

# Lester Levenson

## Quotes

*Spiritual, Self, Letting Go, Love Is, World, Happiness, Feelings, Acceptance,  
Giving, Ego, Frustration, Mind, Capacity To Love, People, Truth, Real, Law Of  
Attraction, Capacity, Asking, Imagination*

Misery is complexity. Happiness is simplicity.

~Lester Levenson

The only method of receiving love is to give love, because what we give out must come back.

~Lester Levenson

You can have anything you want, providing you first let go of wanting it.

~Lester Levenson

We can have peace if we let go of wanting to change the past and wanting to control the future.

~Lester Levenson

There is more pain from holding on to the thought of pain than there is in the situation itself. If you let the world strike you, it will do so less cruelly than your own imagination.

~Lester Levenson

All unhappiness is caused by our trying to be limited, to be an ego. The more we are our Self, the happier we are. We will never be completely happy until we are completely being our Self.

~Lester Levenson

Don't probe darkness to understand light. Don't dwell on sickness to be healthy. Don't indulge in thoughts of lack to have supply.

~Lester Levenson

The way to infinite joy is through the elimination of desire, - no attachments, no aversions.

~Lester Levenson

The vast majority of people's concept of love is actually hate, more or less. "I need you, I must have you, I can't live without you, you're

mine,â€• is all non-love.

~Lester Levenson

Feeling sad about anything is holding onto it. Say, 'This is something I have to let go of,' and immediately you will feel better.

~Lester Levenson

Human love is needing the other one. Divine love is giving to the other one.

~Lester Levenson

Love is a feeling of givingness with no thought of receiving any return for it.

~Lester Levenson

Once you realize how effortless the highest way of life is, it takes tremendous effort to assume the opposite.

~Lester Levenson

A mental picturing of that which we want, with the complete acceptance and the conviction that it is ours now, will bring it quickly.

~Lester Levenson

Every time you feel miserable, there is present an excellent opportunity to make a big step forward.

~Lester Levenson

There's no such thing as a mistake--we do it! There's no such thing as an accident--we do it!

~Lester Levenson

People need each other and think it is love. There's no hanging on to, or fencing in, of the other one when one loves.

~Lester Levenson

We are all Gods acting like goddamned fools.

~Lester Levenson

Peace is non-resistance, complete acceptance, identification with all, everyone, everything.

~Lester Levenson

Happiness is equal to one's capacity to love.

~Lester Levenson

Spiritual healing is KNOWING that the body is perfect. Mental healing is effecting a perfect body by visualizing the body as perfect.

~Lester Levenson

If we don't like what's happening to us in the world, all we have to do is change our consciousness - and the world out there changes for us!

~Lester Levenson

Whatever happens to us originates in the mind.

~Lester Levenson

Parliaments cannot right the world; but enough individuals feeling love can.

~Lester Levenson

Love eliminates fear. Love eliminates anxiety.

~Lester Levenson

Every problem is an ego problem. In order to have a problem there has to be an ego-frustration.

~Lester Levenson

Truth can be found by a process of eliminating wrong thoughts, which are thoughts of limitation. When all thoughts of limitation are eliminated,

what remains is our natural, unlimited, Self.

~Lester Levenson

When we take one step toward the Self, It takes nine steps towards us.

~Lester Levenson

The greatest happiness we can give to a mate comes from helping him or her to more understanding of Truth.

~Lester Levenson

Some of us are seeking happiness where it is and as a result are becoming happier. And others are seeking it blindly in the world where it is not and are becoming more frustrated.

~Lester Levenson

What is joy? Joy is nothing but the Self. When desires are fulfilled, the mind is stilled. This allows the Self to shine forth and that is what we call joy.

~Lester Levenson

Attain to the place where no one and no thing can disturb you.

~Lester Levenson

When one really loves, one can never be hurt.

~Lester Levenson

The original state for all Beings is Love. Our troubles are due only to our covering over this natural state.

~Lester Levenson

There's nothing bad; there's just making errors on the way back Home.

~Lester Levenson

The facade is the ego. It is motivated by our seeking love. The only

reward is frustration, as it is only by loving that one finds love.

~Lester Levenson

Growth is transcending yourself, your habitual self, which is none other than ego.

~Lester Levenson

If you see misery, it's your misery. When you see the perfection where the seeming imperfection seems to be, the misery is only an apparency.

~Lester Levenson

All minds are interconnected. Otherwise they could not understand each other.

~Lester Levenson

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