

Freedom Technique: Path to Awareness and Love with Autobiography by Lester Levenson



You can have, be, and do whatever you will or desire. The only thing stopping you is the accumulation of negative thoughts and feelings which you are subconsciously holding. Remove these, and you remove the blocks to your accomplishing whatever you wish in life. Remove these, and you will find love, happiness, and joy beyond your wildest dreams. Remove these, and you are Free. Lester Levenson This book is for your heart In this book Yuri makes you ask yourself Can I learn to trust something more than my own mind? Like Alice in Wonderland and her steps through the mirror am I really so close and still not seeing: IT has been within me all the time? Why do I insist on hanging on to my minds guidance when it really knows so little about Life, the Universe and all that it contains? Can I quiet my mind long enough to give my heart the first say in the rest of my lifes journey? I have found this to be a priceless exercise. And I am now embracing this journey that I have always been on but for the first time with an embracing of no limits to the volume of love I can contain. Ive turned the mirror around and I see my inner self. Jill Sloan, Kernville, CA For me the best thing about Freedom Technique was the discovery of certain very real, concrete and key psychological methods, the practice of which can only but lead to increased awareness, love and to result in healing, success, and enlightenment. These methods take a very balanced and gentle approach, helping to calmly and work with feelings we would rather run away from. In doing so, one learns to become ones own full-time psychologist, an enormous growth step for almost everyone. With proper practice, it can lead to the emergence of the ideal inner parent who binds up the wounds and dresses the scars of our not-so-easy lives. But the book has more than just psychotherapeutic value. Much care and attention is devoted to

placing the Freedom Technique method into the center of an entire religious world view. This holistic approach leads the reader beyond just himself and his problems and beyond the questions, hurts, and limitations which mere psychology could never answer, heal, or transcend. By offering a horizon of utter fulfillment, Freedom Technique strengthens and gives courage to readers to start on the path of awareness and love critical to healing, success, and wholeness. Thomas Finnell, Ohio I want to tell you that Freedom Technique really works. It takes some effort but its worth it. Things started happening to me - things I wanted but was afraid of and thought impossible to happen. It was something I wished for during the whole summer. And it came without any work on my part. It just came. And I was able to take advantage of every moment without thinking of the past or future. Really, it was so exiting to see how things came together in a perfect manner. Its like suddenly I was able to complete the hardest puzzle. Polina, Moscow, Russia

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