

THE RELEASING BOOK

Awaken Peace and Prosperity
by Mastering the Art
of Letting Go

HAL GOLDSTEIN

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BY MASTERING THE ART OF LETTING GO



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*To Lester Levenson, Larry Crane,
and All Those Committed to
Raising Human Consciousness*



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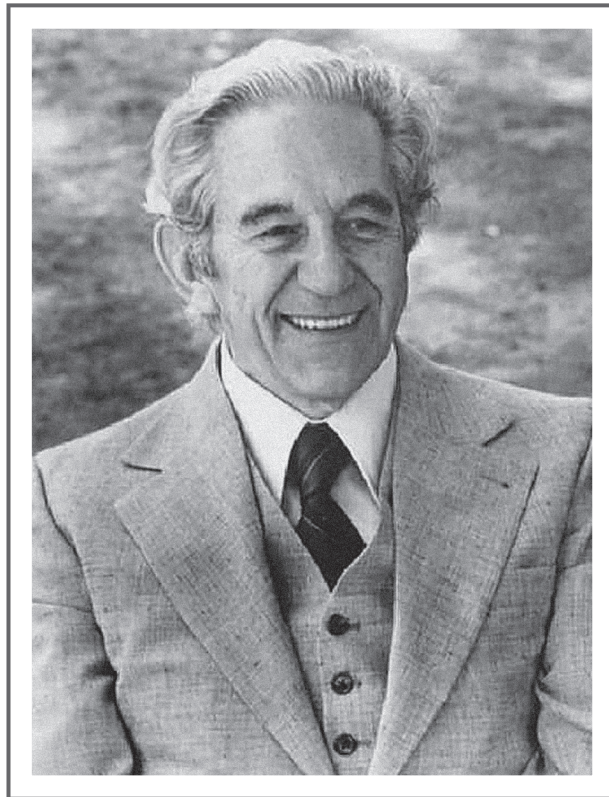
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PROLOGUE

LESTER'S STORY



WHAT LESTER LEVENSON, RELEASING'S FOUNDER, LEARNED IN 3 MONTHS AS HE MOVED FROM DEATH'S DOOR TO TOTAL FREEDOM

*I fell into something that everyone is looking for. I had no idea it was there.
All of my desires were fulfilled; all my miseries dropped away; all my
sicknesses disappeared.*

*I came into an exalted state of happiness, so tremendous, it is difficult
to describe.*

This joy is what everyone in the world is seeking.

*This is what very few people are finding. But the way this fell upon me
can be given to others, so that it can fall upon them also.*

—LESTER LEVENSON

AT DEATH'S DOOR

In 1952, at age 43, Releasing's founder Lester Levenson suffered migraines, kidney stones, ulcers, appendicitis, an enlarged liver, pain, anxiety, and depression. After a second, nearly fatal heart attack, his doctor told him, "Go home, don't climb stairs, put your affairs in order. There is nothing more I can do for you."

Lester realized that all his knowledge and experience as an entrepreneur, scientist, engineer, and scholar, plus all his years of psychoanalysis couldn't help him. He went home thinking he would die soon.

Three months later, Lester emerged—mind and body healed—in a blissful state that ancient masters called enlightenment.

STARTING WITH A BLANK SLATE

After meeting with his doctor, Lester had a death sentence and nothing to lose. Instead of giving up, he decided to start from scratch, using his background as a scientist to attack the problem. He began asking himself questions about happiness and life's purpose—he called the process "honest introspection."

During the three months he spent in honest introspection, Lester had revelations about love, self-sufficiency, security, and the ultimate purpose of life. These insights later became the foundation for the releasing methods described in this book. In the following pages, you'll learn how to use Lester's releasing methods to let go of physical, financial, and relationship problems and enjoy the peace and happiness that lie within.

LESTER'S FIRST INSIGHT:**LOVE IS THE ANSWER; NON-LOVING FEELINGS CAUSE MISERY.**

Lester began by asking himself, "What is happiness?"

He soon noticed that many people loved him, but that didn't make him happy. He realized he was happiest when he simply loved and expected nothing in return. He theorized that true happiness comes from the capacity to love unconditionally, not from being loved by others.

With that insight, Lester realized he was holding onto many non-loving feelings and suspected they were the source of much of his misery. For instance, he resented the doctor who could do nothing for him and had sent him home to die. He began seeing his anger as poison that made him unhappy and unhealthy.

Lester then challenged himself to test his theory by letting go of his resentments. He continued asking himself questions until he felt only love and compassion for the doctor, who had the unenviable job of giving bad news to patients. Relief and happiness swept over him.

If Lester could do it once, he could do it again and again. He looked for all his unloving feelings, let each of them go, and replaced them with love.

For the ultimate test, Lester focused on the memory of a painful experience. Twenty years before, his girlfriend, whom he deeply loved, ran off with his best friend. When Lester realized how foolish it was to hold on to that resentment for all those years, he just burst out laughing. He continued releasing until he felt only love for each of them and could wish them great happiness together.

Applying what Lester learned

When we release, we do as Lester did. We ask ourselves questions that expose suppressed, subconscious, non-loving feelings. We release those feelings by noticing they are not helpful, welcoming them, and letting them go. We let go of disapproving of ourselves and others and replace that negativity with love. Since seeking love from others does not make us happy, we let go of wanting approval.

LESTER'S SECOND DISCOVERY:**WE ARE RESPONSIBLE FOR OUR CIRCUMSTANCES;****WE CAN CREATE THE REALITY WE WANT.**

As Lester let go of his non-loving feelings, he made a second discovery. Previously, he thought of himself as a victim of the world, of outer circumstances. He now started to recognize that he, through his thinking, caused his failures and suffering. By changing his thinking, he could rid himself of what he didn't want and replace it with what he did want. If this new hypothesis were true—that he created misery and failure—he could change his thinking and create happiness and abundance.

Lester decided to see if he could regain his power by taking full responsibility for everything that appeared in his life, good and bad. For example, he uncovered the root of why, after initial success, his businesses always failed. Probing how he caused his repeated entrepreneurial failures, he realized he created businesses to attain happiness. When he found the fruits of a new business success—money and prestige—did not make him happy, he lost interest in the business. Without his attention, the day-to-day challenges of any business took their toll. His businesses inevitably failed.

He also reexamined the loss of his girlfriend, 20 years previous, to see where he had been the cause. He realized he had been unwilling to commit to her, even though she had made it clear to him she wanted a permanent relationship.

As a scientist, Lester wanted to test the theory that, through his thinking, he could create the outcome he desired. Healthy after the three months of introspection, he hypothesized he could travel from NY to LA with no money. His trip proceeded with support at every turn, with a paid-for flight and a free car in LA.

For a second test, he decided he would become a millionaire. Almost immediately, favorable circumstances permitted him to purchase a New York City apartment building with no money down. Lester continued the path of creatively obtaining Manhattan apartments, and within a year, he reached his goal.

Applying what Lester learned

We release, as Lester did, by first asking ourselves questions that bring to awareness the self-sabotaging, subconscious beliefs that cause our current undesired circumstances. Recognizing these beliefs as unhelpful, we release and let them go. By releasing and letting go of negative feelings, instead of responding to our environment automatically, we behave in ways that create our desired outcome.

When we release, we practice moving from “I can’t,” a victim stance, to taking responsibility with “I won’t” and then, “I can.” We let go of wanting control, which is an out-of-control victim feeling, and discover that we always have control. We just have to claim it.

LESTER’S FINAL DISCOVERY:

ALL FEELINGS ARE BASED ON THE FEAR OF DYING;

WE FREE OURSELVES BY LETTING GO OF WANTING TO SURVIVE.

Lester became happier and freer as he examined and released his negative subconscious feelings. In doing so, he made a third discovery that led to his freedom. He found that his fear of dying was the source of every one of his feelings, even the positive ones, and that the fear of death itself is only a feeling.

When he lost his girlfriend to his best friend, he felt great despair and resentment. Beneath the grief and anger was a fear that felt like death. When he could let go of all his feelings related to the incident, he was also letting go of his fear of dying.

Lester kept releasing until he dissolved the fear of dying and other negative feelings, hang-ups, tendencies, and predispositions. His body healed. Having undone enough of his mental limitations, Lester’s true unlimited infinite Self presented itself. By the end of the third month, he slipped into a permanent, blissful state where nothing could disturb his peace.

Applying what Lester learned

We release to realize the blissful, imperturbable state that Lester lived in and that is our birthright. With each release, we let go of the mind that superimposes itself over our true Being. Each release frees us from our attachment to life and the fear of dying. We let go of our want of safety, so we can feel safe. Each time we release, we glimpse the peaceful, joyful, all-pervasive Self.

Lester describes his transition during those three months:

For the first two months, I was getting answers to “What is happiness, intelligence and love?” As the answers came, I was gradually being unburdened of my miseries and tensions.

The very first insight was on love, seeing that my happiness was determined by my capacity to love. That was a tremendous insight. It began to free me. Any bit of freedom when you’re plagued feels so good. I knew that I was in the right direction. I had gotten hold of a link of a chain and was determined not to let go until I had the entire chain.

Then I saw that my sum-total thinking was responsible for everything happening to me, and that gave me more freedom. I could control my life by undoing the compulsive behavior, all of which had been determined in the past, and was now subconscious.

The third phase was discovering and recognizing who and what I really am. I began to see that we are infinite beings with no limitations; that all limitations were only concepts in our minds, learned in the past, and being held on to.

When we see what we really are, we can see that we are not that limited being that we had thought we were, and we can then easily drop the limitations.

—LESTER LEVENSON

PEACE • PLAY • PROSPERITY

Master Releasing with this Comprehensive Reference & Bonus Listening Library

Awaken your inner peace, love,
and prosperity using techniques
created by Lester Levenson and
refined by Larry Crane.

Learn to let go of emotional distress and limiting beliefs on your own —
anytime, anywhere.

Inside you'll discover:

- The 5 Core Releases explained step-by-step
- How to use those Releases for health, wealth, and relationship
- Access to a 20+ hour Listening Library of guided releases and coaching sessions

“

*My marriage got sweeter, my income skyrocketed.
I feel confident, focused,
and unafraid of what people will say.*

”

— Josh Almond, Releasing Student



HAL GOLDSTEIN

After building and leading a successful publishing company for nearly three decades, Hal Goldstein devoted himself to mastering and teaching practical methods for achieving both inner peace and outer success. He is the author of *Meditating Entrepreneurs: Creating Success from the Stillness Within*.

A Release Technique teacher since 2015, Hal has taught hundreds of classes and guided thousands of students in releasing emotional barriers and limiting beliefs so they can experience greater confidence, prosperity, and fulfillment.

