

# LESTER AND ME

My Unforgettable Conversations With  
American Master, Lester Levenson



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## The Path to Lester

*Ask, and it shall be given to you; seek, and you shall find; knock, and the door will be opened for you. —Jesus*

Adult life for me really began with a question. When I was old enough to view the world and begin to try and understand everything, one problem seemed to dwarf all the others for me: Why is it that some people have success, money, and live a life of ease, and why are so many others doomed to never have enough money, fail at everything, and live lives of unhappiness and quiet desperation? This became a driving quest for me and was to take me on a journey that I never expected. I learned more than I ever deemed possible about how and why things are the way they are, and received answers that went beyond anything I had ever read or heard before.

I graduated *cum laude* from UCLA with a B.A. in music and I decided to strike out at what I had always wanted to do. From the time I had studied for two years with famed film composer Lalo Schifrin (*Mission Impossible*) in the debut film scoring class at that institution, I wanted more than anything else to write music for films and television. He liked my work and predicted success for me with his Argentinian flavored, “You are going to make eet”. At the time I was considering this career, there was nothing of what we see today of film music schools: Los Angeles is now peppered with hundreds of classes where one can learn this art form. MIDI equipment has made it possible for anyone with a credit card to be a film composer with an orchestra at his disposal, replacing the traditional grueling study of harmony, counterpoint, orchestration, and composition that I endured as did my famous counterparts like Mozart, Beethoven, and Brahms. Combine MIDI with a relative or friend (which I did not have) in the industry, and you have an instant music career.

In the innocent and ignorant youth of my twenties, I had no preparation for the real world of the film industry or any plan as to how I was going to

succeed in this murderously hard business and had absolutely nothing to fall back on in case of failure. I had no way to make a living with a day job.

As I look back upon this now, I cannot believe how shortsighted and dumb I was. I lived with my parents and had a very close relationship with my mother who was also my best friend and biggest fan. I was the emotional support for her during her strained marriage to my father, so she liked having me there. It was mutual, since her need for emotional support and my need for financial help were symbiotic. He had womanized a lot during their marriage, and after an untimely call from a “friend” right before we came to Los Angeles from Dayton, Ohio in 1962, it was never the same between them.

He also was a dreadful monetary role model for me, never having made a decent living in California where he was transferred and could not enjoy the fun and freedom of traveling for business. He lost twelve jobs in as many years. The stay at home role of a father with four children was not his cup of tea. We were always struggling with his losing one job after another and with my mother having to take up the slack of these constant job losses with working herself.

I hated all the lousy menial jobs I had to do while in college like working in a retail store and making little money. If I knew then what I know now, I would have been better prepared for the war I was drafting myself into. I know there are no mistakes in reality as Lester taught me, but still that was one I would have liked to correct. Lester made me feel better when I talked to him about work and its drudgery. “No one wants to work,” he shockingly told me. He said people want to enjoy what they do and be paid well for it, but no one really wants to work. I thought about all the people who win the lottery and retire. He’s right. If they loved to work so much they would just continue on with what they are doing. Why do they quit?

I did not realize it at the time, but I was really in a tremendous state of apathy with long periods of chronic depression. I had few girlfriends after a two-year relationship from high school into college, and my emotional state after that relationship made it hard for me to talk to girls while at UCLA. I was a wreck. I briefly tried therapy, but it did not help me. I

remember asking the psychologist “Is anybody happy anywhere?” She said, “Of course,” but somehow she was not convincing. She did not appear very happy, so how was she going to get me there? Little did I know at the time, but I was asking the same question Lester asked in 1952. He inquired, “What is happiness?”

Lester himself had analysis from an associate of Freud, and he could not be helped after four years of trying. Now I can see my predicament was not that unusual, but at the time I was in a very morbid state. I know Lester considered that lucky, since comfort and temporary success, as he saw it, only deepened the worldly delusion for a seeker. I was being forced to find answers from within—where they really are—as he often told others.

Through my constant networking, will, and luck, I landed a scoring job for the CBS TV pilot called *The Paper Chase*, based upon the feature film of the same name. It had won a best supporting actor Oscar for its legendary star John Houseman. I was being managed by the man who produced the film, so I was in a great position to get the score. He gave me a break, and I was hired to write the music for this great show. Out of two hundred pilots, CBS chose this as one of the shows to be produced for its fall season. My career was starting, and I was only twenty-nine. Everyone loved it, and my music, but CBS was worried about it failing and started to monkey around with it. The producer, my manager, was fired, and a new team who did not know me was brought in to produce the series. The head of music at Fox did not approve of me for political reasons, so he was anxious to dump me anyway.

I was devastated and depressed. I had no choice but to turn within with a little booklet called *Metaphysical Meditations*, by the Indian Master Paramahansa Yogananda. I read it every night before retiring, and it gave me great peace. After one month, I witnessed the first miracle in my life that was to be a lesson in turning within from that moment on. Four weeks before shooting the pilot they had no script for the altered show. I received a call from my agent that the producer had been fired and my ally has been rehired; something unheard of in the entertainment industry! I was back.

I learned years later from Lester that the great Indian master had indeed helped me from beyond this physical world. I already knew it intuitively,

but I wanted to make certain I was right. I went on to score the twenty-two show run, which was canceled after that due to low ratings. It seemed people wanted to see *Happy Days* more than the travails of four struggling Harvard Law students with a tough contracts professor. That popular show was in our time slot on ABC. My music was nominated for an Emmy Award, but lost to *Little House on the Prairie*. I was happy with my debut, and I thought I was on a roll. I could not have been more wrong. I had loads of subconscious obstacles that I was not aware of. I had my work cut out for me. My music career came to an abrupt halt. I turned within again for answers. Something inside told me I was not going to have a rise-to-show-biz riches, storied life. I was right. “Not this life, Steve,” my Self seemed to tell me.

Things began to improve in my emotional state in 1978 when I was introduced to the book, *The Science of Mind* by Earnest Holmes. I watched a late night television program hosted by a Religious Science minister who was an eloquent speaker and teacher of this philosophy. Here for the first time I learned how we create what we think of as reality, and that it is possible to change our lives by changing our inner selves. This was an earthshaking revelation for me and began my spiritual quest that would eventually lead me to a true Master. The significance of this is, as I look back upon it now, that where psychology failed, spirituality succeeded in beginning to answer my question. It succeeds, because as I learned later from Lester, everyone mistakenly teaches us from birth that our support and happiness come from “out there” in the world. Read books, go to school, take classes, study hard, work hard, and you will succeed. This is incorrect. We all know smart, hard workers who are also not successful. People who have successful consciousness mistakenly attribute it to how smart and clever they are. “Damn, I’m good!” Their positive programs just create success everywhere, and life is easy... now. At some point, though, all that will collapse, because it can never bring them the happiness and security they crave from the world. Then, like Lester, they begin to destroy everything including their bodies and end up at the bottom. He used to build businesses and let them die, he told me, because it did not bring the happiness he thought it would.



Spiritual training, starting from the most ancient wisdom schools in India, teaches us just the opposite of what the world teaches. “Seek first the Kingdom of Heaven (Free State), and all things will be added to you,” Jesus implored. Earnest Holmes said: “Consciousness becomes form”. The dawn of the twentieth century saw the renaissance of these ideas, which came to be called “The New Thought” movement. Christian Science, Unity, Religious Science, and The Infinite Way of Joel Goldsmith are all part of this movement.

I began to see a way out of my dilemma. I read hundreds of books by metaphysical authors. I immersed myself in Religious Science classes, which cost very little. I enjoyed the social interaction with people who were searching too. At least it gave me hope that I could turn my dreary life around. However, after four years, my life was not changing enough, and I started to look for something else. I took classes with a former well-respected Religious Science minister who had progressed himself to higher teachings. We were studying a course called “The Nature of the Soul” that was supposedly “channeled” through a woman, which was claimed to have come from Master Koot Humi, who in the world was the great Greek mathematician and philosopher Pythagoras. Whether it did or not, I don’t know, but it was very interesting stuff, talking about reality and creation. It came from a very high person somewhere, and it helped me. I do know that it laid the foundation for my work with Lester.

In 1983, continuing on my never-ending search for music success, I went to a lecture by comedian and TV star Marty Ingels. He gave his phone number out at the end, which surprised me, and told us anyone could call if they needed help. I certainly fit in this category. I called one day and left a message. To my great surprise, he called me back. I said I needed management, so he put me in touch with his partner, who called me. Instead of managing me, he suggested I take this course he described about releasing. After several months of prodding and when I could afford it, I finally went to the training.

This was the missing link in all the other teachings I had been working with. Everyone told me to let go, and let God, but this was the how to of it. I loved its simplicity and power. It guided us to turn within and confront

the subconscious master programs that run everything in our lives, release them, and have whatever we chose. “It is simple and easy when you do it,” Lester promised. The genius of it was obvious. Why hadn’t anyone else seen this? Could success be this easy? I knew I had found the holy grail of reality creation and the culmination of all that I had been looking for. Now I wanted to meet the creator of this homespun liberation course.

I registered for the next intensive training, which was held in the beautiful northern Arizona city of Sedona, a high desert town nestled in the red rocks between Flagstaff and Phoenix. The highlight of this class was to be a talk by K.I.S.S.(Keep it Simple, Sweetheart) Release Technique creator Lester Levenson entitled “Freedom, and what it takes to get there.”

When Lester walked into the room to welcome us at the beginning, I felt I had finally found a long lost friend. In front of me was a gentle, quiet, unassuming short man in his seventies. I remember that his deep brown eyes seemed to be looking somewhere beyond this abode, though at the same time he was very present with us. I know now that this infinite consciousness was just borrowing that little body so we would have a teacher with us for a while. Lester looked like any other human being (although he did look like a throw back to the forties), but in reality, he told me later, he just used that body to be able to communicate with us egos. Little did I realize it at the time, but I was about to take a giant step towards the ending of my spiritual journey I had begun so many years earlier, and the opening of the door to my enlightenment as to our true purpose here on this planet.

That door that Jesus spoke of was about to swing wide open. I guess my knocking was heard.

## I Meet Lester

*There's nothing out there but your thinkingness.* —Lester Levenson

I first met Lester Levenson in 1983, a few months after I had taken the remarkable training in releasing unwanted feelings and wants then called “The Sedona Method” that Ingels’ partner had raved about. Today, Lester’s original teachings are most exactly duplicated by the “K.I.S.S. Release Technique” you will find on the Internet through various sites (and taught by myself and colleagues). Lester created it as a do-it-yourself healing and liberation technique, recreating the method he had used in his own healing from terminal heart disease in 1952. Over a three months period, he went from a very ill, unhappy forty-two year old atheistic physicist to a totally healed, happy, free being, capable of doing amazing things like materializations, healings and what we would call miracles, but what he called our natural state. He started out thinking reality was this solid thing, and ended up knowing the complete opposite: that nothing is solid, and our reality is a total effect of our minds. He was a Jew from an Orthodox middle class family born in Elizabeth, N.J. in 1909. His parents operated a small grocery business, and he had two sisters. Lester is derived from his Hebrew name, “Eleazer” (“God is with us”), shortened to Lazer, then translated into English as Lester. He had a B.S. in Physics from Rutgers University, and he started out working in the fields of physics and engineering. He later was a very successful businessman; one of the original entrepreneurs of his day. He was one of the first people in his region to install air conditioning into retail businesses.

His physical appearance belied what a spiritual giant he was. He was only around 5’6” tall and looked stocky, though he was not fat. When I met him he was in his seventies, but he had the energy of a man a third his age. I once saw him rapidly pace off an acre in the northern Arizona desert summer heat of Sedona and never break a sweat. His consciousness was clear, his wit sappier-like, and he had a terrific sense of humor.

This may sound trite, but Lester never thought of himself as a teacher at all. When I say I was his student and friend, he would only agree with the latter. “How can an Infinite Being need a teacher?” he would invariably say, when someone would ask if he were that. “In your [omniscient] Beingness you know everything right now, but you are just not identified with it.” He would always cajole me and others to go within ourselves and find the answers us spiritual slackers were doggedly wanted him to reveal. If you were smart enough to perform a selfless task that benefited his getting the Technique out, you were gifted with precious extra time with him where you could converse with this infinite consciousness packed into a liter sized body about anything that concerned you, big or small. As I write this, I long for those unpredictable times in which I never knew whether I would get prodded or punched, but knew I would be lifted to someplace much higher in either case. I never doubted for a moment that I had amazingly good spiritual karma to be so close to a free one, and I knew with that came immense responsibility. I am just beginning to realize that now. I knew this person who would not waste a thirty second phone call with someone had a definite purpose for talking to me. He spent many years listening and helping me, so whatever I was to do I knew I would become aware of at some point. He asked me once sitting across from him at a Sizzler Restaurant while he was eating a baked potato smothered in ketchup, “What do you want to do with the [Sedona] Institute? When I paused not knowing what to say, he said confidently with the immediate answer given by his inner voice, “You’re going to do what you’re going to do.” I discriminated much later that meant I would do whatever my karma dictated. He could be very esoteric like that, although thankfully not often, which drove me crazy.

I came to a meeting one time in Phoenix when my wife and I were Los Angeles coordinators for the classes. Fortunately, I had left something in my hotel room that he wanted to see, so he offered to drive me there. This was a real hitchhiker’s guide to the universe! He asked me if I liked jazz, and proceeded to put the radio on in his large Cadillac and tune to a jazz station. Lest the reader think him ostentatious for owning a luxury car, think otherwise. Cars meant nothing to a man who could travel the Cosmos by just thinking himself there. This car was a hand-me-down from the director of training, who opted for a more stylish foreign

automobile. At this time, large American “Caddies,” as Lester called them in his dated vernacular, were out, and German luxury cars were in. So he was remanded to this aging luxury reject, and was as happy as if he were in a new Rolls Royce. He looked like he needed to sit on a Greater New York phone book to see out the windshield. He reminded me for all the world of an elderly Jewish tseda (grandpa) that I remembered from my youth, who loved driving their Cadillacs around to impress people with how much money they had. Not this Tseda though. In Sedona, I recall, from his remote property, he drove us back to town in an old Dodge Dart, born when American cars were built to last. He drove at lightening speed over the rutted terrain, and I can still remember the face of the driver, smiling, talking, and enjoying every rut. I wanted to be like this man, for whom worldly things like cars and money were as insignificant as a child’s old forgotten toys. What was it like, I thought, to be so at peace that a dirty Dodge was perfect, and for whom worldly accomplishments meant nothing? I had a troubled past with difficulty earning a decent living; so it was almost impossible for me to imagine not caring how much money one had. He had made millions after going free, in real estate, with a minimum of effort. This illustrated to me that I needed to clear myself of what he called my self imposed limitations on having money.

He asked me: “Have you ever had money?”

“No.”

“Then it is all subconscious.”

He told me we suppress things there in a dark place in the mind because we do not want to look at them. Why? Pain and bad memories, mostly from other lives are stored there. Millions of years ago, he said, we mistakenly utilized the part of the mind that is supposed to run our autonomic nervous system operating our breathing, heart, and digestion for storing our miseries and painful memories. We carry these memories from body to body he told me, layering useless data on top of other data, until we hit bottom. It remains as just energy we call feelings, programs, and wants. Bodies and personalities change, but not our feelings. If we previously died by drowning, we most likely will fear water today. It will come up any time you

ask, like searching for files on ones personal computer. We just don't like what we have to look at. It is up to us to confront these obstacles if we want to move up and be happy. If we are having difficulty with money now like I was, we surely made decisions in some other time that we are not safe with it, it does not make us happy, or something like that.

Lester's technique was formed as a tool to bring this kind of stuff up and help us get rid of it. This was how he went from a sick, dying forty-two year old to a free being in three months back in 1952.

I often marvel about the fact that I was four years old at that time and living in the Bronx, just a short subway ride from where my future liberator was sitting, already free. It was not to be until twenty-nine years later that fate would bring us together. He released on a nonstop basis in his Upper East Side apartment in New York City all his non-love and need to manipulate and change things. He ended up eventually confronting the fear of death itself and releasing that, until he fell into a peace which passes all understanding that the Bible announces. "Be still and know that I am God," it advises. Lester would interpret this as, "Quiet your mind [using releasing] and you'll know the 'I' is God within you." This process became what we know today as The K.I.S.S. Release Technique, created so humanity can have a shot at rapidly ridding themselves of their garbage, as he called it, and find happiness with no sorrow. Getting this out to the world was all Lester cared about for the rest of his life here on Earth. He implored me and some of his closest disciples to likewise.

He consciously left his physical body to have his awareness in a better place on January 18, 1994 at 12:00 noon. The man who the doctor in 1952 said would die in matter of weeks, lived on happily until the age of eighty-four.

I have felt his presence around me ever since then in dreams and intuitive feelings, and I believe him when he said anyone who was a K.I.S.S. Release Technique graduate, now or in the future, would have his unlimited support. When a master says things like that, they are not words of idle chatter. They mean every word. I have felt a strong impetus from him lately to put our talks down in print to assist others on their paths, and hopefully

to be inspired to learn the K.I.S.S. Release Technique for themselves. Thus, I am acting now on that shove from above, as he would call it.

This time with Lester was to be the most significant period in my life, although I did not realize how significant it was at the time. Whenever I called him, he was there for me, both for big issues and trivia. I always felt uplifted after our chats, which sometimes lasted into the late hours. I was aware enough to take extensive notes, thankfully, not only to write a book one day, but also to have as reminder of him and his words when he was physically no longer with me.

The written or recorded words of a master carry what the Hindus refer to as “shakti,” meaning “divine power,” and it lasts forever. The following is the result of those talks, both over the phone and in person over a fifteen year period. Although many of them are short, they are full of wisdom and light. “It takes one to know one,” Lester always said about enlightened ones. I suggest that the reader not confuse terseness with lack of spiritual intensity, and to really meditate on them to gain his own insights and enlightenment. I wish you the same uplifting that I received from them. I know Lester does, too.

I was out at my friend’s house on a remote property (actually owned by Lester) 8 miles west of Sedona. I looked through his Rolodex and found Lester Levenson’s number. I know now that if Lester did not want me to have had that number, I never would have found it. Also, if he did not want to talk to someone, believe me, he had no problem with avoiding that person. He often said to me when he was to come into Los Angeles, “Don’t let anyone know about it. I don’t want them to insult themselves.” From his standpoint, no one insults or does anything to another. They just do it to themselves and blame other people. This was to be the beginning of eleven years of conversations that were to alter my view of what I thought of as reality and learn to see how a master sees what we think of as the world.





# Happy Birthday

My first conversation, October 1983

I told Lester “I feel old. I am forty-five.”

He replied, “I’ll agree with you if you add a million years to it.”

I had just had a totally screwed up birthday dinner the night before. Half the people went to the wrong place, and I felt really bad about it the next day. It was an excuse to call him, as good as any I thought. Now it seems silly to me, but at the time it made sense.

“Whose birthday was it?” he asked.

“Mine,” I answered.

“Mazel tov,” he sarcastically quipped. This is a Hebrew/Jewish response that roughly translates to “Congratulations”.

“You know what I call birthdays, don’t you? Death days. It is the day you decided to die and be born into the world. You’ll never be more dead than you are now.”

“How is that?” I asked.

“The physical world is the slowest place to create things you desire and the most difficult of all the places one can be. A person on the astral plane can materialize things instantly, not needing the slow and hard ways and means of the physical world to do this. So to them, you would seem almost dead.”

What a surprise.

“You know you are really over one million years old.” I have to agree that on some days I feel like it.

“You descended down from Beingness through all the planes, and now you are in the lowest one.” I used to hear stuff like this from psychics, but from Lester, it sounded like the real thing, not a story. All of a sudden, forty-five did not seem so old.

I knew Jesus had said “In my Father’s house are many rooms”. (From the Aramaic translation, not “mansions,” mistranslated from the King James Bible), paralleling what Lester was referring to. I had also read Paramahansa Yogananda’s spiritual primer, *Autobiography of a Yogi*, so I knew about the different planes of existence. His guru explains it very clearly, detailed in the chapter, “The Resurrection of Sri Yukteswar.” However, I had never considered myself dead. It was a completely new way of looking at myself that was to become my normal experience with Lester. It was as if he made you leave your body and begin to study who this person was that you thought so familiar. This was why many people had the opportunity to be around him, but never chose to. One man in New York told me he used to hang around the office there but never ran into him. His mind just kept Lester away. In my case, I did whatever I needed to do to get close to him, and this meant working in some way to get the Technique out. He was not one for social chit chat.

You had to be willing to:

1. Show your desire to help people by working with the Sedona Institute
2. Not fight or work against him when he was getting you freer. If you did, he would just pull back and not impose on you.

I think now he liked the fact that I was willing to take his spiritual salvos no matter what they were, then release, and come back for more. Masters always know your inner intention by the ability to connect with anyone, anywhere, and can predict perfectly what you will do in the future. He had told the woman who was the director of training of the Sedona Institute at that time many years earlier that she was too far down the line to be of much help to him. She bristled at that, but in the end she was let go from

the position, and to this day does not work in getting the K.I.S.S. Release Technique out.

Lester made several predictions about the author that have come true, and others that have not as yet but I know will. I always knew from my spiritual awareness that I was indeed fortunate to have a true Master at the ready to help me chop away what was preventing my total happiness. I never forgot that I was in the presence of a divine being who told me often, “I am coming to you from the top.” By this he was telling me that his words were truth, directly from God, and had no interference from worldly mental garbage.

Jesus used the words, “Verily, verily, I say to you...” and “My words are not mine, but from Him that sent me,” to convey the same idea.

You had to be willing to let Lester (“Pester, the Ego Molester”) do what he referred to as ego presentation, and what others referred to as big time stir-up. What he did was present your ego to you every time you spoke, by saying something back that was guaranteed to bring up Mr. Ego, so some of him could go bye-bye. He once told me in front of other students that a good way to go free was to put tape over my mouth. Wow, that hurt! I couldn't understand why people who had the chance never took advantage of this rare opportunity of working with him. One could move himself quicker by this ego surgery, and I wanted that. Plus, I just flat out loved being around Lester. He was very funny, could converse on any subject like he had studied it, and tell you things about the world and the universe that you would never hear from anyone else. He lifted you into your Self when you were around him, so you always felt wonderful. Many people in the early days with him got very addicted to being with him and developed a resistance to moving up. That is the main reason why he created the K.I.S.S. Release Technique, so no one would make him a guru, which he knew was wrong. He wanted people to free themselves and find their own answers as he did.

It seems to be human nature to always make someone the expert and put that person on a pedestal and pay him big bucks for the privilege. We go to psychics to find out about our loved ones who passed, read self-help books written by PhD's (“The phuds are duds” –Lester) to fix ourselves, and never

go within ourselves and trust our own Self for the answers. Some of the answers I received from him will be covered later in this book. I asked him if he had ever met Jesus and will he return to earth, is there life out there in space, and who really killed JFK (seriously). I have so many more questions that have arisen over the years. I will just have to identify with my own omniscience and get answers. That is what he would say to me now.

I was never to be the person who I thought I was again. I am glad for that.

## The End of “Steve”

*Just click your heels three times, and say, There's no place like home, there's no place like home.* —Glinda to Dorothy in *The Wizard of Oz*

I went to Sedona once for another intensive, and I stayed a few days longer just to hang out and bask in the wonderful atmosphere of that charming place. I decided to create a goal statement as we were taught in the K.I.S.S. Release Technique course: “I decide to love people no matter what.” I began releasing on the goal. Within a short period I became very ill, had an infected throat, and a high fever which made me extremely weak. I was staying in the Skyranch Motel, situated at the scenic Sedona Airport. I was a pilot, and I had rented a plane and flown the beautiful trip into Sedona from Santa Monica. I spent three days vomiting in that room until I could throw up no more.

That powerful goal statement had done its work on me, except I did not release all that came up from the subconscious mind. In my weakened condition I flew the plane back home with my wife feeding me liquid antacid. I thought to myself, “Very few people start out a trip with airsickness before they even step into the plane, and I’m the pilot, too!”

I know I had to be more loving after working on that goal, but I was also definitely physically lighter! After I was home for a few days, I called Lester to tell him what had happened to me. Any master can revisit anything that happened to anyone at any time, since it is recorded in the ether (akashic record). How can they do this? I don’t really know, except that when one is a master he is omniscient, so he knows everything. Lester told me a master can go forward or backward millions of years to take a look-see, as he called it, at our world or any worlds all over the universe. Now, that’s entertainment!

“You know what that was all about?”

“No,” I answered. Even if I had an idea, wild horses could not have pulled it out of me. I wanted to hear what he had to say anyway, so I never opened my mouth with my conjecture of what had happened.

“You were throwing up your revulsion of the world.”

“Really?”

“Yep. Why did you stop releasing? If you had kept it going, you would have gone free.”

I was shocked. How could I have gone free in that awful, low state I was in? He later told me the power to go free is always there within us. We just forgot about it after all this time escaping in the world life after life. Some day, he conjectured, someone is going to figure out a way to go free instantly by using that power. Amazing. After a million years of escaping, someone will just say “FREE” and that’s it! He can’t be wrong, he’s a master. My mother was wrong sometimes, but not this guy. I was getting a mental replay of the culmination going home scene in *The Wizard of Oz*, where the good witch Glinda tells Dorothy she had the power all the time to go home. She just forgot! When he said “you”, he meant the REAL you, not the personality. From the Self’s perspective, the world is a place to be reviled, not enjoyed. I remember even Jesus had stated, “In the world you will have much tribulation, but be happy. I have overcome the world.” and “My kingdom is not of this world.”

I told him that I had seen the end of the world, and it made me very, very sick. I heard a great laugh at the other end of the line. “You didn’t see the end of the world. You saw the end of Steve.” Now this was something I had never contemplated. He must have meant that there is no world except that which I see and create every day. So when I saw the end of the world, what I was actually seeing was the end of the one experiencing it: Steve. Amazing! No Steve, no world. “Be the witness,” he always told me. Other Masters had said that also. From Lester’s view, we should sit back and just watch our motion picture and change what we don’t like using releasing. Our problems

come, he told me often, when we identify with the goings-on and lose track of who we are. “In the end,” he said, “we see that we are I, and I alone.” He was quoting the great early twentieth century Indian Master, Vivekananda, who was the first real Master to visit the U.S., even before Yogananda.

It is a lot like some of Ramana Maharshi’s writings, that when one is in deep sleep, he does not think about anything or anyone that he holds so dear in the waking state. But as Ramana Maharishi states, he knows he slept well. So he is there all the time. He has to be. Sleep: world gone. Awake: world returns. Never awake: no world ever again. Interesting stuff. I pondered it. I am still pondering it.

The idea that we create our own reality (the world) was not new to me. I had four years of Religious Science training, and I was steeped in Indian metaphysical teachings. What *was* new was that the world was *in* me, and not the other way around. Lester was saying that at the point one goes free, he becomes one with all creation and all of the universe, and the little personality is absorbed into the Beingness. “Steve” is just a little ego vehicle to live in the world and play out its karmic destiny. An analogy Lester used is that one uses moonlight to guide him until the Sun rises. The moon (ego-mind) is of no use when the Sun (Self) is up. So the end of “Steve” does not mean I was dying. Quite the contrary, it means that I am completely alive to my infinite Self, which is unlimited and happy. Maybe that’s what Jesus meant when he said, “You must lose your life to find it.” Lester’s words always sent me on a spiritual Self-trek. They were laden with eternal treasures.





## Creating What We Want in the World

*O Son of Kunti! The constant enemy of wise men is the flame of desire, by which wisdom is concealed.* —Bhagavad Gita, Verse 39

“You know, our Beingness is always trying to create our goals, and we get in the way with wanting approval, wanting control, and wanting security.” Lester told me this when I was having a particularly difficult time creating a goal with the Sedona Method. I will explain these wants a little later in the book.

He said, “We are creating all the time. It is just that our subconscious is [getting produced] out there and we don’t like it. The more powerful you get with the Method, the more you can hold things away and stop the good from coming into your life from some stupid program running.”

“What program would that be,” I queried.

“We can’t stand prosperity” Lester joked.

“How could someone NOT want prosperity,” I pondered. I never met a person who does not think more money would make them better off, and in most cases I would tend to agree with them.

What he was referring to here is that we all have these subconscious scripts running; in this technique they are called programs. These are negative decisions consciously made in this life or other lives, which may have made sense when we made them. However, now they are relegated to that junk heap known as the subconscious mind. Here they continue to create our reality (thoughts become things) and wreak havoc with our attempt at productive change in our lives. There are positive ones also, which create abundant lives for those who have them. Bill Gates, for example, has a total belief in his ability to be successful and earn a behemoth income. Sports legends like Babe Ruth or Muhammad Ali, successful politicians like Ronald

Reagan or FDR, or film giants like Steven Spielberg or Al Pacino, all have positive programs (beliefs) that produced extremely successful careers for them. Like everyone else though, they have negative ones too in other areas of their lives not associated with success. Babe Ruth was an alcoholic, obese, womanizer, a hedonist, and died of cancer at an early age. Ali boxed until too late in the game which contributed to his development of Parkinson's disease. So these programs are a double-edged sword. To a master like Lester, one should get rid of all of them. Why? Because we do not need to be programmed for success. He discovered that at our core Beingness, we are whole, perfect, and can instantly create anything we choose if not encumbered by our self imposed limitations. After he went free, he demonstrated this over and over to himself with large and small things.

Lester told me that since we live in a world of opposites, like hot and cold, high and low, etc., that all beliefs must include their opposites within our minds. If that is true, then the opposite will eventually become form, based on the principle that mind equals projection onto the world screen. This is one of the reasons why, he said, a highly successful person can never be truly happy: they can feel their deep subconscious belief that this great 'movie' they are watching will be over at some point. They actually are afraid they will lose their money eventually, death is always on their minds, although faintly, and fear of failure is never totally absent. They are looking away from it as Lester explained it, but that does not preclude it being there. They make a valiant, though futile attempt at forestalling this unconscious fate by accumulating more and more money and things. "If \$x amount was good, maybe \$100x will be better." They try to buy eternity with their names on buildings and endowments.

Lester told me in his own "before consciousness" life, the money never gave him the happiness he was looking for, and so he made the subconscious decision to let the businesses die. This is the second reason these Horatio Algiers are not happy with their good fortune. Everyone, Lester said, is desperately trying to get love from the world in every action they take, and with just about every word they speak. Since this is an obvious impossibility, the result is dissatisfaction and unhappiness. So they begin a cycling down of trying and not getting love, life after life, until they become like the homeless men and women we all see every day. Life for them this time ends

up at just wanting the next meal and a place to sleep. Getting love is a long faded desire.

“You are happier than most of those rich guys,” he used to tell me.

You have got to be kidding! This guy must be crazy. I think he meant I know how to release what bothers me, and I what reason we are here for, and to him that is real happiness. He knew I was ending the game at some point in this life, and that WAS bliss. I read an online article from Fortune Magazine about Bill Gates recently that underscores this idea. Microsoft is currently spending millions of dollars in trying to beat Google, the upstart Wall Street darling search engine company with its own version. Gates looked into their company himself and saw that they were hiring software engineers, not just search engine experts. Microsoft’s own executives were being hired away in droves. He became terrified that his company’s software was going to be unseated as the lingua franca of the personal computer world, and that his empire would be relegated to the billionaire trash heap. My god, he might end up only a millionaire! Perish the thought. This was amazing real-world proof of what Lester had told me about programs. Here was a man in the top five of the richest in the world, a colossal winner, and some program was driving him to maintain his position as number one. He has billions of dollars of his own, his company is cash flushed with 30 billion dollars on hand and earns one billion more each day, and instead of enjoying that, he worries about David with a stone. I saw Bill on a *60 Minutes* interview walk off in a huff because he did not like a particular question. I thought, “This is not a happy man.”

I can hear all the Harvard Business School grads reading this saying, “That is the way business operates. You must always be aware and kill the competition.” That may be true, but I am not writing a book on business. What I am illustrating here is that along with Gates’ unparalleled winning programs are the faint reminders that he also has losing ones too. If not there, they would not bring up the fear in him that is seen in this expensive, driving pursuit.

Lester had absolutely no fear of anything, including someone taking over the Sedona Institute or stealing the Technique. He worried about nothing,

and had more peace than anyone I have ever met. “A peace that passes all understanding.” The personal computer world is a junk yard of Microsoft’s takeovers of the competition, and Bill Gates was a defendant in the biggest anti-trust case in US history. True, the programs are just at the cellular stage right now, but after many lifetimes of suppressing bad feelings and unhappy decisions, Bill Gates too, as hard as this is to believe, will go the way of all titans... down. I often think when I see some poor homeless person, “Was this the Bill Gates or Martha Stewart of another time and place? Could he or she have been a millionaire in some lucky-for-him or -her human drama in the distant past?”

My intuition tells me: “Yes.” We have all played the parts of rich tycoons and successes in the past, and kept coming back to earth with more and more programming, more and more wanting love here, progressively adding more negatives, until we hit bottom. Then we find some spiritual practice (sadhana) to slowly take us back up, and eventually we will go free like Lester did.

He made the following prophesy to me very near to the day he left the world and the last time we communicated on the telephone: “You will be miserable until you release the three wants”.

I will never forget that day. I called him with some terrible thing I was going through, and without his dentures, he vocalized the last words he ever spoke to me on this physical plane, the most important he ever said to me. I have to say he was right, as he always was. This voice from the top, as he reminded me, was never to vibrate in my ears again in this world. I listen now, but it is with my discerning inner ear, as I relive our talks, divine aural raindrops with no patter.

## More on Creating in the World

*You could create a palace just like the one Babaji did in Autobiography of a Yogi, but you don't believe me.* —Lester Levenson, as told to the author

“Do you ever have any obstacles when you are creating things?” I inquired, hoping I would hear a little bit of a kindred spirit in this tedious process.

“Absolutely none,” he fired back.

What did I expect anyway? Did I forget I was conversing with a totally liberated master, an avatar, as the Indians called them, one who comes down from above to bring divine teaching to the world. Lester was a little different in that he started out like the rest of us, except he went up and then came back down, by design, to help the rest of him as he put it. He told me it was actually his bad karma to have to put out the K.I.S.S. Release Technique to the world. When he was going free, wiping out the last vestiges of his ego and mind, a big hand appeared before him, stopping his cosmic momentum and leaving the world completely, and showed him a pre-incarnation 'deal' he had made. In all of the Indian guru stories I had read from Yogananda and others, I had never heard anything even remotely like this. Large hands appearing and replaying cosmic negotiations? My next self-query was the obvious one: Negotiating with whom? I humorously thought for a second, “What if he said no? “I am reneging on that deal. Forget it.” I still do not have the exact answer to that one, however my best guess would be “Beingness” or Self. I know Lester would say to me, “Go free, and you’ll find out.” I guess I’ll have to.

All masters, once freed of their worldly karma, he told me, do not want to take a physical body again and to have to live amongst the emotionally troubled and severely limited people playing out their self-imposed worldly karma from past lives.

They can move around faster in a lighter astral or causal body in order to help people. It's like having to go back to nursery school when you have earned a PhD. He told me that only a rare few, twenty-four at any given time, take on this sacrifice and play the game as a human here in a desire to help the suffering masses. They take on this odorous task by choice out of desire to help people find release from the endless cycles of rebirth ("samskara" in Sanskrit). Of course they do not suffer, nor need to eat or drink, but do so in order to blend in with the rest of us. They need to have somewhat of an ego; otherwise they would not be able to relate to us materially avaricious humans with all our desires.

Lester said when he first was among the madding crowds, he was not relating very well to 'normal' folks because he was not down far enough to their level. The longer his stay the better he became at relating. He used to say to me many times when I was desperately trying to convince him I was right about some thorny problem, "You want me to join you. I won't." I now understand what he meant.

He would only come down so far, and I had to release to realize how stupid I was being, insisting to a master that there was a snake in the dark room, when he knew in the light he had seen it was only a rope. He would never compromise the truth to agree with a little jerk like me for the moment. Masters just don't act that way. His purpose here, as any Master's is, is to help people re-identify with their true Self. He also never saw a problem, only a closed discrimination faculty, what the Hindus call viveka, or discriminating the real from the unreal. He told me he always saw me and others as masters also, just deluded by lifetimes of programmed ignorance, or avidya, Sanskrit for "no-knowledge". We are, he told me (he always included himself, not as a Royal "we," but because he truly saw himself as one with us) just identifying with the limited self, instead of the unlimited Self. Since we have free will, we can use that freedom to choose limitation and suffering, as silly as that sounds. His technique for liberation ("sadhana", in the Hindu traditions) was created to undo that failure prone misidentification and bring us back to world mastery and happiness. "You need to use goal creation with the to bring up your non-winning programs, and be a winner," he told me, and many others I am sure. Some maxims like this one were told *ad infinitum* by Lester to everyone who would listen so as to drill them into our stubborn minds.

## Success in the World

*Unto him who has it will be given. He will have abundance. Unto him who has not, even the little he has will be taken away. –Jesus Christ*

*Winners win, and losers lose. –Lester Levenson, commenting on the above quote*

“Do you know what percentage of people in the world are winners?” he asked me once when we were working on the office in Los Angeles. By winners he meant those who called their own shots. He said these are big politicians and small ones, big businessmen/women and small, professionals, movie, TV, and music stars, sports figures, etc. I had no idea, but thought maybe zero point one percent (0.1%). “Five percent,” he said. The other ninety-five percent are what he called non-winners - those people who think they must work for someone else for a living. Included in this group are the worst, those he called deadheads—apathetic ones who do little or nothing and depend on low-pay or social services to get by and don’t do anything to move up. One can see in the world how many people are in this dreaded human eddy.

“The poor will always be with you,” I recalled Jesus having preached. I know for sure that at some distant time I was one of these teeming masses, yearning to be free. This is why I have always been very open in this life to sharing both my spiritual, and at times financial help when called for. If we don’t learn from these past lives, what is God’s purpose then for this Cosmic Reality Show? And what are we supposed to learn? Once again, I knocked and this Jewish version of Yoda answered the door.

Lester told me we must learn three things from mistakes we have made in the past. Our 'bad' karma will eventually teach us this by our being victims of what we did to others before to gain apparent security in the world (which is impossible since we always die anyway). The K.I.S.S. Release

Technique helps us to overcome a lot of bad karma, he informed me, by releasing directly on these subconscious programs mistakenly put in for survival. “It is amazing how much can be released with it.”

1. Not to control people. (Dominate, take advantage of, etc.)
2. Not to try getting love or accolades from the world, but from within.
3. Realize there is no such thing as death. (We just drop one body for a finer, astral one).

Over millions of years of incarnations humankind painfully learns these lessons and as Lester told me: “Everyone gets there the slow way eventually, but it hurts, it hurts, it hurts.” The K.I.S.S. Release Technique’s way of releasing these giant programs is faster and far less painful. We learn to release directly on the programs that gave us the bad karma in the first place, so it is the shortest distance to the goal of freedom. A master is free of all karma and incurs no more when here since he does not have the want for survival of the body. He lives under the constant knowledge that he is safe 24/7, and has no fear of death whatsoever. Lester told me that I would never be able to know what it is like until I am there. There are just no words to describe this delectable state with which humanity is so unfamiliar. “Try it, you’ll like it,” he quipped, imitating the old Alka Seltzer commercial.

I asked Lester if he will ever come back to this plane again.

“No. You can get into a lot of trouble hanging around here too long.”

I believe he was talking about putting in more and more emotional programs to relate to people down here, and getting lost in it wanting to be of help. He said we all lost our way once, and now we are in big trouble trying to return back home again. He did not want to suffer the same fate again. I sure can’t blame him.



## Only Two “Don’ts”

*I wouldn’t give you a nickel for anyone else’s kid, and I wouldn’t take a million dollars for mine. –Mark Twain*

Lester never gave me advice except to release on everything before doing it, and to go free. He never said to avoid doing anything except the following:

1. Don’t eat meat (Told to me on two separate occasions)
2. Don’t have children.

The latter advice was given because a Master’s only reason for being here is to pull you toward liberation. Anything that hinders that goal is considered an unnecessary obstacle, and the life-long attachment to one’s children surely comes under that heading. Just from the time I now spend caring for my pets, I can see what he meant. If I had children, I cannot imagine how many more years would have had to be devoted to their proper upbringing. Once again, I am glad I listened to him. He never once steered me wrong.

He advised, “The animals come to us for help, and then we kill them and eat them. I always asked people, ‘Would you eat your pet?’ They say, ‘Of course not.’ ‘Well all the animals are my pets! If you really want to eat cows or pigs, you ought to go and kill one yourself, butcher it, and then eat it. Otherwise you are letting someone else do your dirty work like the Mafia. It looks all nice and sanitary in the supermarket, but you don’t see what goes on before that ends up in the case.’”

I related to him my own macabre slaughterhouse story on one occasion. It was back in Dayton, Ohio, when I was around nine years old. We went to a packinghouse for a Cub Scout field trip. One of the boys’ fathers worked for them, so it was someone’s bright idea to get us a merit badge in butchering, I guess. Relating this story a few years ago to a studio executive who was an avid vegan also, he guffawed, “What did they take you to next, a hanging?”

I remember the execution like it happened yesterday. The cows were led into a chamber where one poor bovine was given a blow on the head with a pneumatic hammer to knock it out. It was an ineffective attempt at sedation. I will never forget that I heard a leg kicking the sides of the drop chute as it went to the killing floor. From there it was hoisted up by the back legs so all the blood would run to the head. The packer's picador slit the throat, and a red torrent gushed out like the water rushing into the final sinking ship in the film *Titanic*. It is still truly one of the worst memories of my childhood.

Every time I eat a non-meat meal, I am so grateful for Lester advising me to convert to this lifestyle. If you eat that which is killed, by karmic law, you will die also. I think about this when I hear about mad cow disease or how much cancer and heart disease are caused by the consumption of red meat. If humans were true carnivores, they would have the same length of intestine as lions or tigers. Man has three times the intestinal length of those meat-eating animals, so instead of it going through rapidly, it stays longer and putrefies, causing all kind of physical maladies. When a master tells you to do or not to do something, it is not so that you will suffer or that it is just his opinion of the month. He always has your liberation at the forefront of his advice, and it is the only reason he will ever tell you anything. He knows that is why you have ended up in front of him. There are no accidents.

I discovered after releasing many years, I had also made also made a pre-incarnation arrangement. I wanted out of this misery making illusion where the powerful take advantage of the weak, and greed is considered good business and is now destroying this lovely planet. I now see why my Self had never allowed me to have any monetary success until I learned what my purpose was in being here. Most people use money as a 'prop' to avoid working on their negative programs, and pay for escaping into worldly things like endless sex and alcohol. I would have fallen victim to that too. I would have heaped more bad karma on myself, and the delusion that money and things were making me happy would have continued and only deepened. "Not this time, Steve," my Self seemed to say.

“This lifetime you are ending all this silliness, and going home.” Lester’s spiritual duty and his only one desire is that you cut short the travails of your earthly karma, and join the Great Brother/Sisterhood in freedom (moksha).

When I asked him once “What missions do Masters come into the world for?”

“Some big, some small,” he answered. “What’s the difference? Let’s join them.”

“Join them? What in the hell does that mean,” I thought. Where? I still don’t have a clear answer for that except to say: consciousness, or everywhere. We of the limited minds cannot explain the unlimited. That is the “where” he meant.

Masters are omnipresent, and can appear to anyone in the flesh (see *Autobiography of a Yogi*) or in a dream or vision. We can also get silent invisible help, which is the most common way the every day person receives it. It is the person himself who blocks the master from a Starbucks meeting. Lester said if you were accepting enough for one of these guys to sit with you at coffee, they would oblige. However, most “normal” people would freak out at Jesus having a latte with them! They know that, and that is why they remain in the ethers and help silently from there. Your fear keeps them invisible. Lester said one of these guys could help every individual on the planet at the same time. How? I will tell you what he told me: Go free and find out for yourself! He did say that when a master is invoked, he always comes in.

Getting back to the veggie advice, he told me to get cookbooks to learn how to prepare vegetarian food. I knew he was serious, and that it must have been very important for him to tell me that two times. He rarely did that with “don’ts.” The very next day after he said it the second time, I became a dyed-in-the-wool vegetarian (the type who eats eggs and dairy). I was determined to become the Julia Child of the vegan world, if only because I did not want to suffer eating cucumber sandwiches and tofu. I had been cooking since I was ten years old, and had even cooked professionally for private parties, so it was relatively easy for me to transfer my culinary skills to this new cuisine. Within a short time I was preparing wonderful vegetarian dinners that even my meat-eating friends enjoyed. I actually

had an opportunity to cook for an advanced course at the Sedona Institute retreat center. My former wife and I prepared two vegan meals a day for thirty people over a seven day period. The meat-eating students loved the cuisine and told us that if they could eat like that at home, they would also be vegetarians.

As I was sitting at my computer writing these paragraphs, an amazing mini event occurred. My ten year old Shamrock macaw, Moki (short for Moksha) and my dog Lobo were on either side of me vying for my attention. It was only when I was writing about the importance of animals' lives that they did this. It was truly wonderful.

Lester told me all the animals are trying to move up to become humans one day. They want our help in doing this. Yogananda said something similar. That's why working dogs like guide dogs and police K9s are so purposeful and dedicated to their duty. Moki talks very well and even has primitive communication at times. When offered food he likes, he asks "Want some?" in a lovely female voice with a questioning upturn at the end, like my former wife's, who used to ask this to him when feeding him. He also says, "Water," when in the shower with me, and greets me with a sexy, "Hi," when I arrive home. He says, "Hello," to people on the street when outside. I have read similar reports by parrot owners in magazines about these very intelligent creatures. My dog has shown very human-like traits also. Many dog owners are familiar with these tendencies. There is no doubt in my mind that Lester was right about this.

In Korea and other Asian countries, people eat cats and dogs for food. I recall a CNN report during the Seoul Olympics about this very thing. What is the difference between a pig and a dog when it comes to food? It is just the culture one lives in. What we see as a pet, they see as a delicacy.

There is a great misunderstanding about the vegan diet. I have heard people say we don't get sufficient protein, it is bland, and children cannot live on it. All this is wrong. There have been many studies of the Seventh Day Adventist Church population who are dedicated vegetarians. They live an average of fifteen years longer than meat eaters, and have far less cancer and heart disease than their carnivorous counterparts.

When I began the vegan diet, there were few meat substitutes available. Now even the major supermarkets carry a panoply of veggie burgers and other meat imitations that are really delicious. Most contain some sort of soy derivative, which contain isoflavones, a known anti-carcinogenic agent.

The creative chef can dream up wonderful vegan menus that are very satisfying, and he can also feel good that nothing had to die in the process. I receive plenty of protein from eggs and dairy products, or from combining different legumes, brown rice and nuts to make complete protein.

The second advisory that Lester gave me was not to have children. He said, "Just enjoy other people's children." To most people this would seem an awful price to pay for such a seemingly ephemeral goal as liberation. It might sound harsh, but one must remember what I said earlier about masters. They have only one reason to remain in the world: to push their charges toward freedom. Having a family is one of the most enjoyable and difficult pursuits for humans. It is also one of the most egotistical dramas on the face of the earth. One feels like his child is a miniature 'me', and we identify with their successes and failures as if it were we. The whole eighteen plus years involvement is way too long to wait for someone who wants freedom. Lester said that there are tons of "garbage" in us, and we must be at this process of letting it all go every waking moment. Every parent knows what kind of time and energy commitment child rearing takes, and to one interested in using this life for ending the 'game', that is just too much time lost. Our karma will dictate what we will do in this regard, so there is no need to be uneasy about it. Any action we do is first motivated by karma; what we need to correct or want from past lives drives us in the direction of getting it.

Families are made up of people who either loved or hated each other in past lives. If you already have kids, this is by no means a block to being free. It just means there will be more obstacles in the way, but you will just have to work harder and decide to be liberated no matter what. Lester said it is the DECISION that matters most in this pursuit. Your desire is what will shortcut the process and blow out anything in the way.



## Is There Intelligent Life Out There?

*There is life all over the universe, and humans are the highest form.*

*—Lester Levenson*

I had always wondered if there were humanoid beings out in space. It seemed to me highly unlikely that this little clod of dirt was the one and only terrarium able to support life. In the vast starry cosmos I often stare at after one of those wind driven days in the Los Angeles Autumn that suck all the dirt and smog out of the sky, I always had a certainty that we were members of a vast human family. We are not able to travel there as our primitive technology is not up to the task, and our consciousness is still in the destructive stage of conquer and acquire.

Astronomers recently discovered how to determine if a speck from the Hubble telescope is a planet or a star by its gravitational “wobble” influenced by its “parent” sun’s pull on it in its orbit. They recently found a planet orbiting around a brown dwarf star over two hundred light years from earth. Even if we could travel at the speed of light, which we cannot, it would take over two hundred years for astronauts to reach it! Now that’s a long flight. One would need ten thousand movies to watch at least. Lester had an answer for this problem. I diverge for a moment to take the reader on the path I took to find these answers.

I tried to get into a particular Release Technique intensive, but it was full. So I did the next best thing. I went to Sedona and took a room in the same hotel called the Bellrock Inn that they were holding the class in. Since the highlight of the five days was a talk by Lester titled, “Freedom and What it Takes to Get There,” I decided to call him up and ask him to visit me in my room. He agreed, and when our prearranged time arrived, I heard a knock at the door. There he was standing, emotionless, like a small pillar. I silently congratulated myself on how good a releaser I was. They wouldn’t let me in where I could hear him, so I brought him to me. “Damn, I’m good!”

He entered the room. “I see your friend over there,” he commented. I had a well-worn copy of “Autobiography of a Yogi” on the night table. He was referring to the picture of Yogananda on the cover. Right then he backed up against the wall for support, and for all the world he looked like he was going to leave his body and go into the samadhi state. He had second thoughts, thank God, and remained in the physical state for our meeting. Can you imagine what I would have to have told the management?

“The class was full, so I rented this room to just come here and release,” I said proudly.

“What are you missing? You got me here, you’re right above the conference room, and you have a room in the same hotel they were chasing other graduates away. Somebody up there likes you,” he said smiling broadly.

“And I got it for a great price,” I bragged.

He cut me down quickly, “You know you could have gotten it for free.”

“How’s that?” I asked.

“I used to do that all the time,” this smart aleck master offered. “There’s nothing out there but your thinkingness. Your consciousness determines everything, so if you believe it is free, it will be.”

My God, the Hilton Hotels would sure hate this guy. I remember one time when he came out to Los Angeles to sign the office rental contract; he showed me his Southwest Airlines ticket. It had CANCEL written all over it, but he had just used it! He did things like that all the time. The world is just a playground for masters; no challenge left but to get us free. That is work enough even for a master!

Now that I had lightening trapped in the Bellrock Inn bottle, I was going to take advantage of this infinite encyclopedia.



“Is there life out there in space, and how far does it go on?” I anxiously asked Lester

“Yes, there is life all over the universe, and goes on forever. After I went free, I parked my carcass on land outside of town and decided to take a look-see at space. What I found is that humans are the highest form of life. They only differ in three things.”

I sat marveling at this real life, spiritual combination of Captain Kirk, Spock, and Yoda.

“Body size, body density, and spiritual awareness. There are some planets so large that the people living there are one mile tall. Of course they are relative in size to the world they live in.”

I never heard this on *Star Trek*! Now the newly discovered planet I read about was making sense to me and sounded even larger than the one Lester saw. Lester would have sounded crazy to an astronomer then, but I believe time will bear him out. What a master says comes straight from the “top,” as he often reminded me, and always comes true.

“You know my body died a few times out there while I was out of it, and I had to start it up again.” I realized that is why he had to be out on a remote property to go on his cosmic travels. If someone had found him, they would have presumed him dead. Imagine the mortician’s face if Lester suddenly came “home” for a while for a change of clothes! He told me he maintained just a little identification with the body, so he could re-inhabit it. A master knows he is not the body, but just is a physical vehicle he keeps here in order to communicate with other people. They have no programs and wants about keeping the body secure since they do not fear its dying. Lester told me life is very comfortable after you have an absolute conviction of that. That is the major focus of his method. Release the fear of dying, and all your unhappiness goes too, since insecurity is the reason for it in the first place.

How did he solve the aforementioned problem of space travel when no one else can do it here? He dropped the physical body and traveled by thought in his “causal” body. One must, he said, go faster than the speed of light,

which physicists know is impossible. When you wish to go, you have to be able to use a much finer and instantly movable vehicle, like an “astral” or causal body. You just think yourself there, and you arrive. Lester told me he went to Mars and landed in a field of elephant-ear plants. We land there now and see a barren surface that looks like life was going on at one time. It was when Mars was a physical planet like Earth. Now it is an astral planet, and what we see is the remainder of a bygone age. He told me at some point earthlings will be able to use anti-gravity to travel space, but we are not scientifically there yet.

“Do they look like us?” I asked.

“To you they would,” he answered quickly.

What does that mean, I pondered? Does that mean I see what my mind expects to see with its programs? I guess it does. I still wonder what they really look like. Some answers will just have to wait I suppose. Esoteric Lester again. Man, sometimes this guy could be difficult!

The alien sightings are all true he told me. They are very concerned with our destructiveness with atomic energy, so they come around to keep an eye on us. He met with Martians in Sedona who showed him a future map of the US. The west and east coasts were gone (as a result of earthquakes he said) and a good deal of the south. Sedona will be ocean front property, so buy now while it is still reasonable! He once told a man who wanted to purchase property in Palos Verde, CA that smart people are not buying land in California.

This is the main reason he wanted as many people as possible to learn how to release. In the near future he predicted many massive changes on the planet, and only those who can release the deep, subconscious master program involving the need for security will survive. Those who are unable to do this will not. It is just that simple he told me.

Why is it that he seemed to be sounding a death knell for society as it is functioning at present? He said that the world has grown far from its spiritual purpose and Beingness principle and must be cleansed of its

negativity. Then it can be reformed into a new place built upon principle, instead of greed, such as we see today. The world operates today on the powerful exploiting the weak and the super-rich profiting at the expense of the rest. I had heard of the “Trilateral Commission,” a loosely connected organization of international corporations like oil companies and the like that functioned without any nation’s control or without any checks and balances that most companies are familiar with. I asked Lester if there was such a thing.

“Yes. There is. If they could get to Mars, they would try to control that planet too. In the future, no people like that will be able to exploit the earth’s resources for the profit of a relative few. The world economy hangs by a thread and can be broken very easily.”

I remembered how the 9/11 attacks had thrown the nation into kind of a chaotic condition for a while. If one relatively small occurrence could accomplish that, what would happen if a series of events took place all over the globe? I can see how things can pyramid into a real world crisis if we throw into the mix wildcat nuclear material being sold to the highest bidder.

Every so often the world experiences a major crisis. The Biblical story of the flood and Noah’s Ark is one of them. Other societies have similar accounts of a world flood, so it seems that some major event occurred in history. Madame Blavatsky, in her two tome treatise *The Origin of the World*, tells of three major cataclysmic events in the past and a fourth one is to come. The sinking of Atlantis was one such event.

Lester had always advised others and me that one could only experience what was in their mind. So if you did not have destruction inside you, you would not experience it outside.

“You will go up instead of blow up” he joked.

All of us are so conditioned from birth that the world happens to us, that we feel like victims. It is not so. He said we make a decision what we want, and then use our consciousness to achieve it. Does that mean that a poor person wants to be that way? In a way, yes. It is subconscious, though. When they

get tired of that experience of poverty, in some lifetime they will begin to take steps to turn it around. Poverty is the result of an aversion to the world, garnered from many lifetimes of incorrect decisions about money.

When the slow process of changing those unconscious programs begins, the result will be an eventual change of fortune. Then one moves into an attachment to the world, which is better, but not a panacea. One can make those decisions again and fall back to aversion, which commonly happens. However, the genius of the K.I.S.S. Release Technique is that we can more quickly move up the scale of attachment/ aversion, and go higher to a state of no attachments/no aversions, the state that a Free One lives in. It still takes a Herculean effort, but at least it can be accomplished in one lifetime, not a myriad of incarnations. Aversion is pushing things away to avoid pain, and attachment is pulling things to us to achieve pleasure. Both are mistakes, since it is mental conjuring that convinces us that pleasure brings true happiness, and pain brings misery. A master like Lester is imperturbable to both states. It is extremely difficult to imagine what that place is like, but according to him, it is the only way to be permanently happy.

I, for one, am trying to realize that state. I have made much progress in stages, but I have a long way to go. I have found that as I release the pain with the Technique, I can feel the peace of Beingness that is always there right behind it lying quietly. Since I know any pleasure I have is temporary and very fleeting, I release to find the source of that enjoyment. It, too, is the Self that I am feeling, masquerading as some worldly happening. This seems to be the purpose of being here: To find the Source of everything is me, in my Beingness. It only LOOKS like it is out there. Lester's aphorism of "nothing out there but your consciousness" is becoming more and more true for me.

## What is it we all want?

*After all my work, my one nagging question is: What do women want?*  
—Sigmund Freud

“You’re not a good releaser,” he scolded me after I complained that I was and was not seeing results. “Do you still want approval?”

“Yes” I softly said.

“Stupid,” Lester said as an aside.

For him, wanting love from a place outside you that can never give it to you is stupid. People in the world spend millions of dollars trying to get it with material things of every kind and making plastic surgeons rich. The subconscious need for love keeps us reincarnating for thousands of lifetimes in a vain search for this love that is already here within us. The really funny thing about this is that even when we get approved of, if we are wanting it, we will not feel the love someone just gave us. He scolded me many times that I wanted approval from him with every word I was saying. As he was going free, he let go of this supposed need and got healthier and freer. The irony is that as we release this want, or any desire totally, we obtain what we were wanting, by the spiritual law of “not wanting equates to having”. The mind, he explained to me, produces for us what it contains, ninety-five per cent subconscious. As a result, a person whose mind is emptied of some of the wanting love program will feel more love from inside and consequently be more loving. Being more loving attracts more love, by the spiritual law of like produces like. “You cannot get figs from thistles” Jesus taught his disciples.

When we find it impossible to get the love we seek, we then make a futile attempt at manipulating people and events to make them love us. Attention, respect, rewards, affection, and appreciation are all synonyms for this love. This controlling behavior spins us in a tortuous to them practice of

domination and pushes the love even further away. We can see this behavior in history's rogue's gallery of dictators. A few people are not enough to love them; they want the whole country! The whole world is nothing but one person, one company, or one nation trying to control another one. No wonder we are in such a mess.

When we release these programs as Lester's method teaches us, we find amazingly that the material world we so desperately are trying to control just opens for us, and gives us what we seek; no stress or strain necessary. Anyone who has a cat is familiar with the way these feline friends operate. When you act like you don't want their affection, they just hop on your lap and make a bed right there. It is the same with nature. What you don't want falls right in your lap.

We use goal charts that brilliantly bring up the unconscious blocks to the goal, let them go, and eventually what we desire will just drop in, as Lester told me. The time needed for this process is predicated upon how much garbage is in the way of its achievement and how diligent our efforts at releasing on it are. Some goals, like meeting my wife, happened quickly, and some others have taken much longer. The important point here is this: you know you are involved in a process that works. It is scientific, in that you can reproduce the effects over and over with predictable results.

The interesting thing about all of this is these master programs are caused by a deep-seated belief that we lack security and are never safe. Recent events in our country have underscored this particular one.

"Everyone dies though, don't they, Lester?" I asked him.

"To everyone but the deceased it looks that way" he laughed.

"They just drop the heavy carcass and exchange it for a lighter, more agile one that can't be hurt, killed, and can move through walls and doors easily, a sort of rubber body. It is a great relief and a big release for the dying one since he drops all his pain, which resides in the body. Since all feelings are there to protect the body, when you have no physical body, what you were concerned about in the world is over. You meet all the people you missed in

life and are generally pretty happy. But, if you hold on to the attachment to your last life and mistakes you made, you will feel it much more intensely in your new astral body than you did before. Things there are felt much more strongly than they are here. That is why some who pass over will quickly jump into any old body they can find to avoid the pain they are experiencing,” Lester joked.

“Eager beavers, such as those who want to get back in the game of material life, will return in a matter of days or months. These are guys who want to be big shots in running companies and the like. The apathetic ones take a long vacation and could take years to return. It is all determined by your desires that can only be fulfilled in the physical world.”

I saw from this discourse why it is so imperative that we release our wants here while we have the chance. Since the world will never give us the love and security we seek, why not just use the K.I.S.S. Release Technique to get rid of these false desires and be free and happy? Who wants to keep coming back here to get lost in this awful trap? Yogananda called this place a nightmare for most people. I tend to agree.

When one is free, he can produce at will what he chooses. Lester did this all the time when he lived on his remote property, he told me. Nature works with us to give up her rich bounty when we are in harmony. Jesus told his disciples, “When you pray, believe you have already received it, and you shall have it.” The important word here is “believe.” We think we do, but in our subconscious minds, we do not. I have accomplished many things with this goals portion of the Technique, by releasing the lack of belief called thoughts and feelings. “I don’t deserve it. I’ll never have it. It’s too good to be true.” All these are thoughts generated by feelings produced by programs, the main ones I spoke about before. When we let go of these self imposed limitations, as Lester called them, we move from “wanting” to “having”. “It’s simple and easy,” Lester told everyone. It has not been easy for me, since I have had a ton of obstacles in the way of just about everything. He even said to me once “There are tons of garbage.” Boy, was he ever right.





## Sex and Other Escapes

*Men think that God is in a woman's vagina.* —Lester Levenson, as told to author.

Lester asked me at the time he said the above quote to me not tell anyone he said it. He did not think people would understand what he meant by it. I never heard any master ever say anything like it, but then again I never read what Lester told me about many other things either. After this much time has passed, and since I can now elucidate what his meaning was, I don't think he would mind my doing it. It is obvious to any man and most women what he is saying here. Men are so focused on sex with women that the vagina takes on God-like proportions. Men want fame and fortune, to a great extent, so they can get the youngest, and most attractive women. The trophy wife has become a symbol of success in our society. Because of this, beautiful women have always exerted a powerful influence on men, and like Gary Hart and Bill Clinton learned, can cause a fast fall from Grace. About the former, Lester said to me that he went from number one to zero over night.

"Do you know why people love sex so much?" Lester asked.

"Yes," I answered. This one I knew. "Because it quiets the mind."

"Right," said Lester. "People will do anything to get a few seconds of quiet from an orgasm. They will even ruin their careers over it."

I think now about how Bill Clinton left a tarnished record with the *tete a tete* with Monica, and ruined what many consider to be a fine presidency. At the time Gary Hart was considered a favorite to be president, he became embroiled in a sex scandal that took him from number one to zero, as Lester commented. Throughout history sex has played an all too important role in world affairs. Even King David in biblical times had his problems. He saw Bathsheba bathing one day and sent her husband to his death in battle so he could have her in his bed.

Quieting the mind is endgame for every form of yoga, and the K.I.S.S. Release Technique is no different. What a person seeks in sex for a few seconds, a master has all the time: a totally quiet mind even in the midst of the noisy world. So what do we mean by a quiet mind? Most people have had the experience of trying to focus on an important task or tried to read a book, and their minds would not let them because of agitation of thoughts. “My rent is late; I have nothing in the house for dinner; I am worried about my child’s schoolwork, etc.”

Lester’s method of releasing is extremely effective at quieting these thoughts by letting go of the stimulator of these gadflies of peace called feelings, wants, and programs. He said the mind is restless because it is programmed to keep the body safe 24/7, and so we can never for a moment stop and become aware of who we really are, the unlimited Self. When you begin to use the Technique, the mind throws up all kinds of obstacles to releasing because it sees the end of its existence, he told me. Sleepiness, wanting to go to a movie or bar, going out with friends, and myriads of other escapes are all ways the ego-mind tries to slow this process down.

Sex just happens to be the mother of all escapes because it quiets the mind better than anything else, albeit for a hiccup of time. “The real purpose for sex is reproduction, period,” Lester told me, “not for the entertainment we derive from it.”

## Overcoming Karma

*It's amazing how much of karma can be overcome with this method.*

*—Lester Levenson, as told to the author*

“I see you’re holding on to the head of your family,” Lester joked when I met him while relieving myself in the bathroom at the Bellrock at another intensive. It might seem crass that he would make a locker room crack like that, but coming from him, he could tell you to go to hell, and you would look forward to the trip. This avatar looked totally normal while looking in the mirror and combing his gray hair, preparing for his conference room entrance to give it another go at coaxing us all to the real land of the free.

“Be careful,” he said, “Life will be effortless, and everything will just fall into your laps.”

He said he had to use material creation to entice us since he knew that is what we all wanted and thought would make us happy. He used whatever he needed to prod us to move up. He abhorred apathy and called those who stayed in it deadheads.

Apathy is a totally negative state, at the bottom of his energy chart, and I clearly see now why he disliked it so much. All one’s feelings and wants are suppressed in the subconscious mind, you are vulnerable to disease, and failure is the norm there. An apathetic person may look peaceful, but it is a ruse. Push the right buttons, and the feelings will erupt like a volcano. We have all heard terrible stories about quiet people that suddenly lose it and go on a violent rampage. The reports of those around him are always the same. “He was such a quiet guy. I can’t believe he did this.” Lester believed that if you had the K.I.S.S. Release Technique and chose to stay in apathy, you were being as stupid as a person could be in his eyes. I heard he had told the man who designed the building project out on his land that he should be ashamed of himself to be in apathy. He wanted us to use the Technique

and be the top in our fields. “Why don’t you do it and have everything you choose effortlessly?”

So, why do we stay in apathy if we know how to move up from there by releasing with the K.I.S.S. Release Technique? We don’t like to feel what arises from the subconscious mind when we invite it up. We would rather stay in our comfort zones, no matter how limited, and just go along with the world.

This is why most people never move up to success and true happiness, and especially those practicing the K.I.S.S. Release Technique. They have an aversion to seeing and feeling what has lain dormant in the subconscious mind. If hiding there, is it still active in producing reality, and does it still affect our decisions and the results we get? Absolutely. It matters not whether we are aware of what is there or not. It still affects everything we do.

“Ninety-five per cent of your life is being run on automatic pilot,” Lester told me. “Speaking of it in computer terminology, our minds are just like a PC, but the programmer went to sleep.”

When we begin to address these dark hydras of tendencies in our minds in an effort to displace and discard them, the Greek parable of Pandora’s Box becomes a living reality for us. “So this is what that tale was about,” I pondered. The ego engages in battle akin to a Roman legion’s taking of a city in order to dethrone us (Self) as Lester called it. The Bhagavad Gita’s famed battle between Arjuna and his “relatives” comes to mind as another metaphor for this process. Lester told me the use of the word “relatives” is a hidden metaphor for our feelings, which seem like family to us. Actually, the bad ones remind me of my family a lot!

My experience in this has been that the programs loom larger and more pernicious when we identify them and work to dislodge them. It is like they know they are about to be executed, and fight for their existence. They seem to take on a life of their own, and we become characters in a Stephen King novel. In reality, when we shine the Self’s light on them, the button is pushed, and they start to run on automatic, like when we made

them. These Frankenstein creations are very well entrenched and do not go away easily.

“Whose program is it?” Lester asked me when I told him I was having a particularly tough time with one.

“Mine” I squeamishly replied.

“Only you can get rid of it, then. You put it in, only you can take it out.”

Easy for him to say! When we are lost in one of these things, as I have observed from my students, all discrimination is gone, and you cannot communicate with the person. At some point they do let some of it go, and then can leave their own monster movie for the time being. An insane person is one whose programs have totally taken over, and there is no chance left for the person to recover their true identity. It has to be left for another incarnation to solve the dilemma.

As I write this, the Disney sci-fi film, *Tron* from years back comes to mind. Lester had it shown in the super intensives for us. It starred Jeff Bridges as a computer game designer who is inadvertently drawn into his game and spends the time of the movie trying to get back to his “user.” It is a fascinating metaphor for what has happened to the world. One character makes a profound statement, “Some day we’ll stop thinking, and the computers will start doing all the thinking for us.” I highly recommend this feature to the reader. It works better today than when it was made, in my opinion. Just think for a moment how dependent we have become on computers in our society. If for some reason they were stopped, we would all be in chaos. Lester called these types of things “props” (as in theatre/TV/movies). I will enlarge upon Lester’s thoughts on these dependencies in another chapter. He made some interesting world prophecies on this subject.

On one call I told Lester I had just rented and re-watched *2001, A Space Odyssey*, and I thought there was a scene that was like releasing our programs. It was where Dave Bowman had just reentered the ship after Hal had locked him out. He was in the data banks area and was pulling out all the computer tapes that were the operating system for Hal, the humanoid

computer. Hal was like the ego that tries to stop you from releasing: “Stop Dave, please stop Dave. You need me to run the ship.” If you remember the movie, he finally removes the whole memory of Dave and runs the ship again; a perfect metaphor for The K.I.S.S. Release Technique and what it does. It helps you take back control over your “ship”. We are all on autopilot now most of the time. He totally agreed with my assessment of the metaphor. “That is exactly what happens when we release,” he said. I was ecstatic. My intuition was accurate. It gives one great confidence in the sixth sense when a master corroborates your conclusions.

He said, “Maybe we should show that in the intensives.”

“We don’t have it though.” I offered. “Why don’t you just rent it and not return it, and just buy it that way.” This was before half.com and other sites we use now.

“Hey, that’s a good idea.”

I was really running on all cylinders now. I also wanted a lot of love and attention from him, I can see now. You always wanted to be the best help you could be for him. It meant more time with him and more great stories. I guess I was greedy that way. Imagine wanting a Master’s approval! Good luck. Lester never approved of anyone in their egos.

So, I asked, “What does karma have to do with this?”

“Karma is everything remaining in your subconscious mind,” Lester informed me. This was a shocker. “Karma is just action and reaction, the reaction part is in the unconscious. When you release you are just feeding yourself more karma from the mind. If we like it, we call it “good” karma. If we don’t, we call it “bad”. It’s just energy stored up from the past, all very ancient. We had to have done everything to get this low, so who cares what is there?”

When I revealed to him my embarrassment of some of the lustful things I think I did in past lives, some pretty kinky, he punned, “Lust we forget.” Things like that meant nothing to a man who had been to the “top” and

came back. He saw the whole illusion of this “game” as he called this world, so little plays here and there were so much grist for the mill. I imagine it is like a baseball team winning the World Series and one player fretting about one fly ball he dropped in the early part of the season. Who cares? We are at the top now. That is all that matters. I guess Lester would win the MVP award.





## Predictions About the Future of the World

Lester made several predictions about the future, which were told to me over several years. These were all made many years before “9/11”, so I see now how the trends are going the way he said.

He told me that the world is moving up the feeling energy chart (taught in the K.I.S.S. Release Technique Course) into anger. That is why we see so much more violence: Columbine, 9/11 and terrorism growing all over the world.

He told me eventually there will be a long nuclear war that will pollute the earth with so much radiation that it will take our neighbors on nearby planets to clean it up. With so many rogue nations attaining nuclear capability at present, I can see the odds of this happening are shorter than ever.

Lester informed me that at some point there will be little food to eat, and the supermarkets we see today will be non existent, replaced by communal living places, where people are self sufficient. They will grow their own food, make energy, and be independent of the world for living. I am planning to build one of these places in the future in Sedona, AZ with the help of many people.

The earth's axis will shift, causing great weather changes. The map of the US (shown to him by the Martians in Sedona) will be very different. Most of the western and southern US will be under water. The eastern coast will be gone too, as a result of huge earthquakes all over the country.

Millions of people will die, or as he described it, take a long vacation. That is why he implored the author and others close to him to get the K.I.S.S. Release Technique out, which he said was the only way people could survive

what was to come. This is because they learn to release the security- based programs taught in the course. When we WANT security, we get the opposite of that, which is INSECURITY.

I am informing you, the reader of this only to forewarn you. This was by request of Lester, so that people would have a chance to be liberated rather than die. Lester told me that the world will knock out its props, so everyone will be forced to get the answers from inside, where they are. That will be good, he said. “Not blow up, but go up,” he joked. At present, people are always looking outside themselves for their happiness, in the myriad escapes that the world offers. When the outside finally offers no security, as he predicts, we will be forced inside to survive.

“It will be a good thing,” he said, “because people will be forced to find the answers where they really are, like I did.” He always told me that he blessed his heart attack.

## Lester at Intensives

*Make your life an Intensive.* —Lester Levenson

Several times a year the Sedona Institute would hold graduate advanced courses called “intensives”. These were always held in the pristine red rock town of Sedona, AZ. At this seminar, we not only were disciplined with a 24/7 week of non-stop thirty-odd members releasing with no TV or any other entertainment, but were blessed with the presence of the reluctant star himself, Lester. He would come in and give his same old talk, “Freedom, and What it Takes to Get There,” and answer our mundane questions about whatever was on our minds.

After all these years, I can’t imagine how much of an imposition it was on him to stand there and listen to our muddling mind-queries. This Master, who had spent years wandering the endless Cosmos, was forced because, as he told me, by his bad karma, to plant his feet at the Bellrock Inn and bring his consciousness down to our bargain basement level, and do his best on satisfying our inquiring minds. How silly it all now seems, but I must admit I enjoyed it as much as the rest of the gang, as he called us. I am selfish enough now to wish he were back here next to me so I could ask just one more question. Being with him was like having a combination of Mr. Rogers and Yoda from *Star Wars*. Although, unlike Mr. Rogers, Lester’s neighborhood was indeed unlimited!

Some of the happiest days of my life I can recall were those spent walking with my new girlfriend to the Coffee Pot Café, which was a short distance from the Bellrock Inn. Sedona has a special magic in the air anytime, but in the early morning it is multiplied many-fold. Normally a trip to eat breakfast would not bring such bliss, but when you know Lester would often hang out there to greet some of us, that little diner became THE five star restaurant on Highway 84.



## Glossary

**AGFLAP** – Apathy, Grief, Fear, Lust, Anger, Pride—the six main negative feeling headers.

**Astral Plane** – The place where we all go to after death if not Free. There we are in a “rubber body” as Lester told me, meaning it cannot be hurt like in the physical world. We see long lost friends and family from former lives. If we have any unfulfilled desires remaining, we karmically must return to the physical plane to experience them.

**Babaji** – The reincarnation of Krishna; the Master who runs this planet with help from Jesus; lives in the Himalayas with his group of Masters. (See *Autobiography of a Yogi*).

**Beingness** – Real Self; God; I AM.

**Body** – An illusion created by the mind to also play the game of “I am a separate little ego”; “Just a bunch of chemicals”...Lester

**Causal Plane** – The plane of ideas; impossible to grasp from the physical; extremely fine body. Jesus and Buddha reside here.

**Energy Chart** –The AGFLAP feelings put on a chart from lowest to highest: Courageousness, Acceptance, Peace

**Escape** – To move away from a feeling through entertainment, eating, alcohol, sex, etc.

**Express** – Trying to rid ourselves of a feeling by yelling, hitting, hurting another, enacting violence, etc.

**Free (Free Being)** – Liberated from the ego-mind-body-world; no attachments, no aversions; happiness with no sorrow; free of the need for body security, safety; all fear of death gone forever.

**The Game** – The world, as Lester saw it.

**Garbage** – Thoughts, feelings, wants, programs; consciousness—the sum total of one’s thinkingness, both conscious (5%) and subconscious (95%).

**Havingness** – Your place in the world; your possessions and bank account.

**Hootlessness** – Lester’s definition of the “no wanting” state. One can have anything quickly if he/she releases all the wanting/feelings; “When you don’t give a hoot.” OK to have it or not to not to have it.

**Love** – Wanting for the other one what he/she wants for themselves: selflessness; giving with no thought of return. Human love is “If you do this for me, I will love you.” Quid pro quo.

**Master** – One who has mastered the three worlds: physical, astral, causal; a free being. A Master can create anything by effortless thought because he has no wanting.

**Mind** – The junk yard of all of one’s past lives; repository of all of one’s wants-feelings-obstacles; created by the ego in order to play the world game. Conscious is what we choose to look at, and subconscious is what we do not wish to look at.

**Release** – Letting go of a feeling; dissipating the energy; security—what everyone is looking for subconsciously in the world. It is impossible to find because one has to release the all the insecurity, and then security is naturally there. This program is running the population of the world, and so we find ourselves in the problems we are in. The need for security creates all our wants, feelings, thoughts, and programs. It keeps us occupied 24/7 so that we can never be happy. Lester said that once we completely release this program, life becomes effortless and comfortable. All of our abhorrent behavior is all caused by this program.

**Suppress** – To swallow or shove a feeling down. It's the worst thing one can do.

**Time** – An illusion set up by the mind to that causes delay between the thought and the creation of something by the mind. A Master creates instantaneously anything by mere thought. (e.g. Sai Baba).

**Want** – The agony of lack; tells creative mind, “I don't have,” and that keeps lack in your world. The K.I.S.S. Release Technique teaches people how to let go of the deepest wants of the mind so we can have, do and be what we choose.

**Winner** – A person who is financially successful enough so that he does not have to work for another. Only 5% of the world is here. Big business-people and small ones, big and small politicians, celebrities, etc. “We need To release our non-winning programs and be winners” –Lester.