a career that utilizes my creative abilities and talents and which provides abundant financial rewards.
- I allow myself to have and enjoy all the good things in life.

Imagine it Vividly

Using your imagination, paint a picture in your mind of what it would be like when you have attained your goal.

Check whether there is any feeling in you that says “No, I cant have this,” or “This is just a fantasy.”

Could you welcome this contrary feeling?

Explore it in terms of **wanting approval / disapproval, security / insecurity, control / no control, separation / belonging.**

Could and would you welcome, and then let the contrary want go?

