

Overcoming the “No” to Life

by Anne Niemeyer

Unresolved emotions such as desperation, rage and loneliness can create a “No to Life” attitude. This can then be the precursor to life threatening diseases such as cancer. One method of consciously overcoming a life-limiting attitude is called “Releasing”. Iris Wunsch, a psychotherapist from Kassel, Germany, uses this short and incredibly powerful technique developed by the American physician Dr. E. E. Lindwall.

“Heal the world, make it a better place for you and for me and the entire human race,” Michael Jackson’s voice croons from the boom box. We, 16 people between 25 and 75 years old, have come together for Iris Wunsch’s workshop “A Spiritual View On The Development And Treatment Of Cancer.” As we begin, we are encouraged to dance, moving our bodies in any way we want to the sound of the music. “Let the music in, experience it, connect to what is happening within you.”

I enjoy this relaxed introduction and other participants seem at ease and full of anticipation. 52 year old psychotherapist Iris Wunsch explains: “Everything is stored in our body. Every blockage that could later cause disease is already there for us to recognize if we only become sensitive enough.” She has recently opened a seminar center near Kassel, and this workshop is to introduce cancer patients and their families to her work.

A shamanic cleansing ritual follows and is intended to give us strength for the work to come. Holding smoking sticks of sage Iris goes around, encouraging us to inhale deeply and imagine the room and our auras being cleansed, as well as all weight being lifted from us.

Before we begin, the therapist explains the main focus of her work: to make us aware of our shadow side, for example suppressed and unacknowledged feelings of anger, hate, jealousy, and to release them “with Divine love.” “My work is based on the assumption that we have lived many lives and that we react to things based on old behavioral patterns,” says Iris Wunsch. It is her job to uncover these suppressed emotions, which left submerged could manifest in disease. Repetitive behavioral patterns are just as dangerous as they constantly lead us to seek out similar situations. The emotions and related circumstances can then be re-experienced, and then released - not alone, but with the help of a therapist or friend.

During her clinical work with cancer patients she made an amazing discovery: “All the patients had been through something traumatic, something so incredibly painful that it triggered feelings of abandonment, aloneness, rage and despair. This then culminated in a conscious or semi-conscious decision - a ‘No’ to living life on earth like this.” If left unrecognized the “No” grows. These people are caught up in the energies of desperation and abandonment until they get to a point where these feelings are continually reinforced - that is the moment when cancer occurs.

Feeling painful emotions once again

An incredible sense of relief is felt when someone recalls the trauma with the assistance of a therapist or friend and “releases” the emotions. “I have experienced some miraculous moments. I have cried with patients and have literally seen cancerous growths disappear over short periods of time,” says Iris Wunsch. By uncovering the memory of something that has festered and been suppressed for a long time, it can be truly healed.

This kind of therapy is aptly named “Releasing” and was developed in the seventies by the now 76 year old American doctor, E. E. Lindwall, from Hot Springs, Arkansas. Since then he has traveled the world with his wife Ruth, 62, giving courses, holding seminars and working with individuals. Iris Wunsch met him at the Kasseler Habichtswald Clinic, a holistic clinic where she worked before opening her own training center. She now applies fundamental elements of this relatively short but intensive therapy. “People wanting to use the Releasing method need a lot of courage,” she says, “courage to acknowledge themselves and find the healer within.”

It is important, however, to follow through with the Releasing process. In many cases another session is required some time later. Having initially embraced the Releasing method and seen their cancerous growths recede, some patients do not continue because they feel so good. “This is a great pity because things don’t move quite that fast. Conflicts are made up of many different issues and are therefore complex. Unaddressed issues linger on and still create pain.” In the individual sessions she takes the patient back in time and - if necessary - even looks at past lives, enabling them to recognize behavioral patterns and developments.

At the beginning of our seminar Iris Wunsch tells us that although it is important to remember and re-experience past trauma in order to let it go, it is not necessary to relive the full impact of our emotions. This would not be possible in a half-day workshop anyway, normally the workshops run for 2 -3 days. What is important, though, is to state clearly what it is one wants to release, for instance: “I release the hate I have been harboring...” or the desperation or “I release the sadness in my heart” and “I release the ‘No’ to life.”

Before we start we are encouraged to “ask our spirit guides, God, the Divine or however you may call the Divine” for protection and guidance, so we are not afraid that we might attract energies from others that may harm us.

First of all we pair off: while one practices releasing the other one will offer support, then we change over. To start with however, we all lie down on the floor and relax to soft meditation music as Iris’s calm, hypnotic voice gives us instructions: “Close your eyes and connect with what is happening in your body, how you feel today ... Now imagine your life, your home life, how does it feel - your partner, your house, your job. Start going back in time. Let your thoughts wander back over the last couple of weeks, remember situations,

emotions - what happened to you, how were you feeling? Now go further back, over the last few years ... Try to connect with your emotions, maybe sadness, fear or joy ...” She takes us further and further back; we imagine ourselves as children, at school, at home, we bring in father, mother, sisters and brothers. “Go back to your first memory. Sense the child within, how does it feel? Hold on to that feeling and now go forward in time. Find the memory of an experience that hurt you badly, that was difficult to deal with, the most painful experience you can remember at the moment. If possible, feel the emotions this event triggered in you.”

Under Iris’s supervision the helpers move to sit next to their partners lying on the floor, ready to assist and support them in the process of letting go. It is important that the helpers don’t panic if their partners start to cry, they should even encourage this opening up, this freeing of the soul. “Don’t be afraid to let the feelings come,” Iris says to those lying on the floor. Her empathy and caring help to break down the barriers.

I remain lying on the floor as my partner Waltraud, 47, sits down next to me. Another ten minutes are spent relaxing and breathing, then those lying down are led deeper into their memory: “Now go back to the event you were thinking of just now. Maybe you have only just remembered it or maybe you have thought of it before. Start filling in the details, recall the people involved, the place, what happened to cause such pain, get in touch with the depth of your emotions and the energies connected to this event. Then simply release the distress, the anger, the whole burden of this awful experience. Take your time and when you are ready tell your helper where you are and what you are experiencing.”

Remembering the most traumatic event

Even though I came to this workshop as a journalist, an observer, I find myself participating fully in the Releasing process. Already during Iris Wunsch’s introduction I fully relate to her deductions on how cancer develops in the body - although this may just be too generalized. Two years ago I also had cancer. It is not difficult for me to remember the most traumatic event in my life: my mother’s death three and a half years ago. I realized at the time that this was somehow connected to my disease, however, I still hadn’t dealt with it let alone “released” it. So forsaking my professional role I let my thoughts wander back to New Years Eve, 1991, the day of my mother’s death. She died at the age of 69, having suffered from cancer for seven years. Her greatest wish was to die at home. Fortunately, I happened to have time free to be with her when she started to decline and could no longer look after herself. Deeply disturbed, I spent my days taking care of her at her home in Northern Germany.

Sending light instead of sadness

The painful events of that fateful New Years Eve Tuesday start unfolding before my mind’s eye, I can feel my despair as I realize that her time is coming, that she will soon die ... I see myself administering pain killers, moistening lips, I can hear the coughing caused by even the smallest sip of liquid. I feel my helplessness, my unfathomable pity. I see myself sitting in her living room, speaking to friends on the phone, hear their clumsy excuses when I ask them to visit. Again I experience the deep disappointment, the helpless anger. I feel desperately alone and can see myself moving restlessly between living room and bedroom. My mind is filled with a confusion of thoughts and my heart is beating in my throat. But on the outside I seem to be perfectly in control.

In the meantime my mother has slipped deeper into coma, she no longer shows any reaction, her breathing is tortured. I see her losing strength, I pick up her arm and when I let it go, it falls lifelessly back onto the bed. In my mind I see myself putting a hot water bottle under her icy feet - as if wanting to defer the inevitable...

My helper, Waltraud, listens to my story as I fight my tears. Her sensitive remarks and questions help me to continue and finally to formulate what I need to release “I release my disappointment.” - “I release my despair.” Or: “I release this past grief...” At first I find it hard to repeat these words, but it becomes easier with time. I try not to let my feelings overwhelm me - though not with much success. As I realize that all around me others are also caught up in their past emotions and that the helpers have their hands full, I finally release all resistance.

Iris Wunsch is busy supervising; she passes from one to the other with words of encouragement, compassion and a gentle touch. Then we change places. Waltraud, my partner, was diagnosed in 1991 with cancer of the lymphatic system. She has been battling with an unresolved loss since early childhood.

Iris ends the Releasing work after two and a half hours. She asks us to relax on the floor and guides us through a visualization: “Imagine light flooding each and every cell of your body. You have released something from your cells; you have created an empty space that can now be filled with light. This space was previously filled with sadness, loneliness, a ‘No to life’ and you can now fill it with something that helps and heals you. Feel the light filling your body and give thanks to yourself for allowing the letting go of old emotions.”

Back pain vanishes

Finally we are asked to share our experiences with the group. This morning seminar, intended simply as an introductory workshop, has clearly given participants much food for thought. The feedback ranges from “I feel happy and can see myself breaking out of the confines I have set for myself,” to “Today I started to uncover something that needs a lot more work.”

Unfortunately my back pain of many weeks intensifies by the end of the workshop. However, waiting for the train to take me home after the seminar I feel intense relief, a oneness with myself and the world, as if I had just overcome an immense hurdle. I realize that I still have my entire life to look forward to. This is one of those rare moments that stick in your mind, when life seems full of promise. Boarding the train I truly feel I am leaving the past behind. Then the most amazing thing happens: my backache practically disappears during the four hour train journey. By the next day it is totally gone.

Iris Wunsch tells me after the seminar how she came to use the Releasing method after having gone through her own personal crisis and disease. “The Habichtswald Clinic had invited Dr. Lindwall to work with their employees and during an individual session I found myself ‘releasing’ many things. Afterwards I found that my physical aches and pains were gone and never came back. That made a tremendous impression on me. Dr. Lindwall suggested I become involved with his work as I had a natural tendency toward it. He promised to be my mentor on a spiritual plane. I am very grateful to him and think of him often.”

“Only love remains”

Iris Wunsch is certain that her ability to recognize the energies which surround people and to speak with their spiritual guides only developed because she herself went through her own Releasing process. At first she was amazed that it was possible for people to access these experiences themselves. “Once they have opened the door, they also begin to recognize memories from past lives.”

Dr. E. E. Lindwall, a clairvoyant chiropractor, is the founder of the Releasing method. I had the opportunity of meeting the person his assistants lovingly call “Doc” during this year’s European trip. At a lecture in June in Freiburg he presents his therapy method and conducts two workshops. He recounts how he ran a clinic in Atlanta, Georgia for 34 years. Driven by his wish to “really” heal people and to discover the true causes of disease, he investigated the communication between body, spirit and soul, and studied acupuncture, acupressure and kinesiology.

“I wasn’t successful overnight, it took time, but I was connected with the Divine power,” says the tall, lean man with apple red cheeks. He is positive that God works through him - not a cruel punishing God, but rather a benevolent, loving energy that could be described as “unconditional love.” Negative feelings such as hate, fear, worry, depression, guilt caused by certain experiences cut us off from this loving energy. The resulting blockages are visible in our body language. To uncover the true self even emotional issues from past lives or genetic dispositions need to be made conscious in order for them to be released. Lindwall can see the energy fields surrounding people and says that: “In essence we need to remove blockages caused by negativity and let our energy flow freely.” He is convinced that “after Releasing we are filled only with love and that is our true nature.”

Wherever he goes on his trip, accompanied by his wife and son, “Doc” Lindwall is always surrounded by throngs of willing and friendly helpers, many of them notably medical or psychology students or practitioners already using the Releasing method. Lindwall is not interested in cashing in on his method although he has been using and teaching it for the past 16 years. So it is not surprising that he has not written a book on it, a mission that his wife is now undertaking. He is not bothered about finding a publisher or when to publish - when the time is right, Spirit will take care of it.

Using kinesiology for verification

During his talk to about 50 people at a healing school in Freiburg he uses kinesiology to demonstrate how quickly our system responds to the letting go of negative beliefs. Kinesiology is a way of monitoring the body’s energy levels through muscle testing. Finding a gentleman in the audience who “displays an interesting imbalance within his energy field” he asks him, without hesitation, to come and lie down on the massage table. Lindwall closes his eyes and detects that this man’s energy is depleted on the left side of his body. He instructs him to turn his head to the left whilst gently pushing down with his hand. Now the man is asked to repeat after him: “I release being dominated by my female energies. I invite my female side to balance with the male. I release my resistance to God on other planes and dimensions when he comes to tell me who I am.”

The consequent muscle testing shows his arm can now easily withstand the pressure Lindwall brings to bear on him. His leg, however, offers no resistance to pressure. He is instructed to say: “I release the decision to suppress my power in a life in Israel when I

hated life and abused my power. I ask for forgiveness and forgive myself.” Afterwards his leg resisted even the strongest pressure with ease.

During an individual session Lindwall demonstrates this amazing phenomenon on me. He discovers pertinent blockages and character flaws he could never have known about.

A full day seminar with Lindwall shows a similar structure to Iris Wunsch’s workshop. The group is made up of about 30 people from 20 to 50 years of age along with eight assistants from various corners of Germany and Switzerland. The participants are asked to work in pairs, one lying on the floor while the other one listens, calms and helps to formulate what their partners need to “release.” The difference lies in the fact that those lying on the floor are not encouraged to remember the trauma in their life, but the “Spirit Most High” is invoked “to help bring up the most important unresolved event that is ready to be healed.”

Soon tears start to flow for some participants and one woman starts to scream in fear. As simply an observer this time, this seems quite threatening to me. Dr. Lindwall, who is leading the workshop at a spiritual level, calmly walks up to her and persistently gives her a phrase to repeat: “I release the problems with my baby.” Shortly afterwards she calms down. Seeing my concern he whispers to me: “She died in childbirth during another life in Greece. She has just realized that and now let it go. Her relationship to children will change. She has set herself free.”

“In principle an awareness training”

Noticing my slightly confused facial expression, *Henrik Langholf*, 28, a certified pedagogue and coordinator of the Freiburg workshop, explains. “Releasing doesn’t just mean letting go of spectacular past life events. In principle it is an awareness training. Without relying on Doc it helps one connect with the Divine, the essence of which is love.” It becomes possible to approach situations in a different way. Releasing, however, is a continual process - it must be integrated into daily life. A one day seminar can set the process in motion, but it cannot replace a doctor or therapy.

Asked about the slight differences between his and Iris Wunsch’s seminars, Dr. Lindwall replies generously: “It makes me very happy to see people continue my work with their own adaptations.”

“Esotera”, August 1995, pp 54-60.

© 1995, Verlag Hermann Bauer KG, Freiburg, Germany

(Translation from the German original)

For further information on Releasing, contact:
Lindwall Foundation, Inc., P.O. Box 20604, Hot Springs, AR 71903.
Tel. +1-501-262-5026 • www.lindwallreleasing.org