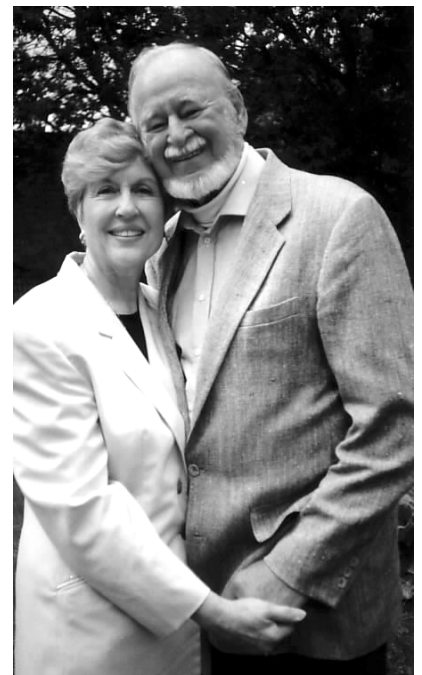


# Freedom through Releasing

by ROSE DE LA HUNT

Dr (Doc) Elmar Edward Lindwall and his wife Ruth, whose soul names are Isa and Yolanda, have twice visited South Africa. In their 'Freedom through releasing' workshops and sessions they teach the method of 'Releasing' that they have developed over a number of years.

Ruth's training and background is in the field of education. Doc Lindwall (Isa) is a doctor of chiropractic and ran a practice in Atlanta, Georgia, for over 30 years. At age 79, the vitality, vigour, vibrant warmth and unconditional love that he radiates, as well as the clarity of his clairvoyant insight, are a remarkable testimony to his work as a healer and to the continuous self-healing and clearing work he does on himself. His relationship with Ruth (Yolanda) goes back a long way - at least as far back as ancient Egypt - and in this lifetime they are partners both in marriage and in their spiritual and healing work. On their second visit Rose de la Hunt interviewed them both for *Odyssey*.



**D**oc Lindwall's inner journey began as the result of a back injury he sustained in World War II. The injury caused him ongoing problems to the extent that sometimes he was unable to straighten his back. Someone suggested he see a chiropractor and, to his surprise, this brought him immediate relief - although it turned out that his back was not only fractured, but also dislocated out of position, creating a pressure on the nerves down his back and leg, resulting in sciatica.

The rapid results achieved with this injury aroused Doc's interest in chiropractic. When he and his brother paid a visit to a chiropractic college in Missouri, they were so impressed with what they saw there that they both switched careers and enrolled to become chiropractors themselves.

But after some years of study and practice, he realised that, although chiropractic was highly effective in many conditions, there were times when it just did not seem to get the desired results. Sometimes he would make adjustments and corrections to problem areas, but often the problem would return again later. At other times, where two people had the same condition, one of them might respond and the other not. 'I wondered why,' says Doc. 'I thought there must be some way of healing to which *everybody* would respond. What I thought was that, if it were a true science, surely everybody should respond.'

Having grown up in the Lutheran Church, and having always had a good communication with God, he began discussing this matter with God. 'I had a habit of talking to God,' he says. 'So I told Him: "I have to find a way of helping these people better than we're doing now. There must be a way of clearing this. I *know* there must be a way.'" Eventually he found what he was looking for.

He met another chiropractor who told him about the work he was doing, called concept therapy. From him Doc learned that our physical conditions originate from the mind and from our thought processes, rather than in the body itself. He also learned that human beings are souls inhabiting bodies, and

that there is a cause for everything that happens to us. If you can find that cause, and neutralise it in your subconscious mind, then the condition in the physical body disappears.

'So I started working with that,' he says, 'and began by working on clearing out my own mind. It was a slow and difficult process, and took me years. At the same time I studied acupuncture and kinesiology, learning about the energies of the body.'

'There is a muscle group for every organ of the body, and you can test the organ by testing its muscle group. It's like having electrical circuits in the body, just as you have them in a house. Sometimes, when there's too much plugged in to one socket, you can blow a circuit, and you have to identify where the problem is situated so that you can fix it.'

Doc has done years of research to find out which emotions trigger certain circuits, and how to release these trapped emotions. For example, he says, if a person becomes very angry at something or somebody, then the kidney meridian or circuit is likely to break down. Taking his investigations further, he has also found that it is possible to identify and release conditions that are genetic and have been inherited from our forebears. For example, with low blood sugar and diabetes you can tune in to where that genetic tendency came from, and then clear and release that predisposition.

Using a combination of clairvoyance and kinesiology, Doc is able to see and identify any area of weakness and dis-ease in your body. Then, using the 'releasing' technique he has developed, he can help you to release the condition from your mind, your subconscious and your body.

The moment you, as soul, make a decision to let something go, a change takes place in the body as a spontaneous and automatic reaction to that decision. 'It's like this,' he says. 'You, your soul, are the computer operator. Your brain is your computer, and your body is your printout. So I look at your printout and see what it tells me perhaps of an area of weakness - then go to the subconscious to see what is going

on.' Having identified the source or the cause, he will guide the person consciously to release that cause or genetic predisposition, using specific and appropriate declarations of intent. In this way people are helped to go into their memory banks and clear the negative programmes and patterns that are no longer serving them.

Since we are souls who have lived for eons of time, we have many layers of negative patterns deep within us. As you release one layer, another may come up. There may be issues with family, relationships, sexuality, power, fear, anger and resentment. All of these need to be neutralised and replaced with love and forgiveness both of others and of self.

It takes a courageous soul, says Yolanda, to look inside yourself and to accept responsibility for the choices you have made in the past. To the degree that the soul is courageous and willing to look, so progress can be made. And as your eyes are opened, so you are able to see more clearly, and to be able to help not only yourself but others as well.

Having found a way that worked, Doc has used what he learned to help people release their blockages and hindrances to full health and wellbeing. Now his focus has shifted to teaching others how to do this healing work, and it is to this that he has dedicated himself as he travels from country to country giving talks, workshops and one-to-one healing sessions. South Africa is but one of the 31 countries in which the Lindwalls have taught their methods.

'Because Isa is so accurate in what he sees, and so knowing of what is there,' says Yolanda, 'it would be easy for him to have a thriving practice and have people come to him from all over the world. It would be so easy to do that. But in 1984 Spirit told us he was to close his practice, and to go out and teach others how to do this themselves.' So, from individual healing work they moved into working with larger groups and healing workshops, empowering participants to develop their own intuitive healing abilities, and learn to release their own and others' blocks and limitations. From the beginning they were given guidance as to how to structure and run these workshops.

They have many tales to tell of transformative healing experiences that have taken place in their workshops. 'This releasing work opens people up to allow love to direct their lives,' says Yolanda. 'We believe that's the bottom line: that the spirit of unconditional love is what holds the universe together.'

At one point in the interview, we found ourselves discussing issues around a male/female power struggle that Isa and Yolanda had experienced in an ancient Egyptian lifetime, the last traces of which they have had to work on clearing away in this lifetime. I commented that I have an aversion to palm trees. Though this could be because of their spikiness, the feeling is so strong that I have wondered if it is associated with a past life of my own in Egypt.

After tuning in, Isa confirmed that this was indeed the case. The life I had experienced in Egypt had been horrendous, he said, and had been my worst-ever lifetime. Isa sat in silence for a short while, his eyes closed, reviewing those long-ago events. Then he kindly told me it was best forgotten and laid to rest. 'You don't need to remember that,' he said, and guided me in consciously releasing any lingering imprints of that traumatic time - as well as my projection of these memories onto innocent palm trees.

The Lindwalls recommend that 'releasing', as they call it, should be practised on a daily basis. 'Just as we brush our teeth every day, so we need to keep releasing,' says Yolanda, 'or we may find ourselves stuck in old patterns - or creating new negative patterns that may hold us back. Anything that disconnects us from love needs to be released.'

'As any situation arises that generates anger, impatience, resentment or negative emotions,' says Doc, 'release that anger or impatience immediately. Attune yourself to the person who triggered that emotion in you - recognising that we are all one life expressing in many forms - and send him or her your love and blessing.'

Doc's clairvoyant abilities have developed along with his healing work. They first began to manifest, he says, 'after I began to clean up my own computer', and also because he continually sought guidance from the Source of all Life, always asking for help, tuning in to the divine plan, and reconnecting with Love.

'The soul is naturally clairvoyant,' he says. 'It's a natural thing: that's who we really are. However, there are many blocks, ideas and limitations that we have to release before we can open up. And then it's a natural process, nothing supernatural, that happens spontaneously as we open up and become our real selves. For me, it started when I was practising chiropractic. I talked to God every day and told him I needed help. And I began to get help. I began by seeing the things I needed to let go of in myself. Then I started to see patterns in other people. I found I was seeing their energy fields so that I could determine what their problems were. It was a gradual process that did not happen overnight, but developed over many years.'

With illness, and even terminal illness, I ask, is physical healing the ultimate goal? Aren't there times when illness may be a necessary part of other larger goals and purposes?

'We believe we are in the school of life to learn lessons,' says Yolanda, 'and that for a healer to take away that lesson is not always a kindness.'

Is it always necessary to know the exact origin of a condition, to be able to pinpoint the specific incident, trauma, emotion or other causal factor, in order to release and heal it? Can a general act of intention of release and forgiveness serve the purpose just as well?

'It all helps,' says Yolanda. 'Positive prayers and affirmations do help. But when we can see clearly what is the crux of the matter, it is so much better.'

'I find that my gift and my ability in the releasing work that we do, is in guiding people to find that themselves, to discover their own Easter egg. Isa, on the other hand, has the wonderful gift of saying "Here's the Easter egg; here it is: put it in your basket"; and can really help people to open up to it and loosen the energies so they can begin to grow.'

'But when people can begin to discover these things for themselves and can realise that it is not a dreadful thing to go inside and look at these subconscious patterns, then it can become an exciting adventure of exploration. Whatever you have to look at, once you realise you can face it and go through it, you know you can survive it whatever may come. I often tell people: "You have survived everything you've ever been through. You're *here*. No matter how many lifetimes, no matter where it came from, you have survived. Look at that;

and know that you are the observer, and that you always will survive. You are a soul; you're not a body. The body may disintegrate, but you have the opportunity to learn from whatever you went through in that embodiment.”

'That seems to help people to realise, “Yes, I can recall everything have been through. I can go back and look at that - and I am so present.” We can only work with the eternal now.'

'In our courses we guide people to remember. And Isa goes around pointing out certain Easter eggs when they get stuck. That way you can remove a lot of debris in one day.'

'When a release is made,' Isa explains, 'you shift your consciousness and actually move into a higher frequency energy. You become more peaceful, more relaxed and more loving.'

'Concept therapy,' says Yolanda, 'teaches that the true nature of the soul is love, compassion, understanding, patience, forgiveness, all these positive qualities; and that fear is the base of all the negative emotions, which are misconceptions of our divine reality.'

'South Africa has such a wonderful opportunity at this time to heal the past,' she says. 'During our first visit to South Africa we were here for three months and the second time for four months. We do have a home and a family back in the States, but our guidance was that the time was right for us to come here.'

'I feel the Truth and Reconciliation Commission has been a wonderful beginning. However, if you go through that without a deep underlying awareness that we are all spirit, without an underlying basis of love, it can't succeed. But I do see it succeeding. I see that the desire is there. And I believe this will be a showcase for the world. And we will do whatever we can to help.'

While in Cape Town they visited Robben Island with a group of black school children. 'It was wonderful,' says Yolanda, 'to hear our guide, who had been there on the Island for 18 years, telling the children how you can turn a bad situation into something good. He told them how they had been prisoners on the island all those years and how, when Mandela came, he said: 'We'll make this a university". Our guide told us how many degrees the men had earned, and how they were able to use that time constructively. He encouraged the children to make something of themselves and their lives, and showed them it was up to them to do so.'

The Lindwalls may be back in South Africa in 1999, but say they never make plans far ahead. 'We go by Spirit,' says Doc. 'We are given messages as to what to do, and that's what we follow. Where Spirit tells us to go, we go.'

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In the work that we do, we help people to go into their memory banks to clean out the negative programmes and neutralise those patterns that are not serving them.

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Unresolved emotions, such as desperation, rage and loneliness, can create a 'No to life' attitude. This can be the precursor to life-threatening diseases such as cancer. The 'releasing' technique is one way of overcoming life-limiting attitudes.

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Uncovering and releasing the memory of a traumatic event that has been suppressed and has festered for a long time, can bring about healing and a tremendous sense of relief. German psychotherapist Iris Wunsch, who teaches Doc Lindwall's releasing technique, says: 'I have experienced some miraculous moments ... and have seen cancerous growths disappear over short periods of time.'

