

“You don't like the world out there?  
change yourself.”

Quote by Lester Levenson

**D**o you ever get the feeling there is more to life than what we're told or what we believe? There is a truth behind some of those movies we love to watch and imagine through. For a number of years, I have followed the teachings of a man who close to death stumbled through the secret doorway to unlimitedness. He documented how he found it and what he found, and how we can too, but before I tell you about him, take another look at that headline. Do you see how empowering that statement is? Just the thought of it creates a feeling of almost God like proportions. *“I can change the world by changing myself?”*

When you first read that quote, did it give you a glimpse of the possibilities available to you?

I felt I had the world in the palm of my hand when I read it. I felt I could make a difference, no matter what was going on around me.

Then I asked, *‘How?’*

You've been there, you've read something or watched something that impacted you to the point where you began to look in the direction that felt right, and it was a wonderful feeling, remember?

But then, for whatever reason, you lost momentum. Even though you knew in your heart this was the right thing for you, and everything was screaming at you 'keep going', you found yourself falling off the wagon again.

The belief that we can change our lives, our circumstances, and even our world by

looking within ourselves is not new. It's been around for millennia.

Enlightened and distinguished people throughout recorded history have said exactly that.

Jesus - *"The kingdom of God is within you."*

Buddha - *"Change," the Buddha said, 'must come from within.'*

Dalai Lama - *"When you realize that everything springs only from yourself, you will learn both peace and joy."*

Gandhi - *"Be the change you wish to see in the world."*

Jiddu Krishnamurti - *"Look within, You are the world."*

Rumi - *"There is a life-force within your soul, seek that life.*

*There is a gem in the mountain of your body, seek that mine.*

*O traveler, if you are in search of That*

*Don't look outside, look inside yourself and seek That."*

Burt Goldman - *"Now then what was it that was of such concern? Where is your trouble? Where is your problem? Where is the dilemma? It was a tale, only that; it signified nothing. The power was always, and only, within you."* P.37-38 The Mind Box part 1

Marcus Aurelius - *"Very little is needed to make a happy life; It is all within yourself, in your way of thinking."*

Neville Goddard- *"The parable of the prodigal son is your answer. In spite of man's waste, when he comes to his senses and remembers who he is, he feeds on the fatted calf of abundance and wears the robe and ring of authority. There is nothing to earn."*

Abraham Lincoln – “*Most people are as happy as they make up their minds to be.*”

All of these and many others have stated that the true source of change comes from within. Native American wisdom keepers have spoken of this. “*Soon all their energy was used to protect themselves from the world around them, instead of making peace with the world within them.*” (*The Divine Matrix P.6 Braden.G 2007*)

In 1952, a New York physicist called Lester Levenson, searched for a way out of his own physical and mental misery. What he found was precisely what the greats, the ancients, the enlightened people of our time have said all along, that to change, we must look within. He called it releasing.

Lester found that by changing his thinking from one of wanting to be loved, to one of being loving, he became freer, lighter in the burdens his body carried, and happier. But he didn't stop at this realization. He wanted to share what he had discovered with what he called, “*the rest of me.*”

This refers to ‘oneness’, a realization that everything, all people, all animals, all plants, all alien species throughout the universe, is really only one thing.

Now stay with me here because you're not even close to realizing your true potential.

I'm not saying this concept is easy to understand with our current thinking. As Lester said, it's simple but it's not easy.

And I know because I've been doing this awhile. I'm certainly not one of those people who has tried a system once, or read part of a book, or watched a 10 minute video on youtube, and POW, everything fell into the correct position, the planets aligned and everyone lived happily ever after. So far, my progress has been a bit here, a bit there, and a whole lot of tripping up in between.

The problem is, when stuff is going great, I have no incentive to keep releasing. I want the world more than I want freedom, meaning my ego is still in charge. If I have a pain,

frustration, anger, grief etc moment, I deal with it quickly and vow to continue on to freedom, and the next thing I know, 2 weeks have gone by and I'm beating myself up for not releasing, and the whole thing starts again. It only works if you do it.

What I have done in the past is one of the biggest mistakes we can make. Get sucked in looking for the answers out there in the world. You look for these answers in new jobs, new careers, new relationships, houses, cars, boats, clothes, jewelry, books, sport, booze, drugs, sex, movies, games, you name it. The problem with this is, if the answer isn't there, you will never find it.

One of the great things that Lester said was, "*you use the world to stir up emotions/ feelings and let them go.*" It's the perfect system, *if* you do it.

The world is the perfect opportunity to let go of everything because you can use all this crap that keeps coming up and just let go of it. Then keep doing it until there are no more problems, but you must do it to get there.

I know I am emphasizing this 'If you do it' point, but it's so easy to look elsewhere for the answers. Claims of *miracle products*, *miracle cure alls*, the red pill brigade, flood our emails and the advertising airwaves every day, it's so easy to want to believe the hype and fall into the 'grass is always greener' over there trap.

But what I found while working my way through various courses, books, videos, and opportunities for change and self-improvement, was that when broken down to their core, they are basically releasing in one format or another.

I found that releasing is the core of change. It is the magic elixir so often read about in fairy tales or seen in movies. And fortunately, over the last half century or so, science has begun to back up that claim.

There are now whole industries dedicated to the research, scientific analysis, and verification, to prove, or not, that, *if you change what is going on within you, you change the world.*

## The Evidence

Think about that for a second. What you hold in mind, right now, can actually affect what is happening in the world and in your own world all around you. By letting go of the turmoil within, no matter what it is, you become more at peace, and the world becomes more peaceful. You reflect onto the world what is happening within you!

### **Heartmath Institute** ([www.heartmath.org](http://www.heartmath.org))

Since 1992, the Heart Math Institute based in California, has been conducting experiments to test the effects of human emotion on DNA.

“HeartMath deems integral elements of the model for who we are and what we can be are the thoughts, feelings and intentions we have every day. After two decades of studies, HeartMath researchers say other factors such as the appreciation and love we have for someone or the anger and anxiety we feel also influence and can alter the outcomes of each individual’s DNA blueprint.” (You Can Change Your DNA July 14, 2011)

“When we are having a bad day, going through a rough period such as dealing with the sickness of a loved one or coping with financial troubles, we can actually influence our bodies – all the way down to the cellular level. But by intentionally thinking positive thoughts and focusing on positive emotions we can choose to accept whatever is showing up and have positive influence on our bodies at the same time.” (Heartmath Institute)

### **Matrix Energetics** ([www.matrixenergetics.com](http://www.matrixenergetics.com))

Matrix Energetics is a consciousness technology developed and pioneered by Dr Richard Bartlett, “*All you might need to do, if you have a pain or a problem, is realize that your expectations are based on your perceptual bias. Your problem is always there, in part because you assume that it will be, so it shows up in the same way every time. In the next moment, it can be totally different. You assume it can’t because physical reality appears to be unchanging. That is the rational assumption based on a closed-system model. It’s a lie!*” P.72 The Physics of Miracles 2009 Dr Richard Bartlett.

## **Epigenetics (www.brucelipton.com)**

The emerging scientific study of 'Epigenetics', promoted by cellular biologist Dr Bruce Lipton, has turned medical and scientific beliefs on their head. *"We adjust our genes based on our perceptions, in fact, a mind boggling number, every gene in your body can be modified to create 30,000 different variations. From each gene... The big thing is, there's a whole history of, 'you're a victim you're a victim', and it turns out, oh my God, we were in control and we didn't know it, and because it's our perceptions that control it, whether you believe you can, or whether you believe you can't, your right."* *"We become masters when we understand this mechanism."* (Bruce Lipton, 'Spontaneous Evolution')

*"The character of our life is based upon how we perceive it!"*  
(Bruce Lipton, 'The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles')

*"The new science of epigenetics promises that every person on the planet has the opportunity to become who they really are, complete with unimaginable power and the ability to operate from, and go for, the highest possibilities, including healing our bodies and our culture and living in peace."*

Taken from: <https://www.brucelipton.com/resource/article/epigenetics>

## **The Miracle of Water**

Japanese scientist Masaru Emoto wrote a book called '*The miracle of water.*' In it he describes the impact our emotions have on water by subjecting water to specific negative and positive words and emotions, then freezing the water and photographing the crystals. *"If love and gratitude retreat from the world, they will be replaced by negative vibration. In this age, the weakening of love and gratitude in one part of the world can become the cause for wars and disasters on the other side of the planet."* P.135 *The Miracle of Water* Masaru Emoto.

(This is evidenced in the findings of Dr David Orme-Johnson through his research '*International Peace Project in the Middle East*')

It is also valuable to remember that this world we all live on, *and* our bodies are made up of 70% water. Think about the effect our thinking has on this essential element. Fear, hate, any form of negativity distorts the very physical thing we are and the thing we live on.

We have been conditioned to believe that the answer lies out there, in a miracle product, in a new job, in a new house or car, or a new partner or thing... By searching out there for more and more stuff, we are essentially trying to fill the void within us, because this ‘*stuff*’ only gives us temporary relief from the hell out there. It doesn’t solve the real problem, because the real problem isn’t out there, it’s within us.

Lester said that, “*most people in the world are making the error of seeking it where it is not, and therefore not attaining it, and becoming extremely frustrated because the more they try to get of it, where they think it is, the more they discover that, it isn’t there.*”

This is not fantasy or science fiction. This is not ‘*Star Wars*’, and I am not Obi Wan Kenobi, no matter how much I would like to be.

But it is real, it is happening now, and it is incredible.

Everything that is happening in your life,  
No matter what it is,  
*Everything,*  
Is a mirror of what is happening within you.

Now think about what most people hold in mind. Fear of almost everything and anything, so much so it would take multiple pages just to list. Wants of control, of approval, of security, feelings of lack of this and that, of money, lack of love, frustration, jealousy, hate and on and on.

But the incredible thing is, that because of this,  
Everything that occurs in your life,

Even the most unpleasant,  
Is a guide, *screaming* at you to let it go, to release it.  
And it will keep screaming until you listen.

It's like your own personal little angel bringing things up for you to release.  
Unfortunately most of us don't listen.

If you let go of something such as a fear, it no longer has power over you. It will no longer affect the world around you. You will be free of it, *if* you let it go..

If enough of us do this, we will change the world.

Make a game of it. Realize what an opportunity this is.  
Everything is laid out right in front of you. It's like the dinner bell has gone off...

One problem we come up against time and time again however, is we don't believe anymore. We are a 'Now' generation. Results now, or it's a scam. I have read on occasion, a post online about releasing that said, *it doesn't work, don't waste your money, I tried it for a whole week and nothing happened.* Think about how we live at this moment in time. A couple of seconds waiting for a website to come up and we start to tap our fingers impatiently. Phones, internet, tv, everything digital and super high speed has to happen now, we expect it to be that way.

Fast is no longer fast enough, and it's the same with something like releasing.

A lifetime of shoving negativity into our minds and bodies and we expect to see or feel a result after letting go for 20 minutes each day for a week. If you are still shoveling 23 hours 40 minutes of negativity in a day, you may need more than only 20 minutes of releasing. There's an awful lot to let go of, and because of this, at first it may seem slow, subtle, almost non effective.

But if you keep doing it, you will find your results building and expanding.

We have all been disappointed so many times by super products, courses, books, seminars, and a host of others, that unless we prove it for ourselves, even for something that really works, it is immediately labelled as hype, lies, science fiction, and that is precisely what Lester Levenson said, '*Accept nothing on heresay. Each must prove out everything for himself or herself.*' (The Ultimate Truth P.84)

Because it works *if* you do it.

If you are interested in taking back your life, visit:

[www.releasetechnique.com](http://www.releasetechnique.com)

[www.brucelipton.com](http://www.brucelipton.com)

[www.heartmath.org](http://www.heartmath.org)

[www.matrixenergetics.com](http://www.matrixenergetics.com)

"The Kingdom of God is inside you and all around you,  
Not in a mansion of wood and stone.  
Split a piece of wood and I'm there,  
Lift a stone and you will find me." From the movie 'Stigmata'

By Robert Christiansen Ashford