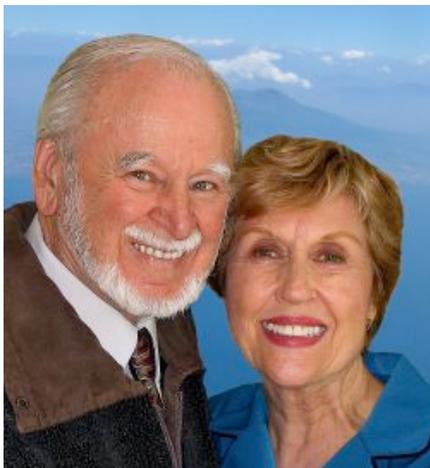


Freedom Through Releasing

Interview with clairvoyant healers and teachers Dr. Isa and Yolanda Lindwall.



Q: Your work is called "Freedom through Releasing limiting memories of the past". What does that mean?

Isa: We, as living souls, are pure spirit and are constantly making decisions as we 'drive' our bodies around. Most people think of themselves as human beings having a spiritual experience and don't realize they are really spiritual beings having a human experience. Everyone has a recording of all of their experiences in their psyche, some are very positive and constructive, which we want to keep. Others are very negative, destructive, painful, and need to be released. This is done by going into all of your past experiences which are not in harmony with life and releasing the emotional charge, patterns and beliefs connected with them. Then we can have a balanced loving life.

Q: How do you release these emotions and patterns?

Isa: I clairvoyantly attune to the energies of the person being examined, to determine the cause. Once I perceive the source of a problem I relate it to the client who may then make a statement to release it. The words 'I Release' serve in a similar way to the 'delete' button on our little desk computers. As the soul says 'I Release ...' (whatever the problem might be) it sends a signal to the brain and body cells to stop clinging to the old pattern. When the correct 'Release' is made, the circuit opens up, and the life force flows through the body.

Q: It sounds as if Releasing is very easy and fast. Is it really as fast as it sounds?

Yolanda: Yes, it is very fast. The moment you, as a soul, make a decision to let something go it automatically registers in the body as a spontaneous reaction that initiates an immediate change. Since we, as souls, have lived for eons of time, we have many layers of negative patterns deep within us and as we release one layer, another layer may later come up. It is like weeding a garden that has been neglected. It may take a lot of weeding before the soil of

consciousness is clear enough to adequately nurture our positive seeds. Persistence and willingness to change destructive thought patterns will transform one's life in record time ... if one perseveres. Releasing is only a tool and as such bears fruit according to the way it is used.

Q: Have you ever had miraculous healings?

Isa: There are no "miracles", as everything happens within Divine Law. Any soul that is ready for healing has the potential for complete healing regardless of what the emotional or physical condition is.

Q: Do you have an example?

Isa: I can think of a woman who came to me with the diagnosis of multiple sclerosis and had been blind for three years, having been to 27 doctors with no results. This client had been raped in this life. Clairvoyantly going back to find the cause behind that, I found that she had been in a male body in a past life and abused three females. She went into this emotional energy where she had refused to see what she had done and had chosen to destroy her physical body to punish herself. After acknowledging that she had done that, and asking for forgiveness and forgiving herself, she opened up to see the truth - her vision came back instantly and totally, and her multiple sclerosis was gone.

Q: How did you develop your clairvoyance? Can anyone become clairvoyant?

Isa: Well, the pure soul is naturally clairvoyant in and through the body. That is our divine nature, who we really are. However, there are usually so many blocks and ideas of limitations that have prevented this, therefore we must go inside and release them. Clairvoyance is not supernatural, it happens spontaneously as we open up and remove the blocks allowing our real selves to shine forth. My clairvoyance began in my practice of chiropractic. I talked to God every day and said, "God, I need help." And I began to get help. I began to see things that I needed to let go of from inside myself. I began to see patterns in people, their energy fields, so I could determine where their problems were. It was a gradual process over more than 20 years. It didn't happen overnight.

Q: Is clairvoyance a necessary prerequisite to Releasing?

Yolanda: No, in our workshops each person learns to access and trust their own internalized 'data bank' while in a relaxed state under the proper guidance. We give instructions to the group and then supervise the process together with trained assistants. Although Isa has over 50 years of experience in diagnosing and treating clients with this process we realized we must train others to help themselves or they will become dependent upon him. That's why our Releasing workshops were developed ... to help others help themselves.

Q: Can anybody do Releasing work?

Yolanda: Yes, anyone can do this. We often find people who open up like 'ripe plums' not only transforming their own lives but beginning to assist others immediately. Others might be so steeped in negative karmic patterns that it takes some time for

them to work through enough blocks to see clearly. But it's just a matter of time and concentrated use of the process in order to get the full benefits. To the degree that the soul is willing to accept responsibility for what they have chosen in the past, forgiving self and others, and making new decisions based on love, they will reap the desired results. Those who accept the challenge and experience the benefits usually reach out to help someone else. That's been one of the wonderful blessings of this work ... people helping each other and passing it on.

Q: So, there are people who do Releasing and are qualified to help other people?

Yolanda: Yes, we have many trained 'Releasers' scattered throughout the world. Some focus primarily on the Releasing process while others use it in conjunction with various types of therapies and counseling. It is used as an added tool by health and spiritual practitioners of various modalities.

Q: You have taught in about 40 countries. Could you say something about this?

Yolanda: Yes, we have felt spiritually led by the power we know as the source of all life, which we call the Spirit of the Most High. Beginning in 1978, invitations started coming for us to share our work outside Atlanta, where Isa's Chiropractic clinic was located. There have been so many requests over the years that we could never answer them all so we've turned to the Source for guidance to ascertain where we can be most useful.

Isa: Our not-for-profit Lindwall Foundation was established in 1998 to help improve the quality of human life on planet earth. As we have traveled around the planet, our mission has been to raise consciousness wherever we go - in our workshops and also in our interactions with the people, places and energies of each area.

Q: Do you find many differences in issues between people in different parts of the world?

Yolanda: In our travels throughout the world we find that love is the glue that binds us together. We conducted a workshop in Moscow two days after the coup of 1991. We thought Russians might have more political issues to release and neutralize at that time but instead we found the same personal issues ... relationships, family, deep heart connections that were disturbing. We have found these intimate issues to be quite common to people all over the planet.

For a schedule of free lectures / demonstrations and workshops, see:

www.releasing.org

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