

FREEDOM THROUGH RELEASING

by DIANNE COOKE

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freedom through releasing method

Isa (Dr E E Lindwall) has over fifty years of experience as a chiropractor and in related medical and psychological healing methods. He has exceptional spiritual clarity and an ability to see clairvoyantly. He and his partner Yolanda (Ruth Lindwall) developed the method of 'Freedom through Releasing'. In their willingness to serve humanity, they have travelled the world teaching this method of deep relaxation, which helps you to align with the Divine and enter the biocomputer of your body. Working with a partner, you are helped to access the source of pain, both past and present, to release the experience, reach a point of forgiveness and love on soul level, and set yourself free to be who you truly are.

Providence brought the Lindwalls into my life two years ago, when I organised part of their first South African tour, during which they lectured, facilitated workshops and gave private consultations throughout the country. They are assisted by local and overseas facilitators, who travel with them at their own expense, some of them coming from Germany, Italy and Finland, to work with them. Isa and Yolanda are passionate about this work, and see it as a way of contributing to global transformation.

Pain, the archetypal Pathfinder, provided the theme for my personal myth - a myth in which the heroine goes from illusion to disillusion and encounters a challenge, a tragedy that plunges her into the dark regions of the underworld. Alone and dismembered, she flounders in the maze until divine mercy, in the form of teachers and guides, appear to assist her to re-assemble her shattered self. Equipped with new and powerful tools, she returns home illuminated by her experience. Their teachers were Isa and Yolanda.

There is a collective belief that people need to experience pain and suffering before they can attain enlightenment, happiness or God consciousness. Pain is a common experience of all living beings. Whether it is seen as an enemy, a dilemma or a challenge, pain is inevitable and inescapable. According to current thinking, we are told that we consciously chose our pain. Our beliefs about pain keep us locked into a treadmill, and need to be transformed.

Over the centuries various teachers have told us that all is illusion, and that, in order to cope with pain, you can learn to separate your consciousness from your body. Once you have found a piece of real estate in the heavenly suburbs, you can park out there on a daily basis and avoid being in pain. These teachers provide us with techniques to keep us metaphorically in the Palace where, as with Siddharta, our father the King seemingly protects us.

I bought into this for a number of years. I developed a few tricks and felt great - that is, for some of the time. I worked hard to maintain my brilliant aura. With pride I learnt to enhance it, energise it, fluff it up, and judge my fellow travellers by their colours. I felt invincible. I had escaped that messy world of unpleasant feelings - or so it seemed.

But while I meditated in these upper regions, lower down in the basement all was not so bright. No matter how hard I smiled, my ignored feelings and emotions churned away.

And then reality hit. Tragedy struck, and all my defences toppled. My carefully constructed fortress was invaded by the

untimely death by suicide of my 15-year-old son, Damian. The pain and suffering I experienced shattered my aura beyond recognition. The shell of my mask self cracked wide open, the abyss stretched before me, and I balanced precariously on the edge.

It was at this stage in my journey that Isa and Yolanda appeared in my life to help me gather up the shattered pieces and recreate myself and my life. At our first meeting I felt a sense of recognition and was warmed by their aura of love and peace. They could see the depth of the pain I was feeling, and immediately began to lead me into the releasing process. From that first workshop they taught me how to access the underlying cause of the pain, and to come to a greater understanding, at a level of soul, of the way I had co-created my life up till that time.

Over the next weeks, as I attended the full programme, they taught me to bring love and light to the dark and traumatised parts of my being. They taught me to enter into the cave of my heart and heal the wounds from a number of lifetimes. They facilitated a new experience of oneness for me, while encouraging me to live and grow in my own way. And they taught me to facilitate others to experience this healing and unity.

During their tours in 1997 and 1998, Isa and Yolanda facilitated seven-day intensive workshops in which the participants can go to deeper levels in their process and come to a place of trust in themselves and their inner divine guidance. Participants can further open themselves to unconditional love, integrate and assimilate past experiences, eliminate that which is no longer needed, and illuminate their whole being with love and light. Each day Isa and Yolanda aligned their will with Spirit, and the programme became filled with unexpected adventures.

I attended three seven-day workshops. Working with willing partners in the group, I was able to access even deeper levels of trauma stored in my memory bank. Like an investigator I returned to those original memories and neutralised their power to trigger me into the past. As each member of the group went through his or her own transformation, everyone's consciousness expanded and the seeds for a new life were sown. Layers of limiting beliefs, ancient pain and negative programming were released and neutralised, and a healthy sense of relief and wellbeing permeated the group.

At times Isa and Yolanda shared their own experiences and the way in which they use the releasing method in their own lives. This sharing was profound: these are people who walk their talk and practise what they teach. They demonstrated to us the reality of a relationship in which the constant clearing of limiting memories supports love, growth and harmony between the two partners.

I experienced a 360 degree turn-around and felt enabled to live my life in a more conscious way. The releasing process has made it possible for me to confront the terrible reality of my son's death. I am moving beyond blame, guilt and anger as the many hidden aspects that contributed to the tragedy are revealed to me. I am able to understand what happened from the higher perspective of Spirit, and am integrating the loss in my physical body and at all levels of my being. I am walking through the pain and following a pathway that is leading me to illumination. On this journey my energy is being transformed on all levels into greater light and love.

What is life like after such an encounter, when the group disperses and the teachers continue on their way? You are left with a method which requires no outer tools or special skills, with which you can consciously and consistently clear your inner clutter, so that you become more balanced, whole and in harmony with your life journey.



For further information see the advertisement on this page and the interview with Doc and Ruth Lindwall in the April issue of Odyssey.