

Isaak is my name

Tresi Barros

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PREFACE

Isaak's preface

The word 'God' is for many a word that immediately conjures up fear. Many people are afraid when they hear the word God or immediately they think of a punishing God, a condemning God. Immediately they think of themselves standing before God accounting for their humanity. We always tell the physical human that there is no God, except for the divinity you possess within yourself. God is the name for love. God is the name for everything that exists. God is the name of the source from which you came. One day you will return to the source; one day you will find yourself here with us and then you will be close to your God, or far away from Him. When you have not found yourself on Earth, then your life here in the Afterlife shall be the same. You will feel at home but you will not feel God and you might question God, but He cannot enlighten you. Those that have searched and have experienced their Divinity daily again via meditation, yoga or other spiritual exercises, by reading, not only just theoretically, but also in practice – they shall be closer to God. The Source of God shall enlighten him. One day he will come here to us, his eyes will open; he will smile and say: "God has mercy on me," and then we shall reply: "Come here child, let us comfort you." Know, dear children that there is just one God and that is the God you want to experience. If you do not want God in your heart, so be it. Do you want God? Then feel Him. There is no penalizing God; there is just a loving God. Do not be a punishing God to yourself, be a loving God to yourself.

My name is Isaak. I have studied many years in order to be able to speak. I abide in the Hereafter. I no longer have a body, only a spirit but nevertheless I know that God is my truth. I know that God gives me the motivation and the strength to connect me to the people here on Earth. Everyday I must prepare my instrument Tresi Barros once more so that she can conduct her work in spite of her humanity, so that she can raise above all her human limitations and speak my truths. Many people have heard me

talk in the gatherings to which we were invited. Many people look upon us without an understanding of our words, but also many people take the truth home with them feeling an aura of happiness, and so do we. We are pleased to come on invitation. Invite us and we shall find the way to you. Kneel down and ask for help and you shall receive help. Cry and be happy that you cry; be happy when you laugh, be happy that you are a human, but do not forget that everything has to do with cause and effect. The moment that you have done something, you will always carry the effects. When you have carried out good deeds, the outcomes will be good. If you have carried out bad deeds, the outcomes will be bad.

Know, dear children that you cannot hide yourselves away. Year in and year out you can turn your heads aside saying: “I do not want to see,” whereby with loving caution our response will be: “Dare, dare to lift up your head again and dare to look. Just look at your existence. Just look into your heart. Just look at everything that you are. If you are content, dear child, then we are content. Are you discontented? Do not reply with: “I cannot be content because my life is truly over.” No, say: “From today onwards I am going to be content; am going to create changes. If I have had a bad youth, then I shall do what is recommended in the first book, I shall look at it, feel it and let go of the bad youth.”

Once someone spoke to me and this master spoke on my sphere, on my level, to my feeling and he lowered himself to me because he found me so important. Yes, dear children, one for one we consider you to be important. See yourselves as the children of God. God forgets no one; and now it is your turn not to forget yourselves.

We thank you so very much; we thank you for opening your hearts to us once again. And we thank you again for putting in the energy it takes to study us. And we hope that if there are tears that you let the tears to flow and say, “I am human and that is why I weep. I am God and I experience my Divinity.”

Amen, Isaak

Tresi's Preface

I would like to write my appreciation to a number of people that have supported and helped me during my mediumship. There are many people often thinking too lightly over mediumship and wish this for themselves, but I know that for me personally it was an enormous stride to give into it. Day in and day out I need to keep my spiritual health in balance and naturally I do this together with my precious guide.

Dear Isaak, I love you so much and I thank you for helping and guiding me as a person, whenever you can. I know Isaak that often I have not made it easy for you because I am a down-to-earth person by nature and want to fight my own battles without immediately asking for your advice. But after struggling with a particular situation for a long time you are always the one to comfort and support me. You have always given me courage and have never let me down. Sometimes I have asked your advice and you left my question unanswered, but this is because you thought I too must experience and find things out for myself; and also I thank you for this. If I connect to our last lives together I can still remember live images of you as White Feather and me as Great Spirit. I can still clearly recall you sitting on your stone and I was allowed to come and sit with you, without words, just in silence and being. I still have the sense of silence and being ingrained in me and once again this is because your influence, dear Isaak.

My thanks are also extended to my husband Sergio-Miguel who I have been with for these past six years. He is a man that lives a simple life without many needs except for that of his family, and he has enabled me to grow into the person that I am now. He does more than just lightening my household duties; he's accepted the parenting of the three children that I bore from previous relationships. He is a good stepfather and is bringing up Angel, our precious daughter, with so much patience and love.

I thank Wafae Ezzerhouni, my best friend and soul mate for her unconditional friendship, for her tears when I shed tears and for her laughter when I laugh. So often our thoughts correspond and this brings

me happiness. We have a friendship that is not only of this life but certainly from previous lives as well. She has never let me down – quite the opposite and I am grateful both to God and to Isaak for this.

I thank Elise Schuitenmaker, my friend and writer who together with me has accomplished this work. I hope we will continue to be in each other's lives for a long time, seeing each other without obligation but just when it suits us both. When we speak, also when it's necessary for our work, time just does not exist for us, as the time just flies by. She is very precious to both Isaak and myself as without Elise this book would not have been created. Therefore, dear Elise, I love you and I thank you from the bottom of my heart.

And now would be the time to mention many names, but there are too many as thankfully there are many precious people in my life. But I do want to thank Ina and Jelle Ravestein since without their help many people would not be able to find me. Jelle is my webmaster and Ina my secretary, both of whom are perfectionists by nature and also the administrators of the News Bulletin that is available via my web site.

Vicky Simons I want to thank for the unconditional help she has given me, because through her many people have got to know Isaak. "She has the premises and I have the gift," she would always say and she generously offered me the use of her premises.

Furthermore there is my life to be thankful for and myself, because I have risen above my human fears and live my life with intuition and feeling without being judgmental. Isaak always says: "Never prejudge, judge later," and this has helped me to live day by day and helped me to feel a complete and dignified person. As I am writing, so many dear people spring to mind including all the people that have phoned or written to give me their thanks. I thank all of those people, as through them I have gained the courage to keep going solely due to the loving energy they gave me.

I think I have covered all that I wanted to say, God bless your souls. Now I want to share with you the prayer from my childhood, so now I pray: “God, forgive me my words, thoughts and deeds, and make me once more as white as the freshly fallen snow and reserve a place for me in paradise.” Meantime I know that there is no paradise but there are spheres, but as a young child, I was only aware of the glory that is waiting for me, and I am still aware of that.

Written with love,

Tresi

Elise's Preface.

I have received so much peace.'
'It's been a 180 degree turn in my life.'
So many doors have opened.'
Pieces of the puzzle have fallen into place.'
There's so much clarity now.'
I have insight.'
It takes my breath away.'
'A revelation.'
'I'm experiencing so much happiness.'
Glorious recognition.'
A new turn in my life.'

It sounds like a poem, but these are a few of the wonderful phrases that have been sent to me from both male and female readers throughout the land. Every time that I found such lovely words on my screen I was so happy. It was a heart warming experience and a stimulant to continue because that is my greatest motive. I am so unbelievably enthusiastic for everyone to know what I have been allowed to learn from Isaak and to grant you all the happiness that I have every day. Open up your heart and listen to your feeling and then your whole world will change. Therefore, dear people, I want to thank every one of you that has made it possible for me to do this work.

I thank Isaak who choose me to be his writer and for laying this gift in my lap. I thank him for his love and his trust in me. I thank him for his wise advice, his protective arms, his support and his wonderful sense of humor.

I thank the helpers that are always there for me, topping me up again when I was tired – I only had to ask. I thank them for their guidance, the healings, their patience with me and their unconditional support.

I thank Tresi for her wonderful work as a medium, for her help in difficult times, for our deep conversationsand her infectious laugh. I thank her for

the ‘Little-house-on-the-prairie’ feeling that we created for our two families and that we can just ‘be’ in our togetherness.

I thank Jelle Ravenstein because he is my right hand in the world of computers. I thank him for reading this book, his constructional criticism and his worthy suggestions that were always offered with good intent. I thank his wife, Ina Ravenstein, so protective and trustworthy, for her thoughts and her listening ears.

I thank Manja Bezemer, my dear Manja, my best friend – she is so close to me – for her warm heart, her openness and her generous laugh. I also thank her for reading this book, her honest opinion, knowing that the book was in reliable hands.

I thank Egbert, my ex-husband and Sergio, Tresi’s husband, for taking care of my children when I was ‘en route’ for the book.

And I thank my children, my precious children, Jeroen, Eva and Rose for their unconditional love and for their willingness to leave me be when it was necessary.

Dear people, I thank God that you are in my life.

With love and dedication,

Elise

This article, written by Isaak was placed in the spiritual magazine called 'Reflection' in December, 2004.

Dear people,

Who actually are we? We are the invisible, but we can be visible in your feeling. We remain invisible to the eye, but instinctively we stay visible, because you feel us and you acknowledge us, but you must be open for us.

This book is actually about self-study. Through this book people can truly put themselves under the microscope. Study yourself, feel yourself and let go of your problems. Feel yourself and dare to fully accept yourself. Do not choose between one and the other – do not say to yourself, “I choose to accept all my good qualities, but not my bad qualities.” That is not the total picture. You must fully accept yourself. Many of the people that have visited us, both in the spheres and here on Earth are people that are burdened with emotional blockages and spiritual limitations, so that is why we have written this book. We wish to tell the people how they can best go about achieving their completeness. See yourself as complete and not as a part of yourself. This means that all the emotions that you have, you possess, and you must accept and you must love all the emotions you have. You must approve of all the emotions; this is what it is about. You must accept, but many people do not dare to accept. Suppose that you are currently angry with the children and because you feel they have gone too far, you’ve had a falling out with them - then you are likely to feel guilty. So a person would think: “Was my reaction rational? Does this mean that I am a bad mother now?” No, you are a bad mother if you were to bash your child around, but not if you are his teacher; then you are never a bad mother. Also you are not a bad mother or father or a bad child if you keep teaching yourself to be better, opening your eyes to the very things they were always closed to. If you open up your eyes to these things then the truth shall be seen. The moment that you can visualize the truth, you can

bring about changes. If you close your eyes, then the whole situation of reality will truly pass you by. Reality, this is what it is all about.

Our world is reality; your world is an illusion because the human creates in his mind whereas you should create in your feeling. We, here in the spheres, do not create in our minds, we create our world in our feeling and that is a reality. Feeling is the truth, isn't it? The mind is not the truth. For example: The moment you are afraid that people will break you, over and over again you will think really hard about whether or not it is the truth. No, you create it in your head. Only when the situation exists, is it true. Then your feeling suddenly thinks, "Go away." At that moment you must listen to your feeling. Many people create so many barriers in their minds. They are afraid of death. Is that reality? They think that there is no life after death. They think that when you die, everything is over and that's why they panic and that's why they are scared of death. Suppose that you have agoraphobia. You are frightened to go outside because you are frightened that if you go out, something will happen to you. It could be that you are afraid of being attacked. It could be that you are seized by panic, that you will get a panic attack. Is that reality or is it an illusion? They are creations in your head. You have all the mechanisms in your head and they short circuit. Actually they are taking you for a ride. This can never happen with feelings. It can be your mind has matured to be so strong due to the nourishment it is received for perhaps the last thirty years, that your feeling has become minimal. So you no longer know who you are, then you have wandered so far from yourself that you no longer know or acknowledge yourself. The message of this book is, study yourself. Feel yourself, learn to know and acknowledge yourself again.

Acknowledge every emotion in yourself, feel every emotion in yourself and be every emotion in yourself.

Acknowledge every emotion in yourself. You look at yourself and say: "I am me and I acknowledge every emotion in myself. This is I, this is me, thus everything that is here inside me makes me complete, it is a whole; the

sadness, the anger, the failures,” also the faults that you have made. Acknowledge everything that you have experienced in your past as well.

Say to yourself: “Finally I can close the past because of the fact that I acknowledge that I can let it go. I do not have to be afraid of letting it go, because I can let it go. Many people stagnate here.

They are afraid of letting it go and they think it is not possible. Life is schooling and therefore you may fall and consequently you may get up again. And you fall again and you rise up, you fall, and rise up.

When you realize this then you say to yourself, “I may fall, I may rise, I may fall again and get up again and I do not need to feel guilty about it or feel depressed, I can immediately recognize that and let it go because I am in the process of learning, then I can progress to the next step.” If you do not acknowledge yourself, then you can’t go further. That is impossible. If you do not know your own personality, how can you go further? It is not possible and then you start creating, you actually start creating illusions in order to go further. You do not acknowledge your feeling, but you acknowledge your mind and that is what we wish to change. You must not acknowledge your intellect; you must let it be. Your mind is there, it is the same as your blood. The blood runs through your body, it is there, you know that, but you do not have to keep thinking about it. The moment your blood ceases to circulate, you will die. It is the same with your mind, if it does not work anymore, you will die and you will come to us, but it no longer has to be your motor. Your motor is your feeling. Your teacher is your feeling and you can go through your whole life purely by following your intuition. Your intellect walks aside you, but your feeling is the overall winner, always. So when you feel that a person is good for you then you will open to the person. If you do not feel it, you remain closed. But supposing that you allow your head to conquer, you go over to the thinking mode. You will think: “Yes, but this is a projection, maybe the person will be good for me, he hasn’t hurt me, has he?” At that moment you are at a stand-still. You think about it for a long time and you are wasting time, because suddenly a year, or two, or three had elapsed and you return to the feeling, the feeling was right all along. You have just wasted time.

Patience.

Patience, what is patience? Patience is actually a form of being. When you have patience, then you can also Be. It sounds difficult, doesn't it? But if you have patience, then you can also Be, because when you say: "I will have patience in this day," you can take part in the day." If you are restless with the day, then you cannot take part in the day, and the day will pass you by. There will be so many impulses entering your head that it will make you crazy. You cannot Be, you cannot go over into meditation and you cannot penetrate through to yourself because your mind is too busy. Your mind gives you no rest, you worry, you make yourself afraid and you make yourself scared that if you are just going to Be, that you will loose control. That is also the fear of many people. Many people are afraid if they just Be they'll loose control.

Many people talk, but what words do they spread? Most people spread words from their ego or from their fears. Suppose that I am but a simple person giving you advice to do well and you take this decision and another decision and another; at that time you should actually look me in the eye and say: "Do you apply this to your own life or are you passing it onto me so that you do not have to apply it to yourself?" There are many teachers doing this, wouldn't you agree? They are so busy working on others but not themselves. They have so many problems themselves, but do not dare subject their problems to scrutiny – but they do so with yours: "If I help you then my problems might just solve themselves." But it does not work like that, so always focus on our own life, everyday anew because what you felt yesterday may not be possible to feel today, because you evolve, you grow. It is an evolution process. A child grows, so you are not the child of ten years ago. You are now and now you feel different, now you have other needs. Once you ate meat, now you are not a meat-eater because you have no need of it. Then you still couldn't give the meat up, but now you can. It has to do with time, with evolution, with patience. So have patience with yourself. Do not say: "It does not go fast enough." Every spiritual exercise that you apply will at sometime be released. So if you meditate daily, even for awhile, then you breathe in and you take in life and you breathe out and

you relax, and when you do it for ten minutes a day you will see something gradually will enter into you that brings peace. You will become more restful and you will relax.

Happiness.

There are so many people with differing needs, but there is one need that that every man has: "I want to be happy. I so want so much to be happy!" Everyone longs for this - happiness with their partner, happiness with their child, happiness with Mama and with Papa and happiness also for themselves. But so many people forget the last item.

They try and find happiness with their partner, happiness with their child, with father, with mother, friends, work and with all external things, but first you must find happiness within yourself. You must dare to go through your own fears. So if you are afraid of being left on your own, then be on your own and see how it is - and then go through it. Do not sample all different ways excluding the way that is wise. The way that is wise is your way. Your way is the way that is wise. Do tell that to people.

What is it that you long for? Do you long for wisdom? Look for the wisdom within yourself. Yes there are masters and I am one of them, but my wisdom wasn't just handed to me on a plate. It is not true that suddenly I became wise at the time of my death. No, dear child, if you had been beside me then you would have seen that I was exposed to the worst scenarios, that I entered the terrible world and there I received my lessons, within the dark spheres and also interrogated between you. I have had to connect with every situation in order to become so wise. You must also connect with every situation to gain wisdom, and with every emotional situation. Do not be afraid of letting go. Letting go is precisely the message of this book. Let go, be happy that you can let go, as yet again that creates the space in yourself to begin anew.

Isaak

INTRODUCTION:

Tresi and I traveled all over the country with the first book tucked under our arms presenting and promoting it among the people, and naturally Isaak toured with us. Usually we were invited by spiritual centers and institutions to organize a reading that would take place in their hall. After a short explanation from me as to how the evening would proceed, a reading from Isaak would always follow whereby the public would hang onto his every word.

During these evenings the medium always went into the second trance form. This is a deeper form of trance whereby she fully sets herself aside, switching off her thoughts providing space for Isaak to use her body and her vocal cords. This means that the public have a direct ‘through-line’ with Isaak. After hearing Isaak’s wonderful words, the public were actively drawn into the evening and could put their questions to Isaak. Of course during these Readings there were pressing questions that had been brought forth on previous engagements. Therefore I have taken the liberty of eliminating a few to avoid doubling up. Sometimes the subject matter had been discussed in the first book called: “Look at it, Feel it and Let it go”, but when Isaak delved deeper into the material, I made the decision to include it in this book as it instigated a much deeper understanding of the situation.

Tresi and I drove many miles, sometimes through wind and rain, sometimes sticky because of the heat but always with pleasure in our hearts. We enjoyed Isaak’s wise words and also the dear people that were eager to advance on their spiritual paths. I hope that you too, dear reader, just like us, shall enjoy Isaak’s wonderful words.

Elise

Note: Isaak has a manner of speaking that sometimes deviates considerably from normal speech. This has purposefully been left intact during the translation of this book because it belongs to Isaak's individuality. People that are familiar with the 1st book, 'Look at it, Feel, it and Let it go', will recognize the similarity. In order to present a book whereby the English is acceptable and understandable, some adaptations have been made. We have tried to find a middle way of transcribing Isaak's spoken text whereby necessary concessions have been made for our readers.

The Reading in Haastrecht on 17th September, 2004.

Good evening Ladies and Gentlemen.

Knowledge is the most important thing for everyone here on Earth. When you know that you are more than just a body, that you are a spiritual individual, that is the time that you can rise up beyond your own human limitations. And how do you gain this knowledge? Not just like that. The knowledge is accumulated through experiences, trust and through belief. As soon as you begin to undertake these steps you will start developing yourself. Again you will become a spiritual being. You have been a spiritual creature for a long time, but you were born in the physical. But you are not physical; you are a spiritual individual as we have just mentioned. Trust in this, and believe in this. We know that it is not easy to be here on Earth witnessing all the misery. So you call up God and you say, "Where is the Lord, where is The Almighty?" You are the good Lord; you are the Almighty, "So where are you?" This is what you should be asking. Never ever give the guilt of your own failures to another. When you fall, you must activate the strength within yourself to rise up and carry on, because you determine your whole life's course.

Here with us there are many masters and I am one of them. The masters speak to you in your feeling or via an instrument. If you are open to the masters then you will follow your feelings and then you will arrive where your feeling wants you to be. But why is it that we do not see this happening? Why is it that we see you as a physical person disbelieving and not trusting your feeling? Inability, his inability is what pulls the man down. He shuts himself in, he is afraid and he closes his eyes and he closes down all his feeling charkas and declares: "I do not believe anymore, because if there was a God, then I would have experienced Him." This causes us to be so sad as we know that it does not work like this. We know that research is the most important factor for the advancement of your own spirituality. You add this to your humanity and then you are two creatures. You are a human creature, and just like us you are a spiritual creature. We no longer live in the

physical, but we can connect with the physical. It is possible and we do this. As you can see, this is an instrument, but how is it that an instrument has come so far that via thought we are able to speak? It is due to submission. She lays aside her humanity and gives us her vocal cords - she submits everything to us. Now we can do as we please with her body. But as we are spirits from the Light, we would never ever influence her in a negative way, so this need never be a concern. This is an issue - the fear of falling, landing into the wrong hands, and yes, we know that it has happened to many of you. But if you conduct an investigation, it can be reversed because you still have your common sense and the wisdom to keep your eyes wide open. Follow your intuition and follow your feeling, because if love is God, you will feel love in your heart the moment we speak to you.

‘Submission’ – such a simple word, but who knows what submission is? You give yourself over and however difficult, inwardly you say: “I lay aside my knowledge because maybe my knowledge is not yet highly developed, so I shall listen to the knowledge of my superiors.” But suppose that now the superior connects with you and reveals to you his knowledge, what might this mean? Then our knowledge is your knowledge and then you are at that moment highly intellectual and very wise. Maybe as a person you would react with: “Wow, I know so much at this moment, and it feels like it is mine!” Yes, that is right, it feels your own as every person has the knowledge within, but your mind, your humanity limits you. You cannot reach it, to put it simply, so give yourself over and follow your feeling. Listen without thinking because our knowledge exceeds your knowledge. Why does our knowledge exceed your knowledge? Because we are not hindered by the physical.

You have designated fantastic names for where we live such as the Universe, the Hereafter, or the spheres. We reside here and we enjoy our existence. We try to make your life more pleasant and that is why we come. Everyday we speak and each time we speak of something different because we are attuned to you not being so confined ourselves. We can see through matter and we can observe your inner condition, your emotions, your past and your present. But the future? You make this for yourself, therefore never be dependant on a third party. Say to yourself: “I am a free man; I create my

own future going in the direction of my choosing. I may enjoy if I want to, I may learn, I may study and I may radiate my wisdom.” Automatically you radiate what you are. If you are a wise person, you radiate wisdom. “I am allowed to radiate my happiness, I may connect and I may disconnect. I am free in everything there is.”

But why then do you all walk about with such excess baggage on your shoulders if you are such free creatures? Why do we still witness sadness when you can let sadness go? Why are you afraid of the Afterlife when you can explore and can confirm its validity? Suppose that you seek an instrument that possesses the gift of communication with the other world and a deceased comes through and he speaks to you via the instrument. Have you knowledge at that moment or not? You have a little seed. The knowledge is watered because at that moment you feel something. You say, “This is supernatural, the instrument cannot know this.” How can a deceased speak if he has never known the instrument? At that moment you have been given a little seed, and this seed we name a belief. You put trust in that little seed and you as a physical person and as a good student shall feed that little seed on a daily basis. Each day you will feed yourself in the belief. You feed yourself and you nourish yourself and your trust increases in strength. All of a sudden you receive experience after experience and quite suddenly you say to yourself: “It is not only a belief, it is a certainty. I feel in my inner being that there’s more, despite my eyes not seeing as I am blind and despite my ears not hearing as I am deaf, my feeling knows it.

And if you come across someone that tries to reverse your belief with ridicule such as: “Have you gone completely crazy, how on earth you can know that? You are still alive aren’t you?” Then you reply, “I have fed my faith. I have done research and put my trust into it as my feeling had told me to do so.” Because if I would say to you: “Do you know that you are alive?” What would you say to us? “Yes, I am a person that is alive.” But there are so many people that are not alive. Have you ever considered this? There are many living dead in your midst. Those are the people that truly see themselves as temporary. These people are alive, their hearts beat, they still breathe, their eyes are alive, they carry out their daily duties, but they do not feed themselves spiritually. That is why we give them the name ‘living dead.’

And why? Simple. If you go over to the spheres and you have no need to breathe, you have no need of your heart, then you are dead aren't you? Does it mean that when you are dead and you to come to us, that you are actually alive? Of course you are alive, but you are not conscious of your life here with us, so you arrive at the sphere where you will feel at home. We know it; we realize that there are many people whose spirituality is dormant. Naturally you exist because you are energy. Naturally you will end up here with us, but you will not find yourself with those that have been busy on a daily basis with their own spirituality. It is simple, think about it. If you do your exercises every day, you are breathing in and breathing out, relaxing, you will rise up, won't you? You will change, won't you? If you compare yourself to perhaps twenty years ago, you are actually a different person through all the wisdom that you've accumulated, aren't you? True or false? We do not want to preach, we want to converse. It is not our intention to preach, we are not a church. We are masters and masters are enthusiastic to tell their stories. We wait for the students.

In the Hereafter there is also an earthly sphere. This sphere is the same as you have here on Earth. The people live there in the same manner in which you live here. Thus, the people are the living dead.

Gentleman in the room:

Is that the same as a lost soul?

Isaak:

No, No. It is alright for them there. They are alive, aren't they? In their world, and you can rise again. Is your question concerning a dead soul or do you mean someone who is lost?

Gentleman in the hall:

Yes, still intertwined in the body.

Isaak:

You have those too. They refuse to go further and cling on tightly to the Earth. They do not go over to what we term the earthly sphere, but they

cling to material things. It is possible they are in these surroundings right now and they feel fine here. There are many that go drinking in the pubs, so watch out in your local! They are still thirsty. They have had a difficult life and therefore have not been able to say farewell to the physical and they have made the decision to stay. But luckily they will not stay forever because just like we talk to you now, we also speak to them. But a connection must always be created and this we term a 'love-connection', so the moment that I connect with you I am able to capture your energy and I know who you are. Then I can observe you, something which you are unable to do yet as you are still alive. But suppose that you have died, then you could perceive me, but then I would have to connect myself with your inner state. So when I sit here, I have to lower myself to your energy. We do this happily because we do not leave any spirit behind. But the person must really want this himself. The person must have the realization that it can not go on like this. It is the same as with here, you must also realize: "I have done it. I have done everything that my heart desired, I have learned, I have studied, I have conducted investigations in the material sense, but still I seek something." And that is your spirituality. You look for your inner self, your spiritual self. This pleases us because as soon as you start to research, automatically you receive masters on your pathway. It can be that you find yourself in a spiritual club and gain a little experience, or that you find yourself in a church and gain your experience there but you have made the decision to change, spiritually. We are delighted about this and to us there is no difference whatsoever, we love everybody from the bottom 'class' up to the top 'class'.

When you have a feeling that you could connect with a person who has reached a lower standard than yourself, you could say, "Shall I teach you? Shall I pass on to you some wisdom?" Maybe you should try this and feel what this exercise does for you. So be a teacher. Never attempt to do it for them, just make an offering. Many people do not want to do this, many people are passive. They lie down and say, "Energize me for awhile," and they close off their energy streams and say, "I do not feel anything." Of course they do not, you only feel if you open yourself. Suppose that a deceased person were to whisper in your ear: "I am still alive, I am still

alive!” You hear a voice, so you must acknowledge, “I heard a voice.” Do not think about it. Say: “That was a voice.” That is a certainty. It is all so fragile, because you are made of such coarse material and we are of such fine material; we are so different. My name is Isaak and for many years I lived among you. In the year 1230 I lived as you live. In that time I was an Indian and so was my instrument. We were good friends with a strong bond. I made the decision not to return to the Earth after my death in that last life because I did not want to. I did not want to be here, I wanted to learn further in the spheres, and I have accomplished this. I have sunk to the lowest of the spheres and I have risen to the highest of the spheres. I have carried out my investigations; I have studied the human, mentally, physically and studied his psyche. We have lived here in spirit in order to appreciate your needs, how you ‘tick’, what your laws are so that we can legally advise you, should the need arise.

Thus, we know a great deal, but why do I speak in the plural if my name is Isaak? It is because we work in the collective with you and not only as one person. Naturally I have my individualism; I have my instrument. I work via my instrument, but I tap into the collective the moment my wisdom is inadequate. Notwithstanding the fact that I have studied for so many years, I also am confronted with surprises as you are also evolving. So I tap into the collective so I can deliver my story and convey my messages. This takes place during the clairvoyant evenings that are given all over the country and we convince the people through the physical. If you see this, the form in which I am speaking to you, then it is for you a credibility that still has to sink in; is it really so? Our instrument would have to be extremely intelligent to do this each day in a different way with another story. We can inform you that our instrument had no official schooling as we do not want her to be fed in an earthly way, as we require that she be nourished by us. We have developed her ourselves and it took many years - please work it out for yourselves. Now you live in 2004, and prior to all these years I studied. My instrument was to be born; therefore we had to say our farewells. She still has this knowledge - she still knows me from back then when we were good friends. Good friends are very precious. It is not a ‘love story’ as is much suggested, or my partner from another life. No, this is a friendship, a friendship through

thick and thin. Our instrument was born with the veil of forgetfulness, just like all of you. That is painful because at that time you hear everything, you see everything, you know everything, you smell everything and you feel everything. You feel the impacts of the powers that be, but you fail to understand what it is. How terrified can a person become? How frightened would you be? Can you possibly imagine how that feels? To feel someone without knowing who he is, because you have been born with the veil of forgetfulness.

Everything has to grow, also our love-bond had to grow in an earthly way; spiritually it had existed for a long time, but in an earthly way she had to love me again and it had to be re-established in an earthly way. She no longer knew me in the earthly way, and oh, oh, oh, we have seen many a tear and many a hardship. All the emotions that you are familiar with, she had to discover. Let us hear them. What emotions does man have? Many, aren't there? She was born in a house of discontent.

She was born in a religious house with a catholic belief. Her father was so dominant and succeeded in breaking much within the family. She felt the dominance, she knew it and she recognized him from her previous life, but she did not know why she was so afraid of him. When she was small, a baby in the cradle, already she was frightened. In her life she has been hit, misused and raped, to name but a few misfortunes.

She has broken many hearts, many hearts indeed and many hearts allow themselves be broken, as you do this to yourself, and also her own heart's been broken many a time. She had to let all of this go and this eventually happened. Her purity, how she spiritually was, we never ever allowed to break. All the human limitations that come when you live a life of discontent, we allowed to take place as she must recognize these emotions. When she is busy with you she has to be familiar with what you feel and if that was not already in her system, how could she find the right words to talk to you? Can you follow this? If she were not to know what fear is, how could she form the right words? If she didn't know how it feels to be misused, how could she connect with you? That is why she had to experience all these things and eventually we showed ourselves to her; we woke her up again and then we

healed her. So since it has turned out well for our instrument, it will certainly turn out well for you too.

Lady in the room:

Do you also have friends?

Isaak:

We have lots of friends.

Lady in the room:

Do you have the same kind of friendships in the spheres like we people on Earth have?

Isaak:

We have love, dear child, we have love. We connect in the name of love and we disconnect in the name of love. We part again because there is a law and the law is: 'Parting is and shall remain advancement'. Were I to connect and have no desire to disconnect then I shouldn't be able to carry out my earthly activities, as we meet so many wonderful spirits. You too must learn this and that is why our first book is titled: "Look at it, Feel it and Let it go." Look at your life, look at every situation, feel your life each day anew and let it go again the moment that you feel you should release it. When you have achieved this then you will rise above your own limitations and you will gain insight and enlightenment.

Lady in the room:

How is it possible that you speak our language?

Isaak:

We use the instrument's thoughts. Please understand that we know every language, but it is purely telepathy we use with our instrument. When I connect to you in your mind and not via the instrument, I pick up your thoughts in any language. The medium is like a piano, the word says it all and I have to 'ping' the instrument before a sound can be emitted. So, alas, she can not start talking in Chinese now even I was able to speak the language.

That can not happen. Can you follow this? Compare it to voltage, a plug of 220 volt. You can not get higher than this, can you? We are also dependent on the medium, just like the medium is dependent on us. Everyday the medium has to be purified. Everyday the medium has to take care that her human limitations do not influence us. Suppose that she does not personally like you, she must still be open for us and allow me to do my work.

Lady in the room:

Shall there ever come a day when you would like a new reincarnation and be born again on the planet Earth?

Isaak:

No.

Lady in the room:

Have you never had a moment whereby you think, "It might be rather nice to be here again?"

Isaak:

I am here everyday. I am here everyday. Do you consider planet Earth to be such a pleasant place?

Lady in the room:

It is a pleasant place this evening.

Isaak:

It is tonight because we are spiritual. But go though a shopping center and look at people's faces. Do you think that it is a pleasant place? Come and take a look where we are and then you will understand me.

Lady in the room:

How do all of you cope with people that have robbed themselves of their lives?

Isaak sighs:

That is a very good question, my dear lady. We never make the person pay the penalty, we do not do that. The person has to forgive himself. You always go over with the feelings that you possess at the time. Always. If you have robbed yourself of your life, then your feelings are not the nicest, and you will go to a low place. Because your feelings are dark, you fall into the darkness. It does not mean that you have to stay there, but you are in the darkness. You are fetched automatically as everyone that dies is known to us. There are two cases of death that are not written in your Book of Life, and they are suicide and murder. Nevertheless it is known to us as we can feel it coming. You are fetched and you are given guidance in the sense that room is created within your spirituality so you won't be so lonely anymore, or frightened, or depressed or alone. We work on the person and although the person cannot yet see or feel us, we work in a positive manner because we are love. Thus he gains spiritual strength again, and when it penetrates he stands up straight again and suddenly he opens his eyes and asks: "Where have I landed?" And then the ones that have waited for him come, his loved ones and his family members. The reunions will always take place, but the person must be ready to connect - we have plenty of time. It can also be that the person quite quickly goes to the higher spheres, but it can also be that it takes a long time, it actually depends on the individual. Now you are here, and we are speaking to you, that is one thing, but whether you are able to accept it, is another. Also here in the spheres you have people who are non-believers. There are still people here with us that are not aware that they are dead, however through our positive influence a light will go on. But I do not want to scare you because every one of you here is conscious, otherwise you wouldn't be here attending this gathering. You need not feel threatened by this. Naturally he or she wants to do well. They regret their action, let me assure you. They are sorry since they are required to feel how they have affected the ones they left behind, and how it is for them now. Suppose that you are someone's child; how will your mother feel after your death? It is not that we make him pay the penalty, but he needs to grow, so he must be prepared to look, feel and let it go again. He must. But trust that we always offer the exact requirement, never too much and never too little. We have heard it is said that he must return again and immediately he must do his

whole life over. No, you have a free will and you may come back, but you do not have to come back.

Lady in the room:

Isaak, there are so many philosophies about euthanasia at the moment. There are people that say when someone is incurably ill and in unbearable suffering, then it is okay for him to receive the injection causing a premature death that otherwise wouldn't have taken place. It has been voiced that this is wrong. The church carries the opinion that it is wrong stipulating that it is taking a human life. You must live your God-given life until your last day. If a doctor has intervened and a premature end is the consequence, then it is murder and eventually the time missed must be fulfilled on Earth another time.

Isaak:

Dear child, we look at every situation individually. We know that when you are fighting unbearable pain it is possible that it can belong to your learning process, that during your process of departing you can experience many things that you take with you to the spheres. We have discussed this topic in our first book. We know that if a person makes a conscious decision and asks for euthanasia as he can not take it any longer, then yes, he leaves prematurely; he is not finishing only a small piece of his life. At times like these we say that we are full of understanding; he is not committing suicide, no. Is another committing a murder? No. The person is aware and has consciously made the decision to go; only he goes earlier. Of course he will now not experience that last little bit and he might not get a chance to experience that last little bit of life for a long time. Going over is quite wonderful and he has deprived himself of that last piece. You must see it as such: you are sitting in the classroom and you leave ten minutes too early; you then have a ten minutes loss.

You might be sorry thinking that you should have stayed. Alternatively you could say that you couldn't stand it any longer. You have to look at and study each soul individually. We know that a long death-bed is the best kind because it provides sufficient time for farewells. You have enough time to talk. Let's put it like this: you can put all your business affairs in order – as

long as your mental abilities are still intact that is – and you can arrange everything to your satisfaction and you can give your funeral the finesse you desire. You can do everything you personally want to do with your remaining time. You can say goodbye with dignity. You have the chance to break through your fears and you can say, “I shall rise above the fears, I can do this.” It is just as though you go through a certain vibration and you say: “No, I believe, I trust, I believe, I trust and I will experience this. Why would I choose to do this unconsciously when I can now do it consciously? I can do this.” But we have an understanding of everything, this is how we are, and I hope that you all have this too. Now my question: Knowing that I am treading on thin ice, I ask, do you think that there are priests within the church that are masters like Sathya Sai Baba?

Reaction in the room:

No of course not, they are not masters.

Isaak:

No, they are not masters, they are preachers. They are teaching things coming from the material. They have studied the books; they have the churches, the Vatican ... Of course, we have nothing against the church, certainly not, but we can explain everything in detail. Thus, you have people that have years of experience in the church and have done good work and we recognize this. But if someone in the church says: “You must not do this, you must not do that, not this way or that way - are you God then?”

Lady in the room:

These people think so.

Isaak:

That’s a good one! Yes, these people think so, but you may never influence anyone. We may not influence you, we may speak to you and you are at liberty to do with it as you wish. But if you are a priest who conducts house visits on a daily basis saying: “Out with that bloody television, that is not allowed,” adding they may not do this or that - from then onwards that

person would be living according to the priest's values. No, you have received a free will from God, I assume? So you may lead your own life.

Gentleman in the room:

Isaak what is your explanation when a minister or a priest teaches one to live in fear, the fear and reprisal of a revengeful God?

Isaak:

We prefer these gatherings because you give each other the freedom of speech, do not you? We are happy about this. I shall answer your question. It is ignorance. Out of ignorance because if you go over and take a peek behind the veil and see us, we would say to you: "Come on in." We greet people respectfully, we greet everyone because everyone is loved and we ask: "What have you done?" The priest immediately goes into defense mode to which we repeat, "We have only asked you what you have done." The priest replies: "I have done good work. I have instructed humanity on how to cope with fear. I have influenced them because I really do not want mankind to go to hell." I, Isaak, reveal that there is no hell. But he says: "You have sinned, so you go straight to hell." Such talk begins to scare the people, the television is hidden away in the cupboard, they make babies and more babies and the free will is sacrificed. So we say, "Sir, why have you preached that?" His reply is: "Isn't that what you wished? You wanted us to save the people from hell?" So we respond, "Come with me, take my hand and we will take a walk in the spheres... Show me where hell is then?" He will look about and say: "Oops, there's only light, just glory, but the Bible lectures about hell." Yes, your own hell. You make your own hell, also on Earth, so when you die and go to the lower sphere as we have just explained, then that is your hell, but you are not doomed. We will take you with us.

Gentleman in the room:

So there are people that come to the spheres with guilty feelings?

Isaak:

That is right. You mean the preachers, yes; they will feel the pain because they get to see every situation.

Lady in the room:

Does that mean that they are confronted with everyone they have intimidated?

Isaak:

You get to see your life's book, in small amounts that is, because if you read a book in one session you won't understand it all, so one page at a time is best.

Gentleman in the room:

I have just received a message via automatic writing from a family member who has been over for awhile. He wrote in big letters 'I AM FREE'. I understand that now he has insight.

Isaak:

We are very happy about this. Of course the deceased want contact with you; and they do everything they possibly can in order to come into contact with you. You have no idea how many people come and ask us: "May we speak at last?" But our instrument is also limited due to having a physical body. Everything has a specific time. If someone has not come through for years and now suddenly he does, he has been given the green light and has had permission. He must also be ready to come because at the time he connects to you he must be strong enough to 'take your hand'. He must bring a strong positive influence, so this is something to be happy about.

Catholicism. Our medium was also raised in the church. Our medium has given mass in the church, helped in the church and has truly sampled it - and there were reasons. It was not for nothing that she was born into a very strict family. But nevertheless, despite her age, she felt within herself that it was not true, "What he says is not true." She loved Jesus from the start. She always looked up to Jesus; she adored him and prayed daily to him: "Forgive me my words and my deeds. Forgive me my thoughts and make me as white as snow." Touching, isn't it, to hear of such a thing from such a small child? These were always her words, her prayers because she knew within herself that it was not the truth. And she was to be proven right. How? Because the

priest could not keep his hands to himself. Is that pure? Is it innocence when someone purposefully touches your knee? It depends on the inner condition of the person doing it. If you do this to a child with only love in your heart for the child, then it's pure. The moment when physicality is involved, then it's no longer pure, is it? She felt it too, she always felt the impurity. You all have these feelings and this is why we are sharing this with you. You can also feel when something is pure or not, and that's why we tell you to listen to your feeling. Don't start thinking about it because it's not something tangible. You can not define the feeling properly. If you receive a vision, you see an image and it just happens to you. So you begin to look for an explanation, seeking the correct words and then it becomes impure again. But in your heart you feel exactly what the vision means. If you walk over to someone and look into his eyes and the person smiles at you, at once you feel whether this person laughs or cries. Everything is feeling, but develop your antenna, your intuition.

Free your energy channels and radiate your auras outwardly to each other and let's boost the glory in here. If there's one person sitting here not in the glory then everybody will feel this. The person will create a disturbing factor, doing nothing, saying nothing, but the atmosphere surrounding him will be felt. Let us the Ohm sound.

We all start to make the Ohm sound.

It feels good. It is a wonderful, pure sound. Why the Ohm sound? The Ohm is the all encompassing sound. How can it be that one word is all encompassing? Purely because of the collective consciousness. A lot of people – especially in countries like India – have put plenty of positivity in this sound, and when you use this sound, the positivity here in our midst will expand. Do you find it hard to meditate? Have you got difficulties with relaxation? Sit down and say: “At this moment my neighbors do not interest me and I am going to sound the Ohm note.” You do not have to do it for a long time, certainly not the whole day, but it is wonderful to do it. Who felt a tiny sprinkling of joy in their hearts during the singing just now?

The audience confirms.

Isaak:

You do not feel it? Then you must do it a bit longer. It has to do with submission as when you do the Ohm sound with a tiny weenie little voice just with your vocal cords, then it does not vibrate, does it? You must allow the sound to grow up from your belly. But okay, maybe this is above your grasp. "What am I doing here trying out a noise such as the Ohm sound among these strangers?" Do not think, just do. And this is just what we want to bring across, listen to your feeling and release you feeling. Your intellect limits you because this (the head) thinks, and this (the stomach) feels. This must be here and that must be there, thus we turn it around.

Gentleman in the room:

Think what you feel, and feel what you think.

Isaak:

That is food for thought. We have placed feelings here because if you place feeling in your head, your thought will leave. Just put them next to your feeling, very simple. Everything is simple. People say: "Oh, I thought that it was much more complicated." But we say: "It is so simple."

Lady in the room:

You spoke just now about a Book of life, what do you mean by this?

Isaak:

You get to see your Book of Life, my dear, one at a time. So when you have departed from this life to come to us in the spheres, when you are ready we let you see a few pages which you may read and feel and then let go. Then you turn over to the next page and continue until you have read the whole book. Then you come before the masters with your book and you bow your head and you say: "I understand it; I feel it here. I wish to write 'this, this and this' in the following book. Please will you assist me with this as these are the things I want to learn. I want to experience this; I want to return to the Earth. I ask that you guide me in a new life when I have reincarnated." The

book is kept in sacredness. You have placed indicators in your book, timetables and schedules of things that you are eager to learn, and the helpers have made an appointment with you: “Go child and we will keep an eye on you and we will influence you in your feeling and we will create circumstances with everything that is due to you.” We will bring the circumstances together and you will have masters along the way that give a little push so that you will live to experience what has been written in your book. At that time you have paid off good karma and bad karma. You also have good karma in your book. For example when you meet up again with a person who was so special in another life, they will give you good karma. So it is not all bad. But why are we telling you this? It has to do with guidance because there is always guidance, there is no coincidence. The masters here above, the helpers, the guides or your deceased look into your book and say, “Oh, she still has to learn that,” and in this way they try and help you.

Gentleman in the room:

Why is it so that dramatic occurrences often take place in relationships between soul mates?

Isaak:

It is because you are the best teachers for each other and having this strong bond with each other, the energy is highly intense so feelings can be hurt.

If you have a neighbor who no longer greets you, he will not be hurting you. But you are here to learn and you had made the appointment ‘up there’ – because ‘up there’ you will meet again, if possible – to have a bit of fun ‘down here.’ You decided to play mother and father, so still in the spheres you choose how your life would be here, but your own play is created entirely by you. But because you now own this body and not that previous body, you no longer know of your written commitments. So you clash with each other and your soul mate breaks your heart, but later in the spheres you laugh and say: “That went according to plan; it’s written exactly that way in the book!” Coincidence does not exist. Look, if your life was nothing but wonderful, then you might just as well have stayed in the spheres.

Lady in the room:

What is the point of all the drama?

Isaak:

The drama? It is not a drama. We double up laughing watching you. Your problem is so small and it grows to be so big – within one day. The ego. “He’s hurt me.” Has he hurt you? Has he hurt your soul? No, your soul is energy. Your spirit is in your body. Your spirit will know the answer later when you have left your body. But he has given you human pain, yes; he has pained your ego. That is why we advise: “Raise yourself above your own limits. So you say: “Okay, so if I am so believing,” like we discussed at the beginning of this reading, “I can trust that it’s going to be alright as when I left the spheres I had said, “Thank you master, see you when I get back, thank you so much.” Say that with a sigh of relief, then you won’t need to cry anymore.

Gentleman in the room:

Isaak, if I have understood correctly, does it mean that here on Earth we don’t have a free will, but that the appointments with yourselves or your soul mates prevail over your free will?

Isaak:

Oh dear sir, dear sir. Oh, this hurts my ears because everything revolves around your free will. It saddens us so much when we witness someone else trying to take hold of your free will. Up here you determine your future, yes. You say what you want to learn and how you want your life to be on Earth. But when you are here on Earth and you say, “I don’t want to do that, I’m human now and I only want to argue and kill people.” And, “I don’t want to feel that, I don’t want to look at that, I don’t want to feel in general, I don’t want to learn these lessons,” then no-one up here shall say, “You must ...”

Gentleman in the room:

No, then my question has been answered, thank you.

Lady in the room:

May I just ask one more question on this subject? Suppose that you've made an appointment in the astral world that you definitely want to clear up something while on Earth, but you don't want to do it anymore when you are here on Earth. Haven't you broken a sort of contract with yourself and others with whom you had the agreement?

Isaak:

You feel it, yes. Somewhere inside you do not feel comfortable. You feel it and suddenly as you develop yourself you can not feel human any longer. At that moment you say, "OK, I understand it and I thank God." And if you can do this, you have risen up. "I thank God for His wisdom." Just like our instrument says, "I am happy that I have experienced all the misery because it's made me into what I am now. So I thank God."

Lady in the room:

Does a child who dies young choose that for himself?

Isaak:

It is painful to have to say, but the answer is a 'yes', because you are not the child that you were in the cradle. You are a spirit that has been a person with other lives, other lives, other lives and you had said: "I want to go back just for awhile."

Maybe with the intention of giving your mother a present at that moment, or an awakening or maybe you were providing karma. Maybe the child desired to feel for a little while the wonders of being in the womb. Maybe the child wanted to grow up in the spheres having first begun on Earth, and then wanted to continue here with us. The children's sphere is also a school, isn't it? You are cherished there and you receive so much unconditional love, maybe in other lives you had not come across such love, and because you have been returned you receive here what you would not have received on Earth. But for the people you leave behind, it is painful, distressingly painful.

Gentleman in the room:

Do you learn that you may not actually possess something?

Isaak:

Yes, but it is painful because you see the lovely small baby, you smell the baby, you have carried the baby and it has looked into your eyes and suddenly it's gone. You must say farewell and farewell is and will remain progress. But know that the child is alright and that he shall perhaps appear in your dreams or maybe when he is old enough, he will come via a medium to speak to you. The child will make himself known, but you have to be open to receive.

Lady in the room:

I have heard that birth is also very painful for the child itself.

Isaak:

Yes, it is physically painful to be born. If you go into regression therapy, you are taken back in time, back into the womb and you can have the experience you felt at the time of your birth. You will feel suffocated because when you are in the birth passage you feel literally that you are being squashed. That is why a baby often doesn't look so good when it comes out. It is painful, yes, but it is only temporary.

Ladies and gentlemen, we thank you for your attention.

Reading held in Roosendaal on 20th September, 2004.

Ladies and Gentlemen, we are happy that there are so many of you present this evening. It is not easy to believe. Suppose that someone were to tell you that there are people that can speak to the dead, then there would be many earthly people who would attach no belief to this whatsoever. We know this and we have absolutely no problems with it at all. And why is this? We are not here to convince the people of the earth of life after death. We have come to help the earth people. As soon as you as an earthly person are open to us, then we can do something for you. The moment that you as an earthly person are not open to us, we are powerless in the same way you are powerless to other people if your advice is not taken in good grace. Always have patience, at first with yourself but also with others. If you have no patience with yourself, then you cannot display patience to another. You have come to this gathering tonight because you wanted to hear a master speak. That was your own free will, so open up yourselves for the messages that we will bring this evening.

Who am I? My name is Isaak. Naturally you are still hearing the vocal cords of the instrument Tresi Barros as she is an instrument. Since the year 1230 I no longer possess a body, but I am pleased to say I do have the use of an instrument. You are familiar with how this material works, aren't you? You are students, I assume? Obviously it makes it easier for us. If you do not know what a student is, then you will not know what a master is either. So often we hear the physical human saying: "Why may I not have a master on my path?" We always reply to such a question: "Why are you not a good student?" Everyone needs helpers and everyone has helpers, this is something you need to be convinced of. When we begin to converse with you, we speak to your feeling. Maybe you are clairvoyant. In that case you just 'know' certain things, and that also comes from us. Perhaps you are clairvoyant with the ability to smell, or see - there are so many forms of mediumship. Never compare yourself to another if you possess a gift. Be proud of that gift but take care that gift remains pure because the moment you develop an ego, ladies and gentlemen, and you think too much, you no

longer have a gift but only thoughts. Submitting fully to the unknown is a necessity and trusting in what you feel. Suppose that you instinctively received the message to be present here tonight, but nevertheless you had made the decision not to come, then you would have missed the gathering. Thus, the decision is the deciding factor. When you decide to develop spiritually you go on a course and you seek a master who is your superior in knowledge to you as a person. Then you have an earthly teacher to guide you for awhile. We are not earthly teachers, we are spiritual masters and we always guide you with love and patience. Those who wish to progress with their spirituality must stop smoking. We enjoy seeing the immediate effect of rejection this suggestion has on the people!

Laughter.

Isaak continues:

It is really true, because when you want to be pure it is important thus to retain the purity in your body. You do agree with this, don't you? Smoking shuts off your chakras and causes disturbances in all of them and in your energy field. You have an energy field which we call an aura and you have seven chakras, calculated from your seat upwards to your crown. When you inhale smoke it contaminates and spreads to everything. It can be compared to a chimney - and a chimney is dirty. The consequence is that you need to do your utmost in order to hear and feel because you become muddled up. Consider the mimics of the people that smoke, ladies and gentlemen, because we have not come here to preach, but to trigger you to investigate. Watch people who smoke. This is your solar plexus and if you smoke and then touch your solar plexus, crossing your arms, you are creating a posture that is cramped, aren't you? And you are closed. Open yourself, examine yourself everyday and try to stop smoking. (Isaak laughs and says :) We just love advising this because we know you won't do it! But if you have enough love for yourself you would immediately stop - today, since you know that it is not good for you. We are now talking about spirituality; we are not talking about physical complaints because at this moment they are of no importance. It has to do with the fact that you are students and your desire

to grow in your own spirituality. Develop yourselves and stay pure. Open yourselves up to the Hereafter, the Divine, and let the positive energy – which is always blue – enter you and stream through you as this is how to purify yourself. Do it daily. Breathe in and breathe out and relax. Be happy that you have decided to take on a study concerning your spirituality because that is why you came here.

You are not present for the fun of it, but for your growth. I went over a long time ago, and I had my schooling in the spheres. I did not want to come back to Earth because my work on Earth was completed, physically that is, not spiritually.

I developed myself in the spheres but I shall not reveal the level of my sphere as it is of no importance. It is not essential to know which sphere your guide is from. Why would you want to know? It would only promote uncalled for comparisons. Suppose that you visit a medium and her guide resides on the 7th sphere, the highest of the spheres, and someone else declares that their guide is on the 5th sphere. Then the 5th sphere could be considered inferior. That is why we never disclose the level of the sphere we come from – it is irrelevant. It depends entirely on your openness to us, and what we can do for you.

What can we do for you this evening? What assortment of questions have you assembled? How can we help you in your spiritual development, or in the study you have followed up until now?

Gentleman in the room:

I think you know this better than us.

Isaak:

Sir, are you a feeling person or a thinking person?

Gentleman in the room:

A feeling person.

Isaak:

Then please connect with my feeling. We have come here to converse with you and the best teacher waits for the student's answer, or the student's question. He guides the question and he corrects the answer, but he does not do it for you. Can you all follow this? Imagine that there is a child standing before you asking a question. At such a moment it is advisable to have a counter-question ready for the child: "What do you think, little one?" And if the child replies with: "It feels okay to me," then you can correct the child if necessary. But if the child retorts: "I don't care, you decide what I should do," you could reply with: "What do you want me to do then?" If the child waits passively, no interplay can take place with him at that moment. We are really into it, and we have only just begun, haven't we Elise?

I am curious to know if up until now, you have learnt from this lady who is our hostess? She has invited us here tonight and has also been your teacher, I assume?

Murmurs of approval are heard from the public.

Isaak:

She has shown you the way in a nice manner, but she has never done things for you, I assume? You have two different types of person and that is the reason why I just asked you that question, Sir. You have a feeling person and a thinking person. What is the mind? The mind is something earthly and naturally you need it otherwise you would wander about losing sight of reality. You have feeling people and they are the people that do not contemplate but do exactly what their feeling tells them. Is there here among us a feeling person that never questions his feeling, but just goes ahead anyway?

Gentleman in the room:

Well, yes, but there are situations in which both the mind and feeling are required.

Isaak:

Indeed, you are alive, aren't you? Yes, but a feeling is always correct and the moment that you cease to think, you cease to doubt. Is it your feeling that you start doubting? Or is it your mind that you start doubting?

Gentleman in the room:

That's why most of the time a first impression is the best one.

Isaak:

Yes, indeed. If you look someone in the eye, here in this room, you can immediately feel intuitively how the person is put together. Immediately. You can feel whether the person is a feeling person or a thinking person. You can instantly see whether a person is a chatter-box or not – straight away. Observe the energy, the radiance. We know of people that go to a course given the name: "Aura readings." And so we ask, "Can you see auras? No? How can you read them if you can not see them?"

Laughter erupts in the room.

Isaak:

You can feel auras, but you can not read them - you feel them as you are standing open to the other person and you feel his energy and determine whether the energy matches with yours. It can be that instinctively you feel uncomfortable with that person and have an inclination to look away. Your feeling is telling you that he or she is not good for you, that they do not match with you. It can be that someone wants to dominate you so badly that he literally shoves his story in your face. And you lap it up.

We laugh.

Isaak:

Or you can say: "No thank you very much, I don't swallow that. I'm busy everyday feeding myself with my own spirituality or my own life's lessons." So never let yourself be influenced by another. There are always people that think they know better.

Gentleman in the room:

Often you are in a situation and you both know equally.

Isaak:

Indeed, but there are always people that know better, and at such a time look at that person with a pleasant expression on your face and say, “Do you know that perhaps due to the vast knowledge you have obtained from the book, or do you really feel it that like that?” One’s feelings are always right. Tonight we are concentrating on giving lessons because from today onwards we want to encourage you to use your feeling and less of your mind. When you speak, everything has been quickly assembled in your mind and it is transferred to your feeling. You can let it stay there, or immediately you can say, “Yes, that is right.” The faster you talk, the more correct it will be because you do not have time to think about it.

Gentleman in the room:

Isaak, if for instance someone has hurt you and you ‘scan’ the situation inside yourself but you are unbalanced emotionally, your mind takes over, doesn’t it?

Isaak:

No, dear man, that is not true. If you adopt an attitude of: “I will review my situation, I will look at the situation that was so painful for me and feel it and then I will let it go,” then you will feel reborn. Everyday you can begin anew. Thus you must let go of the past, and everyone has a past – you are not a newborn baby. You have lived for some time on Earth but that does not mean that you have to carry the past along with you. You must let go of every situation that is laden or overloaded with pain, emotion or sadness. The word ‘emotion’ applies to numerous conditions; it can be that you are uncertain as to what you feel. It can be that you were emotional and express your sadness. It can also be that you feel disappointment coming out of these emotions. It can also be you get happiness out of your emotions. So you must always inspect yourself, feel and then let it go. Begin everyday anew is our message. “Yes,” you agree, “I do that already, but ...” “No, no ‘but’.” The other person that is within you is a new person, with new energy. Give

this person 100% energy. And do not say, “I am really here, and I do believe you, but...” No ‘if’s and ‘but’s’- send them away. We always say: “Do not create a scenario beforehand, wait and see.” When a person really is not good for you, you will find out soon enough. If you are intuitive then you will know that he is not speaking the truth or you will feel that he offers you something undesirable and impure. You feel it and it has to do with development.

The further you have developed, the sharper you become. We understand that life is not easy, we know this, but we know that it is worthwhile to live and not just to survive. Life is to be lived.

“Today is a new day and today, I shall begin anew. If I walk over to a person and embrace him it is because I want to and not because of the fear that I might get a slap in the face or because of the fact he has slapped me in the face in the past.” Every person must learn to appreciate that everyday is a new day and everything is interacted.

Is there a person in your life that just will not get on with you? Send the person away then! Is there a person in your life that gets on just fine with you and does not sap your energy, but gives you energy? Then we say that this is great. It just feels good. Do not fail to remember that you still have karma. You also still have to finish your lessons here on Earth. You carry baggage, and the same applies to when you are here above. Before you are re-born you have a selection of good and bad karma packed in your case.

Gentleman in the room:

What is the difference between good and bad karma?

Isaak:

Good karma - well everyone has at one time or another experienced someone just turning up and giving you just what you need. He is providing good karma. Maybe he’s rectifying something and even if it is a meeting lasting one day, it can be enough. Perhaps you did him a good turn in a previous life, or maybe you can pay him back in a following life. Nothing is coincidental, even if it seems that way at the time. If only you knew how much preparation work we carry out for such an evening as this, you would

truly understand our saying that there is no coincidence. Not only is my presence here a fact, but what about your deceased family members? It is not true that your deceased are amongst you every day.

Just to give an example - suppose that you immigrate to a land far away and are still emotionally bonded to the children you have left behind; then you long to see them or hear something from them. So at such a moment you pick up the phone and successfully connect yourselves to them. It works in exactly the same way here, precisely the same; a connection is made between you and the other person. But if you are not a receptive person you will not possess the right 'link' a medium has been gifted with. But they can be present, purely because it pleases them to be in your presence. They can not influence you in any way perhaps but they can look at you and give you a hug. You will not feel it, but it is enough for them because they are love and they love you still if you had a love-bond with them. It is not so that if you have never had a love-bond with someone while on Earth that you automatically have one here in the Cosmos. That is simply not true. If you have never invested energy in a relationship, then there is no relationship to acknowledge, is there? What we do witness is their trying to create a connection by working on you in a positive sense, repeatedly manipulating your feeling. We call it 'sending you loving thoughts,' so that you keep on thinking about the person causing you to reconsider, "I really don't know anymore, maybe I'm not thinking such bad thoughts about my father or mother anymore. I'm actually beginning to feel how he was and to understand his actions." Then you might say, "I don't blame him for anything anymore," and you can forgive. So they have positively influenced you from above because they wish to see you again and be reconciled, and this is the reason for their positive influence, but first having gained permission from the higher powers. They always need a permit just like we have for this evening. There are many students on the other side that want to be here purely because they wish to study you. It makes no difference who the medium is, when a clairvoyant evening is planned, preparations have long been in the making so that the deceased are notified and can be present. They must be prepared for this evening on how to speak to the medium as she is just an instrument, and it is not easy to talk via her as her thoughts

must remain switched off. This is a 'must' and if she can not do this then the result is a jam comparable with the crackle a radio can emit. At such a time we pull ourselves back and then the medium must do the same. It all starts with the word 'belief.' Purely with belief. Some people do not believe and others think, "Well I don't know yet." People who are undecided, are the ones we look for.

Lady in the room:

Such a person wouldn't be here.

Isaak:

No, no, we are not talking about this evening. We mean about belief. Do you believe that you live after death? If you say, "I don't believe it," then you are closed to us and we leave you to believe in whatever you please. If you reply, "I don't know, I feel a question mark, I'm undecided," then you are open to us. A question mark shows your inner curiosity leading to an evening such as this, and you conduct an investigation. The one that wishes to research and finds the right gatherings, comes into contact with the truth, and then belief transforms into certainty, doesn't it, madam? A long time ago you didn't have the belief that you have now, did you? And because you met someone who did have this belief, now you also have the belief, don't you?

Lady in the room:

Yes, that's true.

Isaak:

Due to the fact that a teacher came on your path, you have the faith. She has just joined us in the meantime and is giving you greetings!

Lady in the room:

Is she with you?

Isaak:

Naturally. She says this is her gathering!

The room is filled with noisy laughter and comments such as: “Oh, that’s nice, typical Ina, typical Ina.”

Lady in the room:

She’s still regarding this as ‘her gathering’?

Isaak:

Yes, it’s just that you have pinched her place; but that is okay with her.

Lady in the room:

Ha! The sofa.

Isaak:

She knows, she knows, but you may sit there, you are very welcome to it. But we must not allow her take over, as you know she would love to do that, but now she may just observe in silence.

There’s more laughter in the room, it appears that many people know Ina.

Isaak:

She is now silent and observing. She is happy to see you all again because she remembers you. Okay, we must go further. Who is already busy with intuition, energizing or one of the other such wonderful things? Who has opened himself for such, or has followed a course or is intending to? The moment you make the decision to energize or take a course on intuition, you are actually one step further. You are not there for a long time yet because intuition is something that you need to practice your whole life through; so a course of ten days does not work.

Laughter sounds in the room.

Lady in the room:

We’ve been attending this course for the past five years and we don’t intend to stop.

Isaak:

I am pleased to hear it. It is just like the churchgoers, isn't it - all like minded people? The moment you are in need of bread, you go to the baker. When you are busy with spiritually then you go to an evening like this evening or arrange such an evening. But understand that the organizing of such an evening is never easy because there are so many things to take into consideration. It is not easy because there must be enough clientele and people must open themselves enough to the Afterlife without too much thought. We are talking about intuition and not about thought. If you wish to do a course in thinking then you can take all the time in the world fathoming out sums from a book. Think about it, how does $1 + 1$ add up? Simple. But how our world works, that is not simple. Our world is a complicated world as there are rules in-between the rules. It all concerns tuning in, everything is tuned. When you have only developed yourself to a low standard then you can only comprehend on that level; when you have achieved a higher development then you have raised your level of understanding. Your consciousness is therefore much higher than someone's of a lower standard.

But do realize that you are no 'better' than someone of a lower standard; everyone is the same, it is just that one is more aware and further than another. The 'Afterlife,' it's a nice word, isn't it? Are there other worlds besides ours?

Gentleman in the room:

I should think so.

Isaak: (*nodding towards the audience.*)

Yes, your world, dear child. Your world, your world, your world and your world. We are not discussing other planets at the moment, but little worlds. Everything has its own world, don't you agree? You live in your own world. It is just wonderful to have your own little world, because if you do not have an own world, then you are lost.

Gentleman in the room:

Do you mean the perception of our own environment?

Isaak:

Yes, and we also live in our own worlds. You have chosen a good word sir, environment. We also experience everything from our world, from our feeling, like the way in which we bond. Do you understand what we wish to bring across? The comparison, our world is here, your world is here. What must we do to perceive your world?

Lady in the room:

Reduce it to our level?

Isaak:

Exactly. We need to connect so we must lower ourselves to your world as we cannot invite you to come up to ours. It is impossible except if you could leave your body and you would come to us consciously, but you would need to be a very strong medium for this to happen. So we connect ourselves with your world and at that moment we are in your world. So if you sit in front of a medium and she is connecting to your world, she recognizes your world precisely and at that moment can enter your world as if it is her own. Can you follow that? She goes into another's world and automatically she leaves her own world; she has moved in and knows exactly the person's character and exactly who the person is. Eventually she will have seen and felt enough and so she pulls out and then there are two worlds again. We move daily to another's world. We read you, we feel you, but there has always got to be a connection – without it no matchup is possible, there must always be a connection.

When you come into contact with someone who has distanced himself from you – one can be distanced emotionally too – and this person mentally denies you admittance into his world, then you must think, “Ok, then I will not come.” Never try to force yourself into another's world, we call that a violation. The other person does not want to be involved with you and an interaction always involves two people, always. Connect and disconnect with yourself. Connect and disconnect with yourself. Connect and disconnect with yourself. But when you have disconnected then do not worry about what this person will do with the information because you have given it

unselfishly. The person has said, “Yes” and you have done your work, and you pull back. But suppose that you are lying in bed staring at the ceiling saying things like, “I can’t let go, and I’m so troubled because of it.” “Why does she behave like this?” “Oh, how awful for her,” then it leads to feeling pity for someone and we are not in favour of that. You must also disconnect. Connect and disconnect. It is also the same as the title of our first book: “Look at it, feel it and let it go.” Look at the world, feel the world and wave it away. All of you would find that very difficult, wouldn’t you?

Murmurs of agreement from the public.

Isaak:

The first two are nice. The first two ‘look at the world’ and ‘feel the world’ are nice, because it is nice to venture into someone else’s world; that is also why you watch the television so much. You really get absorbed in what you are watching and it is great, and then the TV is switched off, and, “Oh, back to reality!” It was so nice just now, especially when you watched a love story. Letting go is so important. It is so important to be able to let go as without the process of letting go, you can’t go further, ever. When you are small, you let go. It began when you were small and from now until you go over and come back to us, then again you will have to let go. We are not talking about the letting go of just one year; maybe you need to let go of 85 years. So practice daily letting things go, because parting is, and remains progress. Practice letting go, because if you already have trouble with one story, asking yourself: “Why does she always do that, oh why?” or “How can I help her?” If you have troubles coping with such things now, how much will you be troubled then when you die? This means that if you go over and you have become incorporeal, and he or she is still corporeal, already your lives are not running parallel because you are no longer connected. Unless you are so strongly bonded together and have a gift; but let us put this consideration aside. Let us just sketch a normal situation. You have become incorporeal and you have left someone behind and you view from the spheres how much pain and sadness the person has. How bad do you anticipate you will feel then? Very bad. You would find it dreadful and it would hinder your progression with your new existence. Here the people also come to us with

similar long faces saying: "Please will you help us?" Then we reply with: "What do you want brothers?" They reply with: "My mother/child on earth has lost the will to live; she is so miserable and can not let me go. I still feel her pulling me back and her powers are still playing a part in my new existence." That is why we have these gatherings. We bring the person, he has the opportunity to speak, and what does he say? "Let me go." Possibly these are the first words he says and it shocks you, so you snap, "Yes, but I am only doing that because I love you." No, that is not love, love is letting them go. Can you all follow us? Love is letting go. We shall make a comparison with children as that is always the best example. If a child says a casual "So long" after 18 years of you giving him so much, you might immediately spring up and say: "No, don't leave me alone, stay here!" What sort of ballast are you giving the child to take with him? The child will not be able to progress because unconsciously the situation will play on his mind. The child will become home-sick and will still sense that his mother is miserable, and any happy moments will be replaced with guilt because he is aware his mother is not having such a nice time. So the moment your child leaves home say: "Off you go!" together with a smile made of love, knowing that if you have been a good parent, the connection will always stay intact. The child will return home when it pleases him or her, and not because he feels he has to.

The same applies in the Hereafter, people will return because it pleases him or her to do so, and not because it is a must. Now we are talking about the Earth, but it can also be reversed, can't it, like when someone does not want to go over; when someone does not want to let go of you. Suppose that you have been inseparable for forty years - you are 'father' and 'mother' and have been through so much together, and then suddenly one of you dies. The other stays behind, but the person that has gone does not accept that he has gone and says, "No, I do not agree with this!" So the person remains hanging around on the earthly sphere, this sphere. They stay and they are alright here. The mother says, "Wow, I have felt father", "The lights flickered", "I felt a caress", "I had a dream", "I felt a presence in the house when I came in", "I have the feeling that I'm not alone." When you hear such things you know it is really true that she felt the other person. And why

does she perceive him? Purely because there is a love-bond - a strong love-bond. So everyone at some time can become clairvoyant, knowing and feeling or such-like, but it does not make them a medium. Maybe this very day you will get to see a vision and your reaction will be: "Yes, I've had a vision. God has heard my prayers." It can be that someone 'above' gave you a vision, but you cannot claim mediumship because of it.

You are always dependant on them. A medium, an instrument is always dependant on them. A medium can't call the gift to himself, it is something that comes to you as a gift. So when you find yourself being one of these lucky people, you can be very thankful. Who has had a similar experience?

There are murmurs of agreement in the room:

Isaak:

Have you any idea how much energy it costs a person who is here above to carry out these things? It costs so much energy because they have to focus all their energy on that one gesture, on that single caress and to the connection in your feeling chakra so that you can feel it and know it. It is not easy for them up there to come through to a normal earthly person. No. But when you are an instrument it is so much easier for them, because they just have to speak and the instrument hears them, like the instrument hears you, like I hear you now because I am really here. Then there are no communication barriers. Do you understand that? Only if you are corporal and the other is incorporeal, a barrier exists.

I hear all of you because there is an instrument present that has these sensors. How does someone come to have these sensors and how come that another does not have them? Do you know the answer? It is a deviation they have since their birth.

We laugh

Lady in the room:

How do you find out whether or not you have them?

Isaak:

You just know. From the first day of your life, you know. Our instrument can remember that she lay in bed, in the cradle in the hospital. How can she still remember that? How still can she know this? When you are so oversensitive then the veil of oblivion becomes thinner and thinner.

We are so enjoying these conversations here tonight as you are all so attentive. We like prickling people in the hope of their opening up even more. The veil of oblivion, do you know what that is? Everybody is born with the veil of oblivion so you do not know what you have been in a previous life anymore. You are ignorant of how it is here with us, in spite of you actually being here once, as you have had so many lives. You are born with the veil oblivion of, as we call it. But when you are so very sensitive, this veil is fragile and may not be entirely closed, because the person, must be able to return to simplicity – back to the basics like she was here with us, so that she can look and still know how it is here. So she will still know in her inner self, in her subconscious if need be, how it is here, as she still has the memories from a number of other lives and also the memories of me. But when you are a child, it is not an easy undertaking to know this because as a child you do not know what knowledge you possess. This is a very complicated matter to explain properly. You are aware that something is the matter, but you can't put a finger on it. But you know that you are a medium and you know that you are different from the rest. You can read people and you feel people so strongly, and at first you assume that everyone else has these abilities, but soon enough you find out that this is not so. And then follows the developing of your gift. This development is the hardest part because you must conquer all your own physical limitations. First of all you have to go through many varying experiences otherwise you would not be in a position to do this work. But you have to let things go, thus everything that you have experienced, you must be able to let go of. If you do not do this, then you would mix up your life experiences with another's and you would be creating a projection. Suppose that you would only had nasty husbands and someone with relationship problems comes along and you say, "The bastard, kick him out" - well that is not how a medium should react, is it? No, you must not give it your own interpretation, or your own opinion. My

instrument must just listen to me. I am the one that knows, and not the instrument. The instrument is purely the translator; she is just the person with the voice, just a physical human with a body.

Lady in the room:

Can one medium feel whether another person is a good medium even if they are themselves unaware of their ability?

Isaak:

Let me put it this way: the medium can do nothing, only I can. When we observe that it is a medium that is in the presence of our instrument and we can see that this person has a gift, then naturally we will illuminate it. We will also spotlight it and ring the bells for them as we are pleased that there are other instruments and we are happy to work with other mediums.

Gentleman in the room:

Aren't there a lot of unqualified mediums?

Isaak with a sigh:

Yes, we also ask this question, so I must consider how best to answer it. Let me put it this way – many people have no idea that they are deceivers. Many people think that they are feeling things, so they are using their feeling capabilities with good intention. They think they can feel something so they carry on chattering and the other person thinks: “Umm, I don't know, I can't place it at the moment but maybe it will come to me later.” So the so-called medium is creating a situation whereby her client becomes dependant on her. We shall explain how you can tell a good medium from a bad one. Every medium, every instrument always works from the past to the present to the future. Every instrument tells you who you are, speaks of your feelings and of your character. Every instrument is prepared to give evidence and you as a person or layman must ask for evidence. This means that although you are open, you are asking for evidence. Imagine that you visit a medium and are eager to know more and open to whatever comes, then you should say, “Ok, let's see what happens.” Suppose you come with a problem concerning your life, the medium should not start talking about a bicycle. No, she will be

talking about the problem in your life because your thoughts have long reached us, even before your contact with the medium. So we begin by laying your problem on the table in prelude to actually giving advice as to how you can best solve the problem. This is how we work, starting at the core of the situation. You ask for evidence, yet when you attend a concert and someone says that he can sing, are you not asking for proof? He begins to sing and at that moment you listen to hear if it sounds nice. So if someone declares that he can sing well without giving any proof, you just haven't got the right person in front of you. Do not forget that there are many levels of capability. Maybe someone lays cards, so at that time he is a card-layer. Or for example it can be that someone can play beautiful music, or has a wonderful talent for painting - these people are also instruments. Surgeons can be instruments too, perhaps it is without their knowledge, but they do exist. So instruments come in many forms but you must never compare them to each other. One person goes to the dentist, the other to the hairdresser and another goes to the baker. Every person is unique. What are your needs? Which instrument suits your personal needs? Suppose that you attend a flower séance, well this is on an entirely different level from which we work, but we would never say, "This person is on this or that level," we never compare. Where do you find what is of importance to you? Always ask for evidence. But yes, we have been talking a great deal about intuition and feeling, and this ladies and gentlemen, is something you can feel except if you reflect on it for too long.

A lengthy silence follows.

Isaak:

We think it is time to let ourselves feel. Everyone close your eyes please, and say: "I am just going to feel, just feel." You say: "I am going to switch off my thoughts and I am just going to feel." Repeat these thoughts until you really believe that you are only feeling. Then you ask the heavens if they will somehow give proof of what you long for. You breathe in and out and you say: "I am letting go of my thoughts and I am pure feeling." Your feelings are most precious to you and your feelings provide peace, and when you are peaceful you let your feeling take form. You breathe out again and you open

your eyes and look at each other. Maybe because a person has been silent for ten seconds he can feel differently towards you than previously. And maybe you feel differently towards him too. Perhaps you feel nicer. Our feelings are always wonderful. When we energize a person they feel the peace returning and they see colours such as blue, a wonderful energy. Maybe they feel drowsy, happier or more emotional – that is the way of the Cosmos. When the Cosmos is working with you, you will always feel something, and if you feel nothing at all, then it is not due to the Cosmos, because the Cosmos hears every prayer. Every prayer. A prayer is just asking, asking for help - “Please help me out of this trouble; I don’t know what I’m doing anymore.”

Then suddenly you feel the Cosmos telling you what to do, and at such a moment you should immediately find a pen and paper and follow the offered advice. It could come in a dream. Yes, perhaps in a dream. You have three sorts of dreams – the fantasy dream, a prophecy dream and an unconscious dream, this being a dream that coincides with your unconsciousness. If you are afraid of losing someone, then you will continually dream that you are losing someone. It becomes your fear, but it will not necessarily come true. Or possibly you receive a prophecy dream from the Hereafter from someone that is dear to you. Write it down and feel it within yourself because you alone are your real teacher, the only one. They ‘up there’ are happy to help you.

So this manner of casual sitting in togetherness in complete relaxation is comfortable. So take care that you allow yourself time for relaxation - actually meditation is a ‘must’. It is just like you brush your teeth in the morning or you wash yourself, because if you do not wash, I can assure you that by the end of the day you will not feel very nice. You would feel dirty. When you take time for yourself, even ten minutes per day to bring yourself to rest during submission and meditation, it will benefit you the whole day long. The same applies to washing; ten minutes of ablutions will profit you throughout the whole day.

So you have two sorts of cleansing. The first being spiritual cleansing which is meditation, the submission – the breathing out and letting go. The second

washing or cleaning is the physical kind. It is the same with eating. You physically feed yourself because you have to in order to live; eating and drinking are necessities. But also feed yourself spiritually because that must not be allowed to die. Your body dies when it does not receive nutrition and your spirit dies if you continuously neglect it. See to it that you have two counterparts because you are double and not single, consisting of two components, body and spirit. You have seven chakras, seven important chakras. You have an aura and you have an Afterlife. You have deceased who live here with us and you have people surrounding you from which it is possible to receive friendship. Maybe this is a short friendship or maybe a long one. Everything is one. There is no beginning and there is no end, so why is it that you all think that you do not have sufficient time? Take the time. Meditate. There is no beginning; there is no end, so make time for the ten minutes. But indeed this is also what we term dedication, isn't it? You must dedicate the time for daily exercise to yourself. You think, "No, I can't do that, buddy!" This is the sort of reply we often get. He says, "I'm always busy." Get up ten minutes earlier. Take the time. Everything is possible if you wish it to be. But you must wish it to be, because when you say, "I can't do it", then you do not want to. If you desire to change, you can change. If you desire to let go, you can let go. Do you want to enjoy things? Then you can enjoy things. Would you like to be more playful? Then you can be more playful. Do you wish to be a child again? Then be a child again. Do you want to be old? You can be. When you are here with us you become young in spirit, but we observe so many physical people that are old in their behaviour. They 'play' at being mother and father in such a serious way thinking that being mama and papa is such a serious business. To be papa and mama is wonderful, but it does not have to be taken so seriously because children are anything but serious – so be like your child. Of course you must guide him, of course you must prepare him for the big wide world, naturally, but can this not be achieved in a playful manner? You can produce a child that is flexible through your own flexibility. When you say to your child, "Oh dear, you must be so very careful when you leave home and face the world," then the child will not dare to go out of the door. Or if you say things like, "Oh no, you can't do that," or "You will never be able to do that" or, "That profession is way above your head," then the child will not attempt it. Or

maybe your child is rebellious and he goes ahead and does it anyway and then says, “I’ll show them!” just to rub their noses in it. This does depend on the nature of the child. Take care that your life is a pleasant one. Why not? This person that you are now, you are just one time. You will come back, but in another form. Maybe then you are a man, or then a woman, it does not matter. This life is important. So often we hear people asking what they were in a previous life. Then we look and see if it is relevant – have they got blockages? Should they know about these? Is it important for them to know of them? If we see that this life is truly a unique life, quite aside from their previous life, then we refrain from answering the question. We advise not to re-enter that life through regression therapy as you are actually reopening doors, and there are enough doors in one life to deal with. One life at a time is more than enough to handle, and enough to let go of, let alone if you would know what you were in a previous life too. Live for today. Take this advice very seriously. Meditate, practice meditating with your spirit. Everyone is capable of this and there are two sorts of exercises. There are active exercises involving movement, as so many people cannot sit still because their minds are busy creating their own world. So you could actively meditate. Tai-Chi is one of these forms, and you have alternative eastern meditation techniques - yoga is also very good. Another possibility of meditation is to breathe in and breathe out in time to the four points of the compass.

Suddenly your mind will relax and you will be on the winning side. It is not so that your mind has to dominate; your feeling has to be the winner. Naturally you are of two components. We always say, use your mind, but do not become your mind.

Lady in the room:

Are feeling and fantasy closely related?

Isaak:

Feeling and fantasy are not closely related, dear lady. We do not think they are at all similar. Fantasy lies in your head. Feeling is something pure. Do you all know what feeling is? You do, don’t you? A feeling is a feeling. It sounds so simple, doesn’t it? A feeling is the purest. You return home and you feel

that your child is sad. You have not even seen him yet, but nevertheless you go upstairs and notice that the child is sad. That was your feeling, that does not apply when you fantasize does it? But we do understand your question. Often people think, “Yes, it is my fantasy talking to me and not my feeling.” No, then it is your mind that is speaking to you and perhaps making it more interesting in your fantasy and naturally so because you have so many wonderful scenario’s. Here in your head that it is just like a computer. Press that key, bingo, you get this, press that key, hey, you get that, but feelings and fantasy are miles apart. We are not in agreement that your feeling is necessarily your fantasy. Acknowledge that your feeling is right, always. But it can be that your feeling is so underdeveloped that you do not really know what it is as you have never truly explored it.

Your feeling lies here, in the abdomen. Breathe quickly and deeply and you will pump life into your feeling – you will begin to shake a little, you will start to lose control and next your feelings will come to the surface. We do this during the ‘trance journeys’ in our workshops. Then we encourage the people to return to simplicity and if you have a barrier left over from your childhood, the calling of ‘papa’ and ‘mama’ will invoke an emotional experience causing tears to flow and lonely feelings or sadness will be aroused. But when we call papa or mama and the children have enjoyed a happy childhood, no sadness will surface, only happiness. Therefore we cannot manipulate the feeling, only activate it. So if you are a happy person we cannot talk you into grief, simply because it is not there in you. Only that which belongs to your feeling can we bring to the surface, and we will do this so that you may look at everything, feel it and let it go again.

Why have we made the decision to write a book considering the number of books already written? It is because we know that there are so very many people that shall come into contact with our instrument, and so very many people are eager to listen to me as this book contains my truths and not truths coming from a physical human being. There are a multitude of books that have been written by people from their own experiences or motivations, assuming that they have something to say, utilizing their so-called knowledge. But when reading such a book you must also be able to feel it intuitively and consider whether or not it feels right to you. If it does not, put

it aside. But there are also plenty of books, such as the books written by Mulder-Schalekamp; I suggest you read them; they are good books. Emed, like I am Isaak. Or the books from Jozef Rulof; these are the titles of the better ones, read them. They are complicated and difficult to digest though, heavy stuff, whereas our books are easy to read because we have taken into consideration the capabilities of the normal person as not everyone is a genius!

Isaak with a grin:
Are you enjoying yourself Elise?

I answer back with a grin and nod in agreement.

Isaak:
Perhaps the hostess would still like to test us out?

Hostess:
I've already received an answer to my question.

Isaak:
Great, but what was the answer, dear lady?

Hostess:
The answer is that there are plenty of entities that can jam the instrument, but also people who wish to bother the medium or have her trip up, simply out of jealousy or ignorance.

Isaak:
Oh, dear child, no one bothers us. Are you referring to our instrument? No one bothers our instrument, and shall I tell you why? I remove them. We are able to feed our instrument with any emotion, and we can also expel any emotion. Naturally such people try to influence someone that has a long career, in a negative manner. So quite unexpectedly they try and make our instrument stumble, but our instrument will not fall.

Hostess:

Well no, perhaps she will not fall, but they'll hinder her.

Isaak:

Yes, but hindering is nearly the same as letting one fall, and no, that does not occur. Why not? Once you studied what went on in one of our meetings, didn't you? You have seen for yourself that we can influence our instrument to feel any emotion and that she can imitate anyone, displaying their emotions. We can put anything at all in her and take it all out of her again. As with exorcisms. Our instrument has healed many people already that were burdened with black magic, and that is the greatest influence that anyone can experience – the influence of the evil spirits. They are also present in the Afterlife.

Nevertheless we do put these dark spirits into the instrument as she has the openness to receive them. If you are possessed, we put them into the instrument, but we extract them again, so she need not fear them. Our instrument has already helped many people and for many years to come she shall continue offering this help. So this is not something we are afraid of. But indeed there are people that are jealous and there are people that really do not believe and do not want to, even if God Himself were to stand before them. We know this too, and this type of person we leave alone, we do not connect with them. Do you understand this? For if we would, we would be trying to change something that is impossible to change. So we say that we will leave them to their own little world and increase the medium's energy field preventing the entrance of their influence. Isn't that so Elise?

Again, I nod in agreement.

Isaak:

This child has also experienced how it is to be negatively influenced, not by human behaviour but by the spirits here, because she is also an instrument. But she is no longer an instrument that we can use because she has been damaged, but she also was a much loved instrument. And what has caused her to fall in the meantime? It was because the negative entities 'up there' did

not permit her mediumship, and when these negative entities deny it, the positive spirits cannot descend. First of all the vibration must be so high that we are able to connect, and the person has to become much stronger. Every potential instrument must undergo an ordeal, actually come through the blackness, and one succeeds where another does not. But that does not matter, she has put that aside and she prayed to God, "Please give me something that can be just as important to me." Now she has been given that, don't you agree?

Elise smiles from ear to ear and replies:
Absolutely!

Isaak:

So she is now an instrument, via the instrument. She cannot hear us, but she hears us through earthly ears because she is prepared to listen and to feel and study. She has to do all this with two feet firmly on the ground because she also has to investigate. That always remains a fact, you must always continue with your search. You do not believe it? Then research; we do our best.

Lady in the room:

Elise asked for something that was just as important, but isn't everything important?

Isaak:

She meant personally for herself, she desired something that would be just as important to her. Now you project your own situation to her but everyone has created their own world - haven't we just explained? She wanted something just as important, important to her. She had sampled the glory, so to speak, a tiny weenie bit, and she wanted something to fill its place. That is permissible, you may long for something. You may long for something. Of course everything is important, but yes but if you have the choice between a plate of porridge and a plate of spaghetti, you are at liberty to choose, or not? It does not actually mean that you have to take both. You may be choosy, right? But people do not believe us if we tell them this. But if you pray and you ask God for help, then you are asking because you want to? We do so

enjoy humor and rather like being amusing, so I propose that you think about asking for a dress and God gives you trousers. Your response would be: “Hey, I didn’t ask for trousers, I asked for a dress.” It is alright to be fussy, of course, because then you remain stable with your two feet on the ground. But this does not mean that you can take everything for granted; keep your eyes wide open. Suppose that you have a partner and you are in need of his embrace, but your partner says, “No, I don’t want to cuddle you!” Your reaction could be one of acceptance, but no, if you really need that cuddle, you ask, “Why won’t you cuddle me? Don’t you like me anymore or something? Don’t I feel good to you anymore?” You can ask this, can’t you, and the people do not understand that we talk with such simplicity. You may long for something; you may truly long for something. It states so in the Bible. Jesus, the Master, said in the past, “Ask and ye shall receive,” didn’t he? Hasn’t anyone in this room read the Bible?

We laugh about this and one lady joked that she hasn’t read the Bible but knows what’s in it.

Isaak:

You may ask, that is our message, you may ask and now seriously, you may. If you do not ask for something specific, then anything is welcome, isn’t it? You may ask to be helped. You may go along to someone and say, “I am asking that you listen to me for a moment.” You may, and if the response is: “I don’t want to,” Ok, but you would have tried and then at least your throat chakra stays pure. Otherwise you will just bottle it up and in turn, it will hurt you because then you will not dare to talk. You may ask. Who in the audience does pray?

A show of hands.

Isaak:

We are happy about that because if you ask, your prayers come directly to us, to your helpers or to those that are connected to you. It is not true that I, Isaak, am connected to everyone.

Lady in the room:

It is not so that at a certain time in your life you will find some negativity coming your way? Is it arranged from above that you get your fair share of negative doses to deal with?

Isaak:

Yes, absolutely. If you read the pages of the instrument's biography, you will see what sort of hell she had to contend with in the first 28 years of her existence. And then you will wonder: "Have things changed for the better now for Tres?" Naturally it is alright for her now as I have never let her out of my sight. Never. But first she had to feel; she had to know what it is like to feel pain and misery, previous to being able to empathize. If our instrument had been born out of a good nest then she would never have known how it is to feel neglected, or to feel the whip, so to speak, so how could she empathize with another man's misery? You must be able to empathize, but the moment you can let go at the end of the ride, only then you are restored. Of course you grow, but you must let go of the past and be able to chat about it as if it concerned someone else, as though it has nothing to do with you, as you have forgiven everyone that has hurt you. It is the same if you have had a nasty youth, yet can say, "I still love my father and mother just because they are my parents. Naturally I would have preferred to have had it different when I was small, but with my increased knowledge, it's Ok - I accept it." Acceptance is of great importance. The accepting. Accept yourself - all of you. If you do not accept yourself, then you have nothing; isn't this so? So if you look back at your past with loathing, then you are not in the present, are you? Elise, do you perhaps have another burning question?

Elise:

Yes, because I still have a question that I meant to ask last time. In the previous reading the subject matter was about children that die young, and that it was the child's choice. But what I would like to know is whether it is an agreement made with the mother and father when up above? The loss of a child causes such incredible sadness, so have the parents consciously chosen to go through that misery?

Isaak:

Phew. It all depends... It can be that there was an interaction, it could very well be – every situation is different. It can be either. It can be that while still in the spheres the child chose for a mother that she had nothing to do with in another life. It can be that a whole new circumstance now exists and that the child chooses to be with you for the first time, and thinks, “I only want to be on Earth for awhile and then I want to return.” It can also be perhaps that in previous lives you have known each other and had another kind of relationship and had met up again in the spheres. If you have met in a previous life, you will see each other again here as it all has to do with tuning in, and with feeling that pulls you together again. If you have seen each other in your lives, then it is possible to see each other again in spirit, and then you say, “Ok, what are you going to write in your next book and what shall I write in my next book?” Then you could meet each other again for a short period of time. It could well be like this, so it could be seen as a ‘yes’ but there are always difficult issues with children that die prematurely.

Elise:

Yes, it is a delicate subject.

Isaak:

Now we are going to wind up the evening and we are going back to the first trance form as the medium’s vibration is fading. We thank you all.

The Reading held in Doetinchem on 10th October, 2004

Know, dear people that you as human beings determine in every way how your life shall be and you may be just as you wish to be. But also realize that we cannot help any physical human that does not wish to be helped. First think about what it is you wish for, as so often we witness that the physical human does not know what it is that he wants. He is searching and he keeps on getting lost in himself. Feel yourself in every situation, go inside yourself and say, "I desire to make contact with my inner self as I want to know who I am." As soon as you know who you are then you can show your true self to others. Although we are no longer alive, we are still here and we know precisely who we are. We work with an instrument and you have seen this instrument in her physical form, just as you are seeing her now. But, still it is me talking to you, and my name is Isaak.

When the instrument relaxes her spirit then we can gain entrance, but when she is tense she cannot switch off her thoughts, so then it is impossible for us to speak via her thoughts, her vocal cords and through her persona. We draw from her life's energy because we are spiritual and no longer have physicality. You are physical but you are often wandering about without feeling yourself and you question just what you are doing here on Mother Earth. Mother Earth is your planet, the planet that you choose for your reincarnation. You came here to grow and to experience the growing process in the evolution. Knowing this is good news because then you will realize that you must accept it. First accept your own limitations and then the limitations of others, and accept the Earth, which is your school. Suppose that you return to us now and once again are a spirit, then you would understand and you would appreciate why you reincarnated. You would get to see your Book of Life and then you would say, "Now I understand." At this stage there is often regret and you would think, "If only I had done it differently!" And that is understandable. But now, at this moment, you have all the time in the world, and as long as you are alive you can begin each day anew. Make a decision. Always begin with a decision, because without it nothing at all will happen. This morning you made the decision to attend this

show - that was a decision. You were open for the experiences that you would encounter and this too was a decision. Everything starts with a decision and if no decision is made then many experiences will pass you by. That is not living, but do not live your life through a mind that is limited instead of utilizing your spirit. We advise you to do it differently, allow your spirit to thrive and put reasoning to one side. Don't be your reasoning, be your feelings because then you will see you can lean backwards and say, "I am! I know why I am and I feel why I am. Now I can accept easier the wisdom in my life. Now I can feel the wisdom in my life more acutely. Now I can radiate to my fellow physical human beings and say, "Look at my radiance. I came to Earth because I choose this for myself and I am no longer a victim. I am a living spirit in a physical body." It is good news to be experiencing this, and good news if you are feeling it to be as such and it is good news if you emanate this to others. So look at the person next to you and ask, "Are you a living-dead person or are you a living spirit?" The person will probably reply, "What do you mean?" To which you reply, "Are you feeling the way you should feel, or are you afraid of yourself?" The person might retort with, "I have no idea what you mean!" Your reply should be, "What about doing some research? Return to the simplicity within yourself and carry out meditation exercises or yoga or other spiritual exercises so that you will come into contact with your spirituality." If you are spiritual and your body is only your vehicle; it means that you are not your vehicle. So do not just feed your vehicle, but feed yourself spiritually. Do the exercises, feed yourself and when necessary apply the laying on of hands to your own body. Do not forget that you are spiritual because of where you come from and it is within you, so you must let it flow through you. The healing powers can flow from your hands onto any painful places. If you have any places that are painful in your physical body, then energize them. Why would you be afraid to try this? When you get results it can only be considered as something positive. Never presume, but wait for the outcome. We know that many people do not believe, and we realize that even if God were to stand in front of them, they would still question: "Who are you?" Even knowing this, we accept it and we would never influence the physical human by ordering him to do our will. No everything is done in the name of love. We offer and you may choose what you do with it, and if you choose nothing at all, that's your

free will and we bow down in respect. Have respect for your fellow man and have respect for yourself. It is very simple.

Why have we written a book? Naturally we have written this book because it was asked for. Everyday our instrument walks upon Mother Earth and everyday she is working with the physical man.

We have the chance to speak to many people and these people take home so much wisdom, but they are nevertheless limited and much of it is forgotten.

When they have the advantage of seeing the words in print, they can repeatedly re-acquaint themselves with the text and each time feel and understand the meaning of the words again. These words are our truths and Elise Schuitenmaker, who is seated next to me, carried out a conversation with a spirit and has worked on all the cassettes that were recorded. We needed two instruments, the physical instrument that utilizes her speaking voice and the other that is literally committed to writing everything down. By choosing the word 'literally' we mean that every word that is written, is my word and to which I sign my name. Many of you have already read the book, and many such as yourself perhaps, intend to. When you read it, open yourself up for our wisdom because it is so much greater than yours as we are living here in spirit. So we know what the spheres look like. We know the laws. We know the laws because we live with them. In the same manner you know the rules of your house; thus you know. Be open for what you will read and feel it in your heart, as everything is energy. If you hear nice words today, it will feel good, and if you hear unkind words, then you will not feel so comfortable, so feel in your heart the impact the words have on you. Look into the book, "Look at it, Feel it and Let it go" and feel its contents and share with us what it makes you feel. When you have a good feeling about the book, do not deny it, but say to yourself: "It is not a coincidence that I have found this book and have chosen to read it, because coincidence does not exist. It really is not a twist of fate.

Now dear people, may we hear your questions please?

Lady in the room:

I would very much like to know from which light dimension you are speaking to us, and if you belong to a brother-ship?

Isaak:

We are all One. Look at the Universe, the Universe is love, all encompassing and God is love and we are all One. We always speak in the plural form. My name is Isaak and I hardly ever speak as an individual; we speak in the plural and we are all brothers and sisters to each other, in a manner of speaking. We are all One, you are me and I am you.

As to my dimension? If you know that you can reincarnate on Earth up to a particular rank, then you will also know that only from this rank can you grow further in the spheres. Since the year 1230, I have not been alive and co-inhabiting with you, but for many years I had to study and learn how the human was put together, from the lowest order to the highest order, for which I got permission to enter, because certain doors here are also sealed off to spiritual people. In the levels you develop further with your master and when you have a master that is superior to you, he will lift you up and instruct you so you can climb higher on the ladder of evolution. I never disclose my rank, (notice my use of the single form,) because the moment I were to reveal my rank, it would be encourage comparisons. We do not do this, we do not compare, we believe in equality. Suppose that you have a medium that works in the lower order, it is of no importance to us, because if the medium is pure, then the messages are also pure. Obviously the further a person is with the evolution process, the more wisdom he will have and knowledge of the physical spirit, the physical human and about your laws. He knows more and this is entirely due to his study. We never reveal our rank, but nonetheless you could work out which rank I am not, because otherwise I would still be alive and among you all:

Gentleman in the room:

Please could you tell something about the reasons for such stride between religions in the world at the moment?

Isaak:

There always has been, dear child, there always has been. If you go back in time you will see that there have always been wars. Jesus did not die on the cross in vain – in those times men also didn't believe in what he proclaimed. He proclaimed just the one belief and that was the belief of love. He was pure love and the humans crucified him.

Why are there so many religious strides at this moment in time? Because now you are alive and now you can experience it too since it is so close to home. And it will still continue for a long time; more wars shall come, but the Earth will not be destroyed as your Earth is your school. If the Earth were to be destroyed, how could you reincarnate?

Not returning to Earth has long been my decision, but you along with many others shall come back. If your school has been destroyed, then you will not be able to return and your evolution process will be interrupted. Why is it that a faith can lead to destruction? If you know that love is God, why do you destruct? Why? Thus, try to let the love in you rule, let your love flow and be your God, the best God that you can be for yourself and for others. And if you do that, and the next person, and the next, then suddenly there will be peace. It is a fact that man is steadily becoming more conscious, so there is more consciousness transpiring here on Earth and less of you are going over in the animal-like manifestation. The animal-like form has to do with destruction. If you are spiritual and you are love, you are God and you can no longer cause pain. Make it your concern to be a link in the whole evolution process and to radiate what you are capable of radiating, and give what you can give in the spiritual sense and also in love, and you will be rewarded in return. Then you have created a positive world and if others do the same, then suddenly there will only be glory– quite suddenly just love and glory. This is what we strive for, but we are dependent on you. Imagine that you have a helper or guide who influences you positively, telling how to do this or that for the best – he is still dependent on you. You have to do it for him, you have to speak and take action. He can instruct you, but you must listen. Listening is not one of the human's better qualities, as so many people listen with their minds and not with their hearts. So they know

precisely what they should do, but they do not do it out of fear. They are afraid of prejudgment or ashamed of their self-created limitations, or perhaps they experienced domination in their youth and now they play out the role of victim. We say to you, “Be yourself in completeness. Be yourself and rejoice that you can do that. Do not be afraid of giving yourself. Why? Why should you be afraid of giving yourself? If our instrument were to be afraid of giving herself, there would be absolutely no conversations taking place here. When you meet her personally then you will understand that she could never in a month of Sundays possess all this wisdom.

Gentleman in the room:

Could you give me your point of view on the saying that ‘over a thousand times a thousand years there shall be peace’, and how shall this come to be?

Isaak:

This lies in the creation process. How shall it be realized? Never with passivity. Action! So the moment you say, and you, and you and you and you, and all of you say, “We are going to create,” then from that day onwards you will be creating a better world. In actuality, you have a saying here on Earth, ‘The world starts with you’ and this is true. If you look in the mirror today and you state, “I am only going to create positivity in myself,” automatically the energy surrounding you will change. Your aura, which is your surrounding energy, will expand, as will your radiation. The saying in your question is not applicable, dear child. Why not? Because there are so many people saying all sorts of things, whereas we just feel and we follow our feelings. We advise you to follow this saying and substantiate it.

Lady in the room:

Must you look for it within yourself, or in others?

Isaak:

It is indeed so, dear child, that you always need other people in your life to be able to ‘be’, as you are not a soul that can exist alone on Mother Earth. You need each other. But nevertheless you must be complete within yourself having peace and inner rest and when you have attained this, you will radiate

it. Every person that enters your life is an addition and will bring you something. We see plenty of the opposite happening. Many people are so dependent on another for their existence that if that fails and they have to rely on themselves, they have nothing as they haven't built up anything. They have hitched a lift with somebody else, on another blissful person, but if this disintegrates they only have themselves to fall back on so a depression sets in, or there is turmoil in their lives or they just cannot cope.

If you are well balanced, you radiate splendour and strength, and you are radiating what you are and what you radiate, you attract to yourself. You will become more particular and will discontinue attracting certain people to yourself that you used to, as you will not want this sort of person in your life, knowing they will destroy you. Your intuition will become sharper and your knowledge will increase as your sense of feeling is stimulated.

Knowledge is all encompassing and if you know who you are, you will also know what isn't good for you. So we advise every person not to depend on another, but do not become a hermit either. Do not go and lock yourself up, but take care that you do not need anybody. People are ignorant, but the ignorant do not have to remain ignorant. There are many people that have differing beliefs, but if you have enough respect for each other then you declare, "I do not believe in your religion as it does not feel right to me, so I cannot relate to it instinctively." But also add, "It is your belief and I appreciate and respect that you have a belief and shan't try and change it," then you are a good human being. When the time has arrived that such a thing is possible then wars shall be over. It is the same with children, the same with your partner, and with both your father and your mother. Just suppose that your child believes in something other than your belief, being his parent you could easily destroy him. Would you? You could say that his faith is pointless and he is not worthy because of that belief, but as parents you do not do that, instead you listen and think, "I understand and I can let it go. Maybe in time my child will believe in my faith, or maybe this will never happen." But we just call this love, as love is also being able to let go. Love is also making no demands. Love is also saying that you love someone in purity. But also love yourself, something that many of you neglect to do. We are not saying that you, here present at this meeting, are not loving yourself, but we know many people do not. Many people are searching but

they are searching for happiness on the outside, but you must look within yourself to find happiness. Find peace within yourself and be able to just 'be' today and say, "I am and so is life and I shall extract everything that is possible to extract out of life. I know what I want and I shall work towards this end. That is my goal." You are not a wandering spirit, not some wandering physical spirit; you are a conscious living person.

Elise:

Please may I ask a question? There are some questions that have been brought to my attention via e-mail.

Isaak:

Of course you may ask questions for the next book, of course.

Elise:

The question was: 'How can people already train themselves while here on Earth, later to be flexible with their passing over and with their letting go?'

Isaak:

Train yourselves to let go. Let go everyday, and each day make a decision, "Is this good for me, yes or no?" Also when your feelings say, "This isn't right," so allow yourself to become more flexible not being the mind, but your feelings. With orientated meditation you can train yourself with daily exercises. Submission to meditation is also letting go. Loosen your thinking process and go inside yourself leave everything be. The room you are sitting in fades, and you are just being a pure creature of light who can separate himself from the physical self, spiritually speaking, yet still attached to your astral chord. Practice every day to get through the pain. Separation hurts, it hurts because you are physical and you feel pain in your heart chakra, but you will get through it. Know that there is enlightenment when you have left your life and your body; when you step out of your vehicle and you have this knowledge within, because then you will feel the liberation and the glory. When you can let go without feeling tense it makes our job a lot easier and then we can take you with us to the spheres - to the place where you will feel at home. You carry over the same feelings that you had on Earth, so

wherever you end up, you will feel comfortable in the place you go to. Practice. Parting is and will remain progress, therefore leave the moment that parting feels right to you. We are discussing feelings, aren't we? When do you feel the need to leave? When your energy decreases and you feel tired and you have the feeling that it is costing you energy and not supplying you with energy anymore. Suppose that you are in a job where you feel that you are just sitting out your time; it will tire you. When it does not bring joy or pleasure, or you are not doing it with enthusiasm or passion, that is the time that you must leave; that is the time for something new.

You cannot know what the next step shall be as you are not clairvoyant and must trust that the next step is a good step. But first say goodbye. When you take off your coat, you must have faith that there will be a new coat to wear, and even if you have to walk around feeling naked, the new coat shall surely surpass the old. We call this trust, unconditional trust.

Lady in the room:

I am a vegetarian, what are your views on this subject?

Isaak:

Be a vegetarian because you become nauseous from meat. Be a vegetarian when you know within yourself that you do not need meat to be able to 'be'. Be a vegetarian from the principal that you do not want animals to suffer for you. Be a vegetarian because you want to grow in your spirituality. We would like to clarify that meat is an earthly substance.

When you are busy with your spirituality and you still feed yourself with meat, each time you are pulling yourself back to the earthly energy, as everything is energy. The animal's suffering remains in its meat. Meat is not necessary. Eat vegetables, eat fish – you may eat fish as it falls into another category, but do not eat meat; we are not in favour of meat. We can tell you that our instrument ate meat all her life as in her culture meat was eaten in plentitude, and cows and other animals were slaughtered, sometimes right in front of her face. And she ate meat, she ate meat in abundance until we influenced her for her positivity and suddenly it was no longer possible for her to eat meat. The very thought of it made her want to vomit, and we

didn't do this to break her, we did it for her spirituality. When you have the animal's energy inside you, you possess that energy for awhile. Naturally you poop it out again, but until then you have coarse material in your body as an animal is coarse material energy, it is earthly. In the spheres we also have animals living with us and animals have feelings, strong feelings, and frequently animal's feelings surpass those of the humans. A cow knows beforehand that he is going to be killed and he will bellow. It is barbarous to treat such a loving energy in this way. But it is up to the individual; we would never say that you may not eat it. Once in a while we advise a person to eat it, as they need it, their physical body could need it, then you may of course. But if you have the feeling of: "Bah, I really don't want it," then yield because you do not need it.

Lady in the room:

Does it make any difference if you are cremated or laid to rest in the earth?

Isaak:

Dear child, we are all for the Earth. We are in favour of an Earth burial because it is a natural process. We are about to tread on dangerous ground because many people have perhaps cremated someone. But understand that it depends on the person who is to be cremated as to how he will go over. There are people that will not take leave of their physical selves and remain spiritually incased in a 'house' that is dead. Their vehicle is total loss but they remain sitting there. If a person has not left his body in the short period of three days before the cremation is to take place, it can be that he is not yet spiritually free and then instinctively he experiences the cremation.

When buried someone is still connected to his astral cord, the fluid has been broken but if he still remains there, naturally he will experience his burial; but then he has enough time to free himself and to go on to the next life in the Hereafter. Therefore we are not in favour of cremation - but do not be concerned. Look at yourself and ask your self, "Am I a person that can easily take leave of Mother Earth? Am I a person who can step out of my body – out of the car and say, 'I accept my new life and can go forward here?' Or am I a person who will have difficulty with this, one that will want to hang

on, wants to be alive and stay?” And then you must weigh up your conclusions about being cremated or not.

Lady in the room:

What about the burning of corpses in India?

Isaak:

Yes, it is the same, but it also has to do with culture. Many people residing in India believe right from the beginning in the caste system. They understand beyond a doubt that they are not physical as they are raised that way, so when their time of cremation comes, they are long over.

They are religious because from ‘day one,’ they were brought up that way. We are generalizing and not speaking about every individual person, but about culture. There are countries where only burial can take place, as that is their culture, whereas The Netherlands is a country where cremation frequently takes place because the people consider it to be cleaner or safer, or some such thing.

Lady in the room:

Why is one person more emotional than another?

Isaak:

If you are an emotional person, you can consider yourself to be very lucky. Those that are emotional, may stay emotional because then you are being true to your feelings. Emotions and feelings are one. People that are not emotional, or are afraid of being emotional, close up. They are closing the seven chakras, and they do not dare to speak anymore and do not dare to open themselves to others.

Ones that are emotional and can feel may be proud of themselves. The more you cry the happier you become because tears have not been created for nothing. I mean you do not cry if you are healthy; you do not cry if nothing’s the matter. You cry if something’s awakened in you, a feeling that causes the emotion. It is the same with laughing – you do not laugh at nothing. So you may be happy with all the emotions that you have, whether it is crying, anger, laughter, silliness, or spontaneity, radiate what you are. Look at yourself and

decide, “Am I a person that cries or am I a closed person? If I have trouble with my throat chakra, I need to open it up.” There are some people that have a low pain level while others have a high pain level, and these people can handle more emotion. This also plays a role. This is a subject that needs a detailed explanation and is not something that we have the time for at present. But to sum up, a person that experiences emotion can consider himself lucky, and such a person is more accessible to us than those with less emotion, because we cannot gain access to closed people. We can barely wake up the person, as he does not wish to be woken, and if he does not want it, it does not happen, nor does he listen. It is exactly the same with conversation, when you do not wish to listen to someone, then you do not, isn’t that so? The person can talk and talk and talk and keep on talking but it will never become a dialogue.

Gentleman in the room:

If you show your weakness why is it that another always seems to want to make decisions for you? It is out of tyranny?

Isaak:

It could apply to you earthly people, but not to us. We are pure and when someone cries, we just let him cry and when he is calmed down, then we inquire, “Are you alright now?” Then we talk to the person asking, “How are you?” and then we are ready to lay the emotions on the table and study them together. No, you must never make decisions about someone else’s life. Your life is your gift and you may make decisions about your own life. You must never say, “You must do this.” That’s how wars are started, don’t you agree? Because of the struggle for power: “I am right, and you are wrong.” Who is right? You have the rights to your own world, that which is yours, and you cannot enter into another’s world as you cannot know how another person feels as he has other thoughts and other emotions than the ones in your world. So leave every person to the privacy of their own world and talk to each other, discuss things with each other and give your opinion, “Yes, I can empathize with that or perhaps I can’t,” and “This is appropriate to me or perhaps it isn’t.” The thing is not to try and make someone else a copy of yourself because you are unique. You receive your portion of life and the

other receives his portion. You are unique. It is the same within the classroom at school where you have twenty children with every child learning in its own way, depending on the child. One can listen more intensely, another can feel more acutely and a third has better eyesight. One is spontaneous, while another is introvert, they are all different. The moment that you try and make them all the same, a dangerous situation is being created because this isn't natural, leave people be. We would never ever order someone to do this or do that. No, we advise because you ask and this is the best way, and we never give negative messages, with the exception being if someone comes to us who is terminally ill, as of course that's different.

If you have complaints, then we confirm them but we will never warn you that tomorrow you will be run over! We will never warn you that your husband is leaving you tomorrow. Of course not. We can tell you that you have a problem and then we can help you to solve it. We must be careful with our predictions and you must be careful with what you say when it may influence someone.

We thank you.

The Reading held in Soesterberg on 15th October, 2004.

Ladies and gentlemen, we are glad that you have invited us and I hope that you are just as pleased. It is important to let happiness into your physical life. Many people are afraid of being themselves on Mother Earth. They experience Mother Earth with difficulty and indeed Mother Earth is a difficult school for learning, but she is definitely a perfect school. And if you as a physical human being, trust that you have been born through your own free will and that you chose to be here on Mother Earth, then also trust that everything that comes to you, comes to you because it is needed for your own growth. Do not be afraid of life, enjoy your existence.

We exist too. Alas, we need instruments for the purpose of speaking to you because you are not sufficiently advanced in your evolution process that we can speak directly to you. We can indeed speak to your feeling, but your feeling has to be fully developed; yet if your intuition is strong, then we can speak to you via your intuition. Immediately follow up what comes to you; right away follow your feeling. But so often we see that the physical human is afraid to do this because he thinks: "If I possess too much feeling, then I will be vulnerable." Yes, that is right, but then you are being a good teacher to yourself, a good master and you will grow in your evolution process. You will not hold anything back and can bend over backwards and announce: "I am. I came here to Earth because I wanted to, and I am here because I do not want to be asleep throughout my life, but to be awake." Are you a sleeping living person or are you a person that is awake? This is your choice. Have faith that nothing is for nothing. We are not invisible - it just looks that way because we have another form. We consist of a fine substance and every one of you is of a coarse substance. Our material is subtler, more glorious as we are transparent. That is not to say that we do not have a body, but we can manifest anywhere. We can go through doors, through roofs, and can suddenly appear and disappear again, purely because we wish to. Our will is what leads us and we lend our thoughts to an instrument that lives here among you. When we work with an instrument, we use our concentration and then at that moment the instrument can speak. She is purely a frame and

naturally we must utilize her thoughts, but we are the ones that speak the wisdom. How is that possible? Through our will, through our concentration. We concentrate on our instrument and she has grown and grown through doing the exercises. Naturally she was born with this gift, because you do not suddenly possess the gift, but you have it from your first day on Mother Earth. We gave her instructions as to how she must listen, how she must feel, how she must see and how she must open herself for every other physical human, so a link can be created. If you do not have a connection, then you do not have communication. Each day connect to yourself and then just see what sort of communication you will have with yourself, as at that moment you will bring your inner knowledge to the surface. Everything is engraved in your unconsciousness, in yourself. There is no truth that can escape you as every truth exists, you just do not know this. When you go inside yourself carrying out the exercises and you really become your feelings, suddenly you could feel who you were in a previous life. Or how you were in your past when you were a child, when you hadn't yet the recollection of memory. All feelings and emotions surface

So, everything is possible, purely through your will, concentration and patience and by taking time for yourself. It is the same with us... everything is possible. We had success in establishing our instrument, but it was not an easy task as the physical human is a complicated creature and he possesses his own faculty of thought. Everyday the physical man walks among his kind and sometimes he receives criticism. The parents of the physical people can also play a role and then you have a negative interaction if care is not taken. But if you do not personally pay any attention to what other people say or think about you, then it is not important. It really does not matter what they think of you, it only matters what you think of yourself; and it makes a difference if you have faith or no faith, and faith is not something obvious. Faith is merely a word, 'faith'. Through the passage of time, exercise and research, your belief can grow in the same way a seed in your garden will grow after you have planted it and you have continuously nurtured it everyday. This will give you a beautiful flower and next will come the fruit. And who will be the one to pick the fruit? That is you. You live here on this Earth and you are an individual on this Earth among the many. You nourish

Mother Earth: "This is my planet because God has placed me here through my own free will. So I will not make accusations against Mother Earth anymore and say she is mean to me, I won't, because I am not detrimental towards myself." The moment you despise something, the energy that you send is only negative and negative energy returns again to you. So do not lay blame on Mother Earth because this is where you live day in and day out. Positivity is important. You can manipulate thought, because you can create anything.

If you disagree with this, then you are an ignorant soul. We have considerable respect for every soul, but in that case, you are an ignorant soul. If you just listen to your thoughts, you would listen to what you say daily to yourself, and there are many of your thoughts that are not so positive. Suddenly you become the person created by your thoughts and you become the negative person. Suppose that you say to yourself, "I am worth nothing, I am worth nothing, I am worth nothing." Then indeed, you are at that moment, worth nothing. Whereas if you say, "I am so great, I am so great, I am so great," then you are literally rising above your station and this isn't good either. Just try and keep it in balance, just try to feel from your inner self. That place is here on your stomach. Lay your hands on your stomach and say, "I breathe in and I breathe out and I am going to relax. I am switching off all the outside impulses that enter me and I am just myself, and it is just wonderful to do this." Then add, "My child, what do you wish to tell me?" Immediately you are thinking, "I have no child," because he does not speak. Then you have not done it correctly, dear child, it is all to do with exercise and with patience. But there will come a time when the child will speak to you; suddenly the child will reveal to you what it is that you need to know. Maybe the child is sad and makes you cry. Maybe the child is angry accusing you of letting him down, not listening when you should have. Thus, your inner child is your own intuition, your feeling. And you must wonder, "What is the child actually trying to tell me? How is this possible? I must be going mad." Correct, you are doing it in the right way if this is your conclusion. Go ahead and surpass your reasoning; your mind is actually what holds you back, and it happens everyday. So if you declare, "I have gone mad," then you will not be listening to your reasoning anymore because it is

too far fetched, but you will be listening to yourself.

There is such splendour here on Earth and so many beautiful places where you can visit to come to yourself, as opposed to the trying to meditate in a parking garage! Dear children, breathing in and breathe out the exhaust fumes ...

Laughter in the room.

Isaak:

There are other places that are far more appropriate. You make a place your own, and everything you want comes to you, you just have to be open for it. "I claim this place as mine," you can declare, "Oh dear, now I'm being egoistic and greedy," it is alright, after all you cannot walk away with it. Imagine yourself in this special place and say: "My eyes are skimming over God's beauty and I am now ready for my eyes to appreciate what I have never seen before. How splendid our planet Earth still is in spite of all the existing wars and misery." Adopt the meditation position and say: "I breathe in and I breathe out, I breathe in and I breathe out and I let go of my thoughts and I connect with the beauty." Allow the beauty in yourself to come through and then you become the beauty. At this moment, lay your hands on Mother Earth and say: "Fill me up with your splendour." Then walk to your partner and say, "Let me caress you." Your partner might say, "You don't usually do that!"

We laugh.

Isaak:

But now you do, and you might explain: "I have changed; I have changed purely through the wisdom that I have received during meditation. It is now a fact that I don't have to worry anymore that I am only temporary." No, dear children you are not temporary, and neither am I, and my name is Isaak. It was in the year 1230 that I experienced my last life here on Earth. It was in a land far away from here where only freedom existed and only territories that were beautiful. We were a simple people and that is why we were wiped out. Apparently we were a danger to the other races, and nothing has

changed – there are just as many different races now as there were then. But nevertheless, in our simplicity we could be close to the nature, involved with the herbs and alternative medicine. I lived in a land that was inhabited by many Indians, in North America, long ago in the year 1230.

And who is my instrument? My instrument was my best friend in that last life. Now she is a woman, isn't she? Anyway, she dresses as such. I must be a little careful with my jokes, but it is so rewarding to see you all laughing! Your auras are open and you all shine like diamonds.

Ok, to continue, we were good friends at the time and I made the decision not to come back, whereas my instrument was long not ready with her evolution process and she had to return.

Our friendship can survive through anything, thick and thin, thick and thin, thick and thin. We had made a promise and I told her: "You need never feel alone because I shall always be with you.

You shall be my instrument and I shall see that although you will be born with the veil of oblivion, you will resume your memories and remember who I am."

Oh children, that was not an easy task to achieve, but I did it. It took a long time, 28 earthly years before she stood open-mouthed and flabbergasted. She did not want to believe, she kept on refusing, but both my patience and my love are infinite. It was a friendship and a pact that we had sealed. This is why I have unleashed her consciousness and let her see her previous lives. From her first day on Earth I have guided her and provided her with lessons – many painful lessons. As you can read in the first book in her biography, her life was far from rosy – it was full of thorns. But that is the way it had to be, children, because if you have what you think of as a blessed life, then actually you are being spoiled. A spoilt child lives in her own world that is relatively narrow, rather than experiencing a difficult school where you become open. It could cause you to close up, but that is the alternative. But it makes you wise and you know how all the emotions men go through feel like. How would it be possible for the instrument to work in any other way

in her daily life if she were not to know how it is to feel in such a way? When we are talking in the first trance form, then we are just giving through the information that she must pick up in her feeling. Her feeling provides the associations and immediately she knows what we mean. All of you have had previous lives, every one of you. You are born with the veil of oblivion, so you no longer know, with the exception of those that are so intuitive or have been lead back in time via regression. Suddenly you see images and you think, "Wow, what am I seeing here?" They are just flits, but in your feeling it will tell you everything. True or not? They are just flashes of images you suddenly see, and before you know it they are gone again, but the feeling they convey, is truth. But, yes, when you wake up again and are fully yourself, then you decide it is not true and that you are out of your mind. Once again your mind is ruling. Your mind suppresses all your emotions. Dear children, if your feeling tells you something then say to yourself right away: "I'll blow the whistle on myself, because this feeling is something I'm instantly believing in. I shall research and investigate in every direction, come what may. I will fall and I will stand up again and I believe that it's good for my life's process." The same applies to our instrument because if you were to see how many people she has helped in this short time, then you would appreciate how many people she shall help in the long passage of time that is still to come. Everything has a purpose and if you got up this morning and thought, "What am I doing here?" that is not a good thought. Rather think, "I am getting up and I shall be well balanced. My mood shall be a happy one and I am going to look up to the Cosmos and say, 'Thank you Mother Earth.' " You will go downstairs with positive energy and you radiate what you are, and it will come back to yourself. You might think, "It will take some effort, but I'll do it anyway." Practice, practice, practice and then it will become one of your qualities and something normal for you to do. Many people have released many tears and many more people shall release countless more tears, and if you need to cry, let your tears fall, let them fall, let them fall. Then say, "Ok, now my feelings have been heard," and replace your tears with a wide smile. What is modesty? Modesty is an illusion. Of course, if your heart is pure, you are modest. But if you are too modest then you are letting too many things pass you by. You must not use modesty to say, "I can't do it! Oh, it won't work." No rather say to yourself, "I can do it,

it will work.”

There was an interlude as someone also wanting to listen to Isaak's words, came in late.

Isaak resumes:

Ok, did you stay true to yourself just now? ‘Always stay true to yourself and always work from within yourself’ is our prime message because when you feel yourself to be in-love, then you are not being your true self. When this love ends, you will live differently and feel differently. Always stay whole, enjoy feeling nice with a person, but maintain your wholeness and remain complete. Complete, complete, both of you in totality and then there is both positivity and a commitment, but never lose yourselves, dear children. If you have a mother or father you were completely into, and either of them is no longer with you as you had to bury them, at times like this there is so much sadness because you want to cling to them. This is also a form of loss. Then we must say: “Papa and Mama have been in this period of my life and if we have a love-bond with each other, we shall meet again in the spheres as everything is energy.”

It does not matter where in the spheres you are because the love-bond will reunite you. If you are in a higher sphere and another person is lower, then it is possible for you to connect with the lower sphere. There is never a loss, so do not cry too much.

If you cry for too long when burying someone, then you are impeding the natural process of their going over to the spheres. This is because everything is energy and when you have a love-bond this person will feel your energy, your misery and your emotions. Naturally you do not have to ‘party’, but behave with moderation.

Tell yourself, “I will release my emotions and then I will say, ‘Go now, and I wish you all the luck and wisdom in the spheres! Meet the people that you love and be with the people that you love.’” If you have this attitude you can help many people, not only yourselves, but also the people that go over.

Why have we written a book when already there are so many books? We shall explain why and it is because our instrument is working among the people. This Reading is one of the ways in which I can speak and we are

thankful for it. Our instrument will never approach you; getting in touch with her should always be on your initiative. When you are her client, you are given the wisdom as to how to conduct your lives and how you can grow in your lives, and we are providing the contact with those that are here with us. The link is created, you are present and we speak to the deceased together with the instrument, as without her there can be no communication with you and the person on the other side. So much evidence is given, so seek a medium and always ask for evidence; we will be pleased to give it to you. We like giving evidence but do not bother us with senseless questions such as what you are going to do tomorrow; that is up to you. But do ask us how you can give your life more meaning, or how to solve your problems. We will tell you your problems when you come to us, or alternatively be seated and leave the talking to us. You must open yourself to the instrument, as she has to switch off her thoughts to allow me to come through. Much of our work is conducted when she is in the first trance form, as then my thoughts become her wisdom. How can you as a human believe in this? Just from the messages that you receive – purely from the evidence that you get from ‘the dead’ that are so keen to provide whatever you need to be convinced. Why do you need to be convinced? Oh, dear children, it is necessary to separate a good medium from a bad medium. If we do not speak, the information would be very limited. Here you have the Cosmos, the Universe and everything is attached to everything else, so your question comes to me. Immediately I have the answer because we are love and we communicate via telepathy. You could see it like this: “Do you know the answer? Do you know the answer? Do you know the answer?” and even before you have formed the question, I know the answer- in a flash I will know the answer.

Your thoughts are not unknown to us, so you enter the room and in your mind you have already formulated a question. If your question is an important one, you will receive an answer. Predictions? No. Guidelines? Yes. Help? Yes. Your free will is yours, not mine, and your free will is not something that I want. I do not want to influence you dear child, I just want to show you the way. Have you got problems with your relationship? I will show you the way. Have you got money problems? I will show you the way. Have you got problems with the law? I will show you the way. The Law

Systems do cause us difficulty as so often they are so short-sighted, don't you agree? They do not look inside you like we do. We don't look at whatever you were in the past, we look at the present, not the past. Now ladies and gentlemen what would you like us to tell you? You may now ask all your questions.

Lady in the room:

I do have a question concerning the organ donor card.

Isaak:

Have you filled it in, dear child?

Lady in the room:

Yes, I have filled it in.

Isaak:

Well done, dear child.

Lady in the room:

How must we regard the possibility of an operation in such a case?

Isaak:

If one believes that coincidence does not exist, then it is also no coincidence that the receiver of a kidney came to be at the top of the waiting list. If a life may be prolonged then it is not yet time for the person to go over.

If the person dies on the operation table, or the kidney or heart is rejected, then this was also written in their Book of Life. At such times you have done a good deed and you haven't been selfish in taking your external covering to the fire or to the grave. You have disclaimed an organ that was only necessary to you during your existence. You can compare it to a car. When you take your car for demolition and you can make someone happy with your steering wheel, then give it to him.

Chuckling in the room.

Isaak:

Your body will be destroyed anyway and through donation you will get something in return, as positivity brings positivity. It can also be that you find yourself in such a position, or perhaps a family member or someone you care about, and you or this person is the receiver of the gift. There are no coincidences. We are all for donating because it is comparable to a car. Your physical body is purely your vehicle and you do not need it anymore. Children, you are more than your body, if you were only physical, then who are you? You ask yourselves who you are and I never need to do this, because I know, I know, I know who I am. Today I have chosen to speak in the singular form whereas normally we always talk in the plural form. But today I speak in the singular form, because I have also had a life, many lives, but now I am talking about the last life. I am conducting myself in the manner accumulated from all these lives when speaking of my information and wisdom. Yet that was limited and through the evolution here in the Universe, I have gathered so much more wisdom and have grown to be the person that I am now. Just as you know, you grow everyday from the information you collect.

So bid your vehicle farewell and say to yourself: “What am I without my vehicle?” When you eventually come here to us, you are the person that you were in your last life. So try and be content with your appearance, because that will be your casing for a long time - until you are born again. Naturally if you are young in spirit, this is how it will be here with us, but you retain your physical appearance. Suppose that your mother presents herself looking like a young daisy, but she has reached the age of 90. You could be mystified and think, “Oh, is that my mother?” But she has become youthful in appearance and is not old in her thinking. Her vehicle was old but her spirit was young or has rejuvenated. Mostly you become younger after death, so if you are radiant inside and were old and completely rickety, it is possible to become radiant again.

Gentleman in the room:

What’s the use of a Siamese twin? Why are they still born? One body and

two souls.

Isaak:

Dear child, dear child, the word 'why' is not a word that we know. Rephrase and ask, "What is the meaning behind two souls having one physical body?" So there are two personalities contained in one body, and if a separation takes place, then this has also been planned. Everything has a purpose. If a surgeon separates them, then this was the intention as there is no coincidence. At that moment of reincarnation, you and the other person chose to go snuggled up together. If you made the prior arrangement with each other that you will stay together, literally stay united in this case, it will be a difficult life as you will no longer have retained information about the agreement. A Siamese twin will live through a lot of misery, ridicule and distress, but they knew this in advance, for every creature here sees what is in their Book of Life, because they make it themselves. We say, "Look children, it will not be easy to do this," but if they choose for it anyway, it is their own free will.

Lady in the room:

Does someone choose to be demented voluntarily?

Isaak:

There are two deaths that are not written in your Book of Life – they are suicide and murder. All other scenarios can be found written down. So if you have chosen a youthful physical existence and become a forgetful child again in order to avoid the experience of your deterioration process, then you choose for this.

Do not forget, dear children, that it does not hurt to be demented, it only hurts if you are aware that you are.

When you notice that you are deteriorating, it is painful, but when you are totally young again in your feeling, it does not hurt. There is an exception, this being if you have clearer moments in-between, because then you are confronted with your childishness and this is painful. So dementia is also something that can be written in your book. All forms of going over have been written with the exception of the two mentioned earlier.

Lady in the room:

Why not those two then?

Isaak:

Because it is free will, child. This goes for murder too, not you being murdered, but the person that murdered you. If today a person robs you of your life, then you will go before your time and his free will has been exercised; not your free will. Then you will come here angry and in shock because you have been plucked from your life. If you have committed suicide it is exactly the same because you chose to kill yourself and you come over to us here and the realization is painful, as you come over with the same feelings that you had. If you were negative then you shall also be negative here and you will need to resume positivity, so take care that you are in a positive frame of mind when you go over.

Lady in the room:

Is it possible that you have a twin soul in the earthly life?

Isaak:

Yes, this is absolutely true. Of course, dear child, and many of you that are conscious shall also meet that person. This is because when you are open for the energy then you can also feel that person's energy and if you recognize their energy in your feeling, it will lead to questions such as, "Where do I know you from? I don't think I have ever met you in this life before, or have I?" "No, we haven't met previously, but still we feel as one and it feels so intense." And when you have recognized this feeling and bond instinctively, then you have found the right person. It can just be temporary, or it can last for a long time. The word 'twin soul' is not the best word to choose; a 'spiritual affinity' is more appropriate phrasing because in the past you were sitting somewhere in the Cosmos and previously you were a pin-point of light among others that were your 'brothers'. That energy was always an interaction of, "I feel you, and you feel me and it is wonderful to be together. We are pure energy, pure glory." There comes a time when people say, "We are going to reincarnate and take on the challenge of existence." One by one

you go down, and “Hey, there goes your neighbour!” And once more you are in the physical body and you ask, “Do I know you from somewhere?” Once more you go through the evolution process and you have a double life; you are a combination of the one that you were, your soul, and the physical person you are now. You reincarnate and then you do it all over again and still you keep on meeting your neighbour on the same path, and you wonder, can I ever get rid of him?

We all laugh.

Isaak resumes:

No, dear child, it is precisely because in the spheres you made the appointment to meet again because you like being together. A spiritual affinity is good, it is never bad, it is nice, and if you have a spiritual affinity that isn't good, then it is not an affinity. We hear stories such as: “I have found my soul mate, but he misuses me, he hits me,” etc. Then we inquire, “Where have you got this information from? Do you call this a spiritual affinity?” But you are back with more souls; there are more souls involved, not just one. Do not think that now you have found him you are not going to let him go. Dear children, parting is important. Your attention transfers on to the next person, someone else enters your life; it could be your child and also the child will grow and leave.

Possibly it shall be your best friend and you have parallel lives until the end. Maybe it will turn out to be your lover with whom you have a good relationship, for if you have a spiritual affinity, it is good. You are feeling comfortable; communication is hardly necessary as thoughts flow without speech as the energy from one goes over to the other. Telepathy is obvious and feeling each other's pain is also evident. To be able to cry and to be yourself are two important factors in a spiritual affinity. My instrument and I have also enjoyed a spiritual affinity. For many years and right up to this very moment, we are one, and now we are literally One.

Lady in the room:

There are many children born with autistic tendencies, has this something to do with our time? What should we do about it?

Isaak:

There are numerous forms of autism. You have spiritual children that are autistic that draw themselves back into their own world because they need this in order to feel safe. This is important to us because when they are drawing themselves into their own world, then we can work on them bringing them out of their shells and into the world. Our instrument was one of these people and as her parents thought there was something wrong with her, she was educated in a special school. We agreed with this decision, as we did not want her to learn in the earthly sense anyway, we would take care of that. She was misunderstood as she was different. She had difficulty with the earthly matters and the crudeness of the people here on Earth. Children that are autistic have problems with contact as they are introverted. It can be something genetic, or it can be a disorder they are born with, like when a person is born handicapped. But this is not something that occurs more now than it did previously. It is true that more children are being born similar to the instrument and they are the new age children, as you like to call them. There are more spiritual creatures being born because eventually this planet must become a pleasant place. So we take care that many such people come to Earth in the correct numbers because it has to do with evolution and with the will, as not everyone wants to reincarnate. Our instrument did not want to either as she was so terribly sad to die here with us, because when you are to be born again, first you have to die here and also there are many people here that just do not want to go. Our instrument did not want to be parted from us and that is why her task has been such a heavy one. But this is in the past, dear children, we have brought her into consciousness and repaired every fibre of her being. But there are children that are not understood, such as this child who was misunderstood by her parents. These children are handled in the wrong manner or treated with medication. This is dangerous because it can break their spirit and then they cannot perform their work. If we were to send a hundred mediums to Earth, then perhaps five to ten would be successful. It all depends as many people are given the gift by God but cannot use their gift due to you. Not because of us, but because of you, because of your attitude when you say: "Be quiet child." "Do not say anything." "Shut up," or "You haven't seen anything." Oh, the poor children. Have the child examined to see if its behaviour is something

genetic, or if it really is disturbed or if it is purely a case of oversensitivity. It would be the best choice of action to have the child investigated by a good medium as this is so easily done. If you take the child to a good instrument, only a few moments of communication are necessary for us to know precisely what sort of child we are dealing with. This saves all the drama of taking the child here there and everywhere, especially as your techniques are so crude.

A lady in the room asks more details about one's free will.

Isaak:

Free will is just something that you possess, like the joker card. "It's my joker, I place my joker - I am stubborn, aren't I? I am not going to do it, I am obstinate. I am going to lie under a train. No, I just won't do it! I am stubborn. I am going to commit murder, I am stubborn." So you are being stubborn when you use your joker card. Suppose that you are successful in connecting yourself to your feeling and to your brain, then your feeling and your intellect become one. When you feel that you should go in a certain direction but you are obstinate and you go in the other one, then that is your free will. We take care of circumstances, we take care that you have the right person in your life - it is not a coincidence. We take care that you read the right book - it is not a coincidence. We take care that you are shaken awake - it is not a coincidence. But we can't steer you to go in a certain direction. We are not allowed to interfere. We may speak to you when you are lying on the railway track saying, "Oh child, don't do this." We can insert fear and exceptionally negative images into your thoughts at such a moment saying, "Don't do it," but we can't pull you off the rails. Your own free will is: doing what is conflicting with your feeling.

Suppose that you consider yourself to be happily married, you go home and out of the blue you say: "I have had quite enough of you, thanks." And you throw the person out the door. That is your free will.

We laugh at this funny example.

Lady in the room:

But if you are in a relationship and you marry someone, then you could go against the plans from above by using your free will to change them.

Isaak:

That is true.

Lady in the room:

And if you find this out?

Isaak:

Then you leave.

Lady in the room:

Is it always your free will or is it ultimately the way in which you want to live?

Isaak:

Your feeling tells you from the first day that you shouldn't still be there, but perhaps you have to stay for awhile in order to grow. So you stay, but instinctively you feel it to be impure. But you have your responsibilities, so you marry and you plan children or in fact you receive them, but more and more resistance creeps in. "I can't do this anymore," and actually you knew from the beginning in your feelings that it wouldn't last forever. You wanted this path, it was your free will and then you say, "It's been enough." So you step out and this is truly your free will. Can you follow that? Have any of you ever felt this feeling of resistance? First you think "Yuk, I don't like that person at all," immediately followed by, "Well, he really seems quite nice." Your heart tells you that you dislike the person; nevertheless your mind tells you something else. So you continue with that person and after awhile you realize that your feeling was right and that you had always felt that it wasn't pure. Many people go through this. However if you marry someone and you feel the resistance coming, but not yet quite so powerfully, you aren't yet ready to go and you stay awhile - until the divorce. Sometimes we get the sacraments thrown in our faces... "God says that you chose each other from day one and you have to stay together forever until death." But we say... "God is love. God, love, God, two people joined together is a relationship.

When you feel united and it feels right, God and love are in your relationship. But when this feeling of God lessens and the ‘demons’ arrive (not that they actually exist,) and you separate, then this is the right thing to do. Why would you stay together in the name of God if it does not feel right? A relationship is something that you create everyday anew. If it feels good, then stay together and take care that your interaction is 100%. See to it that you as a person live your life at 100% and put it into your heart and into your feelings and say: “I am 100% alive. Not 20%, not 25%, not 80%, but 100%. If you have disappointments in your life, then eliminate these disappointments by letting them go. Look at it, feel it and let it go. We chose this title for our first book because you must look at everything, feel it with actual pain and then let it go. Throw it out of your system and say ‘goodbye’ to it. When you are further along in your evolution you mustn’t constantly say, “In the past... in the past... in the past.” No child, the past is the past. “The present...the present ...the present,” when you have such an approach then you will grow, as the present is still completely new. You create the present and tomorrow is your future born from the present. So the present is your future and the past is not.

Gentleman in the room:

Please may I ask a question? All of us are involved with karma, aren’t we? It concerns our past, doesn’t it? Has it got to do with what you have to learn in life?

Isaak:

Karma is the law of cause and effect. We have discussed earlier the ladies’ question about giving away good karma through the means of being an organ donor. That is emitting good energy, but you also have bad karma. When you have pained each other there comes a time when you meet up again and have to take back the energy. That is why we warn you to be careful with what you radiate. What you are you radiate and draw towards yourself. Yes, you have in your scenario a few things that you have to undergo and we plan to stand by you. We are your coaches, your helpers and if you are mediumistic, we are your guides.

There comes a moment when we pick up your book and say: “It is Joseph’s

turn, let's go and help him." And Joseph says, "I do not want to be helped; I do not want anything to do with all these nasty experiences." So then we respond, "Alright, let's put him back on the shelf; who's next?"

We laugh.

Gentleman in the room:

Suppose that someone is doing his utmost best here on Earth and still he is tormented, can this be something to do with his previous lives?

Isaak:

It does not have to be, dear child. It can also be that people are extremely prejudiced. These people have already formed an opinion about someone or about a situation before they know the person or the situation. These people are not to be helped and they destroy others. If I were to be prejudiced, I could not be open. It is a great talent if you can appreciate and respect people. So when you meet people that only see your exterior, only hear the sound of your voice or see what you radiate and don't look behind the veil – if they could at all – and make no attempt to look any deeper, then there is a lack of communication. This lack of communication leads to prejudice and your being disliked by them, so they start pestering and enjoy doing so. These people are low creatures, low souls.

Gentlemen in the room:

Yes?

Isaak:

Yes, child, yes child, come to us, we love all of you.

Gentlemen in the room:

I often think that tormenting stems from jealousy.

Isaak:

Well now, it really can be that people do not have a conscious and that they really enjoy pestering another. They just love it, they rub their hands together

with a remark such as, “We’ve got something to do now,” and they think of you as a sitting duck, but this really does not have anything to do with previous lives. If it were to be so, then you would find the strength to shake it off. But we call these people ignorant beings, they love picking on someone to destroy, so consequently they are creating bad karma with you and sometime their karma will return to them. All day long you are creating both good and bad karma. I clearly want to stress that I know for a fact that this has nothing to do with previous lives. It can be that people have something needing clearing up but it is always endurable, an energy comes, they are the balls of energy that come and go. But if you are always being condemned because of your appearance or because of your radiation, it is because of ignorant people and not through a fault of your own. If you continuously think previous lives are to blame then you are wearing your guilt and we do not approve of that. You must never say, “This stems from my former life.” It is too easy to say that. No, now is now; think: “I am in favour of now, I am going to see to it that I develop myself so that I can make myself radiant for my fellow humans – starting from right now!”

Lady in the room:

Science is advancing so quickly and later there’ll be cloning. The body is used as an instrument, and funny as it may sound, I’m wondering if perhaps it would be possible to use a cloned body as an instrument?

Isaak:

Well at the moment we are not so far, are we? But indeed, you humans are quite inventive and this is due to us, as much inspiration is given during sleep. This means that in sleep you come with us, so the science comes from us. The instruments you have here, the physical instruments such as the medium, can also do the medical coats. Inventors can also be mediums and they are taken to the spheres in an out-of-body experience for the purpose of seeing what the science really is. In addition often science is used for the wrong purposes, but if the science of cloning comes here, it shall also be due to us. Why? Because how you live is increasingly unhealthy and if the body is unhealthy then it can mean that here on Earth the reproductive organs will not work efficiently. A child wants to reincarnate via the tummy, via the

motor here, the fallopian tubes, but if it does not work, and some kind of intervention is possible, the chance must always be taken.

If you can become pregnant via an alternative medical aid, you must seize your chance, and at that moment the soul will come. If cloning is to come in the future, then the time will be right, but it is not in the foreseeable future.

A lady in the room has a question about meditation.

Isaak:

Everyday you can just be yourself, meditate and look purely into yourself. If you don't have this skill yet, you could take lessons in meditation and teach yourself. If you have never driven a car you need to go to an instructor to learn how, and from then onwards it is something that you can do daily on your own. So you can participate in a hectic life and then retreat into yourself again. There are numerous forms of meditation and there are people that also meditate while swimming up and down the lanes switching off their thoughts to come to themselves. Meditation is learning to switch off thoughts and there are people doing other sports with the same objective. Some are completely absorbed in their piano playing and meditate or go over into a trance. There are many forms such as Tai-Chi or yoga where you can also get in touch with your core. Sometimes it happens while running or perhaps a person will stare into space while sitting in a meeting, hearing nothing, as they are absorbed within themselves. That is meditation, retreating into yourself, reaching your core, all your impulses are switched off, sounds are more and more distant and you cease to hear them anymore – you are inside yourself. You create worlds in meditation and you must create paths; for instance connecting yourself to the wonderful feeling of being wholly cleansed, perhaps under a waterfall. The spirit can connect itself in the same way that we can connect to you while being physical and still connected to your astral cord, thus alive but spiritually elsewhere. Out-of-body experiences so often occur– unconscious ones. Scientists all experience these out-of-body experiences, and for many years our instrument came with us to the spheres to learn. Everything is lodged in her system; the information is hers so we do not need the use of too many words, we just

need to ‘push the correct buttons’ and the knowledge is available. This is certainly handy during a conversation.

Lady in the room:

I have another little question concerning the out-of-body experience. Why it is that when we are taken astral travelling with you in our sleep, so often our destination is still so vague on awaking? We know that we have experienced something that night, but putting it into words or giving it meaning are so difficult.

Isaak:

Then you are still vague and everything has to do with research. If you have a dream and you connect with the dream, you are investigating. Ask yourself: “What does this dream mean to me?” Your feeling will answer you. If we take you to the spheres and you find it to be very vague, then you are still vague. But we are always very clear.

Lady in the room:

Ok.

We laugh.

Lady in the room:

I’ve heard there are constantly more courses being given for learning mediumship.

Isaak:

Oops, children do not burn your fingers with them. These courses cost a lot of money too! When we educate an instrument, it is for free. When the instrument works, she charges, as she also has to eat. Let us explain it by saying that if you possess a gift that you hear, you feel, you know, you see, you smell, can taste and have the ability to go into a trance, then you will know it. You will realize it from the first day of your life, even as a baby, because you will feel different from others. You will know it, that knowledge

is there and we must develop it and take care of its flexibility for you, so its structure is formed and you are moulded into the person we need. Not one instrument is the same as another; one can do this, and the other can do that, purely from the moulding received from the guide, as he is the one that develops the instrument. Why should you go to someone else? If you have ears, you can hear us, can't you? If you have eyes, you can see us, can't you? If you can feel, you can feel us, can't you? In that case you wouldn't need to go elsewhere for these lessons as it would only restrict you. You would receive restrictive training that the physical human is capable of, and he is not highly developed; only a guide is highly developed. Our instrument is not highly developed, however through the years she has gained wisdom, whereas we are the highly developed and we speak in purity where man speaks in confusion. First he thinks this and then he thinks that, jumbling up all the information and not knowing what he has said, and so it's nonsense. When we speak, our wisdom is more advanced than your physical wisdom and although of course you read, what you read is theory, and what we know is truth. If you put into practice all that you read, then naturally you mature to a certain level. So you could never ever become a medium if you do not possess the gift. You can develop your intuition and of course you can energize as you are all born with this talent, it just needs rinsing out. You just need to empty your thoughts and touch someone with your hand to feel the energy, and suddenly he will feel the heat. That is energy.

If you are with someone and the person instructs you, "Do this," or "Do that," then inquire, "What must you do then?" Never say, "You must." You must do what you want, dear child and if you wish to help us, then do what is best for the other person. Do your best, but know that you are only human and acknowledge that if you know you are an instrument, you do not have to be perfect, as you are only a student. There will come a time when you will become our instrument and when you have firmly bonded with us, then it will only be pure, and it is untainted because we can bring you to a standstill and can give you the information when it suits us. You cannot call us up; we come when we have made the decision to come. You have the responsibility of bringing over the information correctly. So you think what it is about, but no, feel what it is about. You literally make us double up with

laughter!

We laugh at this.

Isaak resumes:

We see the most remarkable things; there are people who, ummmm, truly walk as though they no longer have their feet on the ground. Now, if you energize and yet you are not yourself, where must your gathered energy go to? You would leave the practice in a bad way, so always earth yourself so that everything streams back to Mother Earth. It is an earthly energy that you consume and it is returned to Mother Earth. Open up your crown and say, "I receive in modesty." Then add, "Your will I will do," not "I will, I will do." Follow our will and not your own will, because following your will exposes your ego. If you are an open channel you give all that you can give, but if someone comes demanding more, then say, "No, you won't get any more, it's enough." It is the same when a child has had enough food and you tell him he's had enough and the kitchen is now closed. It is addictive and if you have a medium that is good, it is tempting to keep knocking on her door. We do not want you to be dependent; we want you all to be independent creatures, and so we continuously help, as we do not want you going about half asleep.

Who turns to God every once and a while?

The audience nod in agreement.

Isaak:

Is God kind to you? Does God hear you? Naturally He does. Do you hear God? Are you kind to God? God is everything there is and you are a part of this. God is within you, so if you continuously feel your divinity, you become God. So be kind to yourself and hear yourself and automatically you will hear God.

Gentleman in the room:

What is the religious viewpoint regarding the Irish conflicts? Has it got a purpose?

Isaak:

Not only Ireland is involved in war, all lands are and this also applies to this land. The church is a building and it houses a religion, but you are your own church, your own building – and yet there are conflicts. You only have to walk outside and admit that you support an occult or you agree with spiritual ideas and the people say, “Ooooooh, Satan.” How could we possibly be Satan if we are God and we are love? The churches destroy one another again and again, purely for power, “I am right, I am right, no, I am right.” ‘I’ is ego. So the one that has studied and set himself high on the throne and is well read, has brainwashed himself having wandered far from himself via thought rather than feeling.

At times like this men destroy each other, whereas if you are conscious it is impossible to harm another. We would never ever cause you unhappiness, dear child, because your unhappiness would be our unhappiness.

Well now, you have mentioned a friendly country, but there are many more that are definitely less friendly. The inhabitants go about in masses, destroying each other daily for the notion of being proven right, believing that their patch is blessed. But the truth is that you radiate what you are, and you go over as such, so do not expect it to be a high level, ok. Take it from me that this is the truth because you will not see the light if you are entangled and locked away in your own darkness. Creation within yourself to “do this, “do that,” can be self-destructive, so just feel what is good for you. Just suppose that you have made the decision to marry and have children, but the children do not come. You ask, “Where are my children? God has punished me.” Oh child, how can you utter these words? “God no longer exists, and neither do I,” you proclaim. “I am punishing myself.” So actually God is not the one doing the punishing, you are. From this moment onwards you must learn to accept. Accept the loss because now you are physical and so now you can’t remember anymore, but maybe you left that page blank in you Life’s’ Book, perhaps choosing to be devoid of motherhood. So supposing you have chosen to walk this route, or that route, be happy with the route. Everything is as it should be and acceptance is important. If you wish to marry a man or a lady and it just doesn’t come your way, then just say, “It is

not to be.”

“Will I meet someone?” This is nearly the most popular question that people ask. Then we reply, “You will meet so many.” You then say, “But I want to meet The One.” So we often say, “If it is meant to be, then it will be,” and if we can see him we will tell you, fair is fair. But we can’t say something if there is nothing to tell, so acceptance is important. Accept your good fortune, because if you fail to conceive any children, then that is the way it is supposed to be; it could lead to self-destruction or you can also accept the way it is. “Do I love myself? Yes, I love myself, so I won’t allow self-destruction.” It is not as you planned, it is as it is. Later on at home we are all going to sit and think about what might happen tomorrow. Everything must be done at a certain time, do this, do that, do this, do that, and at the end of the day, we are tired. Do you really have to do all that? Relax, everything will be alright, it will be alright and then your energy level will be just the same at the end of the day. Naturally you are a physical person so you need to sleep, but if you are mentally relaxed then you should not be tired.

Gentleman in the room:

For what purpose are the natural disasters, the earthquakes, tornados etc. that cost so many people their lives?

Isaak:

Purpose? It is caused by the planet, the planet Earth and all the energies living on it can lead to an explosion. It can lead to the volcano erupting, first spitting, and then spewing, just like you humans do. When you spew you are throwing it out of your system. We believe the natural disasters occur because of the high build up of negative energy on Earth. This is our belief, the outcome of the law of cause and effect.

Gentleman in the room:

But why choose lands such as Turkey and America?

Isaak:

Why not?

Gentleman in the room:

Well yes, naturally I can't answer this question, but maybe it's a punishment or something from Allah or God?

Isaak:

We never see any punishment. No we do not see it as such. Punishment? No, it is not punishment. We do not see any punishment; we only see realization.

Gentleman in the room:

So it's not a sort of karma pattern?

Isaak:

Yes, if you are included in those that die, then you will join and go as a whole, and then all the energies leave as a compact mass; it is not a coincidence. It is karma and the law of cause and effect. Mother Earth's cause and effect.

Gentleman in the room:

You can't pray for nature disasters can you? I mean against nature disasters.

Isaak:

Oh yes, all of you can pray. Dear children, if you pray then you are sending your energy and this can only be considered as good. Suppose that you pray and as no time and distance are involved, you are sending positivity and that helps. But many people must pray together because then there's a build up of ambiance and as energy is increased, consequently the vibration rises. Your planet has a very low vibration and the atmosphere is very compact. Your planet has a covering, and when people pray together, it forms holes in the covering admitting the light and the positivity and allows any negativity to escape. So mind that your thoughts are good and do not proclaim, "I am no good, I am no good, I am no good." No, think good thoughts, speak kind words, but first speak kind words to yourself, alright? Always self first, ok? The rest can follow – first you. Next think about deeds you can perform;

good deeds, good deeds. So yes, there comes a time when you only want to carry out good deeds because you feel that it is right.

But the vibration is decreasing and alas we must step out. Our instrument's vibration is dwindling, so later on we will go over to the 1st trance form.

We thank you

Elise:

After the pause we shall continue in the 1st trance form. Questions may still be asked but there's no longer a direct line between Isaak and the public. Of course Isaak can still answer questions, but through the medium's senses.

Lady in the room:

Every form of life has a divine spark and demands respect, but what must I do when I'm in a room accompanied by a mosquito?

Laughter erupts in the room, but the lady continues courageously:

Yes you can laugh about it now, but it really bothers me.

Tresi/Isaak:

Isaak says that it passes over into the light.

Lady in the room:

Yes, but I do intend to kill it.

Isaak/Tresi:

It goes over in the light; Isaak says that there is no death.

Lady in the room:

Yes, but I've killed it!

Tresi/Isaak:

No-one's going to eat you. Forget about it.

Lady in the room:
No karma?

Tresi/Isaak:

No, absolutely not. It goes over in the light; it is a light-form. Just so long as you don't pull off the legs or something distasteful, nothing's the matter. But know that if you kill them, they do not suffer, it is just over for them, as they do not have a consciousness, Isaak's explaining.

Lady in the room:

It's just that I can catch a fly or a wasp with a beaker or something, but not a mosquito.

Tresi/Isaak:

Isaak says you may kill them all.

We all burst out laughing.

Gentleman in the room:

You're a healer too, aren't you?

Tresi/Isaak:

Yes.

Gentleman in the room:

Is it also possible for you to help with schizophrenia?

Tresi/Isaak:

There are two sorts of schizophrenia. One of the forms is when it's in the mind, says Isaak, but when your head is split in two and you hear voices, then it comes from within you, and there's nothing we can do. There are also voices that come from the outside, and these are the negative energies. They see an opening in you, they notice that you are tense and oversensitive so they combine with you and drive you crazy. This is something that we can take away. Imagine this person coming to us in the practice. First we'll scan

him to see if his problems really are genuine, and Isaak says that within ten seconds we'll know from A – Z what the matter is. We can distinguish whether it is the entity causing the trouble from the outside or whether it is a problem within. It could be a human idea that it comes from the outside, whereas it could well be that it is within. That is why scanning is our priority and if it looks like the entities, the low spirits, come from the outside, we can cleanse you and take them away.

But do not forget that in the meantime your strength of mind is seriously damaged - the equivalent to being raped again and again and again. We can throw the rapist out of the door, but the impact the rapist leaves behind we cannot take away. The healing process takes a long time, and well, you would in reality need the same sort of aftercare we gave Elise. When she had continuous hassle with the entities, we took her into our house. She possessed the gift of mediumship but the entities had taken their hold and broken her, and this is how she came into our lives. Because of this experience, there is nothing more she can do with her mediumship. So, first of all we have to get the facts straight, then we scan and when we see that it is external, then we can exorcise. After this we attempt to strengthen the person but if it has been going on for a long time, the task is an impossible one even for us and we cannot help you.

Gentleman in the room:

Unknown illnesses such as ME, Multiple Sclerosis, rheumatism, you name it, do the academics and physicians ever get inspiration for real research?

Tresi/Isaak:

Do they get inspiration? It is entirely up to them; if they want to, says Isaak. Look, more humanity is required, Isaak says, and when humanity is exercised the result will be more sensitive with no vague diagnosis such as, “You have a problem, but sorry there’s not much we can do,” and you being shoved aside. No, the medics will do their upmost best to patch you up again. Today you first have to prove you’re are sick because so often your complaint is not taken seriously. So coming to an eventual diagnosis can take a long time, and the whole procedure can affect you. Suppose that you suffer from ME but it

takes so long before it's confirmed, in the meantime you will deteriorate. It will have cost you extra energy resulting in your becoming sicker. Do they receive inspiration? We do not know Isaak states. We just don't know since it entails humanity. But luckily there is always the alternative way and, it is growing.

The medical profession has less and less time and that is why people often seek out alternative medicine, and this is where they benefit. For example, by energizing people, one can help an illness, not solve it, but help it. Assume that you have someone with ME, you can take away the negative energy since they can't do this for themselves. You insert the positive energy again and they can carry on until the next healing. With MS, precisely the same symptoms occur with these symptoms of paralysis. Your symptoms are forgetfulness and excessive inner negative energy but energizing can also treat it. A total cure is hardly attainable, only in cases where it's God's will, as we always say. However, if an exception may take place and they target the illness, you will be cured. But you as a relief worker in alternative medicine must never predict a healing. You must never declare, "If you come and see me, you will be cured." No, you may say, "I will stand open to you and I will try and help you." However, the person must feel sure that after three or four sessions that he has benefited. If the client has not benefited, then he can best leave your practice since you can't be of service. The person must benefit, even if it is only to become restful, or more positive, or stronger mentally, can it be considered beneficial. We see many people in their sickbeds receiving terminal care before they die - we can't cure them but we can make it easier by giving hope that the Afterlife does exist. If they have hope they will gain strength and then they will not be so afraid of going over. So we are very happy if you can help, we are always very pleased if you can help. What we do find incredibly frustrating is when people are thrown in at the deep end and advised to tread a certain path and are told, "This is the best way for you to go," although it is a dead-end street. Many people feel that they are on a path but the other side of the door is unobtainable, but it is only a wall of misunderstanding, "People do not understand me." Isaak says this happens regularly here on Earth due to the physicians. Everything happens fast, fast, faster and they've become less humane as everything revolves around time and money. Isaak says, "We work in a different way,

we see you as the main character, and when you visit us you are the central figure, and this is true because you are me, and that is why you are so important.”

Lady in the room:

There’s something I don’t quite understand in the previous story. You say that positive energy can bring about good healing results, but if you are schizophrenic it can be that the entities come from the outside. But if it is something in your head, surely this must come from somewhere? So if you were to send positive energy to that area, couldn’t this be cured as well?

Tresi/Isaak:

It has to do with the timing. It has to do with timing and the fact that it can be too late; we were talking about rapists and the reality that something can just be too late to be helped. It can be that when a small child is bothered by entities he can be completely cured, whereas if you have been suffering for thirty years, or perhaps even fifty years, then it is impossible for us to help. You will be used to that pattern of life; they have become a habit and part of your character. However, we must never give hope where there is no hope.

Lady in the room:

But you can break through patterns, can’t you?

Tresi/Isaak:

That is what you think, but it is not always the case because there are plenty of people wishing to be cured but can’t be because something has sprung roots. We term these roots because it has become a characteristic that has grown to quite a depth. For example, suppose that you are a person that is always sarcastic and there comes a time when you say, “I’m stopping with this.” At the time of making the decision you can stop. But suppose that you have a lame arm that you really cannot use. It is an arm that is ill, and you can say, “I want the use of my lame arm, but it’s no good.” This is something medical. If you have something psychological you can cure yourself, but if it is something physical, then medical help will be necessary. There are many schizophrenic people that assume things that are not true, such as their

thinking that they are God. They think that they are receiving external information, but they can't tell the difference any more. They think entities inhabit them, but this is not so. First we need to scan someone and then we need to talk to him with honesty, but with sensitivity. We shall always tell the honest truth and we would cease to be good masters if we were to give hope where there is no hope. Can you follow me?

Lady in the room:

Yes, of course.

Tresi/Isaak:

It depends on the individual, Isaak says. This lady, Elise, is from A – Z. completely cured. She's not troubled anymore but we took care of her for a very long time, because the entities were gone but the spoors from the rapists were still present, and they also had to be wiped away. As a matter of fact, Elise did not suffer from schizophrenia, she had to endure entities.

Lady in the room:

Earlier on this evening when Isaak was speaking in the 2nd trance form, I saw a bright yellow light encircling him. My question is: What does this colour mean?

Tresi/Isaak:

Yellow means love, yellow is love and signifies that we have done our best! Yes, there are symbols for colours. Blue is for spirituality, gold for divinity – the Divine world. Sometimes you can also see a white edging which is also a symbol of the glory, the divinity. Yellow is the symbol of love; green symbolizes growth and red, passion. If we see red in your aura, then we say that you are a passionate type. If we see that someone has a lot of black surrounding him, then he is absolutely a non-positive person. Then we have the chakras. If I connect with you I can clearly feel where your complaints lie. If you are closed here, on your solar plexus, then you should be throwing out your feelings more. If your throat chakra is closed then you will choke as all the other chakras underneath, like your feelings, can't escape. You need to speak and to throw out all your emotions. We always work with symbols, we

tell everything in symbols and that is why the training takes such a long time. We have to insert the symbols into the medium. The moment that she sees a symbol, within a second she picks it up and begins to speak, and the moment she speaks, such as now, my knowledge is her knowledge. She knows this and she must budge over for me to speak using her mannerisms, as it is her body. She is fully present, but it is my wisdom, not her wisdom. The training indeed takes a long time.

Lady in the room:

I would love to make contact with my helper, but am cautious about opening myself as I'm scared of entities. I'd like to enquire if this could do any harm?

Tresi/Isaak:

You must feel for yourself just how strong you are, and if you are afraid it could be because your helper is causing this. Fear is always the wrong nourishment; it is far better to stand with positivity. It can be that your helper puts the fear into you – he can put anything he likes into you, so he can say to you, “Have faith child, we will come to you, and we will lift you up.” When you want to have contact with your helper and you succeed via meditation, this is something to be happy about, but do not seek it out – calling it up is always dangerous. When you say, “Can you come, can you come?” then someone else can come, pretending to be your helper. Then there's a connection between you and a wrong spirit and your own helper is powerless. Thus, always mediate and stay calm. Fine if you hear something, but never force it, it will come on its own.

I'm telling you as the person Tresi that I'm working daily among the people and giving lessons and I've sat in the room not knowing what the day's lesson would be. It just comes and our interaction always flows perfectly. This is because of the trust, the trust that must be built up and this trust also needed time to grow. Practice makes perfect. So if you wish to make contact with your helper and you feel his presence, just wait until he connects with you – it should happen spontaneously.

Gentleman in the room:

Is there a hierarchy in the high spheres? Do Jesus and the other great masters inspire Isaak for instance?

Tresi/Isaak:

Yes, they truly do, answers Isaak. He never tells which sphere he is from although the question is so often asked. He never tells which sphere as he does not wish for comparisons to be made, or on Earth with someone saying that their helper comes from ‘such and such’ sphere, and the other from ‘so and so’ sphere. No, Isaak doesn’t like this, but he has told one thing, and that is that he has met Master Jesus. This is not to appear high and mighty as it is Isaak speaking and not me! Up there everything is love and because everything is love, you only have to connect with it and the love will come to you, and then you may share in the love.

It also has to do with what you are ready for. When you cannot endure the light of the high spheres, you shouldn’t try and go there as you would be blinded. It is the same with the lower spheres; many, many people may not go there because it is so ghastly. Isaak declares that over the years he has dwelled in the lower spheres for many months at a time in order to learn, and here his best lessons were learnt. Why has the physical man sunk so low, asks Isaak. How can a man carry out so much injustice? How does the mind work? Isaak says that he must research the psychological side of the human from A –Z, and you can only investigate those people that need psychological help in some form. You can’t really investigate something that is truly perfect, and where he comes from, it is perfect. The training is extremely difficult because it saps your energy and then you have to return to charge up your positive energy. It literally makes you cry as you see so many nasty things there – so bad that you resist going there again. But you know why you must; you know that you must return there for the diplomas to become a guide. Isaak says to work out how long he has studied from the year 1230! Isaak says that I am his first medium, previously he has not done this kind of work here on Earth; he was just studying. Isaak continues, “We are expected to get it 100% right straight away, and if you couldn’t cope with the work then you wouldn’t go to the Earth. First I had to train the instrument sufficiently that her body, her voice and her wisdom was compatible with mine and that she could diagnose, and all this was hard

work.” Before I was born, Isaak spent many years here on Earth, as here was the place where his lessons were to be learnt. Isaak adds that he’s visited many spheres purely to learn and he is still the Indian that he was, only much wiser.

Tresi:

He feels like pure love and when he inhabits my body, the great love that he has for mankind is just all-embracing. He is my teacher and for many more people, and Isaak says, “There are teachers enough, now roll on the students please!”

The Reading in Breda on 20th October 2004.

Ladies and Gentlemen, we welcome you. I would like to introduce Elise Schuitenmaker. She is the lady who is so dedicated that she listened to all the tape recordings and has committed our words to paper. Often we are asked the question, “Why?” We do not use the question ‘why’, but as you wish for an answer, we shall explain. It is because our instrument works on a daily basis with the physical human and we are busy helping you physical people. We help from one well and that is the well of love, and when the physical person has been helped, he goes home happy and elated. But indeed, we know that people do not possess very good memories and quickly forget. But when it can all be seen in a book, he can always look at our words again and also has the option of putting it aside if he wants to. But we notice that so often the physical man uses our words and of course we are very pleased about this.

Who is our instrument? Our instrument is the one that you can physically see. I, and my name is Isaak, have not been alive since 1230. Alas, it a fact that since my death, I no longer have a body, nor have I vocal chords and so I must use the vocal chords of our instrument. So her vocal chords remain the same, her body stays the same, but take notice of the words spoken and naturally the energy. Every physical person had a unique energy, a unique energy since his birth; actually before his birth. There is no one else like you and what a relief it is when you realize that you are a unique physical being. Through our daily works with our instrument, we convince the physical humans that there is life after death and that there is no actual death. We explain that you as a person need to have no fear of death because when you die, you come to us.

Who are we? We are spiritual. It took me years before I was ready to use my instrument in this life. It did not just occur from one day to another, and talking about patience...we have all time, so we also have patience. You all assume that you do not have enough time and this is the reason for your impatience. Try to just ‘be’ and try to be more in the present. Try being

patient with everything, with everything that you are. Try seeing yourself as a spiritual person, because this is what you are in reality. See yourself in everything there is, a piece of the Universe. It was of your own free will and your decision to live on the Earth, so no-one sent you down. Naturally everything has been discussed, as you as a person have consulted masters and asked: "May I go?" Then you picked up your Book of Life for the purpose of writing your own script. There are guides and helpers who look after your script. So when your helper wants to contact you, he consults your book. In the same way we use our instrument in order to speak. The mind is something that is worldly and dies, whereas feeling is what you have left and you keep. So take care of your feeling, and cherish your feeling and understand that it is everything. Your helpers speak to you telling you to follow your feeling. You may sense it in your feeling chakra or you may hear it in your thoughts. You as a human think about it, so at that moment the feeling stays a feeling and your mind is actually what becomes your leader. This is not good - you are more than your mind, so say to yourself: "Let's reverse the roles and I'm going to listen to what my own self is telling me. I shall trust that my feeling shall be my teacher." The helpers that look into your book take care of the circumstances so that you are helped in order to reach your goals. But if you are insensitive or play deaf, we just cannot do that.

We are aware that many, many people would like to have the gift our instrument has. We also know that many, many people think that they have it. You can think what you like, yes, but only your feeling will tell you, yes, or no. If you think, then it is already wrong. If we speak to you we can only achieve this through feeling and never via your mind. It is impossible. If you connect with someone for the purpose of helping them, you need to be able to feel their pain, you need to be able to feel a persons' energy and only then can you know precisely what you need to say. It's the same with us - we know what to say and we also know when it's advisable to keep quiet, and if you go plunging in without caution like a bull in a china shop, then you will destroy the physical person. It can be true that you as a person wish to influence another with the will of God, but if you are so keen to make your contribution to the physical person, to society, then switch off your thoughts

and cease thinking. Be sure to reach your feeling, be sure to start meditating, and start sowing the seeds: “I am a piece of God,” and receive this news with joy. “I give myself over to God.” And who is God? Love. And your mind? “Yes, this is something that I have received, but I am not going to listen to it anymore, I shall listen to my feeling.” And if the person next to you says that you are mad, then reply with: “Do you think I’m mad because I can feel?” Naturally there are people that are mad, but mostly they are mad because of what is in their mind and not because of their feeling.

So if you meditate, if you do exercises, the more your spirituality will rise up and the more energy you will have. The more you can radiate, the happier you will be, and more love and spontaneity will come your way. Speak about the things you think and feel never say, “I must hold myself back.” Never say, “I must not be spontaneous.” Never say, “I am not worthy of love.” Never say, “I cannot be loved.” Never say, “I have no love.” These things are not true. You have everything, so who holds you back?” You with your limitations. From the first day of your life your feelings are pure. “How can I get to these feelings?” This is one of the most asked questions. Surrender. Give yourself over. How do you do that? How do you surrender yourself? Spontaneously! You look at the person next to you, or opposite you, and you wave at him. Let’s try this and then let’s laugh with one another.

So we do this, and indeed we do laugh with each other.

Isaak resumes:

All of a sudden people start talking, all of a sudden they start laughing. We are talking about spontaneity. Hey, that’s an achievement; let’s think of another one. Reach out to each other and hold each other. Does anyone dare to do this? Does anyone dare go to another and embrace them without saying a word?”

We hear both laughter and sniggering.

Isaak continues:

Are you laughing because you are nervous or are you laughing from your inner self? This is also a point to consider, as everything that is now being

discussed involves some delving into. Naturally talking is allowed, but it is possible just to feel, to just feel each other to give love, as so often words can be a violation. It is not a violation when you say, "I think you are wonderful," not if you say, "You are a splendid person," not if you tell someone that you love him. But if you withdraw the energy from that gesture and turn it into mockery, then it is a violation. Can you follow us? Elise may I please ask you to walk around the room and to choose someone to embrace? Look into this person's eyes and say something you want to say in glory.

I do what Isaak asks, but it appears that the audience is rather uncomfortable with the situation. The people are somewhat giggly as they follow my path to a lady in the room, and I give her a cuddle.

Isaak resumes:

In this way man makes a connection with a stream of love. But suppose that person facing you says, "No, do not do that," then the stream of love is severed. So often we see that the physical human is incapable of accepting a compliment. So the person to whom the compliment was addressed is afraid to receive it, and consequently he looks away or he looks down or he destroys the compliment with one solitary word. But suppose that you receive a compliment and you say, "Thank you very much," then you are being modest, and modesty is a thing of beauty. You receive in humility, you receive in modesty and it is not your ego that is touched, no, but your inner self. Your ego is your 'me'. Many people are still seeking, they are trying to find their own self, and subsequently they search on the outside of themselves and fail to look into the inside. So if I compliment you, I am giving from my inner self and you receive the compliment with modesty. When you have an ego, then you desire more and more and more. It's comparable to the food that you consume, but your stomach is never satisfied and you remain hungry. So, if you are a child that can relate to this, it means that you have not yet been nourished. What should you do? You must say to yourself, "This is something that I can learn," and compliment yourself and be pleased with yourself. We really love saying to ourselves, "I am such a nice child, a child of love." If you nourish yourself and do your

exercises today, and again tomorrow, and the day after, your radiance will grow. This can grow and as you radiate what you are it will be positivity that you are radiating. And when another person comes your way he can feel the splendor and say, "It feels good to be around you." You thank them and then you explain how you came to be this way, because you are now the other person's master. So say to yourself, "Everyday I am going to look into the mirror and tell myself that I love myself. I am going to tell myself that I am a beautiful creature and that I am going to make time for myself." There is actually a key word here, and that is 'love', and when you devote loving time to yourself, then your search has ended because the seeking is no longer necessary. If you have just eaten and your stomach is full, you will buy less shopping. When you have filled yourself up with spiritual nutrition, this is what you will radiate.

I am a teacher and I also had to learn this. It takes many, many years for us to learn how we can feel and live without fear and hesitance, but indeed, you are made of coarse material and we of fine material. You possess a body and we do not, although we are visible in your feeling when you open your heart to allow the feeling in. Feel the positivity coming in the same way as when you connect with someone, and you feel that person. When you touch a child, feel its divine softness as the child is still fresh from the source from whence it came. But nevertheless even if you are a mature person, it is still possible for you to sit in glory. It has to do with becoming conscious, and awareness, dear children is not something that we often see. But indeed, you keep on asking yourselves, "Who am I?" Now, please, stop asking this. You are God. You ask yourselves, "What am I?" You are energy. And you ask, "Why do I exist?" To learn. "How did I get here on Earth?" Through the process of reincarnation, via the circle of birth and death. You die here and you are born on the Earth, and visa versa. You go over in another form, in the form of feeling. But then you question, "What does a 'form of feeling' mean? If I have never felt my feeling, how will it be possible to go over in my feeling?" This is something that you can tell me, how will you do it? If you have no feeling, then you won't have it here either. If you have recognized your feeling, then you will recognize your feeling here. Do not you know what love is? Then here you will not know what love is, because

what you are, you radiate and as energy is what you radiate, your radiance will not be very bright. There are many spheres, high spheres, but also the darker spheres, and this does not mean that hell exists. Hell is not something that exists or is real. But the feeling is what you are now, so take care that you stay positive and that you feed yourself. We could ask: "What have you got to loose?" We can tell you that we are happy, actually that we are very happy, because naturally we know about what you are experiencing. You have emotions, you have misery, you have anger, you have disappointments, you have happiness, but you also endure so many negative influences that must be eliminated. This elimination can take place through exercising daily in the way that we have just explained. And if we should ask you to look at your hands and feel your positive energy there and place your hands on your head and say to yourself, "I stand open for the Divine and I draw the divinity to my hands for healing," then you would probably think, "I cannot do that!" Yes, if you think like this, then nothing at all will happen. There are three different kinds of power. They are the thoughts, words and deeds; what you think, what you say and what you do. Be aware of these three. Your thoughts travel everywhere, here, there and everywhere. They also go to us, so we know your thoughts and as soon as we work with you, we know precisely who you are purely by this one impulse, because time does not exist, and your thoughts reach us before you have even formulated them. Can you all follow us?

But then you have the use of language. You can tell each other what you feel for one another and it is a nice thing to be able to do. If a person only has nasty things to say, immediately you will feel the negativity, so protect yourself against it. If a child has never been fed nice compliments, it will be impossible for the child to radiate brightness, until he has another chance to experience this nourishment.

The last one is the deed. The deed. Let's take a look at someone who says to you, "I want to change," but shows no intention of doing so. If you say, "I intend to meditate," this means that you do not want to do it. The deed – it is an action. When you wish to carry out a conversation with All that is, then ask, "Please will you guide me, and please will you help me to control my

thoughts?” So imagine that your thoughts are pure and first think pure thoughts about yourself, but remember you are still learning, so faults are to be expected. But first begin with yourself, dear children, and say, “Please help me to say nice things to myself and to perform good deeds for myself.” When you do this daily, you will feel the changes. But yes, it takes time. Again the word ‘time’, that strange word; the same goes for the word ‘patience’. Have patience with yourself and grant yourself time. At some point a beginning can be made, so why not today?

Why should you always fold your hands together in prayer? Because it is respectful and the moment your hands are folded, you are assuming a respectful pose and sending yourself plenty of respect. When you shake someone’s hand, it is a respectful manner in which to greet someone. First greet yourself, then greet the people, then greet your Mother Earth and then greet everything that there is. Ouch, ouch, ouch, so often we hear the people’s thoughts, and all of you are just drifting. You are all drifting; we are not. You are drifting because this is what you are thinking is the right thing to do. We know what we feel. Do you know that? Do you know what you feel? We can give every feeling a name. Can you name all your feelings? Our instrument has only one hour in which to explain your life, so we keep it compact.

So we tell you only the most important current events. Why have we chosen to work with you? The answer is simply, very simple. We know that every person here is exactly the same as I used to be, and that is energy. No exceptions are possible, whether you have a high status or a low status, whether man or woman, we are all the same. There will come a time when you wake up and you will look at the Earth and see what we see. And then you will ask, “May we also help?” Then you will guide, you will help. Maybe by that time, you will have a child on Earth that needs you and you will go to him, and as you are still learning, you will try to touch the child. By doing so you are sending the child plenty of positivity and because you hope the child feels it, you will not give up. We never give up. We call this the process of evolution. It is an evolution process that takes years. Your Earth is just a bit of fluff in ‘The All’. “Oh, that’s nice to know, so I’m ... what then?” A bit of fluff! But in that bit of fluff, is everything. When you were again in your

mother's womb at conception, everything was complete, wasn't it? A fetus just needs nourishment, doesn't it? Your mother carries you – she grows and grows in size and then a glorious baby is born. How is this possible? A miracle has taken place. Naturally a miracle has taken place, purely because of the seed that was implanted and the mother who carried you. Are you born with love or without love? This depends on the mother's state of mind when she carried you as you can feel your mother's presence. If you were unwanted, then you will enter the world as an unwanted child, and you will feel so. You feel a wall, an invisible wall, but as a small baby you have no idea yet what to call it. Look at the person you are now; you are also a seed, but a bigger seed. What must you give your seed? Nourishment, you must feed it. Nourishment – food everyday. You might ask, "Why should I do that?" Look at yourself. Do you feel happy? Then you do nourish yourself. Are you unhappy? Then you do not nourish yourself. Are you merely a living dead person or are you a person that is alive?

There are people living with us in the lower spheres that do not realize they are here and think that they are still alive on Earth. Everything they have here is created in the mind. It is pure creation. They go off to the pub, they go shopping and they have desires. But if you live in the glory that is something that is no longer necessary, as you are not living in a physical body. We shall not make it too complicated. Oh, you would like an explanation? You are energy, we are energy, so what is the difference then? Just in the awareness. We have knowledge and we attempt to pass the knowledge onto you. There are many instruments among you, many of which are ridiculed and laughed at. You killed the masters that came; yet change is escalating as man is beginning to awaken and man begins to realize there is more. He starts to investigate and comes to an evening such as this, and the ones that speak out about the Universe are not immediately wiped off the Earth. It is just that instruments are disbelieved and perhaps laughed at, but as long as a group of instruments remain, so do we, and despite whatever anyone does, we are growing in strength. Why? Because we are totally devoted to the work with our instruments and have no wish to see our work lost.

Now, what can we do for you tonight? Have you any questions?

Lady in the room:

Why is it that so often people are given the wrong advice from someone paranormally gifted? How can this happen?

Isaak:

Dear child, if you have a guide, you will recognize the voice of your guide. You will recognize it in the same way that you recognize your mother's voice. When you are born you recognize your mother immediately in your feeling. Our instrument knows us; she clearly recognizes me and when I pass something on, she knows that it comes from me. When a deceased person comes, she sees that I am standing next to the deceased person, also that it is pure and that my permission has been granted. Nevertheless, I do understand your question, as there are mediums or charlatans that get the wrong messages through owing to the tuning they receive. If your vibration has not grown, you are still in the dark spheres and you plug yourself into the earthly sphere. So together with the 'strays' you possess the talent of mediumship. You are a medium, but for someone other than us. In the beginning the messages are good, but the messages are always restricted and casual and not loving messages. Often they can be dangerous messages, or casual messages such as, "Tomorrow you'll buy a house," or "Tomorrow you'll buy a car." The messages are limited to the sort of things that you would wish to hear. Naturally, if we speak we also might talk about a house if a house should be sold, and we are also limited because a person may choose and has a free will to do with his existence as he pleases.

We can also suddenly come to conclusions because we are so advanced. For instance, if someone is ill and has been informed by the doctors that he will die, then at that moment we could also confirm that he shall indeed die. However, if the person were unaware of his pending death, we would never give such a prediction, as we know the consequences of breaking someone. The low entities do not take this into consideration; so if you go and visit an instrument, or you are an instrument for the low spheres, make sure that the contact is brought to a halt. Your vibration will need to be raised by your guide or helper because there is no schooling whatsoever on the Earth

available for mediumship. Truly not. We provide the training and we mold you in the way we wish, all in the name of love. The mediums can make a name for themselves through their work, they receive their roots from us. So if small seeds produce good things for humanity, they we applaud, but if there are some dark seeds, know that they have never originated from us.

Elise:

I think that the lady would also like to know why you spirits from the good spheres can't eliminate the charlatans and make an end to it.

Isaak:

But you know we do this, dear child.

Elise with a little laugh:

Yes, I know this; I'm only trying to clarify the lady's question.

The audience laughs.

Isaak smiles and says, "You are a sweet child, Elise."

We all laugh.

Isaak:

We do that, dear children, because these people are never ever famous and we never work with their limited information. But certainly your question is a big one.

Lady in the room:

What is intuition?

Isaak:

Actually we call it the "Voice of God" speaking to you in your feeling. Who is God then? Everything that there is – the source, the All, and they speak to you. But if you lend a deaf ear, then you will not be able to hear. If you cannot feel, then you will not feel, and then you will not know how many

gifts there could be in store for you. It is just like Christmas; you all receive presents. It is a gift to be on Earth; it is a gift that you are really here this evening, feeling, listening and speaking. Elise Schuitenmaker has researched us and used her common sense, and if you speak to our instrument you will see that she too is sober minded, and this is the reason behind our choosing them. Elise has spoken to us for hours and hours and has even lived in the same house as our instrument. She needed guidance as she had strayed awfully far from her true self. But then look at the beauty she is now! She recovered wholeheartedly by her own will; it came from her free will and her free will she gave over to us. She implored, "Help me; I don't know how to go on anymore." Naturally we did our best to patch up the broken bird that was broken by the negative entities. We did exorcise them, but as they had surrounded her for years, it took the same amount of time for her recovery. We took Elise under our wings and she has made a wonderful recovery. She has studied us, taken part in everything possible, and she has typed, typed, and typed. Typing goes much faster now, doesn't it Elise?

Elise:

Yes, it does indeed.

Isaak:

But yet, in spite of all the hours and hours, days and days and years she knows us, she has never stopped exploring and this is something that is not quite so common nowadays. People can begin a life of spiritualism and then the purity and worthiness wear off. Suppose you were married to the person you considered right at the time because you loved him, but always felt inside that he was not the one for you; however you suppressed the feeling. There comes a time when the love is over, the loving feelings have vanished. This means that it is over and you return to being yourself, feeling restored to the old self you used to be prior to going into denial. Then our advice is to follow your feeling and get a divorce. But just imagine how different it could be if you continue to feel nice with the person. You are in actual fact a scale, because you balance your weights with each other. One of you is 'this' and the other is 'that', but you still have a responsibility towards one another since you are as you are, and he is as he is. When you make an effort and

give each other love, you can carry on with someone, and we call this acceptance. Accept the inadequacies of the other person and he must accept yours, then nothing becomes an issue. You are doing the same with your own child when you cease to concentrate on his inadequacies. You might notice that one child is not so bright while the other is much cleverer, but you don't say, "You're worthless." Consider how you would feel at such a moment? It is your tree feeling, or is it your own inadequacy? You are constantly trying to change the other person, whereas it is you that should in fact change, and you are afraid to do so. You think that if you can change the person to fit your image of perfection, you have perfection. No you must be the one to change, otherwise God will 'punish' you. We say that the circumstances here on Earth are created through us, so do what you planed to do. We have your Books of Life here as we have just explained, and within are what you wanted to experience, so we throw all the circumstances together. Be patient, open your eyes, feel what you need to experience and live your life. Be yourself without getting lost and trust in the circumstances that make up your life.

Lady in the room:

What shall the year 2012 mean to us?

Isaak:

Dear child, close your eyes. Look, there is something going on everyday in society and in the world. But there is one thing that we would like to get straight, and we call this 'now', the awareness of now. Many predictions have been made, but we do not do this. And why not? It is all intermingled with time and with the evolution. Tomorrow is created from today. Many predictions have been seen to be true, but there are also many predictions that have failed. Why would you want to sit and wait? What is supposed to come, will come. When the time is right, a new way of life will come. At this moment in time there is only good news to tell, and the news is that you 'are' now, and that you live now. For us it is not so relevant and certainly not interesting enough because now is what is important, the present. Here we do not recognize time, but we do take into consideration your time and look with you at your watches. So just sweep away all the predictions, otherwise

you will just sit and wait and the years will roll on by.

Are you pleased with all these answers?

Lady in the room:

Actually I have another question if that's alright with you Isaak?

Isaak:

Yes, dear child.

Lady in the room:

What puzzles me is why some people stay hanging in their unconsciousness regardless of what they had written in their Book or in their script.

Isaak:

That is a good question. Compare it with a baby. The baby who lies in the cradle exists and if he decides not to grow, he will stay the same baby and his consciousness will end at that level. If in the end the person dies, he will not have grown. The child that has died has not grown, except for that small amount of time. One person grows a lot in his life while another person grows to a lesser extent. But everyone grows. The one must go through many more lives, more so than those that are conscious. However, when you know that you have time enough, why worry? You will not get a heavier load to carry than you are capable of carrying. The baby cannot carry more, so he is not given more. The one that can carry more will receive more. If you wish to keep yourself mentally in balance you must always feed your positivity, otherwise you can break. Many people fall into a depression, but they actually create it themselves, unless it is something physically at fault in their brain, but other than that it is self-creation. They underfeed themselves, so if you are depressed you can immediately come out of it by looking at the problems, feeling them and also letting them go. So if you go through life burdened down with worries, and you will turn to drink, then nastier things will follow. This will lead onto the need for external things such as a partner or sex or something else. Every individual has the potential to organize his own life. There are no victims; you are the only person that can make

yourself a victim. So if you are a person that compares yourself to all the other people: you shine and you are different from the other ten standing before you!” Then please give yourself a pat on the shoulder. Then you are a positive and happy person. You can show your radiation to people and explain how you came to be the way you are, but there are many people that cannot hear your words as they are not ready to hear them and they will not understand you. Now dear lady, we know that you are a dominant person.

Lady in the room, laughing:

That’s not the first time that I’ve heard that! No offence meant.

Isaak:

We do understand your humor, your self-mockery. You are a wonderful child, but if you are aware that you are dominant, then you should go about trying to eliminate this dominating attitude, as it is not a very nice thing to have. Actually, self-mockery also does not sound too good either. The word ‘humor’ sounds nice, but self-mockery means mocking oneself. Of course you can say, “My hair is a total mess and will not stay in place,” but if the influence you give yourself is always negative then you are depreciating yourself. There are various levels of self-mockery, aren’t there? If you say: “I think I’m a great person so that’s why I poke fun at myself sometimes. It does not matter to me in the least and I can shrug off that energy,” then it is fine. But showing dominance towards another is never good. Dominance towards your child is never good, nor is dominance towards your father or your mother or anyone else for that matter; it is never good. Dominance towards yourself is also not acceptable, but love is, giving love and receiving love is. Love is good.

Someone asks a question about being alone.

Isaak:

Alone is not something that exists. If you are your best friend, then ‘alone’ does not exist because if you are home and you laugh with yourself, then you are your best friend. You can really laugh with yourself. Who has done this? Who has sat in a car perhaps and started to roar with laughter and then think

themselves crazy? Then you are doing just fine. If you laugh at yourself and look at yourself through someone else's glasses and think, "What on earth is she doing?" We say, "That is good child, go on in this way." Be this way. Every now and then you must tease yourself and laugh at yourself and be aware of what you do. If you have a camera in your own film, then you start working in another way. If you carried your own camera and could observe your own limitations and your good qualities too, then you would change your limitation according to your will. Laugh at yourself! Go ahead and make funny faces in the mirror and tell yourself: "I'm absolutely mad!" But it does not matter because soon enough you will go outside and you will transform into your usual state of respectability. It is all perfectly Ok, and when we are busy with workshops, we let people really rise above themselves. They may become a child, they may cry, they may scream, they may laugh and they may be simple, because in your very core, you are simple creatures. So often we hear people declaring, "It's all so simple."

We reply, "Who were the ones making it so difficult?" That's you!

Lady in the room:

Can you tell us something about food in this day and age?

Isaak:

Of course, dear child. What you put in your stomach is what you are. If you are someone that always has a craving for sweetness, then you have a shortage of a substance, a lack of energy or you have to hold onto energy. If you are in need of an alcohol drink, then you either want to numb yourself, you want to feel better. When you feel the need to eat fish and no longer eat meat, then you are becoming aware. The earthly energy is only in meat and not in fish. Fish go over in the light, they are another energy and so reincarnation is not possible for a fish. So if you eat biological vegetables, it means that you do not want chemical substances in your body. Milk products are alright, they are pure and a baby is fed on milk. All mammals are fed with milk because it is pure, as are the products that are made from milk. Be careful to see that vegetables are fresh – in time their aura deteriorates. Look at how the vegetables in the garden give off a radiance that is so full of life, the light of life that is so fresh. Vegetables that

have been left in the fridge for a week look wilted. They might still have color, maybe so, but it looks like they are infested with fungus. That is not fresh! Drink a lot of water. Drink a lot of water. Our instrument only drinks water when she is working for us. Sometimes we agree to her having some tea, but water purifies. Water is good as your body contains a high percentage of water. Stay away from sweet things, as sugar is not a required component in your body, except for the sweetness you think you really personally need for yourself. So what you are is what you have need for. If you are a stressful child, you'll munch on the chips and shove them in. If you are a restful child, then you will also eat in a restful manner and chew like a little rabbit. Look at yourself, and look at what you eat. Alas it is only too true that our instrument sometimes eats fast food out of the machines, due to lack of time, then at that moment food is only a necessity and wolfed down quickly. If food is eaten socially then it is eaten in a totally different way and you are feeding yourself from the feeling. But do not immediately start enforcing yourselves with all sorts of restrictions.

Someone brings up the question that currently food is perhaps not in such a good condition? The seas are being fished until they are empty or fouled by oil leakage. Is it sensible to eat this dirty fish?

Isaak:

Of course not, you do not go and bathe in mud, do you? You bathe in clean water, so be careful with your food, and see where your fish comes from. When an oil drum has leaked and soiled the fish, obviously do not purchase the fish. We know that everything in your society is branded with a sticker, seal or a hallmark, so be careful to take note of its origins. But yes, it is true, but an end will come when man comes to the conclusion that maintenance and repairing the problems are essential; then changes will be made. You people are taking care that this is a planet that can still support life. Often you are addressing this problem as you really are not so indifferent. If you were, then the rubbish dumps would be over full and where would all the refuse still be? You do take care that repairs are made and that recycling is established and a better way is introduced. There are people that are helping you with your awareness; your conscience is greatly increasing. Also more

and more people are being born that do not eat meat or sometimes even refuse fish, but this does not mean to say that you need neglect your nourishment. But then if in a next life you are as spiritually high as Sathya Sai Baba, who does not eat meat or fish, you will loose weight. He does not need the food and eats practically nothing because he has no needs. The physical needs decrease, as the person advances. We do not eat either. We do drink. We have wonderful vital juices, full of life's energy. But of course eat what you want, if you feel you still need it.

I assume you now have other needs? Perhaps you wish to go to the toilet or perhaps you would like a drink? Later we shall go over to the first trance form.

Thank you.

The Reading in Capelle a/d IJssel on 16th November 2004.

Ladies and gentlemen, we welcome you. We are pleased that you chose to come here this evening as everyday people have choices to make. He must choose whether to begin his day in the morning or not to. Alas, it is a fact that so many people do not dare to make choices and they prefer to remain ignorant. They do not particularly believe in the hereafter because it is not visible. They do not even believe in themselves or in the feelings that they have. We call these people 'the living dead.' Naturally they are alive because blood runs through their veins, and their hearts beat. They wake up warm in the morning, but in their consciousness, they are cold. This is the reason that everyday we speak to the people to convince them that we exist, and that after leaving their physical selves they continue here. We know this and it is something that you should also know. How do you get to know about it? You become aware the moment that you begin to research and without research, nothing at all happens. But do not begin your research too far away, begin with yourself. Clearly you are physical, but is there more than just the physical? Is it just possible that you could also be spiritual? Could it just be possible that you as a physical person have a soul, a spirit? Yes, this is something that you have; indeed we know this. Now you shall know this. Those that do not know this yet, may as from today onwards, open themselves up for this knowledge. Just open up. Begin with seeking the peace within yourself. Breathe in deeply and take in life and then breathe out and think in thought of the things that you need to let go of. Have you got fears? Then say in thought, "I will let go of my fears." Are you unsure of yourself? Then say in thought, "I will let go of my uncertainty." Are you sad? Then say in thought, "I will let go of my sadness." Let go of anything that is restricting yourself. Your emotional side will bloom when you let go, but not before. No marvel can just take place, you have to make the wonder happen. You get to choose, everyday you get to choose again and your choice is: "I want to be. I want to be happy and I want to live in the present, not in the past and certainly not in what is not yet here - the future.

To exist is quite simple. Why do you make it so difficult for yourselves? Of course you must work, you must eat, you must drink, you must meet other people, you must socialize, but you must not deny yourself. You must never deny yourself. As soon as you are part of society and you are a positive person, a wonderful person here on Earth, then obviously this is something that you radiate. When you send out these beams, people will wonder why this person shines. At such a time you are the person's teacher because now you can say, "I shine because I recognize my whole self. I know." And the other person says: "How can you know? There is nothing: there is no hereafter." So then you ask the person, "How can you be so sure?" The other will reply, "There has been no scientific proof." Your reply can be, "But who is the scientist?" This question is one that is well appointed, but the scientists? They are you. You are the scientists, the moments that you as a person say, "I am wearing the scientist's coat and I say that there is nothing," then you have looked into it and decided that it is impossible. So many scientists refuse to believe. Why not? It is because they have studied and as scholars they have invested so much energy in the power of the mind. So you are both intellectual and feeling people. You have put your feeling aside and brought your intellect to the fore. You use your power of reasoning, you have studied and you know more than those who have not. But the real you is your feeling. So the scientists that refrain from using their feelings are not good scientists because they reason with their minds and not from their feeling. If scientists were to be open to the paranormal, spiritualism or the occult, then they would discover the knowledge, but if they do not investigate from their feeling, they will not uncover the knowledge. They will remain ignorant. So all you people could be the science of the future as from today. You have the opportunity to say: "I am going to do some research; I shall investigate with an open mind and with an open feeling and of course I am not blind," (*we wouldn't wish you to be.*) "But I shall go to the meetings and I shall ask questions and see what it does for me." If your feeling tells you that it is good, that it feels good, then it is so. The moment you feel resistance it could be that you are not yet ready, but it can also be that your feeling says, "I need to get out of here!"

There are so many different kinds of gatherings, but the best kind of meeting

is where you have the opportunity to speak to a master. Why is this? It is because a master has developed his mind and not his physical self. Of course a master is dependant on the instrument herself and all the capacities that the instrument has. Our instrument possesses clairvoyance, she hears, she feels, she smells, she tastes and she knows. And naturally she can lay contact with the other side, which is also where I belong.

But she is purely an instrument and when we are overshadowing her, like now, she must free herself from her physical. Obviously there is an IQ involved, but that IQ has not been mentally developed as our instrument has never studied. She hasn't obtained her knowledge in the usual way; she has just opened herself to us. We prevented her studying or reading the many books that are available. What is our reason for this? It is because when we speak there must be purity. Of course she has a brain and we control the vocabulary she chooses, but naturally we are dependant because if the instrument does not know the correct words or sounds, she cannot express herself. We use 'the car' symbolically. Compare it to a car as this is the best comparison. You get into a friend's car – the car is of a certain make and has lots of knobs. You are the driver, but you can only steer what there is to steer - more you cannot do. If the car has air-conditioning, well you can use that, otherwise not. The same applies to our instrument; we can only use what mental capacities she has. Naturally it is so that we take care that lots of information enters her mind from associations. So literally for the whole of her 28 years, we have provided her education, her physical education. She had to experience many things in order to feel and to sense things because the moment we speak she has to have the knowledge. This *het weten* **DISCUSS** is the most important thing, but I must bring to your attention that when you are open to the other world, there must be only one guide. If you say that you have many guides, when we ask why? If only one guide is needed to channel an instrument, why would you need more? Of course, we do all work with the collective consciousness of the powers that be. We send out thoughts and receive the appropriate information. We do not waste any energy like the physical people do. We work purely because we want to help. A guide needs an instrument, therefore the guide has a collective help. The help is always available, always. Suppose that you come and visit our

instrument, your helper will have been your aid for sometime and he will tell me the information that I need to know, which naturally I give through to my instrument causing the connection to be complete. Be sure to investigate and also never ever make the mistake of being in a position whereby you are influenced. We are definitely against this. If you are looking for someone who predicts for you, we would advise you against this. Of course ask to be helped but do not seek full predictions, rather say, "I would rather live in the present. I would like to know what I can do to live happily in the present, and then I can work on looking to the future. Please tell me just enough about how to achieve this, but do not influence me."

Why have we decided to come here this evening? The reason is because we have written a book. We needed two people, naturally the one who went through all the recorded tapes and transcribed them into writing, and the one that you see here before you, the physical medium. The book contains wisdom and you can use this wisdom to better your existence. We will be your witnesses because when you read theoretical wisdom and do not put it into practice, it remains theoretical wisdom. But the moment that you apply the wisdom, you get results. Apply what you know, and apply what feels good. Maybe there's something that you fail to understand, that means that you are not yet ready for it, so put that aside for the moment and read it some other time, but dare to put it to the challenge. What have you got to loose? We always ask the physical humans: "Do you acknowledge yourself? Do you acknowledge your own emotional world? Do you know who you are?" So the physical man says: "Yes, I do know, I have a name." He says his name. But our opinion is that the name has nothing to do with the person that you actually are. The name is given to you by your parents; but who are you in truth? Often the person is incapable of answering. You are the person who is purely feeling. You are a physical person and a feeling person and the two must unite in peace. So dare to be human, dare to be naughty without exceeding boundaries, personal boundaries. Understand that everything that you send out will at some later date, return to you. So know what the law of karma is, the law of cause and effect. Recognize it. Know that you should be a good person in order to have goodness sent back to you. If you enjoy doing bad things, do not complain when they come bouncing back to you,

because you will have this to endure, if not in this life, then in one of your future lives, for you all still have many to go. We call this karma; the law of cause and effect. But indeed, if you have many more lives to experience then be happy and look forward to them as you are a student. You are allowed to make mistakes, so forgive yourself at once. It is something that can be a problem as many people are afraid to forgive themselves. They are scared to do this because the moment they forgive themselves they have to let it go. They literally have to let go of the past and return to the present and take another look at themselves and ask, "Who am I now?" Everyday you are as you want to be. If you wish to be a positive person, you can be a positive person. Do you want to be a negative person? Then you can be a negative person. Would you like to be miserable today? You can be. Everything that you wish to be, you can be, because you create your own experiences. If you feel you are a bum, that is your own creation. Suppose that you had a father, mother or brother who teased you calling you a bum, you also have to let that go.

You can say, "Now I know better and I know myself, I know who I am, I am not a bum; so just who do you think you are to call me one?" Precisely. Then you will value yourself and come up for yourself. No longer take the person next to you into first consideration and then yourself. Of course love your neighbor, but put yourself first. Yes, it is easier to love others rather than yourself. Why? Because if you love yourself then you will need to spend a lot of time on yourself. These days people are so busy they haven't got time, but they are much too busy. But make time. Suppose you get up earlier in the morning; this will create more time for yourself. You will enjoy the day more than when you haven't had time for yourself. Cherish yourself, and say to yourself, "I am a wonderful person. I love myself because I exist. My legs are great; my legs carry me around all day long, so I can live with the help of my physical legs." Continue, "My arms and my hands do me a great service. I am grateful that my heart beats daily and that too does me a great service." Carry on: "I'm not so sure about the splendor of my head, but I am sure of my feelings. My feeling will lead me from now onwards and I shall use my head for anything professional." If you need your head for business, use it, but not if you need to feel what is best for you, because it is not something

your head can reach.

Now, when we speak to the physical people we are always curious about how inquisitive they are. Has physical man come here only to listen or has he come here to question? Has he come here to be active or just to be passive? Understand, dear children that you are here because coincidence does not exist. Along with many other people we know this, and these people are aware. They are able to see the circumstances that exist, the circumstances that have been created by the helpers, so do not view them as coincidences. They are happy and they say, "God has given me this insight because I must extract my lessons from it. So everything that I go through from today onwards, I can let go of, because it is necessary for evolution." Correct, it was necessary. Everything you have experienced, you have experienced in order to move forward to the next experience. Please feel free to ask questions, except personal questions, the reason being that we would have to bring our medium back to the first trance form. A connection would be needed because there are many people on Earth, and we would have to be sure to draw the correct energy. You live on in energy, with the exception of your physical self; that you return to Mother Earth.

Someone in the room asks a question about favoring burial or cremation.

We know dear child, that cremation can be very painful and we emphasize the words 'can be' because it does not have to be painful. People that can easily let go can immediately let go of their physical self. They go over to the spheres in a state of feeling, whereas people that either don't or cannot let go, go over suspended in the physical. Indeed, you must perceive the body as a car, a car that ceases to work. The motor stops and you being human, do not know how to open the car door. You do not know how to get out, so you stay in there. Of course there is help at hand, there is always help, but we may not force you to let go, just as here this evening we may not force you to speak. Everything must happen in the name of love, devotion and patience. So you can stay sitting in your car for a long time and we keep on trying to influence you positively by saying, "Child, step out and follow us." But if you refuse and do not see us as your eyes will not see, you will stay in

limbo in the car. If you are cremated you will go through the pain, however if you are buried then it makes no difference. You will remain sitting in the car and will undergo the normal burial. The process of decomposition will take place and you will sense that you are no longer alive and had better leave. And then you go with us. You must study yourself and so must every other person. “What sort of person am I? Am I a person that can easily go? Am I a person that’ll find it hard to go?” Do not be afraid now if you have cemented someone and do not grieve. Don’t do that because everything is energy and your grieving is audible here with us. But pray for the person in though and in love, and say to the person, “Go now, go now. Go now and experience your new existence and be happy in your new existence.” Many people are ignorant and that is why they opt for cremation. So dear child, deciding to have yourself buried is the best choice you can make for yourself, because no risk is involved.

A lady in the room asks a question about the soul.

Isaak:

A very good question dear child, a very good question, but nevertheless brace yourself. You have a soul and that is the energy from your spirit. Your spirit is what you truly are when you step out of your body. The person lives forth in the spirit and the soul is the aura, the energy surrounding the spirit. This energy never changes. The spirit changes because it evolves; he is a man again, then she is a woman again and another life may begin. But the soul stays the same. It is energy. Think of it as radiation, sending out rays. Now you have an aura, a physical aura, but your spirit also has an aura, a spiritual aura. Your soul is truly the essence of your whole self. The first time you incarnate you have a soul, a glory, energy and uniqueness that comes to life in a body. And that is your passageway into your many lives, but the soul is still identical – the same, but indeed, wiser. We have another good comparison – a baby. A baby enters the womb and everything is contained within. The baby grows and grows and grows, but the baby’s energy is always present. He is evolving simply by increasing in size. The beginning is precisely the same. Whether you give our instrument a photo of a baby or a photo of the ‘baby’ who is now eighty years old, makes no difference to us.

We can read the person in exactly the same way because everything is energy. Thus the baby has the same energy in the beginning as it does at the end of his life.

Lady in the room:

Does a child choose his own parents?

Isaak:

When you are still a spirit, a soul, you choose your parents. Yes indeed this immediately leads to many discussions because people ask, "How can I have chosen my parents? They haven't been that good for me." Yes they have. They have been wonderful for you because at the time you choose them saying, "I want those two people there! That's where I want to go to school, and they can help me with my evolution process." You have good karma and bad karma, so here in the spheres, you knew why. The moment you have selected your parents, the reason why stands in your book. You are born under the veil of oblivion so are no longer aware of the facts, but it does not happen without purpose. Being with your parents might just be temporary and then you leave the parental home wanting nothing more to do with them, because you feel nothing for them. You have outgrown them and there is nothing more for you there. So feel your freedom without feeling a physical duty towards them just because you were born there. But when you do have a wonderful bond with your parents, always feel at liberty to enjoy their company, but never feel obligated because they once provided your nest.

You have good karma and you have bad karma. Perhaps your father was someone in another life and now you have to make amends, or maybe your mother. Possibly in this life you are their teacher, or visa versa. We have so many scenarios we have to puzzle out. That is why individual readings are so important and we can see what is in their book. But the choice you made was never the wrong choice, so never say, "I'm sorry. I'm sorry about this, and I'm sorry about that." No, don't use that word. Forgive yourself immediately. Say to yourself, "I forgive myself all my thoughts, my words and my deeds." Purify yourself and meditate if need be, but don't burden

yourself. What is the purpose of going through life with burdens when you can just be free? When you see that someone is happy and cheerful, ask yourself, “Why is that person so content? How is it done? Isn’t he a normal human being?” The person will have worked on himself in order to radiate that shine. It can be dimply due to his easy character but it can also be that his happy disposition was due to hard work.

A question is put in connection with meeting and recognizing each other later in the spheres.

Isaak:

There is just recognition, only recognition, but yes, it also has to do with tuning in, dear child. There are many spheres and your home will be in the sphere that feels nice to you. Suppose that someone goes before you and this person comes out on a higher sphere. This has occurred due to his intuition being more advanced than yours or because he was engaged with life itself, thus developed himself to a higher degree. This person can come and meet you since he is capable of receiving the thoughts you send out. Someone on a higher level can always come to you, but not visa versa. But there is only recognition within feeling; you recognize each other in feeling, you sense each other in feeling. When you meet up again it is the most wonderful gift, a gift you feel through and through.

At such a moment there are no more obstructions, no more senseless obstacles, only an extremely joyful experience. So you go over and you meet your beloved and are full of joy because you believe, and now you are certain of what was always still a ‘maybe’ on Earth, but now no longer. If you so wish, your reconciliation can last a very long time since your next reincarnation you choose yourself. Mostly you choose to incarnate as you wish to further your learning and want to participate rather than stagnate where you are.

No, you want to grow and increase your knowledge and here there are masters that reveal what shall happen during your future development. You make choices, as you do here. The major choice at that moment is to live. You live in the spirit, but you also want to live in the flesh. “I wish to return to the Earth, and afterwards to being a spirit. So I wish to take part in the

evolution process until I achieve the feeling of complete glory.” Then you feel the glory and nothing is more important than that feeling. It is an overwhelming sense of love.

Elise:

Here you make choices and in the spheres you make choices, but surely it’s easier to make choices up there? Everyone on Earth has difficulty making choices, but the closer you get to yourself, the easier it is to select. It could mean that as soon as you are over you are closer to yourself without barriers or physical restrictions, so it is easier to make decisions. Could this be so?

Isaak:

As soon as you are over you make choices from the consciousness. Here you also have many people that are not yet aware. So we can not give you a straightforward ‘Yes’ to your question, It would be a ‘yes’ though if one is awake and in the spheres where there is consciousness. Here by us, the living-dead are also present, and they are to be found on the lower spheres. In the higher spheres there is only consciousness and then you make choices from your feeling only, from your inner self.

Somebody asks about being reincarnated as an animal.

Isaak:

No, no, no. You are attuned either to animals or humans and it is not possible to reincarnate as an animal, certainly not, also not as a plant. Yes, animals live on in the spheres as they too are souls, an energy that returns to Earth. Everything is via transfer of the will, so animals also have an evolution process. But you must never ever compare yourself to an animal. It is fine to love an animal but the animal will remain an unconscious creature, whereas you are a conscious creature. There are many animals here with us, but no vicious insects, only the wonderful insects such as the butterflies, and they are appreciated. Why do we say that? Because you as a human can create them. You create wonderful spheres. If you visit the low spheres you will see snakes and such beasts, but mostly the place is populated by people that have a beastly appearance. If you have a beastly attunement, you will

also have a beastly attunement in the spheres, and your appearance will be likewise. It will be of your own creation since you are the creator of everything. So actually hell does not exist, it is you that create your own hell the moment that you are in harmony with it. If you are a murderer and you are attuned to the bestial ways of robbing each other, then your life here will match. But here we have the normal, wonderful animals like the horses, their fillies and many others. And why do you think this is so? Because you as people need them to be with you. So if your animal passed away, and you still have a love-bond with that animal, then you may go and look for him and claim him as your own again.

Lady in the room:

If you land up on a low sphere, can you still come out of it?

Isaak:

Of course, dear child, of course. It can take many years. But indeed, we know that there are many people that have spend thousands of years there. They do not wish to either be helped or to hear. I can tell you from my own experience that these people are worked on in the form of pure love, with pure loving contact. At such times we must manifest ourselves to be tuned in to where they are. Please allow me to explain.

Suppose that a person is beastly attuned, then I cannot let myself be seen in the light-form that I am, otherwise they would attack me and tear me to pieces due to the hate and malice there.

So I let myself be visible by lowering myself to their level and that takes up a lot of energy. Negative people extract so much energy and this also applies to us. We work there for some time before returning to our sphere to recharge. When we have recovered, we return there to convince them that there are more harmonious places. But these people have no interest in listening; they do not want to be helped and they keep attacking us. If they suspect that you come from the glory of the other side, they will assault you. However, we disappear from their sight immediately and return to our level because everything goes via transfer of thought - telepathy. If you want to be someplace else, then wiz, right away you can be back in your own sphere. Your thoughts reach us quicker than light. You have physical thoughts, and

we receive them at once as your thinking is slow, whereas we can receive your thoughts very quickly.

Gentleman in the room:

What is it that in some religions it has been the idea for centuries that by killing they gain admittance into heaven? How Come?

Isaak:

How does it work? They do not enter the heavens. It is absolutely appalling that man violates in the name of God who is love. But, yes this is the way it has been for centuries. Now you are alive, now you are aware of these circumstances, but no-one here on Earth can bring these people to realization. Why not? Because they do not want to listen. Their writings are sacred to them; they swear by them, and they kill by them. But yes, if everything is in attunement, then their level will not be high. We warn never to have connections with such people. Of course you must not just observe if someone is being stabbed before your very eyes. Of course not, come up for your brothers, but do not put yourself in a position to be stabbed, because if you allow yourself to be murdered, you will go before your time. The one that commits suicide also goes before his time, as there are two forms of death that are not written in your life's book. But what can we do? All we can do is to receive the dead. We can just pray, pray for strength, and we can only hope that physical man wakes up and at some time and becomes conscious, because how it is now is not the way, it is not in the way of love. And God, who is love, shall never, ever, consent to such behavior.

Lady in the room:

But if it is possible to pick up thoughts from the other world, doesn't that mean that you could influence negative thoughts?

Isaak:

That is a "Yes."

Lady in the room:

Murders have always been planned, and you've explained that our thoughts

reach you before we have composed them. So when there's someone walking round with murderous intent, I ask myself if there would be a possibility of influencing this person.

Isaak:

Do you know what it is dear child? It is all to do with tuning in. Suppose that here you are right now and your perception of this environment is very low, then you are being influenced by the low spheres, the bad spirits. So we cannot influence you positively because we would first have to raise you up. We would have to raise you up to our energy-field, up to our vibration. That is why when you have negative thoughts and you visit our instrument, we connect our instrument to you and lift you up to the instrument's energy field. We can simplify it by saying that our instrument eats your muck and works it out again and lets it go freeing you from the negative influences as there are so many spirits that make misuse of your thoughts. We cannot offer you any help when you are not attuned to our vibration. Can you understand this? So if you realize that you have bad thoughts and need help, then go to someone that can help you with this, and we will lay the connection. Everything goes through our instrument and everything is worked out via her.

Afterwards we have to refuel you with positive energy to increase your vibration and you must keep on feeding yourself in the positive sense to further increase your vibration. When your vibration is higher then we can influence you, and not before. Alas, not before. We have respect for each other and what we can do is to combine our collective energy.

You also have energy here and you could combine the collective energy and pray for peace, pray for peace on Mother Earth, for Mother Earth's energy. This is something you can do, and it really does help. People that live as individuals on the Earth would then be restricted because they would not be involved in the collection of this energy. Combining strength is always a necessity. For example:

Suppose that you are confronted here with a negative person and you all combine your positive energy, her energy will not get through to me. She can be as negative as she wants, but you have protection, so you build a little wall. So now you know that you can help Mother Earth, you can protect her,

but you cannot prevent wars.

Lady in the room:

Do you always choose to reincarnate to Mother Earth?

Isaak:

There are many more planets, but if you are in the process of evolution, you first have to complete this evolution process. Thus, you always return to Mother Earth until you are finished – then it is another story.

Going back to the former subject about the accumulation of positive energy, another question is asked.

Isaak:

Accumulation. Gather up the positive energy in yourself to ensure that your aura, your energy field, becomes bigger and bigger purely through visualization. You only visualize positivity within yourself and as thoughts can have such power, you tell yourself that no negativity shall enter you. Everything that is bad can be returned to the person who gave it. Think, “I am powerful, I am strong, I feel one with myself and I am one with myself. I am whole. I am whole in body and soul.” It is simple.

Lady in the room:

Can negative spirits influence you in such a way that you can become ill?

Isaak:

Oh indeed. This person sitting here next to me, Elise, was influenced by the other side, but let us put this aside for the moment. You can also be influenced by each other, like if you are with someone and suddenly you feel very tired, sluggish and negative. Negative thoughts follow, although prior to the association you were in a positive mood. This means that the person has a negative influence on your energy-field. You must always put out your feelers especially when the person in question is nice and caring, but nevertheless drains you. Then you will realize that this person is not good for you, won't you? The same applies to the atmosphere at work. If you are in a

workplace where it saps your energy, then this is not the right atmosphere for you to be in. Everything that is decreasing is bad and everything that is increasing is good.

Lady in the room:

Perhaps you need the negative person in order to further your learning?

Isaak:

We do not agree with that. Of course the moment you are aware that the person is negative you must release him, because you are aware. Many people do not know at first and it is not the case that you should associate with criminals, for example, in order to learn or to think, "I shall allow myself to be misused as I have to learn. I will allow myself to be bashed about as I have to learn." No, dear child, the moment that you know that a person is not good for you, that is the time for farewells. If you look the person in the eye and you say, "You are not good for me," the person will defend himself by saying, "How can you say that? It is the other way around, you're not good for me."

Another question is asked about guides.

Isaak:

Someone addressed the medium today and she declared, "A guide only stays with you for awhile." We were surprised and thought, "How can she possibly mean that?" She also stated, "A guide must learn from an instrument." We knew that this person had no special knowledge, for how could she possibly say that? I take it that you all agree that we, who work with the collective source, have more knowledge than you?

If you receive a helper, with the superior name of 'guide', you hear him and you feel him and you have an actual connection from man to spirit. You feel everything. You feel him work with you, but you have no clarification until he introduces himself or allows you to see him. These people always have a gift, a psychic gift. These guides will perform this kind of work, otherwise why would they connect with the medium? They would wonder why they

had the knowledge if it were to remain idle. But there are many helpers and deceased people who are happy to walk with you, who stay temporarily and do not possess the frequency that we have. They guide you daily for a short time, and then they leave and perhaps another one comes. If you ask for help, it will come to you immediately; you only have to ask and to be open for the help. If you ask for a drink, we will give you a drink, but you must absorb it. Be open for the assistance from the helpers or the deceased and you will receive it. A guide can only work with a person that is psychic.

Gentleman in the room:

I've heard somewhere that people on Earth can give other people guides.

Isaak:

So many declarations have been made. We know one thing, and that is: A guide never ever has the need of another to make contact with his instrument. It just does not happen except if the person is flawed and not in a position to be open for the guide. Then we would just make the connection so that he could work with the instrument. We would just create the link just like we would when we see that between two people it could work well together. We pair you as one, and then pull back as you have to get on with things together. But it is never the case that people on Earth can give others guides and we do not believe in it. No, and why not? We can just say, "Look. There's Jack and there's Jill, how about playing together?" But if you are a psychic and are open for the other side, why would you meet your guide via another?

Gentleman in the room:

Ok, but it has been proclaimed, not here, but outside these walls.

Isaak:

Much is speculated about, yes. I am glad that you are so down to earth. You can go to a spiritual fair and have a drawing of your helper made especially for you, and he will always look like an angel. I myself do not have wings. I did turn around and have a good look on my back, but I could not find them.

The public find this very funny.

Gentleman in the room:

I would really love to know for what purpose children are born dead or miscarried.

Isaak:

This is a sensitive subject, isn't it? But we will provide an explanation. Look, once you were another person, before your birth, before your reincarnation. So you chose at that time to have a short life. Perhaps all you wanted was to feel the glory of being in your mother's womb. Maybe you wanted to give her a present. Maybe you had to redeem some karma. There are so many reasons. Maybe you wanted to be born in the spheres and not on Earth, and so you had to reincarnate again to be a child who grows up in the spheres. The moment conception has taken place, the soul, the spirit has reincarnated. If a miscarriage takes place then you go back to the spheres and you grow up there. The moment that a child is born dead, that is also meant to be. Alas, it causes the physical human pain because it was something that you had in your possession and you cherish that child in love, motherly love, fatherly love or brotherly love.

You do not want to loose that child, but it was the child's choice, or rather the adult's choice which he/she was when he/she took this decision in the spheres. We have laid a lot of contact with the children here in the spheres and their mothers here on Earth. We have admitted many children who in the meantime are by now fully grown. It can also be that a child dies at the age of 7 or 8 years. That is distressing for you physical people, but that is also in their Book of Life. You do not necessarily always have to reach the age of 85 or 102 years before you go over. When you are energy you have a choice to make and you choose a goal.

You choose for life experiences, and together with your masters you calculate in detail your Book of Life. Before you go the book is laid on the shelf and if after three months your life has reached its full blossom, then that is meant to be and you grow up in the spheres. This is the choice of many children. Many children go there through the various miscarriages purely out of preference. Viewed from a technical point of view, it can be

reasoned that a miscarriage occurs because either the fetus was not properly settled or it was not healthy. Yes, it was meant to go wrong, so it did – hence the miscarriage.

Gentleman in the room:

You have said that the soul reincarnates during fertilization. What happens then with IVF?

Isaak:

It is the same. It is a modern technique that you have and we are in favour of it. The moment that fertilization takes place and the contact is laid, there is reincarnation because sperm brings the soul.

A question is asked about what happens to embryos that are frozen, no longer needed perhaps and consequently are destroyed.

Isaak:

This is a very good question. When a killing has taken place, it is murder. So when someone decides to kill the embryo's with his 'bare hands', then they go back to the spheres. But if they are frozen they are actually stored until they are de-frozen again. But we are in control and if we consider that it is taking too long then we are there with our magic wand to release the person within. Another death can be counted. It is not so that 'you' stay in a frozen state forever, although it could take years. Again it is the choice of the soul. He knows that it could happen if he chooses for a mother or father whose reproductive organs are not functioning in the normal way. He has the choice, "I do want those parents, so I will risk all the possible consequences."

A question is put about extra terrestrial creatures.

Isaak:

Indeed there are extra terrestrial creatures, but you will not become one of them. They are of a different energy, of another vibration. It has nothing to do with the humanity found here, so you will not become a little green man

from Mars. You do not choose this. There are plants, there are animals, and there are extra terrestrial creatures. There is so much more outside your solar system that you have no knowledge of. There are many other kinds of creatures. We have planets in our vicinity that we visit and on these planets we can execute work, such as study. So we as spirits, all go somewhere to do the research needed for the work that we wish to bring to the Earth. Then it is possible that we give inspiration to someone who is open-minded in the medical profession, or to an engineer or scientist. He receives this inspiration and suddenly he thinks: "Wow, I am so wise." But this wisdom he has received in his subconscious. We manipulate with good intent, and we manipulate in the mind. There have been many people in your midst, wonderful people that have carried out our work, such as Einstein, Mozart, and Beethoven. They are all gifts from God.

Lady in the room:

Is it always a lack of knowledge that causes people to harm each other?

Isaak:

Yes, indeed. Look, if you are knowledgeable then you will not do that, will you?

Lady in the room:

So theoretically speaking, maybe in a million years when everyone has reincarnated, a sort of paradise will have been created here on Earth?

Isaak:

That's a good one. But just as you imagined, that shall take a really long time. Suddenly your planet is good, but it will also be uninhabitable, as then it will be completed.

Gentleman in the room:

How come that Isaak who comes from the high spheres, can intermingle with a lower sphere, whereas we humans on Earth cannot? Why can't the more aware people blend in with the less conscious people?

Isaak:

Do you mean as one human being to another? You can indeed do that, but it will cost you a great deal of effort and energy; but go ahead. Many people already do that and want to convince everybody. But we do not agree, we are not in favour of shaking up the people. We are in favour of love. When you are a loving person and you meet someone you would love to share your views with, fine, but never press your point. When you try to convince people, you will be disappointed because those who do not wish to hear, will not listen anyway. When we speak to you, we do it out of love. Even if you do nothing with our advice, we still have spoken out of love. Look, you have many religions here which lead to arguments. "My belief is better than your belief." "I believe in the Bible and you believe in the Koran." "You are a Jehovah's Witness." "You are a Protestant so let's kill each other." My question is: "Why?" (*Nodding towards the audience he says:*) Because if your belief, and your belief, and your belief are all beliefs, why do you think that your belief is better than their belief? Why? It all starts with belief, but if you are aware then you know that you are the energy of God, and as energy and a core, you put plenty of energy into your divinity, and it can only increase. You will have a fantastic radiance, be totally in balance with your physical self and your spiritual self, forever incapable of breaking anyone again, or their religion.

Lady in the room:

When does a child leave the children's sphere?

Isaak:

A child mostly goes over to the adult sphere when it is reached the age of twelve years, but it does depend on the needs of the child. We check each individual on the basis of his emotional experiences and his needs. It can be that a child may stay a few more years, or that a child is ready sooner for going to the adult sphere. The children's sphere is a wonderful place where you only have to learn about your feelings, how to bring them over and how to love each other. You can be somewhat childish, but also you can display maturity as children can also act in an adult manner if it is stimulated. The children's sphere is totally different and as soon as the child must fully

participate in the entirety, then he must leave the wonders of the children's sphere and automatically he will mentally become an adult whereby he is not only busy with his own needs, but is contributing to helping another. When you are a child, you may only be concerned about your own well being, with the development of your own feelings, also your adult feelings, it is pure development. There comes a time when you have reached adulthood and you are ready to help, so you also get allotted a task, and you are allowed to do certain chores. But a child must be strong enough for all of this otherwise it is best that he plays awhile longer. The same applies to your children; allow them to be a child.

Lady in the room:

May you decide for yourself when you return to the Earth?

Isaak:

Of course you may decide for yourself. But if you think logically you decide when you think that you have had enough time here with us. But suppose that you have left your children behind on the Earth, first you will want to wait for them. You wait for your loved ones as you still want to spend time with them. You know that time is of no consequence. You do not reincarnate until all you can be together with all your loved ones. You can go and find them even if they are on another sphere to yours; you can go and search for them.

You can send out your thoughts and you can also instigate the help of your masters. If you go to your master and say, "Master I am losing my energy, I am sending energy to my loved one but it isn't being received." Your master will reply, "Come, let us see what we can do for you." Then the master will make the connection and you may accompany him to the person. The same applies with these meetings because the moment that we have contact with a deceased person, the first communication can begin. We instruct a spirit on how he can use the instrument through telepathy and provide evidence, clear evidence, within the short time he will have here this evening. First we lay the contact, as it is not allowed that the deceased just turns up without my permission. I can block his admittance.

When a séance is established though, it is wonderful.

Lady in the room:

It is possible for every deceased person to come through?

Isaak:

Do you mean via our physical medium? First we have to see if he is capable. Once we experienced someone having great difficulty, but we did choose for the contact to take place. It was also for the benefit of a healing that this person needed. Suppose that you are dead but you regret that you have committed suicide and find that you cannot go further. We will allow the connection to take place, since talking to loved ones will have a calming effect. But the moment a spirit becomes too upset and their energy decreases, they are taken away again for further guidance. It is good that we evaluate in feelings, so we know when it is good for the person that is here on Earth and for the spirit that is with us. To us they are equal. Mostly the returning spirit can handle the meeting as usually it brings amazing peace, and frequently we have to pull on their arms and say, "Sorry, that's enough." They reply, "Just a little bit longer?" But we repeat, "No, it is long enough, our instrument's vibration is fading due to all your chattering."

Gentleman in the room:

Is it true that when an earthly body goes over to the spheres that he must first be aware that he has died before he can go on to a specific level?

Isaak:

Of course, of course, he must first be aware, but there are also spirits on your earthly sphere that are not aware and they wander about for a long time until they do become conscious. But yes, there is always guidance, so the guides work on them and then they go home to the place where they will feel comfortable. There they are received and then they will continue to grow and grow and grow. But you can only grow until a specific level. Let us assume that you have only reached the standard of level number one for example, so then you may only grow within this level. You will need to go back to the Earth to reach the standard of the second level. You may only reincarnate until a certain level and after that you reincarnate within the spheres.

Gentleman in the room:
How can you contact angels?

Isaak:
What precisely would you like to know, sir?

Gentleman in the room:
Well, you know, how it goes there ...

Isaak:
The angel sphere? The light sphere? The angels mostly help us. An angel is pure light, pure feeling, and absolute purity down to the very core. An angel's appearance is not what you picture in your imagination. An angel hardly ever appears among you, hardly ever, but if your tuning is extra sensitive, it could happen, otherwise not. We know that many people use the expression, "I've been saved by an angel." Yes, of course, but it will actually be your mother, father, helper or guide. An angel has reached a very high level, a very high level indeed - and you may literally think in terms of level seven.

Gentleman in the room:
If a dead spirit attaches himself to an earthly person, how can we help such people?

Isaak:
You mean when a dead person will not let go of an earthly person? What it is that you can do to help? I will tell you in a minute. What we usually do is to lay the contact. We lay the connection and then the earthly person, via our instrument can say, "Go now, you are dead, you must go."

If it is a wandering spirit, a contact must also take place so that this person may go through to the spheres. But if you tune in on the spirit person, you can endanger yourself as he can possess you, then you will have a hitchhiker, which is dangerous. That is why we tell you never to try and convince someone of life after death; don't do it. If you do not know what you are doing and you meddle in things that are not within your knowledge, you are walking on dangerous ground that could lead to possession. There are many people that think it is absolutely marvelous to make contact with someone

from the spheres, but indeed, if you do not possess the same vibration a medium should have, then you take on the vibration that is closest to you, so always use an instrument. What you always can do is to send out positive thoughts, and you can say to the spirits, "I am only sending you positivity, you may go over to the light." But do not make contact with them through communication because then you maybe in danger. Is that clear?

Gentleman in the room:

If so much is preordained, how does this compare to free will?

Isaak:

The free will is like placing your joker card at any given moment in the day. For example. If you choose that today is the day that you are going to die, that is your free will. Your inner self is telling you to go this way, and so this is what you will choose because you are using your free will. Your free will is when you feel differently to what is in your mind. Your free will is actually if you say, "Hey, I am not going to do it. I'm doing it differently to what my feeling tells me." Many people have lost contact with their feelings, so they have no idea when they use their free will. But we do know. Suppose that you meet someone and this person is supposed to become your spouse, then suddenly from one day to the next you have a change of mind and tell yourself to stop with this nonsense. Maybe it would have led to you having five children; that was also your free will. So it is definitely not the case that you are a puppet on a string that is forced to follow this path. Indeed, your Book of Life is up here and when you come back to us, you can study it, and perhaps scratching behind your ear you will think, "Oh dear, there's so much I'd better do over again." After awhile you reincarnate again and once more you write down certain things in your Book of Life saying, "I made a big mess of that, so now I am going to do it differently." So again circumstances are created that you are born once more and you begin all over again. Why do you think your reincarnation process takes so long? Because so often you use your free will, and we too must take into consideration your free will. Suppose that you come to our instrument and via her you are told so much about this fantastic and beautiful partner that is going to come your way, and we tell you so much that you already begin to flourish. But you are in a

destructive relationship and you choose to stay in it, then you will not get to know the second partner. Your own feeling tells the truth; the only thing you have to do is you to listen to it. Learn to trust it unconditionally, just know that your feeling guides you and even if you do not understand why, just follow the path you think is right and see where it takes you. This is the message we would like to give, “Do not judge beforehand, judge after.”

Is it time to round it up yet? Time does not exist in our world, but in any case we are going to the first trance form now. Our instrument will be fully present with her eyes open again. Now her eyes are closed because it is a little frightening to see them open. When we return to the first trance form, people that still wish to ask a question may do so. We will give the answer via the consciousness of the instrument. We thank you for your patience and dedication.

Elise says:

After the interval Isaak shall carry on in the first trance form and he'll be standing next to the instrument. His presence will be very strongly felt but there'll be room for Tresí and myself to spring in here and give a reply ourselves.

Lady in the room:

Tresí, do you know what has been said just now?

Tresí/Isaak:

No, not at all. No, I feel like I'm sitting behind or something and I can hear it all, but it just passes over me. It was the same with the book. When the book came out I read it and was very impressed.

And the next ...

Lady in the room:

Has everything that is said in trance been formulated?

Tresí/Isaak:

Everything in the book has been told in trance, just like you just witnessed here. Elise has had so many conversations with Isaak where she used the tape recorder, and later transcribed it to make the book. Elise has also lived in my house at Isaak's request, and we became good friends. Isaak took her under his wing saying: "I am going to look after you and protect you and I am going to make sure that your recovery will be complete." Elise was given lessons in meditation and then Isaak gave her yoga lessons to strengthen and ground her. She studied and followed both Isaak and myself and that's how the book was created. Actually Isaak had made this prediction a few years previously when Elise came to us for help. Isaak said that she had two talents, mediumship and a wonderful talent for writing. We explain in the first book why Elise had to say 'goodbye' to her mediumship, and how she prayed for something wonderful in replacement. Once during one of our mediations, she asked about the possibility of the book being written, and Isaak acted as though he had to think long and hard about this. Then he gave Elise a great big grin because he'd had his eye on her for a long time knowing he'd chosen her to be the author of his books. Right from the moment that she first came to us, he said, "She had many talents, she is also a wonderful painter and she is clever." That's how the book came to be!

Lady in the room:

Did Isaak take a long time to find you?

Tresi/Isaak:

No, no, not at all. I was the one that needed a long time to find him. No, since birth I've always felt a presence and thought that I was completely mad. I used to find this all very terrifying and at the time it didn't feel like a blessing. I had to prevail and I needed to experience so many different things and hadn't a clue how I to show myself. In my mind I compare it a bit to someone who's gay, you just don't want to recognize it, but you cannot be happy until you do. When I did give the final 'Yes', only then did I begin to live and be happy. Everything that I'd been through, Isaak took away – all the pain and all the misery. I think that I am the happiest person alive and I remember how it was before Isaak, compared to how I am now. He healed me and gave me a whole year in which to practice and guided me in all sorts

of different ways. From the moment that I gave the consent, 'Yes, I will', until I was a medium, it was something that didn't 'just happen'. For example, it's very difficult to switch off your thoughts and to be used as a mouthpiece without your own input. Isaak is capable of doing anything that he wants to with me, including throwing me on the floor for example. I had to go through many things, and Isaak said: "How will you be able to talk to the people unless you know how it feels?" I had to experience many emotions such as misuse, rape and hunger; I was unwanted, experienced unhappy marriages – everything, and all for the purpose of being able to build up associations. Isaak throws all this information at me, so when I'm talking to you it seems as though I know so much, but it's only because at that moment his knowledge is my knowledge. I have asked Isaak how he does it all and he explained, "My knowledge becomes your knowledge, my eyes become your eyes, my ears become your ears." So everything that I am, is Isaak. If someone rings me with an enquiry, I clearly state: "You must talk to Isaak, not to me," to which they reply, "Yes, but it goes via you, doesn't it?" So I tell them, "First you have to make an appointment with Isaak because I cannot do anything on my own; I am only an instrument."

Lady in the room:

If Isaak were to leave you, would you be nothing at all then?

Tresi/Isaak:

He will never leave me, really he won't. Look, he can silence me and he can take away negative energies via me, which is not exactly my favorite work. Indeed, he can do anything he likes with me.

During a workshop for instance, he can put a very nice spirit into me, or a handicapped person, or a Mongol, it makes no difference, he just makes the connection, selects the channel and click – voila, there it is! He never tells me beforehand what's going to happen, so I don't know. I go there as Tresi because he needs me, but I do not know what's going to take place. At the moment I experience myself as two people, Tresi and me as a medium; previously it was just me. In the past my mediumship and sensitivity always bothered me, but now they are separate. If I am just at home, I am just Tresi, and like everyone else hearing, seeing and feeling nothing abnormal. Of

course, intuitively my strength has increased because when you do spiritual exercises it strengthens your intuition, but there's no information coming from Isaak at such a time. When it's time to start work, then within a second, there it is again.

Lady in the room:

So you are not clairvoyant and smelling things, etcetera for 24 hours a day, are you?

Tresi/Isaak:

No, I am only what Isaak wishes me to be at any given time.

Lady in the room:

So sometimes you might say, "I cannot help you, not now."

Tresi/Isaak:

Yes, just as you suggested, "Not now."

Lady in the room:

Does that depend on Isaak?

Tresi/Isaak:

If Isaak does not want to answer questions, he says: "Not now."

Lady in the room;

For your protection?

Tresi/Isaak:

Sometimes I wish to pursue the point and say, "Please?" But no, is no. For example: Not long ago a lady from Amsterdam had an appointment with me but had been held up for 3 hours in the traffic. Her scheduled time was for 6 o'clock and now it was 7 and I had to go to another appointment. The girl sat crying and I begged Isaak, "Please, I can ring the next client that I'm coming later?" I felt a definite, "No" at that moment, and were I to have continued, nothing would have come of it. But in the end all this had a

purpose. This woman had truly wished: “If my father wants to contact me, then he will find a way and he’ll come to me.” And one day Isaak told me to go to her, to go to Amsterdam. So I did and she had her consultation and at the end Isaak said to the woman with a big grin, “You had wished that your father would visit you, hadn’t you?”

The people in the room burst out laughing.

Tresi/Isaak:

Isaak always says, “You as a human never know what is going to happen, but we do.” And that is the unconditional trust I have in him as he knows how everything will turn out. When he said, “Take Elise into your house,” I wasn’t exactly happy, not because I didn’t like her, but it’s quite something to take a whole family into your home. But I trust unconditionally and I just do what is asked of me, and later I know why. People ask how I can trust him so unconditionally, and I reply, “Isaak is good, he has never let me down.

6He has never hurt me and he has never done anything to me that wasn’t within my interests. So why wouldn’t I trust him unconditionally? He is a loving spirit.

Lady in the room:

Has he got a nice brother?

A wave of laughter erupts in the room.

Gentleman in the room:

Does it ever happen when you are sitting talking to someone about this and that, without Isaak, and are unaware of any help that you might be getting?

Tresi/Isaak:

If you come and visit me, you will always get Isaak because otherwise the appointment will not go through. I have never ever had a session without Isaak. Without him I am not allowed to speak so then I am just my usual foolish self. It has happened that someone comes to visit me and makes a request for Isaak and I have to say, “Alas, he isn’t here. You really do have to

make an appointment.”

Lady in the room:

Yes, but can it also happen that suddenly Isaak is there standing next to you when you're having a nice cup of tea with someone, because he feels the need to tell something to that person?

Tresi/Isaak:

Oh sure. That has happened so often – he thinks it's very funny. How often has it happened Elise that after the evening lessons on the way home, Isaak suddenly started talking about everything? At such a time I just feel it is not me talking anymore. But all he wants is to join in the conversation.

Lady in the room:

Is your voice different at such a time?

Tresi/Isaak:

No, not in the first trance form, I'm like I am now, just getting it through.

Elise:

You do see the difference with other things, at least this is my experience as I work with them so much. You can notice the difference from the way of speaking and of course also because of the wisdom. He speaks without hesitation and also has his own way of speaking. This can be noticed in the book; there you will definitely see that he speaks in a specific manner that's not always the way in which we speak.

Lady in the room:

How do you ask him your questions? In thought?

Tresi/Isaak:

Always in thoughts. No, oh, he's correcting me. In thoughts yes, but also quite often via automatic handwriting, because I cannot remember it all and it is handy to write it down. So I've filled lots of books. I ask something, then put pen to paper, and then prrrrr, the pen writes all on its own.

Lady in the room:

Is it true that you are never ill?

Tresi/Isaak:

Well, he has been known to warn me. Last summer he saved my daughter from death when she nearly ran under a car. Just in time he managed to 'freeze' her, so to speak. Yes, he warns me and he does help, but it's not as though I am never to suffer flu or something like that, but I am to stay alive for a long time.

He actually says that they've waited such a long time before I was ready, and that he does want more years of working with me.

Lady in the room:

Where does Isaak actually come from, where did he live?

Tresi/Isaak:

North America, he was an Indian.

Lady in the room:

Is he very old?

Tresi/Isaak:

He has let himself be seen, and he does not look very old.

Lady in the room:

Have you seen him Elise?

Elise:

Yes, via transfiguration.

Tresi/Isaak:

He really is a good guide, and when I work with him it feels like I have wings. I never get tired when I'm working; I can keep going for 15 hours without feeling tired, whereas after cleaning for ten minutes, I'm deadbeat;

I'm actually quite a lazy creature.

Lady in the room:

Is his appearance the same as in his last life?

Tresi/Isaak:

Yes, he looks as he did in his last life, and this is always the case, although you do transform to look younger. Isaak says that this depends on your state of mind. If you are young at heart, then your appearance will be young and you will rejuvenate until a certain age, perhaps when you first reached adulthood. It can also be that you look how you wish to look. Children that die grow up in the spheres as usual, but at a given moment they might appear to be as a child so that their mother recognizes them. Suppose that you are unable to walk during the last phase of your life on Earth, back in the spheres you can walk as normal. If you were a Mongol, up there you are no longer a Mongol and are once more a healthy person. Once I had a Mongol in me and I walked as a Mongol and acted as a Mongol. I can imitate and I'm just like a chameleon. Isaak also has a great sense of humor and enjoys making people laugh because that is positive energy. With positive energy you are more open and then he can have more access to you. That Mongol couldn't talk, so nor could I, but I was made to do things that were clearly recognizable. Look, I am just an instrument, but the moment he says that I must submit, I allow the other entity to enter me.

Now, I think it is time for signing the books.

Thank you very much.

The Reading in Utrecht on 25th November, 2004.

We are so happy to have such a full-house here this evening. We understand that every person is seeking, looking for his true-self. But he looks too far afield as his own true-self is very close. His true-self is in his feelings. As a physical person you will find relief if you first research yourself. Then sense yourself and find peace by closing off the past so you will have pleasure in the present, but leave the future be. Do not look to far, do not look for happiness outside yourself, but in the perception of your feelings. Just be on a daily basis. Physical man does not have to fear. He does not need to feel connected to other people because his connection with himself is more than enough.

Everyday man is having experiences and from the first moment of his existence, his first experience began where he felt his own physical self and the part that was his feeling. When you were small it was not so difficult because you were only feeling and purely initiative. A mother lays her child to her breast and intuitively he knows what to do feeling warm and safe in her arms. But supposing that it is an unwanted child, he will also feel unwanted. It can well be that this is the beginning of the child's blockage and years and years later when he is trying to find his true-self, he will look for the mother-love that he missed. So he will try and replace this missed love in another 'mother' figure that comes into his life, or in some other excessive behaviour. We see this so often and when it is brought to our attention we say, "Dear child, why do not you give the love that you seek to yourself?" The child responds with, "I have absolutely no idea how to do that!" So we ask: "Do you give yourself a daily hug? Do you show yourself love everyday?" And again the child says that he does not know how to do that. So we advise, "Begin by the beginning and cross your arms over your chest, caress yourself and say to yourself that you are the most worthy person on this planet Earth." Again he replies that he just cannot to this, so in fact he means that he does not want to. The moment he says that he cannot, we know that he means that he does not want to, because everything is possible as long as you are still breathing. Do not look to far; know who you are by sensing yourself. You are a feeling person and not an intellectual person, at

least if you feed your feelings you will become more so than before. Suddenly you will feel more and see more and experience more and realize that your life has taken on a new turn. "I am now able to enjoy more," you will exclaim, "When I go outside and look up to the heavens I can feel the stars and I can thoroughly enjoy all this beauty, the beauty that God has created for us." A walk in the woods will also reveal another side of yourself and you will wonder why you do not see the darkness now that you had seen there before. We will reply with a smile and tell you that it is because you are not so dark anymore. When you are gloomy, then everything surrounding you looks gloomy and everything you see is dark. When you change your attitude, that is when your life will change. However, can you do this? Yes! Do you want to? So often we see the opposite as people get up in the morning without taking the time to put their hands together, first greeting themselves, then Mother Earth and the Universe. We want you to breathe in and breathe out and say to yourself, "I give thanks that today I may begin anew, and I thank in advance for the nice day that I shall have." So actually you are thanking for something that is yet to happen, but you have faith that it can be a nice day because you can create it. Without warning you might experience something nasty, but then you must say, "Thank you for this too because then I can look at this experience, feel it and immediately let it go. I shall not allow myself to wallow in this situation displaying all my emotions because my emotions are my feelings. What I need to do is to look at this situation from a distance, keep my head and say, 'OK, here is a problem that has to be solved but I shall not let the problem consume me; it is something that's solvable'." So solve the problem, do not be the problem.

Love. We say: "You are love." We declare that you come from love. Every single person here in this room comes from the source that we lovingly name 'The Fountain of God'. But, yes if you neglect yourself, then you cannot experience it. So you must never let passiveness rule your life, but activity. Be active in your adventures and if you state, "I am love," then first of all you must believe this because your belief immediately gives you strength and experience and you know it to be true. Just suppose that you rather like the person sitting next to you and you look at him with a smile, automatically you are sending love to that person in thought. Thoughts are powerful and when someone is open enough to receive thoughts, then you

have telepathy. The person will feel the goodness and the positive energy that you are sending him. But indeed we witness how differently people can think; those people that are negatively inclined and who send negative thoughts into society. They think negatively over 'this', 'this' and 'that' and also about themselves. The world is 'this', the Cosmos is 'so' and the world is doomed. All of that is just negative. Of course you do not have to go through life in a negative manner, but know that you can make a difference between good and evil. You can radiate love for another to pick up, and then that person radiates it too, and so another picks it up and then you create the effects of love, love, love. What you are yourself you always project.

If you are a sarcastic sort of person then you will radiate this sarcasm and another will feel it and think he would rather have nothing to do with you. So be careful of your own energy and think, "How do people see me? What do people think of me?" And later, "What do I think of myself?" To say, "I am" is so important. "I am now. I am God in the form of love." There is a seed within you that needs nutrition and needs to be fed before it is radiated out. Have courage, because many people have love but are without courage and then nothing gets done, it stops. Make sure that you do not mean too much to another person, because so many say: "Right, but I cannot do that." But what does that matter? It is just fine. Suppose that you go up to someone and give them a hug and the person says to you quite clearly, "Please do not do that." Then you would say, "With respect I withdraw my embrace." The opposite reaction would be someone needing the attention and at that moment would be emotionally effected by your embrace. Those are things that are deeds, but then you have words, the physical words. God has given you a splendid mouth and vocal cords, and we use the vocal cords of our instrument to bring over our wisdom. They are not our vocal cords as we are spiritual people and our medium is physical. If you are positive towards a person complimenting them on their appearance or their goodness, then you will be giving them back their worthiness through your words. Speak loudly so that you can really hear it yourself and say: "I am great, I am such a worthy person and even if my father disagreed by saying 'so and so' to me, even if I have experienced 'this and that', I am a worthy person. I dare to take on today." Yes, it is easier said than done, but believe

that we, who have sown the seeds of wisdom in so many of you and continue to nature it, see the difference. The outcome for many people is sunshine again in their lives, and also they regain the power in their lives. They dare to enjoy again and to declare: "Look at me, here I dare to stand in the world just as it is and I am worthy because I love myself. If someone disagrees with me I will explain that you are your feeling and what you are you radiate physically from your aura. Everyday you can change yourself, but also in a negative way. People come to us with many problems, many problems, and we look at them and we suggest solutions. We give advice on how best to solve the problem and this makes many rejoice and immediately they get going on the problem. Other people react with: "Oh no, it is too heavy." Or, "It will never ever be okay." And so they give up, but their troubles are still there in six months time, perhaps even in three years time, purely because they have not dared to change. So take a long hard look at yourself and ask, "How do I feel?" When you do this you are directly activating the feelings within you and that is what you will radiate.

At this moment it seems like we have only been discussing feelings, and this is actually so. But we are happy, very happy if there are people whose ears have been flapping and they have listened and go home and try out our advice. Then these people will not judge prematurely but afterwards, as people that do this are to hasty. Say openly, "The word 'cannot' does not exist." In some people's eyes we do not exist either, but many people are unaware and we call them 'the living dead'. They exist physically but spiritually they are not nourished. You are twofold, body and mind but maybe you only feed your body. Your body will grow from a baby into a strong man or woman. Your physical self is busy with daily feeding and studying; your intelligence grows and you read and write employing your brains. Your instinctive self, yes, that is your real self. "Okay," you think, "Now I must think about my feelings?" Yes! Speak to yourself daily and utilize your intuition listening solely to what your feeling tells you. Naturally use your intelligence but allow your intelligence and your feelings to combine so that physical and spiritual actually become one. This is the way while you are alive and as soon as you go over you will become simply feeling. Do not arrive here and have to say, "But yes, I forgot to feed myself spiritually during my years on Earth." When the time comes that you are with us you

will wonder: "Where am I now?" You will not know yourself and these are the 'living dead' in our midst. Naturally there is always positively here with us and we try and get in touch with your feeling. But if the feeling has not been natured then it will have disappeared and we will say, "Feel us now, see us through your feelings, listen and hear us through your feelings." Your response might be: "I feel no-one, I hear no-one, there is no-one." But we are really there but dead just like you, but you do not hear us. How can this be? We are in the same place, aren't we? Of course we are, but when your intuition has not been stimulated then we are attuned higher than you are. We must connect with you, so often we let you see us in the way that is possible and then we awaken you. Slowly, very slowly we provide you with the realization, "Child, you are no longer alive, you are here with us." Then the first denial will come because people do not want to believe and state: "No, I am alive! I am here aren't I?" We explain, "No child, you are no longer alive." This can take years and years to accept, but not if you make use of your twofold here on Earth.

You consist of your body and your feelings and you must use both. You are curious and you learn earthly experiences and you learn instinctive feelings, your aura increases and your humanity and your energy gain in dignity. You go over to the spheres and in no time you leave your body and go to the light. You see the light reflect off you and you rejoice in the transformation, fearless.

There is no fear, there is only a smile and happiness with the realization of going over into the glory, whereas people who are only physical can go over unaware of their transformation. Then they awaken on the sphere to which they are attuned. You always go to the sphere to which you are attuned. Always.

Suppose that your father and mother are on a sphere that is higher than yours but you have a love-bond that has never been broken. Your mother or father will be able to connect with you and may come and find you. They might stay awhile on your sphere but it will cost them power since everything that is lower will suck energy dry. At such a time the higher spirit will admit this but he will still want to be with his child. He will not want to let his child down but his presence there costs him energy, and it will be

necessary to return to re-charge the strength of his vibration. They try to lift up their child and this can only be achieved with a plenty of love and patience, unending and unconditional patience, we like to call it, 'the unconditional love and the unconditional patience.' Never break the connections with the ones you love. Take care that the emotional love whether low or high, the intuitive connection, the solar plexus connection and the spiritual connections remain. At the same time be careful not to let yourself be sucked dry by anyone, certainly not on the Earth. It might be different when you are in spirit because all spirits get lifted up. But on Earth these 'living dead' will tire you out and cost you energy. You may love him or her but they will make you ill and our advice to you would be: "Child, love yourself and never become unwell through them."

Why have we made the decision to have this gathering? It is purely because of the fact that humans must become aware. There are many masters with you on the Earth both past and present. The teachings of many of these masters were not believed and we are talking about human masters. The greatest master that is known to us is the one that was crucified. Later he was honoured but the master offered up his life because he knew. He knew ladies and gentlemen, in his feeling, what his fate was to be. He spoke with his feelings but his mind also wanted to play a role at the time because he too, had human blood that ran through his veins. He was also a person experiencing all the painful moments and yet he was given the most wonderful task on Earth. He did shake up humanity because his name is still celebrated among you. Still he is honoured by millions and millions of people and this is a tribute that shall continue for millions and millions of years. Do not you agree that this was the most splendid life? A life where you sacrificed yourself for the awakening of so many people?

So often the public ask, "Why do you address us?" We answer you, "My name is Isaak and never again shall I manifest physically on Earth, just spiritually. But when you are here with us in the spheres and you decide to return to the Earth, then you would do the same for us." You would want to; you would want to help because you would know that everything is one. You would know that there is but one God and that is the God of love,

unconditional love. You would know that if you give in abundance, this is what you will get in return. Energy, glory and intuition, these are the ingredients since everything is in equilibrium. Everything is one. There is no difference between you and me except that we have not been on the Earth for a long time and that is why I speak in the plural. My life on Earth took place long ago in your time-frame, in the year 1230, and since then I had decided not to remain alone in the spheres. I decided to develop by experiencing wisdom in the spirit through knowledge and learning. I decided to pay a visit to all the spheres that were below mine, and the master who was mine at that time took me higher up for my observations. For a long time I was in the lower spheres helping and carrying out spiritual studies. Also I lived for years on Earth getting to understand human nature, your lives and your laws. It's all very well to have accumulated all this wisdom, but yes, something was missing, and that was an instrument. While on Earth a loving bond can exist between two people, and this is just what the person who is now my medium and I had together in 1230. We had known each other previously in other lives and have again in many lives since then. We have seen each other intermittently in the spheres as I had decided not to return, whereas our instrument needed to return for the evolution process. In 1230 our medium was a man and we had made an agreement which has come into being. There was no turning back, I was to stay and 'he' was to go. When you are born, you are all born with the veil of oblivion and this of course applied to her, although her veil was thinner than yours. This was necessary because she had to stay conscious and aware in order to recognize me in her feeling.

This took many years, years of development before we could speak to her, and via her, help others in the different forms. Elise Schuitenmaker has just explained that we are using the first and second trance forms. The third form is for out-of-body-experience, and what you are witnessing now is the second form. This means that we are steering the instrument, her thoughts are turned off and we use thought via feeling. It enables us to speak because you as a physical being possess the 'motor' needed for speech, whereas a feeling is purely a feeling.

Submission, complete submission is required and that is not easy for physical man. You know yourselves, but how do you think it would be to give yourself over to an invisible stranger purely by feel? But luckily we were successful and today you can make it happen, you can feel yourself, you can be happy and day after day you can accumulate spiritual wisdom. Ladies and gentlemen how can we help you; what would you like to know? We are standing ready to answer any question you care to ask.

A question was asked about whether the people on Earth are given signs from above.

Isaak:

Yes, there are many signs. You could have a thought perhaps followed immediately by a message. Suppose you think of something you wish to experience today and it just comes your way. How is that possible? Is it suggestion? Or is it actually that someone has read your thoughts and listened to your request? This is a 'Yes'. It is a fact that so many people experience something wondrous on their pathway in life, while others see nothing assuming themselves to be mad. They think, "That's impossible!" And they think this because they are blocking their intuition with their physical mentality. The moment you believe that it is a true wonder you must never ever question it mentally. We know that there are many deceased among you, spirit people that refuse to go over, or people that are here to pass on messages to you. They want you to know that they are not dead but alive, but we call them 'the living dead'. It can be that they work hard to get in touch with you intuitively, just as we had to enlighten the medium for years and years. But if you are not open to the signals, to the impulses that you could receive, you will block the person that wants to come through. Thus we always advise to feel if it is okay because there are many spirits among you and if you do not feel them, it is because you are closed. We compare it to a bottle of water; the moment the top's on, no water can come out, but if the top's open then water can be poured in. Are you a bottle of water with a top or without?

Lady in the room:

I'd like to know something about dreams. Sometimes my dreams are so real that I wonder if I was actually somewhere else at the time?

Isaak:

Yes, that is a nice question, and we thank you for it. Yes, there are three different sorts of dreams, dear lady. You have the fantasy dreams, the subconscious dream and the prediction dream. It can happen that you have an out-of-body experience thinking that you are dreaming, when in reality you are in another world of feeling – mentally, not physically. There is another form of the out-of-body experience, but we are laying this aside momentarily. Three sorts of dreams then, but the fantasy dream does not count whereas the other two always feel incredibly real. Suppose that you have a subconscious dream concerning something which subconsciously you are frightened of. It could be you are scared that your child or someone else is run over by a car - the dream could mean that you are afraid of loss. Dreaming of your partner having an affair could also be caused by fear of this actually happening. It is not to say that it will happen, it is just the subconscious fear that you carry. If you are always fleeing in your dreams, this means that you are doing that in reality. A flying dream means that you wish to disappear for awhile and elevate yourself above the Earth so you can have a quick look at existence. Dreams are so easy for us to define, and we can explain any dream. Why? Because then we can feel inside you and determine whether it is a prediction dream or a subconscious dream. A dream carrying a prediction is the best that you can have, as it tells you something that makes an impact. But indeed, you must learn to explain the symbols and the difference between the three sorts of dreams. You have been close-by or in a prediction dream if you awaken from a dream feeling you have not been away but have clearly seen that someone like your granny tried to make contact with you.

Lady in the room:

What is a star-child?

Isaak:

A star-child? How can we possibly keep up with all the different names you have?

Elise:

Yes, last time it was called a crystal-child.

Isaak:

A crystal-child – that is a new age child. We see children that are normal children and we see children that are either open or closed. An open child is one that is very intuitive and extra sensitive and these children receive the term ‘new-age child’ or ‘oversensitive child’ rather too easily. There are many spirits that reincarnate that are very wise and therefore have many lives behind them; the wisdom is there and their subconscious has much to tell them. They are unable to explain things at the moment and yet can react in certain situations. We know that there are many such children living among you and such children must have the right kind of guidance. They must be helped not to let their intellect get the upper hand, but their intuition must be developed so that immediately they trust their subconscious thoughts. These children have the capability of contributing much to society and many reincarnate purely to help. They help humanity to prevent the Earth being destroyed, and that awareness is brought to your Earth instead. If you are a closed person, yet has a child that speaks of God or tells that the after-life exists, then as a parent you must connect with your child. You just cannot say that your child is crazy because, you want to do your best to understand your child out of love. But at such a time your child is your master. A child that stands out at school is himself a teacher for the school and for society. Every incarnation that takes place is purely to help mankind and the evolution of the human. You’ve all come to learn and to evolve, to look and to feel and to dare to let go when you end has come and you return to the spheres. There is one thing that you must never do, and that is to hang your child’s back-pack up saying: “You are wise, so now you can play at being my parent!” No, the child is physical, therefore he must grow physically and his spirit must be normal utilizing his wisdom to the limit by speaking out.

Gentleman in the room:

In which dimension do the highly evolved souls live?

Isaak:

There are many dimensions; you may count seven high, and one piece of information we can impart is that all masters come at least from the fifth sphere. After that you go to the sphere of glory and that is the seventh sphere where the light is so brilliant that you must have reached this level to endure it. Only glory, peace and telepathy are to be found here along with the Higher-Self Masters. They know absolutely everything and understand every emotion in a flash. There are other planets still, but indeed you are only interested in your own system, your solar-system, but there is more. There are many more energies, more spirits – and we are also somewhere, aren't we?

Where are we? We are also somewhere well hidden, where the human eye cannot see, but because everything comes via telepathy, we are here in a jiffy. We drift to our planet, to our level as you like to call it, and we return to Mother Earth and when we are near, then it is the same as you sending a shuttle to the moon. The shuttle will tremble and we experience the same effect. You need a very strong tuning to come through Earth's atmosphere and through the energy that surrounds the Earth. It is all to do with vibrations, and you allow yourself to be sucked down to the lower vibration. Nevertheless, we come gladly and are happy to accompany all the deceased we have to take with us in our group. Suppose that you come and see our instrument wanting contact with someone who has died; well we know it and we will go and find the person. Next we will instruct him on how to use telepathy and the manner in which he can use the instrument in such a way that all thoughts can be brought over. That is not the same sort of trance you are seeing here tonight at this very moment, but when the medium is with you and proceeds purely by listening and hearing etc. We form a group and come altogether so it is easier to combine our energies without losing one another.

Indeed, when you are a master, a wise spirit, it is easy to place yourself elsewhere purely by telepathy and you reach your intended destination extremely fast.

Lady in the room:

In the past my mother gave me a picture of a saint Clemens who lived approximately in 1812. Using this picture I pray and always see symbols. Could this develop into receiving whole sentences?

Isaak:

Dear child, symbols are really fantastic, but do not you agree that it is best to know what they mean?

Lady in the room:

I have a 'Symbol book'.

Isaak:

No, no, no. Tear it up into little pieces.

We all laugh at this.

Isaak:

Having a symbol-book, a book explaining dreams, a chakra-book and one that tells what colour goes with each chakra, is not the way it works. Everything is intuitive and for you a symbol may have a meaning because you have associations in your mind. If someone has something he wants to pass on to you, he will know your inner condition and will know to give you exactly what is appropriate for you at the time. If you go seeking in books it means that you are using your head instead of the intuition, of which we have spoken about in detail. Learn to feel with intuition and the more you learn the more variety will enter your feelings. This in turn will escalate to you receiving more and knowing more and when there comes a time that you are more attuned, you will hear more. This is possible with all the vibrations and when we work with vibrations, we 'pug in' with you becoming one with you, trying to pass on information. Those of you that have

experienced a séance where the medium's vocal cords were utilized can understand how logically this works. If this is recorded by means of the old fashioned tape recorder with the big spools, it will give a certain noise with the two tapes. Someone asks a spirit a question using the microphone, and when you listen back you will hear the static interference within the tape containing a message and you will think: "How is that possible?" It is possible that through the static interference the earthy energy has been changed into words. The same can apply to us when working with an instrument and passing through information. That is why the instrument had to experience so much in order to have a build up of associations. From birth we are busy instilling in you the impulses and symbols in your feelings, to teach you to say what you feel and think within a second. So to build up associations is important and so is the laying down of cards where one person lays them in one manner and another in a different way: "What do the cards tell me?" When you choose a card it can mean something totally different from one person to the next, purely because you can feel what card means to you and then you have a message which is important to your client. Always use your intuition when you are busy with the paranormal. You cannot follow a course in 'symbol explanations' as this is something that works via the medium's wisdom due to all the associations she has, so it probably will not work for you.

Lady in the room:

Is everything actually pre-determined in life such as when you die etc?

Isaak:

Yes, when you die, but not to every happening. It was true, dear child, than when you were still with us, you came to the masters that informed you of your return to Earth. You choose this for yourself in the first place after having permission from your masters for your pending departure. The circumstances were created, you had chosen your parents and you could go. At a given moment you are called again, dear child and asked, "What would you still like to do? What would you like to experience?" You roughly lay down the events and everything is written in your Book of Life and is kept

on the shelf and you reincarnate. The time of your death is also stated in the book along with other times from baby-hood to adulthood.

But indeed, you are human again and forget that you are a feeling being, so when you are confronted with a decision, panic dominates and you have forgotten that you must listen to your feeling. So you forget that lower part of yourself and only make decisions from your upper half, your head, which can result in you only experiencing a small part of your Book of Life. You will return to us and say: "Wow, have I really left out this part of my life's book?" Then your master will say, "Yes, dear child because you did not dare to listen." You will react with, "Yes, but ..." to which we will say, "We do understand you, dear child, but you have not finished that which was your own wish." Then you reflect and feel and let go and after awhile you will come knocking on the door asking, "May I go again?" And of course you may, dear child and the story begins all over again, but because you are born with the veil of oblivion you do not what is in your book anymore. The helpers say; "Oh 'little Johnny' still wants to experience that. So hey everybody, help, help, help, let us all create the circumstances!" So you claim your life's adventures, but as usual you trample all over them with your heavy boots saying; "No, I do not want to do that although it feels as if I should, but I'm not going to; also because I cannot.

"So you look the other way and you choose the other way. Three years down the line, the same situations crops up and you say: "Hey, I still do not want to do that." This is so often the way it goes, therefore it is so difficult for us to lead you.

We all laugh.

Isaak:

So, back to the question as to whether coincidences exist? No, definitely not. There are so many spirits that are working daily with you, millions and millions. Every day. They try to direct you, like when suddenly you have a near accident and call out, "Oh my guardian angel saved me." Yes, but he was there all along.

Lady in the room:

How is it possible that children who are so close to the source can be victims of the negative entities?

Isaak sighs:

Oh, oh, oh. Oh, dear child, that is just why. Just why. When you are just feeling, this is the time that you are open. It is the same as you standing naked; anything can enter. There are entities that see a child, “Wow, what a sensitive child, we can make use of this one.” They descend and they plug themselves in like an insect that sucks blood, your life energy. The child is energy, the vibration decreases and the child begins to feel sick after a time of being influenced. The child will hear voices, so to speak, and the child will begin to feel scared and the child’s nightmares will commence. It is like there’s actually a black film placed over the child and at such a time you must definitely and without hesitation seek help. You must immediately find a medium who works with the glory, with God. We plug our instrument into the energy to enable her to extract the negativity from the child and free him from the entity. Even if there are many, they will go. Afterwards we need to raise the vibration with energising and revitalizing the child’s spirit. You must speak to the child in a comforting manner so he is no longer afraid, and then close his chakras. The child must gain strength, as now with many children their vibration is much lower than previously and it must reach the former level. This needs time and the child must be consoled and led to believe that he will recover and feel better, and this is done with positive energy. “It was a very bad and nasty experience you’ve had, but it will go away.” It can happen that the child will remain closed forever, or it can happen that the child becomes so spiritually strong that they are open again and can manifest themselves in society as sensitive fearless people. Alternatively the negative energies can re-appear and feel the resistance in their aura. They feel the strength and the blocked entrance and immediately the fun is abated and they go and seek another victim.

But supposing that you are open and you feel something and you think, “Wow, I feel I’m being influenced!” and you hear something or you hear a voice, and bingo, they are with you again. Next, you will receive messages and you will exclaim: “Look, I see and I feel!” But your energy goes down.

You feel tired. You feel sick. Then there comes a time when you realize, “No, No, this is not good, I must find some help.” You must see to it that they are expelled and that you are closed again because they will make you crazy. This is so true – the negative energies will never make you happy. We will. They try to turn you into a lunatic. Why?

Because they cannot tolerate it that you are a sensitive person and they know within themselves that your destiny is to return here with us to sit in the glory, whereas their fate is in the lower spheres, the place that you could call hell. So seek help. If you are one that works in the paranormal and you begin to feel tired and do not feel that your depletion of energy is not being restored, then believe us when we say that it is not good. Sometimes our instruments are open and work hour after hour, if necessary for the duration of fifteen hours without ever being tired. This is because we, who are higher than you, provide continuous energy so they cannot tire. The instrument uses the energy that we provide when she lays her hands upon you, so that energy is transferred into you. So take precautions to protect yourself. Elise first came to us because of the energies, the entities bothering her. How come? Because she possessed sensitivity and mediumship. We could preserve the sensitivity that she still has, but not the mediumship. It cost so much work as it was not only the energies that we had to exorcize, we also had to train her to strengthen her spirit. We had to rid her of the fears and the associations she had built up over the years. Luckily she had never ever believed in what she was feeling or had the idea to make her entrance with: “I am a medium and I’m going to start working.” No, she fought her own battle and now Elise has prosperity. She listened to the advice we repeatedly give, “Always wish”; she wished: “Please may I have something else to replace my mediumship?”

We’d had our eye on her for a long time and replied: “Of course you may have your mediumship back, but via our medium.” Our medium tells, you record and write it down and you will experience the way it is in truth.

Lady in the room:

Why was the sacrifice that Jesus made needed? And how about the souls that lived before Jesus died on the cross?

Isaak:

Now, dear child, Jesus was not the first ever master in existence. Before his time there were also many masters present. Moses was also a master, wasn't he? Your question, 'how was it with the souls?' Look, Jesus offered his life for humanity because he wanted to shake up mankind to wake them up. He did not want to place importance on the body being physical; he wanted the body to be seen only as flesh. He wished to preach, he wished to heal, he wished to address the people and tell them that they were the children of God. He wanted them to know that they were spiritual people who must listen to their feelings with obedience and not their intellect, as you can run away with your thoughts. He had hoped that his ordeal would pass him by, that he would not have to die. But he said: "The will of God shall be done." It was the will of the people that took place, not the will of God. The humans killed him and it can be considered murder because there are only two kinds of death that fall short of the category of free will, and they are murder and suicide. But luckily he rose from death as he knew he would. He said: "I break down my temple and the people do not understand." A temple? They assumed he meant a church or a synagogue, but he said: "Break my temple and God will build it up again within three days." He meant his own body. He rose and so he made history because many people still use his wisdom and still believe that Jesus was a master, and he certainly was. But you being unbelieving creatures, thought: "If I kill him and he fails to step down from the cross, then no way is he God." But when the Earth began to tremble and everyone ran about in panic feeling the 'thorns of God', then mankind was shocked. Then they knew they had committed one huge sin. He had already declared: "I carry all your sins." So in actual fact, he had actually forgiven them for their deed. Previously. He had forgiven all the people because you must forgive yourself everyday. He cannot say, "I forgive you," if you cannot forgive yourself. He does it anyway; there is nothing to forgive. He also knew that the people were not conscious, and that is why if you are aware that others are not, then at that moment there is nothing at all to forgive. But his heart was pure giving, his heart was pure love, and from birth he wanted to bring consciousness to mankind.

Lady in the room:

I would like to ask a question about the cooperation between Christians and Muslims. Can they share inspiration as opposed to rejection?

Isaak:

Of course they can. Of course they can, but then that would necessitate someone mediating between the two religions. When you have a Christian and a Muslim, someone is needed who can tie a ribbon, someone who undertakes to bring people to see themselves as creatures, as people, as physical beings as well as sensitive people. These people should hear loud and clear the words: "Do not kill your brother. If you kill your brother, you are killing yourself because you create your karma." Many Muslims believe strongly in the Koran and what lies within the writings is reality, thus for them, it is reality. Never ever enter their reality; never touch their Koran. No man may kill, allow each person their own belief, but do not kill. Never pronounce, "My faith is better than your faith." It is still just a faith, isn't it? It becomes a faith. But their culture is to be so engrossed in their beliefs that they give their own lives for God. They think, "If I give my life I will be awarded the most beautiful place in paradise." We do not believe this exists in the Koran. We know that this does not exist in the Koran. We are aware that many people read the Koran in their own way, in the same way that people in the Vatican did. Wars are created in society solely due to people saying: "My religion is more than your religion; you are going to hell, and I am not!" No-one goes to hell, only in cases where you belong to that level; then you will go to hell. If you murder, then you will go to hell. Love your brother as you love yourself. Why do we use the word 'brother'? We could also say, "Love the people or love his spirit," the terminology is of no importance. You are a soul, a spirit in the physical. We hope in the coming of one belief and that all religions disappear and that one survives and that is the belief of love. Then the world will be a wonderful place. That will be a day of great joy; but that day is far, far away. But do not waste time, work on humanity and if you can be an intermediary, or you, or you, or you ... then you can un-cloak the love of the people.

So we ask you to do that, we ask you to be the best person that you possibly can be. Compare yourself with Mother Theresa, such a small fragile lady, together with her headscarf and her wrinkled face and her wise self. She

helped the poor, the less fortunate regardless of her own poverty. But she was not poor for very long because what you radiate you draw towards yourself. She helped and she helped and she helped and she devoted her whole life to the people, and she was honoured. From far away suddenly people spoke of 'that tiny lady' and camera crews turned up, she was interviewed and she took her place alongside the 'great people'. This rather frail little lady who gave nothing but love showed what a good career you too, can make. With love.

You could meet all the former presidents, kings and queens, but only with love. They have finished with selfish deeds and they breathe their last breath with the feeling of unselfishness. They belong in the high spheres. Ghandi was the same saying: "No violence, do not use violence, hit me, but I will not use violence. I will come up for my rights, but I will not use violence." He was such a wonderful master. He lived in a land where there was fighting, a land of war and yet he said: "Then I will offer my life and I will cease to eat." As they fought and they and fought, Ghandi became thinner and thinner, and hanging onto life by only a thread, he nearly died. But there came a time when the violence stopped, purely because of his action. This can happen, and scrawny as he was, he promised the people that they did not have to murder each other in order to bring the message over. He said: "Think in terms of love, come up for your rights, but in the name of love and stop murdering each other." The same applied to Jesus, when he was taken to give an account of his actions on that last evening; his disciples were willing to fight on his behalf, and he said: "No fighting." So do not fight, but give each other love and be a master and you will see that you are also capable of making history. Perhaps you have children and you inform them: "My mother always did 'it' like 'that' and my father like 'this'. My father was a good man and he helped people." In this manner you are passing something on to your children who, in turn, also have children and they say, "My grandfather, or my great-grandfather, or great-great grandfather was 'this' or 'that'." So you are making history. Acknowledge that you are immortal, and take care that during the short time that you are here that you get the best out of yourself, and as sure as we're sitting here right now, we can tell you, you won't regret it. You will regret it if you look in your Book of Life and

think, “Oh dear, I had wanted it to be different, but my fears blocked me and I avoided listening to my feelings. I pre-judged and I did not share myself but rather lived in loneliness in spite of my being a social person.” We do belong together and here we sit in a pleasant sphere of our own creation. Later we will go outside and we will see all the people that went through life too hastily, and they will move on to their allocated destinations. You as a person can say: “I’m sitting in the glory and I’m going to hold on to it and whatever the people do, I’m going to stay myself.” Stay being yourself and do not bind yourself to people that cost you energy or have negative thoughts, negative words or execute negative deeds. Stay being yourself and know who you are.

Lady in the room:

I would like to know something about karma. Suppose that here on Earth you have bad karma because you’d done something dreadful. You find yourself up above and you do not want to go back. What happens to the karma you built up on Earth?

Isaak:

It has not gone away. It has not been solved. Do you know what happens? You will want to go back.

Lady in the room:

You will want to go back?

The audience laughs.

Lady in the room:

So you do not actually have a free will?

Isaak:

You will want to go back and that’s because of your free will. Dear child, when you are up above and you have your Book of Life in your hands, you will utter many ‘oh’s and ‘ah’s. You will feel such shame and you will have a

lot of pain. You will clearly see the laws of cause and effect, and you will have a very lucid understanding.

You will read your book until the very last page and it can take many years of confrontation until you've chewed everything over. Look at it, feel it and let it go, something that you will also be familiar with here with us, and that's how the book got its title. They'll come a time when you will think: "Yeah, I'm sitting here, but I've got so much debt that I had better rectify." So you think, "I'm going back otherwise I will get stuck on this sphere and I want to get out!" So you go back. You go back because you will know better then. It is your own free will and not us that puts you on top of the slide and pushes you to go down. No, that is something that you do yourself. Never say 'never'.

A lady in the room asks a question about Isaak's reaction when some people forcefully put forward their opinions.

Isaak:

Dear child, first of all, we are never judgemental, we speak the truth and we know this sort of person only too well. What do we think about them? We do not agree with them. And why not? It's because every person has his own belief and one shouldn't interfere with another's belief. If you believe that kissing the wall every day it's going to influence your having a better day, since that's your belief, then who am I to say that you shouldn't continue? You may not break anybody in their belief. You may lay down your wisdom, but never with rudeness or violence.

There is a certain 'gentleman' with us who still enjoys playing games. It is never excusable to commit murder, so anyone who does has to carry his karma. But this 'gentleman' plays the game of trying to come over as flippant yet strong. So he is playing with people's emotions, whereas indeed once he had a good heart. But still he is frivolous. Belief is something that should not be meddled with, ever. His deed caused his own death and the same can be said of his accomplice. In the spheres he has got to resolve it. So his reincarnations will be many and he will clock-up many years worth of reincarnations in total due to his fallen status. Murder is the most atrocious

thing that you can possibly do. But yes, there were two people with their own visions of existence; one thought 'this' and the other thought 'that'. At a given moment they looked each other in the eye and the confrontation led to one taking the life of the other. We thoroughly disagree because however you wish to view it, you must take into consideration the other's feelings and emotions without being rude. You can also bring over your point of view with tact, can't you? We advise that tact is always an option when speaking. Suppose that he'd put together a beautiful documentary where people had spoken truthfully about their religion without crudity, then the outcome would have been different. As we've just explained, words are also powerful, and if I were to utter a bad word here this evening, it will hurt. Many people that are in pain explode out of momentary irresponsibility.

This 'gentleman' was in pain and he exploded. Consequently they blemished their mothers, their grandparents, their sisters and in point of fact everything that they lived for, which was their belief. But we understand feelings, and we deem that however good a person you are, be careful what you say, be careful with your deeds and certainly be careful with your thoughts. All three are as strong as each other.

Lady in the room:

But surely they do not agree with all the battles that are fought? Lots of people fear the power that the Islam's crave. These aren't my personal words, but they do exist.

Isaak:

Of course you are totally correct, but no problem is solved through violence. You solve problems with discussions, with debates, with dialogues, through conversations, wouldn't you agree? Never speak only from your point of view, but also feel your opponent's ideas. So many people feel their vision to be under attack, so they push ahead, then employ their weapons. Do not forget that you are involved in the process of evolution and there are many people that haven't reached openness in their evolution and openness leads to discussion. They just haven't the consciousness, but you as a person can keep them out of your energy field, because if every person were to lay down his weapons, no war could survive. But suppose that right now, here in this

hall, someone picks up a weapon; you look the person in the eye and say: "You are pointing that weapon in my direction with the intention of taking my blood in the name of God. If this is truly what you want, thinking you will be liberated, now you may go ahead and take my life." If you can say this without raising your voice and with love, not fear; then you are a very religious person. What happens next?

Their religion diminishes and so does their belief in humanity, and they start to blabber out of fear. They truly think that God is far away from them, so using their survival instincts, they fight like animals. War is actually fighting like animals and we recognise no other belief but the belief of love. There is no single form of violence that we applaud, just humanity being embraced. We do not support black; we do not support white, since everything is one. But we acknowledge that the one stands 'here' whilst the other stands 'there'. As parents you must address your child with plenty of love and patience and certainly refrain from saying, "You are a stupid child and you have so much to learn because of your stupidity." No, you say: "How can I make things clearer to you so that you will understand me? Do you think I should slap you, or do you think you should be treated with patience? Shall I get down on my knees, look you in the eye and together we will come to an agreement? You do understand my words and that's the problem." Each misunderstands the other's 'language' therefore no connection can be made. Hence they are running parallel, one screaming that much louder than the other.

After the pause we proceed in the first trance form.

Lady in the room:

Sometimes I wonder just how we manage to build up such a mountain of karma. Why did we begin to reincarnate on the Earth?

Tresi/Isaak:

A mountain of karma, a mountain of misery, right? Once upon a time you were just an ordinary soul, energy, and you choose to go down to possess your first body, whether it was male or female. This means that you enter the first of the classes. But as you well know, when you have entered the first

class, there's no turning back and you start the process of evolution. It can be that you are the 'cat among the pigeons' and try to clear up the mess among the children, gaining good karma. But that's because it's your first incarnation, and you enter the class, kick the mess around and you gain life experiences and adventures that you carry around with you. It's the same as with your present life on Earth, Isaak says, daily you live and experience things that are unchangeable but these are things that you must find peace with. But suppose that you've been bad to someone and you look upon your behaviour with remorse, you will want to rectify it. As a physical human often you will think: "I can't do that" or "I do not dare to do that." But as a spirit, that's all you will want to do. You will reincarnate again along with people with whom you've had previous lives, and circumstances will be created for you to solve, clearing up the mountain of misery – Isaak will show you the spade, so start shovelling!

Lady in the room:

Just to continue along these lines, how is it that there's good and bad in the world since now we're aware we go to school, or has it always been this way?

Tresi/Isaak:

It's always been this way. You sink from the glory to being a human, but this being human means having a very low vibration, Isaak explains, so there you go wearing your 'coat' again. You have feelings, emotions, greed, jealousy and you have the will to survive and make the best of your existence. But because of the fact that you want to survive, you may cause others pain in doing so. This leads to mistrusting people and failing to believe them and it's always been this way as people have a huge built-in survival instinct.

Lady in the room:

But why is this so? If we're already seated in the glory, why would we start this whole process all over again?

Tresi/Isaak:

That's right, you are completely right, says Isaak. But if you know only how it is to be in the glory, then you do not know how it is to have a body, so

you'd think: "Yes, I would really like to know how it is." Isaak likes to compare it to a parental home where you've always had a fantastic time with your mother, and then at a certain moment in time you have to attend school. Your thoughts are: "My mother is loving, I've got a great dad, I love my toys, but I do want to evolve, so, I must go to school." Eventually you will return home crying your heart out saying it wasn't nice at school after all, and that it was so nice at home. But you must go to school, so you continue with the schooling because you choose to evolve and there's no turning back anymore.

It's certainly not the case that you've taken the wrong course, Isaak reminds, because your decision to reincarnate was from your soul's consciousness at the time. All souls, all little stars have collectively decided to become human. There has never been a beginning and there shall never be an end and you will always remain a very wise soul and with all life's lessons contributing to the wisdom in your spirit, until you sit again in the glory. You go through the difficult classes but in the top class you can pick the fruit, the diploma and say: "Yippee, I've succeeded!" You gain so much dignity in reward for knowing how it is to be human.

Lady in the room:

But you are back in the glory, do you then go ...?

Tresi/Isaak:

No, no, no, then you go further to other planets.

Lady in the room:

But couldn't we have stopped when we came to Earth and realized that it was all so bad ...?

Tresi/Isaak:

There is no way back. Once you've stepped aboard the 'band wagon', you just go forwards, not backwards. Isaak repeats, "There is no way back." He continues, "When you choose to reincarnate, but later consider your choice to be the wrong one, then you are too late."

Lady in the room:

Is it necessary to take such a dreadfully long time before you can return to the glory again?

Tresi/Isaak:

Someone here this evening asked a question about his Book of Life. He raised the question as to whether everything was pre-ordained. You make mistakes, do not you? You do not listen, so actually you will only finish a piece of what's in your book, replies Isaak. Then you will begin again, and again, and again and that's the reason it takes so long. It could go much faster, yes. The evolution of Jesus went very fast – how long has he been a master?

Lady in the room:

Are there new souls arriving or are there a stipulated number in the All?

Tresi/Isaak:

Yes, there are still more souls. There are still other souls but they're sitting pretty saying: "Oh no! I'm not going there!"

Lady in the room:

They've never been to school?

Tresi/Isaak:

That's right, there are souls that have never reincarnated and still remain living in the glory.

Lady in the room, a little flustered.

Those are the angels, those are the angels!

Tresi/Isaak laughing.

Oh, here we go again, the question about angels.

Elise laughing.

Oops!

I'd better tell you that we repeatedly get asked questions about angels and that Isaak's answers to this subject are always very brief. Of course a long time ago, I also enquired about angels, but the veil regarding this issue is only lifted a tiny weenie bit.

Lady in the room:

I've read that in the year 2012 an rotation will take place. Has it got something to do with the Maya calendar?

Tresi/Isaak:

We all know about this, but it's not going to happen.

Elise with a laugh.

Oh what a relief, phew.

Everyone begins to laugh.

Tresi/Isaak:

The world shall still be the same in 2012 without any disasters occurring. Why do you think we tread so very careful with this question? Because indeed, you could put the fear of God into people, and that you should never do. The time's ticking on, isn't it? You'd better count your blessings! The world would turn upside-down then you'd get a separation. That's not going to happen.

Lady in the room:

Will Jesus ever return to Earth?

Tresi/Isaak:

No, Jesus won't re-appear, but many other masters shall come. At this moment in time there's a master in your midst.

Lady in the room:

Do we already know him?

Tresi/Isaak:

Go and look him up; he lives in India. Sathya Sai Baba is his name. Sathya Sai Baba. He's a wonderful master, he preaches only one belief and that is the belief of love. He does the same as Jesus did; it really is true. Everybody tries to put Sathya Sai Baba down, but if you get someone who, from the age 14 onwards walks among the people and as old as he is now, still cannot be exposed, then he must be good, wouldn't you agree? If you can work magic before someone's eyes, if you can raise the dead, if you can multiply food, then you wouldn't exactly call him a paedophile, now would you? We know that he possess energy within him and that is Divine energy. He is not God Himself, but then, nor was Jesus. Our instrument has never seen him, Isaak says, and why should you seek him out if you have God in your heart? We know that he's a master and that he does the same work as Jesus did.

Lady in the room:

Is he already up there?

Tresi/Isaak:

No, he's here on Earth, a very old man and for years and years millions of people have visited him. Sathya Sai Baba is the reincarnation of Shirdi Sai Baba and his origins date even further back. He came back to the Earth once again, eight years after his death. The figure 8 is very important, it has no beginning and it has no ending and as coincidence doesn't exist, 8 years after being Shirdi he came back as Sathya Sai Baba. In his next reincarnation he'll have a very beautiful appearance, one that could compare to the figure of Jesus. He's had photos made of how he'll look in this next and last reincarnation. He carries out real wonders and if you'd like to experience his brilliance, then you'd better make a plane journey as he never leaves the county. He's a very old man, but still every day he walks among the people giving darshan, (which is his appearing to his devotees) just giving glory and unconditional love. He makes a certain hand movement, taking vibhuti (which is sacred ash) out of the air. Vibhuti is also a psychedelic drug from the Universe containing healing properties that can be smeared on wounds or can be eaten, it cures. For years and years his job has been to shake the people into awareness, so every day he's providing evidence.

Now he's achieved the position of continuous fame and glory and millions and millions stream to see him. His name reaches many nations and will reach many more people as he's destined to become very old, certainly surpassing the ninety year mark.

Lady in the room:

What happens to animals? Do they also come back?

Tresi/Isaak:

Isaak says 'Yes' but not as people. Animals stay as animals, plants stay as plants and people stay being people. But animals reincarnate as well and they come for you. If an animal comes to Earth, it comes for you, the human. We are absolutely against the slaughtering of cattle, utterly so, but we do understand since so many people need the earthly energy. So yes, they come for you – eat them all up, but it is earthly energy and does deter the growth of real spirituality.

Lady in the room:

What about our pets?

Tresi/Isaak:

They hear your thoughts, they feel you and they come to you as you've chosen them. Sometimes it's the other way round and an animal has chosen you, so then a few circumstances are created above. But as coincidences do not exist when you step into the shop and you buy the animal, it's the one that belongs to you, also by instinct. You people! You people really should count your blessings because there are so many 'coincidences' that come your way and you delight in saying: "Oh, what a coincidence, wow!" Then we can only say: "We have done our very best."

A bit of sniggering goes around the room.

Gentleman in the room:

So you mean that we'd better count our blessings?

Tresi/Isaak:

Well dear child, it's not such a bad idea, Isaak says, because if you do it means that you are aware. If you think, "This is nice water," then you are aware, whereas if you drink, drink, drink without thought about what you are putting into your body, then you are unaware. You must become aware, you must be aware. Be thankful, and keep on being thankful because if you are thankful then the energy will stay with you. If you are not grateful then you will lose the energy. This is so true. If you state: "I am so thankful for my friend over there," then you will keep her friendship whereas without this appreciation, a parting will result. Also please be thankful for your bank account.

Hilarious laughter erupts in the room.

Tresi/Isaak:

Then it will only increase. If you are unappreciative then all sorts of nasty things will happen. If you think, "Oh, soon I'm going to lose all my money, the lamp's gonna bust and the fridge's sure to break down," then just about everything's going to smash to smithereens, isn't it? This is how the energy builds up and that's why so often one disaster follows the other. You'd better turn this around saying: "OK, I will go and meditate for awhile" and ask for it please to be taken away. Ask, Isaak repeats, "Ask. Ask and you shall receive," it's really so, Jesus said it all.

Gentleman in the room:

I've experienced once something that's a very earthly example. It wasn't going so well with one of my ex-girlfriends. I asked, "What should I do about this?" Shortly afterwards I got my answer by sms, it was finished!"

Tresi/Isaak:

Yes, such things happen so often. You are thinking about someone and suddenly the telephone rings and it's the very same person. Or you think: "Surely we won't be involved in accident?" Oops-a-daisy, an accident! Telepathy often transpires between two people. You can also take over

people's feelings. Sitting next to someone you think: "What a horrible feeling," so Isaak suggests that you move.

Gentleman in the room:

I've still got a question. I'm a Christian and once I sat at the holy table in the Salvation Army where you have the opportunity to pay to God, but it left me with a very strange feeling. Have you any idea why this could have been?

Tresi/Isaak:

Now, I would have to tune into you so I could see what personally happened to you. Isaak says that they must always tune in. Actually I can't tell you, but what I feel is that everything stems from built-up energy and when you are in a holy place it contains holy energy. Take for instance the Ohm note. The Ohm note is an all encompassing sound, also formed from built-up energy. If people contribute to this very positive energy altogether, it can have remarkable effects on you. It could bring about elliptic fits, or withdrawal symptoms, or cause one to vomit because the energy is too hefty, too powerful for the body to handle. That's the truth. So whether you are in a church or involved with faith healing, it makes no difference, it's all positive energy. As long as it's positive, it makes no difference what sort of sticky label you humans attach to it.

I think now is the time to start signing the books. We thank you for your attention.

The Reading in Delft on the 9th December, 2004.

Ladies and gentleman, we welcome you. We are pleased that today you have chosen to be intuitive. This means that you are following your feelings otherwise you would not be here. Feeling is and continues to be the purity within every physical human. Alas it is also true that the physical human too often uses his mind, but know that using the mind leads to a dead-end. Unpredictably you do not know how to progress anymore, so your option can only be to go back to the beginning, the origin of yourself, and that is your feeling. Many people are afraid of doing this because they do not know how to contact their feelings. We always recommend practicing finding your feeling. First of all try to love yourself. How do we do that? See yourself as a small individual person, a small child. Imagine that you take yourself back in time to your little room, you close your eyes and you say to yourself: "I am going to enclose myself in my arms, I am going to smell myself, sense myself and I am going to lay contact with my actual self." Then at that moment, emotions will come to the surface. Suppose that all this time you have been neglecting yourself, then there will be sadness in your inner self and the sadness will suddenly surface because you, as a rational person, as the mother of the child, will be giving your inner self attention. "Can I do this?" the people ask, "Won't I be considered to be mad?" No, you are mad if you are sensible, because as we have just said, it is a dead-ending. There comes a time when you no longer know how you can come to yourself and then going back to your origin is vital. Sample yourself, feel yourself, love yourself again each and everyday. Look into the mirror, do not look at your physical self, your body, but look at the person that you are in your feeling. Who are you? That is the question. Who are you, are you body or are you spirit?

We know that we do not have a body otherwise we would not be speaking to you in this form. Now we are using the body of a physical person because we no longer have a body, but still we are alive and among you all. We live in the spheres and we are happy there. There are enough spheres, but the sphere where you as a person will feel at home will be your homecoming here with us. Your parents or those that have gone before you will be waiting for you, but do not forget that if you have more intuition than your parents,

then you can only see them if that is your decision. You can go and find them, but not the other way round. The person that has the higher rank here with us can always visit the people below him in rank. But do not be despondent, if you have a love-bond with the person, you will always be able to find him again because it is the love that brings you together and not your mind. Each of you has a 'film script', a path of life to follow here on Earth and along come your masters come and they say: "Read this, look at it methodically, look at yourself methodically and see if you understand the wisdom. Look and decide if you have wasted your life or have you lived it?" You may decide this for yourself as no-one is here to punish you, because you as a person make your own assessment as to whether you are pleased with your book. If you have questions about the life in your book, then we return to you and provide an explanation. We tell you why handled 'so' and 'so' in that way at the time as we are intuitive and we know, and we know without doubt, not for one second do we doubt, because we know. You must also bring your knowledge to the fore. Try to know more, try to be more, try to show your complete self without fear and never be in doubt, do not be in deliberation, do not be in the past, but be in today. Today is the beginning of tomorrow and tomorrow is again the beginning of the day after, and everyday is a new beginning. Phew, what a relief! So how old are you now? It does not matter because we are timeless. We are feeling and our lives are eternal, for years and years in your terms, but for us it is only a perception of feeling and eternity. "Yes, that is all very well," you say, "But who says so?" Can it be that physical man is in possession of this wisdom? Maybe it can be, but our instrument does not possess the wisdom, because then the research would be over. Listen to the instrument speak in her physical way within the person that she is, and you will come to the conclusion within a few minutes that she cannot possibly have this wisdom as she is not an educated being. She has never read books or had the schooling because it is physical. There are so many books that are good, but we wish to speak and not read those books.

And my name is Isaak. Many years ago, in 1230, I had a body. I was dark skinned because I was an Indian and my appearance was attractive. The physical person that you see before you was my best friend in that life - my

kindred spirit. I lived on in the spheres to gain wisdom here by us, but also amid you on Earth to learn your ways. How can you help the physical man if you are a spirit? That is not so simple. My kindred spirit returned to Earth in the form you all now witness. Happily we have already helped many many people, not only in the manner in which you see here this evening, but also assisting in other ways.

If you have problems perhaps you will come to us and we will tell you how best to solve the problems. We do so unconditionally because you make your own life, not us.

We can see the answer to your problems because we are knowledgeable, we know and we do not doubt. We can illuminate your life at that moment in order to give you wisdom, and then we hope that you possess the strength to continue your journey. Then you can create your life anew because this is what you can do everyday. Do not be afraid of doing this, and do not ever be afraid of parting. Do not ever be afraid of exploring yourself, because parting is and will always be progress. There will come a time when you will have to say 'goodbye' to the person that you are at present, because you will go over in your feeling. Do not be afraid of this because if you have been a good person here on Earth and you are pure, then your life here with us shall be the same. Do not be afraid, of what you call 'death'. Love death, love yourself because it is pure transformation of the spirit – you go over.

"What is it that you should be doing all the time you are here on Earth? What is my goal?" so many people inquire. The goal on the Earth is to learn and to explore, yourself, your intellect, your feeling, your fellow-humans, to enjoy happiness, to radiate happiness, to be angry, to show anger. Allow all the emotions that God has given you to radiate from yourself. Solve your limits and present to society the best that you have within yourself. If you are a 'full glass', do not present yourself as 'half a glass', or as an 'empty glass'. If you are depressed, study the roots of your depression, going back in time following your feeling to discover why you have become this way. Many people become depressed because they have no goals or they stay under the influence of past happenings. It is the past. Yes, dear children, that is why

our first book is called: “Look at it, Feel it and Let it Go.” Look at your past, feel your past and let that go too, because there is nothing more that you can do about it. If we say, “You didn’t know any better, you were ignorant,” we mean it and we know that you handled the situation as such because you were ignorant. Suppose that your father, mother, partner or someone else harmed you. He too was ignorant since he knew no better, even if he acted with full awareness, he was ignorant. Forgive the person, but also forgive yourself. Do not be afraid to do that, dear children. What would prevent you from doing that? You do not have to feel this way today, so why decide to allow yourself to feel this way? Everything begins with a decision. You decide to rise in the morning, you decide to interact with people, you decide to listen, you decide to embrace yourself. “Yes, indeed, nice words, but how are they relevant to us?” we always hear. Yes, try and see if you can apply these suggestions to yourself and never judge beforehand, but afterwards. If we say to you: “Go and meditate; each day breathe in and out, do spiritual exercises, read good informative books about coming to your true self,” and you reply: “I have no time for myself, why should I spend ten minutes on myself, is not that twisty? No, dear children, this sort of comment means that you are not loving yourself because you are judging and avoiding research, something that you should be doing. Our instrument as you see her now has been through so many consecutive lessons because we had to make her ready to be able to carry out this work. You will be seeing her quite often. Why? Because we decided to crawl through all the trap-doors and go through all the impulses both positive and negative, all in the name of life. You live, you do not just survive, you live everyday.

Now, so many of you have come here as you wished to hear us speak. Okay, feel then, feel our wisdom coming from the Universe or from a physical person.

A long silence follows.

Isaak:

Silence, lovely, we love silence. In silence you can feel yourself; in the silence you can embrace yourself and in the silence you can switch off your thoughts and concentrate only on feeling. In the silence you can love yourself. “I love

myself. Ouch, should I be saying this? In front of all these people? Strange people?” Yes, dear child, you can. “I love myself.” Why not? “I am feeling and if I love myself, actually I’ll be stimulating my feeling.” You will grow to be cheerful and happier and restlessness will fade away.

Now you may present to us any questions. We shall be pleased to hear all the questions that you carry around with you. Do not be ashamed. Understand the moment that our instrument makes herself free for our wisdom, she switches off her thoughts and we term this the second trance form. The first trance form is when our instrument is fully present and we whisper the information in her ear.

We refrain from answering personal questions because in the second trance form we are happy to answer anything as opposed to bringing her back to the first form. We are one, and now we are all ears for your questions!

Gentleman in the room:

How do I discover the name of my guide?

Isaak:

Dear child, can you hear?

Gentleman in the room:

Yes.

Isaak:

Can you lay contact with someone from the spheres?

Gentleman in the room:

No, not yet. Not at the moment.

Isaak:

When you can hear, when you can hear via the spiritual form - meaning that you hear in spirit, you see in spirit, you feel in spirit, you smell in spirit, you taste in spirit; then you are psychic as you call it, paranormally gifted. If you are paranormally gifted, from the first day of your life you have a guide, and

as your guide, he will develop you so that you can hear better, see better, feel better, so that you can commence with your self-development. In the same way a person having a talent for singing must take lessons to obtain perfection. Your guide might present himself to you or perhaps suddenly reveal his name through your feeling. You will feel that in your feeling, and you will know without doubt because you will hear someone speaking just like you are hearing this voice right now. But if you are not a psychic, you are a person who's reincarnated who walks his life's path, then you have helpers. Deceased people keep an eye on you but they never ever reveal their names because they are only with you temporarily. Today they guide you and tomorrow they guide another. The helper therefore is not attached in unison for your whole life. So you must ask the question - everyone must ask the question, "Am I psychic? Have I the gift of paranormal abilities? Or am I just a reincarnation going through evolution in this life to climb higher in the spheres?" This is actually a question for us to ask you. If you know the answer, then all of a sudden you will hear your guide reveal his name. Why should a guide need to give our medium his name to pass on to you? That would not be needed. Should you hear him, surely that is good enough? Never ever shall our instrument lay contact with another instrument because I am more than enough. When she had lived for 28 years, I showed myself and she was not pleased. I thought I was doing her a favour, yet she sent me away. She was savage, she was angry, she was sad and she was in denial. She would not realize her gift, she was ashamed of it and wanted so badly to be normal just as so many other people desire to be normal. But we laid out the way, saying, "Now it is time, now it is time that she knows who I am. Who is the person that she is heard and felt since birth, and has given her thoughts and allowed her to see things?" When I showed myself, she was only interested in seeing me as a physical person would see, eye to eye. But sorry, I do not have a body, I have a spirit, so I showed myself via feeling and manifested myself in the way that you can observe a materialization, but via the third eye. It is comparable with seeing yourself standing before the mirror yesterday, and you see yourself fully and you know that it is the truth that you stood there. So I let her see a figure and it made her angry. I let her feel me, she was allowed to touch me and clearly she felt my embrace, my spiritual embrace and this made her even more annoyed. The human is never

satisfied. So we thought again, “We must do something that she does not know about, that she won’t be able to deny,” and that was to enter her body. The first entrance was painful for our instrument because her body was not accustomed to accommodating someone else. Suddenly I spoke and she got a shock, but in her heart she was happy as this was the confirmation. She is always known it but she’d always cast it aside. But now the connection had been laid for all time. And my name is the name that I took from the Universe and not the name that I had in that last life. That was an earthly life just like so many other lives beforehand. That life no longer has a meaning for me because I also must let it go.

So feel your guide, talk about him, but do not seek him, he will find you.

Gentleman in the room:

About fourteen months ago, I lost my wife. The loss touched me deeply and it’s still extremely painful. Will there come a time when I’ll come through the miserable situation?

Isaak:

Dear child, the answer is simple; it is: “Yes” because if you ask this question then you will suddenly decide to let it go. But if people have been together for many years, then the two people’s energy are intertwined. If one of the two falls away, then the survivor, the other half must re-fill his inner self and this requires the necessary time. If you know that there is no parting and that the love-bond, in spite of the physical person going over to the feeling mode, will ensure your further unity, then you can enjoy the time that you have left. But realize that you can always speak with your deceased, your wife. You must have an instrument because an instrument has the ears and the sensitivity. We organise evenings such as this evening in this form of trance because we come to speak about the book, but we have many other evenings whereby we lay contact with the other side and you can actually have contact again with your loved one. Then you certainly won’t go home with pain in your heart, but with joy in your heart. The person that speaks to you at such a moment will manage to place feelings, emotions and memories into the

instrument that are relevant to the other person. But that takes place on another evening. So we hope that you understand that we mean this evening to be as it is, and I hope that this evening shall be valuable for you all. Other evenings provide the possibilities to speak to your loved ones.

Gentleman in the room:

Can it be possible that you reincarnate simultaneously with others with which you have a sort of karma – where you have to pay retribution to another spirit person from a previous life?

Isaak:

It is none other than that, dear child. When you reincarnate, you reincarnate always with a large number of other people, one perhaps going years sooner or later than other, but nevertheless everything from above is worked out to perfection. At the correct time you will meet up with each other here on Earth and you will feel recognition with this person and think, “I know you from somewhere.” Do not use your mind, use your feeling. You will sense the energy and then you will listen to your mind saying, “But I’ve never seen him before.” Your feeling will say, “I know him from somewhere, I just cannot place where.” Correct. You cannot place the person because you are born with the veil of oblivion. You have good karma; you have bad karma – the law of cause and effect. If you have lived a life, you will have gone through many causes and many effects, and that we call karma. You work it all out and suddenly it is time to say, “Goodbye, bye, bye.” Then it is time to say, “I’ve worked through it all here, I am ready to proceed further with my evolution process.” This is also something that you must release and never ever hold on to. It is comparable with having a new born baby on your lap. First he was inside your womb and then you bring him into the world and the child grows and grows. His first departure was from the unity, he had to let go of the unity within the womb. The child becomes a small individual, wholly dependant on you. Suddenly the child has grown up and you must wave him off as he flies away. Stimulate the child, say to him, “My child, fly away and become the best person that you can be. I am so grateful that God has given both you and me this chance and that you were my teacher when you were within me and the time that you were an adult and still in my

presence. I am waving you off full of love and trust knowing that you will return to me the moment when it is necessary.” That is unconditional, is not it? That is unconditional. Many parents say, “My child, my child, my child.” Yes, it is your child, however, it is only temporarily your child because here in the spheres, we are all one. Previously you have had many lives and you have many lives to come, and at that time you have had one life together. But just suppose that you have had a conflict with each other and have hurt one another. Then take that book, the book we have just told you about and implore, “Oh Master, why did I handle it in that way?” He will give you the wisdom; he will provide the images for you to review again. Mostly the problem was caused by ignorance, fear, frustration, panic etc. Emotions. He says, “Come child, go on, make up with each other.” Thus, you always reincarnate with ones that you know, and with each life new people follow to work out things together and then you further your evolution process. Totally new people also come, people who make karma with you and that is the reason that it takes so long. But indeed how many lives do we have? More than a cat, but this saying about the cat is a fable and both you and the cat have more than nine lives.

Gentleman in the room:

Have you an obligation to reincarnate?

Isaak:

No, dear child, but you will want to.

Gentleman in the room:

But what happens if you do not?

Isaak:

Then you stay in suspension, dear child. It is the same as staying down in the second class. In the second class you keep on playing, do not you? Being in the second class means that you are in the Primary School and still playing with the wooden blocks. You are happy there - in comes your teacher who says with a kiss, “Good boy, you are doing so well.” But in time you grow bigger and you have needs – you feel the need to learn more for your

growth. You are not satisfied anymore with the blocks, the kiss and the compliments. You think, "I want more." So you go knocking on the master's door in the sphere, "Master, master how can I further my evolution process?" The master replies, "Be born again in a new body." To which you reply, "Master, master will I be able to do that?" "You make your own script child, so yes, you can do that. But know dear child that if you choose for this then these are the set of difficulties that you will experience." "Master, master, who will my parents be?" "Choose them, dear child, choose them." "Oh, do I get to choose everything?" "Yes child, but be aware that the law of cause and effect also applies." "I've chosen my parents, but oh master, master, he is not very nice to children." "Do you want to go? Do you want to become strong or will you allow yourself to be broken by the person that is to become your father?" "Alright, it seems that I'll manage from the perspective I have here in the spheres." He says, "Look at how it shall be child and observe from the spheres how you will be beaten by the father and how as a child you will react." Suddenly you will say, "Master, master I am not so sure that I can handle that." And he says, "Keep on trying, keep on trying, have courage, have courage; you can handle it if you decide that you can handle it. Be a positive master, overwhelm yourself, surpass yourself without fear and go through all your fears. Do not limit yourself but maximize your limitations. Be better than that person because you choose him in order to gain strength." "Oh, master, master you speak with such wisdom. Will I realize this wisdom on Earth?" "Yes," he says, "We will help you, we will help you. Ask and we will help you."

Lady in the room:

I would like to ask something else. Is there a difference between feelings and emotions?

Isaak:

A good question, dear lady, a good question. What is feeling? Feeling is something that you feel. Emotions are also seated within feelings. If you have pain, that is also situated in your feelings, is not it? And pain is an emotion. If you cry, that is an emotion, if you laugh, that is an emotion, anger is an emotion and they all originate from feeling. See it like this: pain,

laughter, anger, etc. we put into feeling and the feeling is therefore what you are collectively with all the inner emotions. So there is no difference between feeling and emotion because you may display all your emotions to open up your feelings. Is that a good explanation, dear lady?

Lady in the room:
I'm not really quite sure.

Isaak:
OK, we can explain it better if you continue talking to us. What more would you like to know?

Lady in the room:
I've got the idea that there could be times when you have a certain emotion that you cannot relate to.

Isaak with a smile:
We do not understand that.

Lady in the room:
Then I will try to elaborate.

Isaak with a smile:
Explaining is difficult, isn't it?

Lady in the room:
I've got the idea that there are two different kinds of feelings.

Isaak:
No, dear child.

Lady in the room:
Or can it be ...

Isaak:

To be, that is a good word, dear child. Be, I am.

Lady in the room:

... that there are moments of fear, moments of pain or happy moments and because of pain and fear you have the feeling that you have closure.

Isaak:

It is just a feeling.

Lady in the room:

Yes, but it is a feeling, but you are ...

Isaak:

... immersed in the pain and in the emotion, so you are placing yourself in the emotion. We also name that 'locked up' in the feeling. Suppose you have a choking feeling in your throat, the feeling of a lump there, you have the feeling that you must express something. You need to rid yourself of it, but your emotion won't let you. You are the parent of the feeling as you are parent to your child and because you are stronger you must say, "Go on and cry." That is why people want to see a film that stimulates them to tears. But using your reasoning daily, you can give yourself impulses to express yourself. So many people panic and immersed in the panic they do not see the end of the tunnel and their emotions burn them up. At such a moment your feelings are totally lost, just as you meant, presumably?

Lady in the room:

Yes.

Isaak:

You are split in two with your emotions eating you up and you not knowing how to proceed, whereas you should express your emotions to restore your feelings again. You must never ever suppress your emotions – this we know for certain to be the truth, otherwise your feelings will only increase. The word feeling is actually what you are, dear child. You consist of feeling so when you have experienced all your emotions then you are pure glory. And

that is to be. Can you follow me? We so want to help you with wisdom and with wisdom, two forms are needed. You need communication and openness. Is this something you can follow, dear lady?

Lady in the room:

Yes, thank you.

Isaak:

You are welcome. Let us assume that you are angry and the anger lays here in your stomach - you are overflowing with anger. Someone comes along and says, "Good morning." And this just sets you off. "Ouch, I only bade you good morning." At such a moment all this person did was to trigger your aggravation. But suppose that you are in a great mood and someone offers you a "Good morning" in a happy tone of voice, then you will reply with the same. Do you understand this? You are a bundle of emotions and these emotions are on display. But keep on letting out the anger and not bottling it up, then this is a normal ongoing occurrence. Suppose that you are happy - today you are in a good mood, but oh dear, you have just had a disappointment that you must get off your chest. The energy is then expelled from your body and this is the correct thing to do as you mustn't save it all up. We always compare it with food. Surely you have the need to visit the loo? There's something that has to be expelled? It would hurt to keep it in, wouldn't it? But that is something physical. The physical and spiritual are therefore as one. Physical things are something that you all understand, but spiritual things men often fail to comprehend. You are twofold, you are not only one component, you are body and spirit. Today you have fed yourself physically because you must eat, but you forget to feed yourself spiritually. It leads to you disclosing, "I do not know what I am anymore, I feel nothing anymore and I am bitter." Then we say, "Child, how many years have you neglected yourself?" You reply, "I have always looked after myself." We ask, "What have you looked after? Your body or your spirit?" "My spirit? Have I got a spirit?" We respond with, "Yes, dear child, you are both body and spirit, maintain them both and your rewards will be glorious." We have it easy, we only have one thing to maintain. We do not eat but we drink the water of life, life's energy it could be called, but there are people here with us

that do still eat. They also go shopping, yes really, because it is their creation. You create what you wish to see in the same way that here on Earth you also create physically. Fear is also what you create, and so is agoraphobia and uncertainty. Can you understand that? Fear is something that is self created. If you have all kinds of dreams where you are being followed it means that this is your fear. You are frightened of being shut in or of losing control. Dreams always tell the truth and there are three sorts of dreams; the fantasy dream, the prophecy dream and the subconscious dream. In the subconscious dream situations surface because you are actually submitting while standing open and your subconscious is giving you a lesson consisting of bits of film. Write down your dreams and ask yourself what your dream is trying to tell you.

Gentleman in the room:

I've got another question in response to the lady's query about emotions. One of them is about the emotion kind words evoke and the other's the consequence of swearing. What do you think about that?

Isaak:

We do not like that much.

Gentleman in the room:

No, I thought as much, but I just wanted to know.

Isaak:

Look, dear child, we shall never ever judge someone – physical man does that for us, but it does hurt. Suppose that you utter a swear-word relating to your sex organs, we do not consider this to be so bad. They are just sex organs. Shall we name a few?

The room erupts in laughter and I look at Isaak with a smile and think: "Ummm, perhaps not!"

Isaak resumes:

But suppose that you use the word ‘God’, this hurts us a lot because God is the name for love. So you are swearing at love, but you are love, so you are swearing at yourself. At that moment you are swearing at everything that exists, purely through that one word. There are three kinds of powers: thoughts, words and deeds; what you think, what you say and what you do.

If your thoughts are bad and your words are bad it creates an energy form, a ball affect that bounces back to ricochet off you as the speaker, and that little piece of energy can break you. So if you have to swear, it is better to refer to a sex organ!

Gentleman in the room:
Correct.

The sniggering in the room is replaced with uproarious laughter.

Gentleman in the room:
I’ve got another question. How does Isaak see God?

Isaak:
We feel God in the form of love. Look dear child, I have visited many spheres – it is here. God is not someone that sits here calling you saying, “On your knees child.” No, there are masters in every one of the seven spheres and the masters are wise because they only attain the name ‘master’ when they have passed through a particular sphere. They go to the first class, they go to the second class and they go to the third class. You choose your destination because everything must be held in perfection. They do this all with that one word, ‘God’, because God is the name for love. Many people come into your life and you have many lives. Master Jesus and Ghandi are masters to name a couple, but there are so many and you, the humans, have killed these masters. All these masters have given you their lives, consciously, because they knew then due to their wise spirits, that their lives on Earth would be difficult lives. You humans choose from your free will to kill them and their sainthood followed. Their forgiveness was immediate since they had nothing to forgive as they are pure love. It is so often written that there

is one master here but this is not true; our spheres and our many masters have actually formed a pyramid effect. Glorious, the existence of the All. But indeed, you still have many other planets where all the other creatures live. We call this the 'All' and we have a part of the All at our disposal, but there are still more parts of the All, the other planets, where other creatures live. We do not interfere with them and they do not interfere with us. Everything is perfect. Your Earth has a very low vibration and it is actually a bad sphere because of the quantity of negativity here. But as individuals, you can light up your world with positivity and that light multiplies to be just like Christmas. One person has decorated his house, a lovely ambience; another's house is dark - a bad vibe. You can light up your own free life purely through your own will, power and dedication to belief. Believe that there actually is an 'All' and that death does not exist and that now you are physical, but in time you will not be physical because at some future time you will come into what we call 'the highest' where there is only glory.

Gentleman in the room:

It is actually a sort of consciousness.

Isaak:

Yes, child, at that moment you are conscious. There is also a beginning to your reincarnations and this had been spoken of in the first book. But there are more books on the way and then we shall explain in more detail. We must render the first book to be an easy read because not everyone has a University level of education. There are plenty of books, such as the Jozef Rulof books which are good books, but too difficult for many. Yes, it is a consciousness, it is love, it is everything that exists, and then you are an aware person. You no longer doubt, you speak and you know. You speak and you know. One last thing though, be careful with your thoughts – we have known them for a long time. All the thoughts that you have are received by those that are connected to you, so before your thoughts are released, we already have them.

Sniggering vibrates throughout the room.

Isaak with a laugh:

When we sit here in this manner we are not connected to your thoughts, otherwise we would go a bit crazy. You have many thoughts but they have gone a bit astray. There is no regularity to your thinking. You think about shopping, then you think about 'this' and 'that'.

Oh dear, it is so difficult to follow, so we have given up trying to pursue your thoughts. Much of the time you cannot even follow them yourselves, but learn to accept the thoughts and to take a step backwards. “My thoughts are present and are relevant, but I am not going to linger in my thoughts; I am here.” It is just as if you are watching a film, you see the film before your eyes, but you aren’t immersed in the film unless you are totally enthralled with it. In such a case you are concentrating on bringing the movie to yourself to experience that little piece of film. It is the same with your thoughts. If you meditate and you constantly have thoughts, do not be afraid of them. Say, “OK, I am now in my feelings, I am shutting myself off from thoughts, I am going to breathe in, breathe out, and I am going to make the Ohm sound.” ‘Ohm’, if you make this sound and retain it for ten minutes, it will give you ‘a high’. ‘Ohm’. Really, try it. ‘Ohm’. “I cannot do that,” people would think. No, not in the supermarket, but here you can.

More and more people join in with Isaak making the ‘Ohm’ sound. It is so lovely, you should try it sometime as it is so liberating, like giving all your chakras a massage.

Oooooooooooooooooooooommmmmmmmmmmmmmmmmmm.

Isaak:

It is really true, it will make you happy. Why? I shall tell you why, dear children, because it is a sound that contains so much energy and so it is the sound of God. Many people believe in the sound and because of this fact people inject positive energy into the sound, and as we have just said: words, thoughts and deeds. The sound is often thought about, often spoken about and is often used, so the sound is a very positive sound for you. You can also utilize the sound perhaps if your name is Joost: hence, Jooooooooooooost, Jooooooooooooost. It sounds like this, does not it?

We laugh.

Lady in the room:

I can imagine that when you meditate it channels you more into your feelings, but in our daily lives it is just so hard to divert from our usual thought patterns to feeling.

Isaak with a smile:

You have such good questions; you may stay seated.

No, dear child, that is not difficult. It must become a fact that you clearly are yourself, so you do not see the impulses you are experiencing, except if you wish to at that moment. But when you meditate you are only concentrating inwardly. Therefore if you have your eyes open they you will see the impulses and you will be pulling them towards yourself. But this is done with your free will because you can also find the strength to say again, “I am shutting myself off from the impulses until I want them again.” If you see an impulse that you do not like the look of, then immediately tell yourself to let go of the thought, to let go of the impulse. Practise, you must practise. It is just like going to the Sport’s School – there are no benefits after the first time and then 6 months later you look great, purely from the fact that you have practised and persevered and suddenly it becomes a fact. Look at the monks, they walk around with their heads a bit in the clouds, and now is the time in which they live. Do not become a monk, but be a monk, there is a difference. Have any of you an idea what we mean by this?

Silence in the room.

Isaak:

Elise, can you answer this question? She is my best student.

I burst out laughing and say:

You do not have to become a monk and go into a convent, but there are some qualities that you can apply to yourself.

Isaak:

That's a good one, isn't it? Being a monk is something that you are. Be. If you declare, "I want to be strong," be strong. "I want to be religious," be religious. It is something that you wish at that moment to be.

You do not have to don a white coat to be something; you only have to be so from your feeling. Practise this, and learn to release the impulses. When our instrument was growing up she could not connect with anyone because it made her ill. She was not able to go into town because all the impulses entered her clearly making her sick, until the time that we had made her ready and she became two; person and medium. There are two individuals, so now she can go everywhere because within herself she has the power and can ignore the impulses. Every emotion she has, she speaks of and those that know her will witness that there is no emotion that she holds in because this is not our wish. We know that she can let go of all emotion, so suppose that you have a conflict with our instrument, tomorrow the conflict will be over if it is been set to the side. If you are communicating with each other and you say, "OK, let's put this aside and forgive each other," then straight away there is forgiveness. We had to teach our instrument this – to be concerned with now, and to keep nothing in, otherwise she would not be able to carry on. She is spoken to thousands of people and these thousands of energies that she is taken into herself must be expelled.

Many people are afraid of humour, but I'll tell you one thing and that is that we enjoy your laughter. It makes us happy when you laugh. And why is this? Because laughing opens you up. Your laugh switches off your thoughts and stimulates feeling; it is an emotion. Also your tears, and your anger too. Therefore your laughter makes us happy, just as your laughing together makes you happy. You laugh and the person next to you laughs too and at that moment you have an interaction of humour and it is wonderful to enter this energy, as everything is energy. We laugh a lot about your stupidity.

Laughter in the room:

If you could possibly be us, then you would also sit here shaking your heads wondering, "How can they do this? How can they still carry on in that way?" One thing is for sure and that is we see many people seeking for themselves.

They look for themselves in drugs, sex or alcohol, just list all the stimulants, and we say, “Child, seek yourself within yourself.” And still they continue looking. “Do not seek to far away, stay home, seek yourself, child.” They seek still further – and all at once, “Ouch, I’ve found myself.”

Lady in the room:

Why is it that some people tire you out?

Isaak:

Yes, dear child, that is a good observation. You have positive energy and you have negative energy. If you have positive energy, another can take your energy. He can plug into you and suck you dry, as it were. And suddenly because you are an open person, and a giving person, you think, “Oh dear, I am beginning to feel tired. Then is the time you must close yourself, but you think, “No, I cannot.” If you are in the presence of someone that sucks you dry you have the feeling of being tired, then you must say, “Are you hungry child?” The child will wonder, “What on earth’s the matter with her?” You reply, “You are making me tired.” The person will think, “Shit her accusations!” and they will get cross and retaliate because they often have problems with such confrontations. But at such a moment, you are the master showing them a mirror, because I presume you are saying it in a pleasant tone of voice? We are against you saying it with hate, but if you do it unconditionally, purely as a master, then it is good. We always speak the truth but many a time we are often confronted. Say, “Child, you are making me tired, just now I was felt fine, what’s the matter, are you unhappy?” This is your clue to talk about emotions, but if the person rejects you saying, “I am off, you are scary,” then say, “OK, bye bye. Alternatively a conversation opens and together you can work something out, but do not hide your thoughts, dear child, and certainly not your feelings, just speak them. It is a shame if you have to go home to recover because then you have not utilized the energy. You are teachers for each other so switch off thought. It also amuses us because so many people say, “My mind, my mind ...” “He is crazy” we say. No, the people maintain, “If I use my feeling, then I am mad.” No child, you are just sensible.

We have to laugh at this word- playing.

Isaak:

Now, are there more questions we can answer?

Gentleman in the room:

I've got another question. What are your views on all the religions here on Earth?

Isaak:

The different religions? You mean the Muslims, the Protestants, all the movements? We see it just as religions because never ever must you interfere with someone's beliefs. A belief is not there for no reason, people need their beliefs. So your beliefs are not more worthy than any other's beliefs. We have just explained that everything has to do with evolution and with the spheres, with the people living in the evolution and in the spheres. Never meddle in another's religions conviction. We are not against religion, we are all for it. We always say: "Believe in yourself, believe in the Afterlife, believe in God, believe in humanity, believe in Mother Earth and believe in the planet where you abide. Do not believe you are in damnation because many people think, "The Earth is my damnation, the school where I am pestered." They reply with, "No child, it is the school where you learn." They remark, "People are just so malicious!" We say, "No dear child, only if you let them be." They state, "The Afterlife does not exist." We inquire, "Have you researched this?" "No." "Try to turn it round, dear child." A belief is a necessity and more people will come along with a differing belief to yours. But say, "Child, if you believe in that and you are a good person because of it, then you have my due respect.

Gentleman in the room:

What is the point in believing in the Hereafter?

Isaak:

We believe in one thing and that is love. We do not believe in a religion such as Protestant or Muslim like you do. We just feel, we just feel our belief. But

it is important that you accept a belief since we see that people try to shove their belief onto other people and this can start a war.

Gentleman in the room:

A sort of clothes rack to be used in the Hereafter?

Isaak looks at me questioningly.

Elise:

Sorry, I don't understand this question either.

Isaak:

What do you mean?

Gentleman in the room:

Now, the people believe that to be friendly, to be good etc. etc., means that if you live a good life that you will go to Heaven, the Afterlife? So its a clothes rack where you can hang everything.

Isaak:

OK. See how difficult it is to find words to express yourselves? Words, your words, your mouths however beautifully painted they may be, it is with the mouth that you have to create words. You call this talking whereas we communicate through the spirit. We have no need of words, but now of course we need to utilize the instrument's vocabulary, puzzle with it to speak to you, but here we only have telepathy. We read thoughts and if we meet someone, we know immediately if they are good or bad as this connection is not only via speech. But intuitively you can also feel within yourself if a person is good. Suppose that you are sitting next to someone and the person gives off bad vibes, then you must listen to that feeling because maybe it is telling you that he is not an honest person. We say to believe to believe everyday that your inner self is your teacher. Perhaps you need a faith such as the Bible, or the Islam but you are your best teacher and it is always been this way. Then you have the guides up here who advise you to go left or right, child, so listen to them and submit. If you listen straight away to these

impulses then you will realize that they are beneficial. If you follow your feeling and follow it without a thought's deliberation you will see that you can obtain perfection at that moment because it is always correct. It does not feel wrong to follow the feeling, it only feels wrong when you do not.

We are conversing verbally and yet it is a bad way of communicating. You have in other words the best mouth-piece possible at your disposal and the person looks your way and says, "I do not understand him." It is because you are creating words and words are energy too, so be careful with miscommunication. Explain it ten times. Suppose that you meet someone and the person says, "Child, I do not understand you." The say, "Okay, I'll explain it again." Keep on trying to express your feelings and you will become a master at it, and you will become a master of speech if you learn to express your feelings. Do not make war.

Gentleman in the room:

We do not do that, but half the world does.

Isaak:

But between people themselves there is war. You have differing forms of war, large wars and small wars. But do not make war. If every person on Earth were to say, "I won't make war," then there shall be no more wars. If you say, "Hit me, but I won't hit back," then it is similar to what Ghandi said, "Lay aside your weapons."

They fought for their rights but without violence. He went on a hunger strike purely to relay the message, "I'll starve to death." He had a belief whereby the people that loved him would set down their weapons purely because he intended to die in a different manner. Ghandi was a good teacher.

Gentleman in the room:

If it's alright, I have another question. I would like to know the difference between good spirits and bad spirits. You are the good spirits, but what do you do against the bad spirits?

Isaak:

What do we do? With influence from the Higher Powers we help you to visit our medium when necessary. If you are carrying bad spirits with you, then we can connect our instrument to them and she must get rid of these bad spirits for you to regain your freedom. But we must also be spiritually strengthened, because if a rapist has taken possession we can drive him out him, but we must take away the associations such as the trauma, and that requires time. What can we do? We can work via instruments and also via the physical human and insert in him fear by saying, “Do not go to any dark practises where they do things with pendulums and moving glasses around etc. Do not call up the spirits; nevertheless if you are involved in such things and one is present, help is always available. Ask for help and help will be given. Once there was a master who said that, “Ask and thee shall receive.” Yes, there is always help, but we cannot stop you as humans from doing such things. If you are here and bad spirits from the spheres stand alongside you and you are open to receive them, they will get you. We can rid you of them but cannot prevent their entrance, it is not possible. We can apply our help afterwards, if it is known to be evil.

Gentleman in the room:

Sometimes when you're sitting in the room or perhaps elsewhere, you see something black sweep by from right to left. What is that? Are they spirits? Are they good ones? Are they evil ones?

Isaak:

Look, dear child ...

Gentleman in the room:

Or is this nonsense?

Isaak:

No, it is not nonsense. Look at it like this: they can manifest in many forms. They can manifest themselves in goodwill and then you will have the feeling that you have 'caught' a good spirit. Thus we always say to you, feel if it feels good because even if they utter good words, it does not necessarily mean

that good words are truthful words. In the same way the person next to you can say good words that do not feel right to you, so see through them. But if you see something that feels negative, then it is negative, so what you mustn't do is to connect with them because the moment there is negativity present, only then can they connect with you, and not before.

If you can set yourself fully in the light via your thoughts, expanding your aura, they cannot touch you; they live alongside you all. There is always evil and there are bad people on Earth but likewise, if you do not connect with them, they can do you no ill, your paths cross and that is all. It can all escalate if you stop and begin a dialogue, so always be careful when laying connections.

Gentleman in the room:

Thank you.

Lady in the room:

We have been enlightened about the Earth's particular vibration, but does this mean that when you have gone over and later reincarnated again, that you come back and go further with a different vibration. How does that work?

Isaak:

At that time, you have a vibration of your own making. It is possible here on Earth to suddenly receive a higher vibration purely through your state of mind.

If you think positively, your vibration goes up, so in one life, you can have many differences in your vibration. If you are depressed your vibration is very low and if you reincarnate you are essentially starting again.

Lady in the room:

So you go further from where you left off?

Isaak:

Exactly. Exactly but take care that your vibration's good, and understand that it has to do with your frame of mind, ok? Vibration and your frame of mind go hand in hand.

Lady in the room:

Can you refuse to reincarnate?

Isaak:

Absolutely. You can refuse. You can also say, "I am never going." So there are people, spirit people, that have never incarnated, they say, "I am not going to the school of learning." And they stay where they are.

Gentleman in the room:

Then they cannot go higher?

Isaak:

If you have never incarnated then you will never be bothered with the evolution process because you are always energy and will stay that way, not being wise in the way that the physical humans are. Having reincarnated, you learn, you gain wisdom, and you evolve. If you are always light and have never incarnated, you will simply continue being light. But because you reincarnate, your spirit grows wiser as you have adopted the spirit, so you are body, spirit and soul. A soul that has never incarnated remains purely a soul, an energy. Because you have reincarnated you receive a body that is physical and you have already got a spirit, so the spirit is what you are after you die and the energy is the same as it was before the reincarnation. Can you follow us? Those that have never come to the Earth are pure soul and that is glorious, but you are wiser because you have evolved in the spirit. You can refuse reincarnation, but you will want to come back and you go back because this is your aspiration. The Primary School might become dreary, but you may stay there. You can remain in the spheres for twenty years, thirty years or one hundred years, but mostly you wait until your loved ones are also there, then you go again. So it really does not happen in the way people often imagine, and say, "When I was pregnant my father had died, so maybe my father is now my child." But no. First of all the reincarnation takes

place during the fertilization and secondly you father won't want to be your child, he will want to wait until all his loved ones are present and be together with them for some time before returning to the Earth.

Gentleman in the room:

Does your evolution progress faster here on Earth than in spirit?

Isaak:

Yes, that is a very good question Sir, and the answer is a 'yes'. You reincarnate back to Earth until you reach a specific sphere and then you cannot go back there because you are ready with your evolution. You can only climb higher from this sphere in spirit. It is not possible to become a master if you have not reached a particular sphere and that is why you wish to return to Earth. We give away much wisdom but we think it is wonderful when you are so inquisitive. Why? So many people say, "I'll wait, I'll wait, I'll wait," and then nothing happens. I say, "Wait patiently if you are so inclined, but then nothing will happen because you must take action." Suppose that you want a partner but you sit around waiting until he comes walking in; you will be waiting a long time. Go out and look around and connect with someone as there are so many ways in which you can meet people. The same applies if you want a job and you wait and wait. Many people surprise us by saying that they think it will turn out alright, and indeed it is very positive believing this, but are you intending to walk out of your door tomorrow then? Go and look, dear children because you cannot wait and of course coincidences do not exist, but you must take action for the 'coincidence' to present itself - it is really true.

Lady in the room:

When you have died and you reincarnate again is it possible to get instructions?

Naturally the whole room's in stitches.

Isaak:

We will submit this to the agenda of the next meeting with the masters. Sweet child, that would also imply that if you have a child that you would already know that your child is 'so' and 'so' and then you have nothing more to learn and this child would be so predictable; "Oh book, let's have a look, 'If he cries you must do ...'" Child, then there is no more fun, and that is the reason why you remain in ignorance. There are many people that are angry with us saying, "Why do you continue throwing us in the reincarnation process?" The veil of oblivion is for your benefit child. "How can this be?" "Dear child, you have already difficulty with one life, leave the other thousands alone. Dear child, if you know everything about what you were when you were here, then it will influence your behaviour and you would not be building up new knowledge. Look, you have just seen a film. The first time was exciting, wasn't it? You are full of attention and you think and you feel, but the second time you think, "Well it's not really that great." So if you are born in the veil of oblivion and the veil is well and truly tight, it is reason to be happy. Many people enter into regression and they go back in time but they only bring distress forward. They come to us and reveal, "Once I was a murderer, how can I forgive myself?" "Child why did you do that? Why did you go back in time? Who gave you permission to lift up the veil?" Then you say, "Well, yes, I wanted to do that." Child – cause and effect. Now you have got that to feel, look at and let go of. You have had many lives and perhaps in many of those lives you have not been so fantastic. Forgive yourself immediately. But be careful. We can also bring you back in time and many people come to us asking, "What have we been to each other in the past?" We look in the book and ask telepathy to the collective consciousness, "May we reveal this? Would this cause damage to the physical person were this to be known?" If we see that it is good for you we will let you see, but it is bad for you, you can jump up and down; you will get no reply from us. If you ask the question, "Who have I been?" and it is beneficial to you, we shall tell. Sitting here just like she is now, our instrument was allowed to see five lives in regression, plus we let her view the life that she had with me. But that was to help her to become aware, in addition to the fact that she was not a religious person, only in the sense of belief in the church and in God. She was raised in a strong Catholic family but she did not believe in her gift. She just did not want to. She knew of it but she refused to believe in it, so we

had to manipulate this complicated person into seeing things that she could not dismiss. That also belonged to the intricacies of the life with me. When she suddenly began to speak and sing in another language, the Indian language, it revoked her feelings, causing her pain and tears; then it was inescapable. She awoke from the trance and somewhat taken back thought, "What have I just experienced, was this real?" Yes, it was real, "Do you think you can do it again?" To be able for her to speak here tonight in this manner took years of practise so that first she could speak for a short time, and later somewhat longer. She is not aware of what she is said as she is not consciously present. There is not one reading that she can recall.

She was not allowed to read the first book until after it was printed on paper, before she was just made aware of its contents. We corrected, we read, but not until the book came out was she allowed to read it and she was quite astonished.

Now dear children, you have something that we do not have, and that is time. Now we are going back to the first trance form. Our instrument needs a little recuperation time as she does not feel the bottom half of her body any longer; hence the recovery time. When we speak in the second trance form we keep our eyes closed because we consider that the look in our eyes could scare you a little. After the interval there is a chance to ask questions, but perhaps now is the time to tell you one more thing over mediumship. At this moment, there are two sorts of mediumship. One is mental mediumship which is what you are seeing and our knowledge becomes the medium's knowledge and we communicate, but there is still the physical mediumship and that is the transformation. Then the energy is not in terms of words, but we set the energy in the body and you witness another energy which is transformation. You transform the energy so that the spirits, or me, Isaak, enables you to see the energy present. The facial expressions and the physical mannerisms are different, but our words are absent and we cannot speak as it costs our instrument too much energy. But perhaps we could try it. Elise, dear child, are you there?

Elise:

Yes, I'm here.

Isaak:

Go and sit at the front, dear child. Dear children, pay attention to the facial expressions.

Naturally I cannot show you the transformation, but I can tell you a story about an experiment that we did at my house. Tresi had realized that it was difficult for some mediums to transform in the manner that Isaak has explained above. She asked Isaak if it would be a possibility for her, and when Isaak gave the 'go ahead', we planned an evening. We needed a few red lamps and some positively adjusted people from our area to stimulate the whole process. The use of ectoplasm is needed for transformation. It seemed to be that we all possess ectoplasm and the ectoplasm from us all was needed for the transformation.

The time had come and after a full meal of chick peas that Tresi is crazy about, we darkened my living room and Tresi went to sit on a stool with the red lamps aimed at her face. We placed a stool across from her in case one of us would have a turn and meet with a loved one during this transfiguration. The rest of us sat in a semi-circle, and as you know when something serious is happening where sometimes there can be pain and sadness, a splatter of humour is the counterpart that goes hand in hand. The time for recuperation began quite quickly since there was a sort of ringmaster who had many tales to tell. Do you know what I mean? An old fashioned ringmaster who used to address the public in-between the circus acts in the old days? There was also a very comical man, in the spiritual form, who talked his head off justifying things; but I think he had the most fun. Later we laughed for a long time at his humour. As always, the evening was naturally co-ordinated by Isaak.

It was a very impressive and special evening whereby we were all allowed to see one or two loved ones from the Hereafter. I understand that it maybe difficult for you to grasp, but I really did see my grandmother. Tresi's mimics clearly changed into the facial expressions I know so well to be my grandmother's –such a lovely lady. Just like Isaak's said, it's one or the other, and the moment that I saw my grandmother's face before me, I recognized her energy, but at that precise moment we couldn't speak to each other. But

there is a need, so the presence at hand is stimulated to try and make contact. My grandmother made signs and used her mimics to try and make something clear to me. I must say that you are so bewildered if your loved one is there before you, that their meaning can penetrate any bystanders better than to yourself. It was a special experience and I was grateful that I was allowed to meet my grandmother in this manner and that we could hold each other again. I know that she keeps an eye on me and continues to do so from above, just as she did when she was still here on Earth.

I shan't introduce you to all the people that come through via this transfiguration, but there were a few impressive meetings that I would like to share with you. There was a young boy that transformed and when in that stage it is important to gain recognition from the person who knows him. It took some time before he was placed because no-one had lost a younger brother or had any glimpse of recognition. But at a certain moment, my friend Monica recognized him when he portrayed that he'd hung himself. It was extremely sad and the great shock hit us straight in our heart chakras. It was not a close associate of Monica's, but was someone who was a pupil at her school. She is a teacher and a few months ago the boy had taken his life. He was doing alright now, but he was so sad and felt so sorry about what he'd done to the people he'd left behind. The teacher from his school could inform him that indeed his death had caused much sadness at school but that no-one was blaming him. That was a great weight lifted off his shoulders and the words of confirmation meant that this boy could further his progress in the Hereafter. It is a rather drastic story and naturally it made all of us sigh.

Afterwards someone came through and was directly acknowledged by Beau. I think that she recognized the energy even before Tresì transformed into this man. Beau burst into tears, gripping her stomach in physical pain. Oh dear people, it was such a dreadful story that we all sat with tears in our eyes. When Beau was a toddler he'd misused her, and now she felt the pain and the misery that she'd held so deeply within herself. Quite quickly we came to detest this man but we could also see his ballast, but he toned such regret, such remorse, and such repentance. This confrontation was extremely difficult, but still it was a gift to both parties. He could openly declare his

shame and ask forgiveness, and she could let go of her pain and clear up this life-sized barrier.

For me there was a more impressive meeting still to come with my guide, Jonas. Now, I had never seen him in spirit so couldn't recognize his facial expressions, but the energy felt reliable. As you perhaps know from the previous book, I had received mediumship at birth, but alas, I had experienced negative energies. They'd bothered me for years, controlled my life, tried to break me and cause madness. Luckily Tresi and Isaak came along on my path and Isaak took me under his wing and helped the broken bird. He was 100% successful. Compare the broken bird of the past to the powerful woman that I am today. Sadly it is a fact that I was so badly damaged that I couldn't use my mediumship and now was the time to bid my guide farewell as he came to take his leave. It was terrible and we cried in each other's arms. It hurt so much, but nevertheless it was a gift because to cap it, I would not be accessible anymore for the negativity. It is true, dear people, negative entities make your life sour and it is so heavy that it is a hell on Earth. So undeniably, it was the biggest gift that Jonas could give me. But dear people, how it hurt! I cried non-stop for three days, doing my work, doing my things, but I was like an overflowing tub. Suddenly the tub was empty and so was I. This is the way it felt, a chapter had been closed, but a new one was already on the horizon. The farewell was heavy but I am aware that it is only a temporary parting, because he is promised to wait at the Port of Heaven for me when my time has come.

It still brings a smile to my face when I think back to the end of the evening when I remember our ringmaster giving the word back to Isaak. Isaak wanted to show himself and I must say, it was a remarkable transformation. It also made me emotional when I saw him since so often I had sat across from him at the table or sat cross-legged, and we'd carried out such wonderful conversations. I had felt his energy frequently and now I was to see what he looked like. I can reveal that Isaak is a very good looking man, a handsome Indian. His appearance is aristocratic with high cheek bones and his full-lipped mouth turns slightly downwards at the corners. Isaak is a big

muscular man and Tresi's rib-cage and arms increased enormously in size. We felt privileged to behold him.

As I've just said, many more people came, spirit people, who came to visit us to be remembered by their loved ones or to clear up something or to work something out. Tresi had been busy as an instrument for a consecutive number of hours and she needed a considerable amount of recovery time. I can still recall that I asked her if she'd like tea or coffee, a cool glass of rose or a familiar glass of red wine, as a 'pick-me-up'. She didn't know; she looked at me with her big glazy eyes, still quite 'out of it'. After ten minutes, I asked again and it made us laugh because Tresi always knows what she wants, and still she said, "I just don't know!"

All of us were a bit topsy-turvy, and later everyone admitted that the following weekend they'd slept a lot; but that didn't matter because for everyone it felt like a magnificent gift. It was a long evening. It was a tiring evening. It was an extraordinary evening. It was a drastic, emotional but unbelievably amazing evening. Alright, but actually we were in the middle of the reading in Delft, weren't we?

After the pause the evening will go over to the first trance form.

Tresi/Isaak:

Isaak's asking if you have any more questions for him?

Gentleman in the room:

I would like to know if when you sleep, does your guide sleep with you?

There's laughter in the room.

Tresi/Isaak:

Well, I do tell Isaak that he is not invited into my bedroom when I'm 'busy'! I am married as it so happens and I also have my matrimonial duties!

We laugh.

Tresi/Isaak:

Hey, it's just a joke, I'm just kidding. He is not with me when I sleep; he is only with me when I work. He does know what appointments I have waiting because he's arranged for the presence of the informants, and he knows everything about you and which deceased also need to be there. So alongside the work that he has here, he also has his work cut out there. He has to approach all the deceased and inform them how to work with an instrument. It's like a key-board and they must learn how to use it because it is difficult. It is easier for me to talk to Isaak than with a deceased, because with them I really have to listen very carefully to what they are bringing me. I declare that I can see, feel, smell etc. but they must have the strength to work with me. With Isaak it has become effortless through all the years. But Isaak stands next to a deceased and as he knows him, helps where necessary so that it all flows nicely. But in the spheres he has plenty of work and when I'm on holiday he is just not there. That feels most peculiar and I miss him enormously although I do try not to; but after a few days I do feel nostalgic as he is my best friend. Luckily we do have a sort of telephone connection and he is available, so I pick up my pen and begin writing. If Isaak so wishes, the pen writes automatically, so I receive a telepathic story from above. In all honesty I must admit that he gives me so much love, something that I fail to find in any other person because it is unconditional love, and so often people give and receive love that is conditional.

Gentleman in the room:

I do have another question. The subject of reincarnation has just been addressed, about the previous lives and that they are different for everyone. If you haven't done well in your previous lives, then as I understand it, you get new chances in your new life. Then it is also possible to make mistakes again, but to what extent does this carry on?

Tresi/Isaak:

Isaak says that in every reincarnation you choose for yourself what you wish to do in each life. Suppose that you have been a very bad person in one life, that does not mean to say that you have a very bad next life. It is spread out and you receive precisely what you can handle. Countless people that are bad

in this life enjoy a good life and perhaps their next life will be a very bad one. There are also the animal spheres and if your behaviour here has proved to be animal-like, then your place will be in the animal sphere up there. Isaak suggests that you mustn't worry too much about your reincarnations because you are the one that chooses your lives. You make your own reincarnation.

Gentleman in the room:

Then I'm stuck with a very large problem. I'm a Roman Catholic so I believe in purgatory. This means that after death, people must go through some kind of purgatory before eventually going to Heaven. So if in previous lives you have had new chances then eventually you will experience a life where you think, "Now I've lived to perfection." Maybe that just cannot happen because as a human, you do make mistakes. What do you believe I should I think about purgatory then?

Tresi/Isaak:

Dear child, you make your own purgatory, as we have just explained, you go over in the feeling that you are. So if you feel bad here, then your life will be the same there. You will surely wake up there, you will always receive help, but Isaak also says that if you believe in purgatory then you may keep this belief, but we know differently. We do not say that what we believe is 'better'; we say we believe something else. We live here so we just know that the entrance to Heaven is not via purgatory. There are many people that feel as if they have landed in hell, but that is their own consciousness and they have not yet the awareness. But God does not punish, truly not. God does not punish, you punish. You are punishing enough towards yourselves on a daily basis here on Earth. Look, the Bible is a book, a good book, but the Bible has been through The Vatican, and Isaak says if you page through the Vatican's history, then you will know that the powers there were extremely closed powers. Behind their closed doors they held meetings and scrapped out pieces of the Bible, robbing people of their freedom to use their own intellect. They were in reality, afraid. Suppose that a couple wanted to marry, then they also had to adhere to: "Man goes out to work, and woman stays in

the house.” And a woman must bear children, and more children, and more children, and if a woman died during childbirth, then she must have been a bad person, and because the woman had committed a sin, this must be the reason for her death! What sort of hell is that? What sort of hell is that to hang on a person? Isaak says that if we say that God is love, then that is not God because you are ruining someone’s life.

Every life is of equal importance in our eyes, otherwise why would we invest so much time and energy in you? Why? Why would we connect with you everyday? ‘We’; we are talking about us, not about the instrument.

Tresi:

I cannot do anything without them, and if Isaak was not here now then I would not have one piece of information for you. I am totally uneducated; they have to give me the information. Does Isaak gain anything from this work?

Tresi/Isaak:

Isaak says, “Yes,” he says that he is repaid by the energy and wisdom that he receives. So for everything he does for you he receives energy and wisdom.

Gentleman in the room:

You say that time in eternity does not exist.

Tresi/Isaak:

No, there is absolutely no time element. No.

Gentleman in the room:

How do you explain purgatory then, because when you arrive there as a person, it is a temporary place where perhaps one stays longer than another. But there is no time element, how can this be?

Tresi/Isaak:

But Sir, what exactly do you understand by ‘purgatory’?

Gentleman in the room:

I think of purgatory as being some sort of landing place. We are all people and we have our good qualities and our lesser qualities. One stays there maybe ten days, another more.

Eventually the soul and the spirit leave the body, rise and go before God. Now it seems to me that you cannot enter the port of Heaven with deficiencies and have them say, "Welcome, come in." I've always remembered hearing that there's time for some kind of purification. The Bible also conveys this.

Tresi/Isaak:

But dear child, there are people with us, says Isaak, that abide in the bad spheres for a very long time. Really a very long time that can stretch to years and years; centuries in fact. We shan't mention the name of the particular person, but where do you think that one person is, the one who has such a bad energy and killed so many Jews? Where did he land up? Do you really think that he went through ten days of sitting on the fence in purgatory and then waltzed through the port of Heaven? Of course not, Isaak says that never happens because such a person is so negative that he lands up in the animal sphere and stays there for a very long time, until he shows remorse. He must tone repentance and he must ask for help, then automatically the light will open for him and also the door. The moment he shows remorse, help is on the way. We won't enter into discussion over which belief is better because we tell what we want to tell, because we know, adds Isaak. There are many levels and still more that are lower than the Earth's, there you have the animal like spheres underneath, with

Tresi:

Isaak says, "Say it!" But I don't dare.

Tresi/Isaak:

... creepy crawly creatures. That is what you have there, spheres down below there that stink, where he, Isaak, has to go and must visit them in their sphere as they could not bear his light. Isaak must venture there to gain spiritual wisdom, thus he has visited all the spheres under him as well as the spheres above him when once he was accompanied by his master. So know

that when you are bad, and this person is and was pure evil, you do not come out here as the light is something that you cannot bear. Look, if you try to repent, you may go, they won't punish you, but you would not be able to bear the light. Isaak would like to give a simple example:

If you are happy and someone else is not, it bugs him and he thinks, "What right have you to be happy when I am not?" The person cannot bear your positivity because the person is not on your wave-length. We have only just broached the subject, but we could fill up book after book. However, there are more of our books coming out and we go deeper into material. So do write to us, ask us questions and tell us things. We shall be delighted to answer all your questions when you send your e-mails to Elise, says Isaak. She will put forward the questions in an interview and they shall be dealt with in the next book.

Lady in the room:

But if we know all that, realizing that through our thoughts and deeds that we can create our lives ...

Tresi/Isaak:

That is so.

Lady in the room:

... people that do well and come across well., then surely I cannot have a set-back if I handle things in the best way I know how?

Tresi/Isaak:

We haven't said that you are going to have a set-back, dear child.

Lady in the room:

No, but if I know and I am aware, then it all goes much better with me.

Tresi/Isaak:

Yes, I can imagine that. You just go upwards, dear child, so never be afraid that in your previous reincarnations you have been worse than in the life you have left behind.

Lady in the room:

So actually, those that do good ...

Isaak:

Absolutely, and there are people who say conditionally, “Ok, now I’ve done well, where is my reward? Now is the time to reap my reward.” You might reap, yes indeed, but perhaps not in this life-time, but in another and trust that it is unconditional. ‘Unconditional’ this is a word that you must place in your hearts. Say you have a friend in need and you take her round to your house and you give her food, drink and clothes. You give everything that you have and then she turns round and says, “Thanks, but I am off!” Now, if this upsets you and you reply, “I’ve done everything I can for you, and is this is how you thank me?” Then you didn’t do it unconditionally.

Lady in the room:

Can such a tedious incident be a punishment from another life?

Isaak/Tresi:

Isaak says accept it for what it is and do not make something too complicated from it.

Lady in the room:

So it is not a set-back then?

Tresi/Isaak:

No it is not a set-back.

Lady in the room:

You just have to make the sacrifice?

Tresi/Isaak:

You just have to carry on. Look at it, feel it and let it go and do not go too deep. Do not say, “Oh, maybe that was my mother, or maybe that was my father, no, just pass through it. That is why we entitled our first book “Look

at it, Feel it and Let it go.” It is not the most obvious book title in the world, but still everything needs to be looked at, felt and let go of. Accept what comes your way, and if you get a child that kicks you, know who you are. Just say to yourself, “I will not allow this child to kick me. My love for her is unconditional, but I will not allow her to break me.” At such a moment, you must choose for yourself. If you have a friend who’s taking drugs or alcohol, you can be a friend, but do not join in. Be yourself, have your own energy and your own consciousness. Speak as you wish to speak, without speaking the words of another. Just be yourself, the way you wish to be, says Isaak.

Gentleman in the room:

Since we are on the subject, we have a spirit and a soul, but what is the difference, and which returns with reincarnation?

Tresi/Isaak:

You have a body and you have an aura. You are what you radiate and that is visible in your colours. But then you also have a soul and that is what you were before your first carnation, energy, the aura of your spirit. At a certain moment you incarnate and then you have a spirit as it is something that is manifested and what you take with you later, whereas the soul stays in you. That is why we also say, “We are kindred spirits,” because it is when were two spirits were up there together who became two physical people. The soul never leaves, that is your energy and you could say that it was your luminosity. You spirit is what you become through your first incarnation.

Lady in the room:

How can I recognize my kindred spirit?

Tresi/Isaak:

That is a feeling. That is a strong feeling that just won’t go away. It is such a strong feeling of being drawn together and having more and more of the same thoughts. You have a saying for that, but it does not come to mind ...

Elise:

‘Great minds think alike’?

Tresi/Isaak:

... yes, you have a feeling, “I know you from somewhere,” and the feeling is very intense and often you think the same thoughts, say the same things and do the same things. So in fact, you are a bit the same.

Lady in the room:

So you must know him then?

Tresi/Isaak:

Yes, it is an earthly person. First you would have to get to know him to have the feeling of knowing him from somewhere. It is actually quite an indescribable feeling. Let me tell you something. I have four children, but with my daughter it feels like she is my heart, I love her so much. My work requires a lot of my time, but if I think about her, thoughts of her immediately light up a little flame in me. I also love my boys very much, but nevertheless, she is special to me. Then people think, “Oh no, that’s wrong.” No, it is a feeling that you possess. I also know other people I have this with, it is a very special feeling whereby you actually have to cry when they cry and you laugh when they laugh. It is a sort of unity, and with another person, again it is different. It is a feeling, a very strong feeling.

Isaak said that he was delighted that you have listened to him with such attentive ears this evening. He is happy that you want to investigate and asks that you continue with your research. Investigate everything that you possibly can, so when someone approaches you and declares, “I am a medium,” then say, “Then prove it.” Always. A medium must always provide evidence that the truth is being spoken.

The best way to do this is to go for a consultation whereby the person tells you all about yourself and how you are put together. That is the best evidence.

Isaak wishes you lots of strength and love. We thank you.

The Reading in Dorst on 23rd December, 2004.

Ladies and gentlemen, we thank you for your invitation to come here. Everyday each physical person once again makes a choice and the making of the choice begins in the morning, "Shall I get up or shall I stay in bed?" The choice: "Do I want to be, or do I not want to be?" The choice: "Am I a victim or am I a winner?" The physical human makes choices according to the state of his mind and his feelings. The physical person must consider which choices are his. Does he make the choices according to the state of his mind and his feelings? We always advise to make choices according to the state of the mind and the feelings and each day re-new your choice to give your feeling the room to exist. Every day choose to be happy with all your experiences, even if these are negative experiences that feel heavy; even if you feel that they are too heavy to bear, know that it is possible. You can bear it, purely through using your will. So, ladies and gentleman, you as humans may make the choices.

We also make choices. The moment that we die and we go over in the spirit, we choose to continue developing in the spirit. We are not afraid because we know, we know the reason why. Our Book of Life is passed to us and we may read it and we may look at how we have conducted our life on Earth and all the experiences we have undergone. We need to look and we need to feel and afterwards we also have to let go of that life, just like in our first book entitled: "Look at it, Feel it and Let it go." Many people here with us cannot let go, so stay walking about in the Earth's sphere, following their loved one around, unable to go over in their feeling because they are scared. They are frightened of something new and at such a time, we have to approach these people with much patience and love. We have to say to these people, "Do not be afraid dear child, come here to us and warm your heart and allow us to do our work. We want to help you find acceptance for the new situation." Rebellion, disappointment and rage are also emotions that are present as there are many people that will not accept and cannot accept. Take a look in your midst and you will know why, and you will know what we mean because this is something that is common to you all. You also

continue to fight against what you must accept. We say, "Look at your existence and look at yourself and say to yourself, "I accept. I am going to accept because if I do not accept, then I will break myself and I will learn nothing because I will be holding myself back; and I do not want to this as I want to evolve." Yes, you do, but use your strength combined with your will because the moment that you want to, dear children, you can also progress. You can receive everything that is material, but also in the spiritual, if you want to. Say that today you make a decision to move house and everything seems to be impossible, but you as a person do not give up because you have the strength and the faith to persevere. Suddenly so many coincidences appear out of nowhere. Oh, oh, oh, all these coincidences, but you do not see them as such and you stamp on them saying, "God has deserted me." But there are also people that say, "Wow, God is here, he has not deserted me, he gave me the coincidences in my life so that I can progress along my path." Yes, that is correct, but you as a person must keep your ears and your eyes open and at that moment you must open your heart and your feeling and say, "My path is only there for advancement. My path for evolving is: "I go for my goals and at that moment my goal was to move house and I must persevere," and then you will. Never give up because time is too short. We do not suggest that you should move house within a week, perhaps it takes a bit longer, but it is not impossible. "Never give up." That is the message.

Spirituality is the same. Just suppose you say, "I am a sensible person, but I tire myself out because I always listen to my mind, but I have had enough of that and I want to connect with my feelings and connect to my masters." Then you would have to apply many spiritual exercises to feed your feelings. This also requires much time, patience and dedication. You must also experience disappointments since often things do not work out, but if you persevere then you will become feeling and if you achieve that here on Earth, then we do not have to help you later. If you die and come in to the spheres a closed person, then how can we reach you? If you do not know what love is, how can we give you love? Be love. 'God', that is the most beautiful word that you have on Earth; God is what love is, and be God, your God, your love and radiate the love and say to yourself, "I shall rise above my own human limitations. If I am a thinker, I am no longer going to

be just a thinker. If I am a cry-baby, then I am going to cherish myself and allow myself to cry.” It is good that you cry, so give yourself a pat on the back because it is not for nothing that you cry.

Perhaps you had better examine the reason why you are crying and then say, “My inner child wishes to tell me something.” Indeed, that is so, your feeling wants to tell you something, and you must listen.

Listen, learn to listen and learn to trust without immediately saying, “I am tired, I have got no drive, no energy, I just do not know anymore.” No, dear children, you must not say that, say to yourself, “I have the drive and I have the energy because I want it.” If you are ill, then you are physically unwell and your energy is limited, so spare that energy for your spirituality as opposed to depression. Suppose that you are so handicapped that you cannot walk, and you tell yourself, “I cannot walk, I am doomed.” This will destroy you. But say, “I accept that I can no longer walk, so the energy I do have I am going to utilize for my spirituality. I am going to see what I still can do.” If you can do this, then you will clock-up a new experience on your life’s path that can bring you much happiness, and can help you to get the best out of yourself – limited or unlimited.

Today we saw a sweet child who is physically confined as her spirit is locked up inside her body, unable to escape. But luckily God is merciful and lowers the level of consciousness so that the person is only aware of the present. That is also a gift. Naturally when the parents are on the receiving end of such a child being thrown their way, in the beginning they wish for something different, until they accept and find positivity within the situation. Perhaps this is a message for you? The child lives in the present. Can any of you claim that? That you live in the present? That the past is not the present any longer, that the past has faded away, and that you live in the present? Who can say that? “I am. I am the most beautiful person that there is. I grace myself with mercy. I have mercy for myself. I welcome all emotions; I radiate love and I am not afraid to glow. Also I am not afraid of people finding me strange because I stand out in the crowd.” Many people cannot stand your glow if you shine too brightly, but what does that matter? You have love and you radiate love. But you do not need to convince people, you just need to

shine, showing your true self everyday. You do not think about tomorrow, because tomorrow is tomorrow, but you think in the present, about right now. But indeed, dear children, we are aware that you must also eat and that you have to make a career or just earn money. We know this and you may, you may. Become the richest person alive. If that what is supposed to happen, then this is what you will be, because you may. Do not say, "I do Divine work so I do not require any money. Of course you do Divine work and that is why you earn. That is something different, isn't it? Many people declare, "I work in the name of love and people judge me if I say that I earn from this." Not at all, if we are God and we are love, when people go over, they go over consciously. If we can use you in some way, and you lend a hand to humanity working for us lightening our heavy workload, why would we not want this for you? Why would we then say, "You cannot do that?" If we see that God's gift has been misused we say, "That was your choice," but we add, "We no longer require your services." But when we see that purity remains and it always stems from love and not from money, then we have no problem. If you are happy, then we are happy. If you ask, "God, please give me a lovely new house to live in," and we receive your daily prayer, then we will gather together and look in your Book of Life to see if there is a new house, and then send you support and guidance. But first remove the ear-plugs because how can we guide you if you are deaf? How can we guide you when you are blind? How can we guide you when you are rational? How can we guide you when you are always on the defensive? When you ask yourself, "Is that true? Do I believe that? Let me think about it - no it was not true. I must be mad." When you think like this, we cannot do anything more with you. But our patience is endless and the next day, and the day after, we continue to do all the necessary work.

Well, the most frequent question asked is: "Who is my guide?" You! You are your guide and we speak to you in your feeling. There are many helpers that have taken on this daily function. 'Guide', a guide, this is not a word to be used lightly. My name is Isaak and long ago I lived among you in the year 1230. I was an Indian, but I did not own this name at that time. My name was allocated to me when I was found suitable to be a guide and I could choose when they asked, "What name would you like to be known by?"

Names have a meaning and I chose this name. My instrument lived at the same time as myself; we were two friends, kindred spirits. We had to say our farewells in the spheres, after death. When we left the Earth we came to the spheres and after a time, once again we had to say, "Good bye." Our instrument had to walk through many reincarnations, but I did not, and it was for me a delightful time. I chose to develop myself spiritually and to bring wisdom upon my spirit. But, indeed, that took many many years as you must have knowledge of all the spheres and know how a person is, how he works, how he thinks, how he feels, and what his complains are both mentally and physically.

You need to be wise and you must feel and know. It was not solely a great time; nasty times were also on my agenda as many spheres lay below my sphere. Every so often, for years at a time, I had to develop myself there in the low spheres. Why? Because I had to possess wisdom; I had to know how low someone could fall, but luckily you never receive too much on your plate, and this also applies to me.

Each time when I returned to my sphere I received the energy of life yet again and the strength to carry on. For years, I also visited your Earth but it has a low frequency and this is the reason why it is so difficult to make yourself happy here; but it is not impossible. My instrument was born in the year 71, my lucky number, because finally I was able to work and bring forth the information I had gathered. I work daily and each day I may speak and that is why I studied.

Never judge beforehand, dear children, never, because you can never know in advance, only later. So when you fall and it hurts, trust that there will be a good ending, trust in the wisdom of the spirit. In short, that is my story, but why did I want to work with humans? I could made a joke of it and say, "You have to do something!" but then I would be lying. No, it is because we are all one and your pain is my pain and your feeling is my feeling and we all land up in the same place that we call 'The Universe', in the glory and after many many years, we will all sit on the seventh sphere where eventually we will all belong. Will you accept the challenge to question us? Please ask, what

would you like to know? I am sure you have read many books, but this is a living book, so just ask.

Lady in the room:

Have you ever had this function before – using someone as an instrument?

Isaak:

No and that is why I was so overjoyed when the day came in 1971 that our instrument was born. I was ready and I was allowed to choose an instrument who belonged to the same sphere as me. A love-bond is necessary and the bond had to be one that was so tight that one word would be enough to know. If our instrument is moving about the room giving messages from deceased, everything goes through me, she knows everything via me. She does not need a long time for thought, immediately she knows. We have known each other for such a long time, having met everyday when we were in the spheres. When we work together her own knowledge is of no importance because she is ignorant and uneducated. She has never read a book, at least not the books that you all would have read. She is ignorant and this is how it must be, otherwise how could I speak if she was knowledgeable? Then you would have the situation of two captains steering one ship, and one is enough.

Lady in the room:

I have a question and I hope that it's not too personal, but in the course of these past five years my father has broken something three times and he has the idea that it is someone giving him a little push. Can this happen?

Isaak:

We are not prepared to tune into personal issues, but we can deal with this. Of course it can happen. As a matter of fact we think the word 'dead' is a beautiful word because we know that the dead live. There are many dead that wish to manifest themselves to make themselves visible, but they do not have a body. Through their thoughts, concentration and will, they can break something or make things either warm or cold. They can also move things, but this requires power, and if you are a powerful spirit, you can do this.

When you go over, there are only guides by your deathbed, or near the event that causes your death, as they know you are coming. They are aware of your pending arrival and they free you from your material body and you become fine material, which is what you are here. But indeed, it can also take a very long time before you are conscious here with us, or before you appreciate that you are here with us; but they free you from your material body and you may go over. It is also possible to go over and land up on the level where you feel at home or it can be that you just go over consciously and then you can see what happens. Yes, the familiar tunnel. Yes, that is right! Yes, the light too, as many books on this subject do tell the truth. You go over in the light and you go over in glory. God is love and that is why the glorious energy in you is dismantled and, aaaaah it literally takes your breath away. You are taken with them and never left in limbo. But indeed, many people refuse, saying, "I will not, I will not, I will not," so then we leave them hanging.

Of course we often go and see if the person is ready to come with us to go over, but many refuse, they just do not want to, and these people are dangerous. They can use a pendulum, make glasses revolve and write automatically. They can whisper something glorious in your ear, but their wisdom is limited. So if you are clever, it is a good idea to ask them wise questions because if they only promise to fulfil your wishes, they have no knowledge, and they know this. If you go over you can take over someone's thoughts, but you gain no knowledge in this manner.

Have you heard this clearly, ladies and gentlemen, if you go over, you can take over someone's thoughts, but you gain no knowledge in this manner. If you are clever and you do not trust this trickster, whether male or female who is whispering something, and you inform them that you want to ask questions. You want the control, so you check for yourself in a book and see that if what they say doesn't add up. That is the best thing to do because there are so many charlatans and their victims are not even aware of the fact because they are believed, aren't they? They might feel it, they might know it, but the information does not add up. Information must be correct, it must

be hair-fine, from A till Z. Nothing must be left to speculate upon ... is that a good word Elise?

Elise:

Yes, speculation.

Isaak:

Thank you. Yes, when we are using our medium there are some words that are impossible for her to articulate. If you are receiving unclear information and you have to fill in for yourself, it's worthless. One thing is true: we do not predict. We give freely, we do not predict. We can talk about your life working around your situation and we provide evidence. We work with the past, the present and a glimpse of the future because we can read. We can read how you are, we know who you are and if for instance you have a bad relationship, we can see how you could battle it out together. We can see all the circumstances and we can read your frame of mind and determine if it is at breaking point, or not. Naturally we can see if there are children in your Book of Life and if your 'equipment' is working. We can see all this but are not interested in receiving your thoughts except when they are contained in prayer. Pray and we are pleased to receive your prayers but not during our work. During this time we are busy with our concerns and not busy with yours and what you might wish to hear. People are often shocked at how direct we are. Directness. Why not? It should be permitted because we tell everything with love and patience, so I hope you appreciate our directness?

Lady in the room:

Please can you inform us more about the spheres after this life?

Isaak:

Yes, dear child, we can. You have seven spheres above and you have in total three spheres below, but indeed, there are spheres where you yourself belong. There are people that say that there are seven, we but count to three. The most glorious sphere is of course the highest and the higher you go, the more glorious it is and the wiser the people. It is comparable to the weather, when the weather starts clearing up everything improves. The moment you

enter the reincarnation progress, you may continue until you reach a certain sphere, and then there is no returning to Earth. From the forth sphere you may develop yourself spiritually and no longer via the physical, just via the spirit. You will have no desire to return because you are finished. Everything beneath the forth sphere is for the people that still reincarnate back to the Earth. There are masters that are among you, but they are the exceptions, they come carrying a message. They are born from the high spheres and they descend to help you. They are masters that make history giving up their lives for you. That is the most wonderful gift, their giving their lives to you. We have explained that we have gatherings to work out things on your behalf. We have children, we have spheres for children and spheres for animals. We have water, we have plants, we have houses, there are bridges and there are castles. Everything is there because it has been created, but the higher up you come, the fewer material things there are because the need is less. We are in the glory so we just enjoy our existence in our world. We do not have a need of many external things anymore such as the houses and wonderful castles. We do need the water of life and the nature. We also have a heaven, we have birds, we have fruits to eat. But we do not have meat. We do have animals, but we do not eat them, the very thought is just horrible. We have wonderful rivers, such wonderful waters; oh I can feel the nostalgia creeping in. We have singing, priests, nuns and monks, as you call them. Also surrogate parents, school-teachers, doctors and engineers. We have them all.

You as a human being, can be the receiver of information given from us in your dreams or in your subconscious. When you are asleep you are open for us and we can fill you up with information. The computer is an invention that many of you have, but we have long passed this phase. We use telepathy, but nevertheless you have the computer from us. It makes it all that much easier, so why not? So many of the things you possess come from inspirations given from above. We also have educated surgeons and physiologists, yes, as they are needed for speaking to the people. We have literally everything. We have singers who are only busy with their songs. Why? That also is energy, vibrations. If you are singing you are adding to the glory in the spheres. If you were to compare your Earth to the glory of what we have here, it would just be a grey mass. And yet you have birds, and yet

you have water and yet you have nature and mountains. You have incredible beauty, but your harmony, your consciousness and your radiation are low. So protect your nature reserves. When I am working, I must bid my house 'farewell', and I do not see it again for a long time, but I go where I am needed..... I go and visit your deceased so if you come for a session, we are ready. We have to do our homework and we go and see, "Who would this person like to meet?" We find the person who has gone over and see to it that he is present at the séance. We have to talk to this person and explain how to work with our instrument. Believe me, these people are nervous and are worried that they will not pass 'the test', knowing that they are being given a chance, and the chance that they are given from mercy. Therefore never be afraid to look for an instrument because it is a gift that you can give to someone and visa versa, as they want to speak to the living. Through our instrument they can see, and through our instrument they can hear because our instrument - the word says it all, dear children, is a channel.

Lady in the room:

We have the impression that our children are having a hard time. How should we regard this?

Isaak:

You mean the children of the Earth?

Lady in the room:

Yes, the Earth's children.

Isaak:

That is true, that is true, dear child, but you too are a child. Small child, big child, bigger one still. From the beginning of time it has been difficult for a child to manifest itself in society. "Who am I? There are millions of people, and I, one person, must feel and manifest myself among all people. I must achieve something." The stress is considerable as so much is asked, and that is why if you can provide a safe house for your child, a house where a person can grow up in freedom, where he can speak about everything, where he can show anger, can cry or whatever he feels, then the child will gain strength.

The child will not carry a burden because the basis is good. So the first years are important for the child. Then there is the question of schooling, so choose a good school without being submissive and do not be afraid to speak out. It is my child. We witness the parents going to sit by the teacher asking, "How is my child doing?" No, it must be the other way round, "What have you done with my child? Have you taught my child standards and values or just given him subject matter? Have you given my child the feeling that he has a place in this classroom and that he is all he should be among all the children?" You must look for a teacher who speaks nicely and patiently to your child so that the child develops a loving bond with his teacher, and then the power and strength will follow. If the child is disinterested in what the teacher is saying, there is no communication and no dialogue and then there can be no interaction, can there? If you show indifference to our words this evening, then we shall cease to speak because our words would be lost words, lost energy. So take care that a loving bond can be established. But indeed, I know that this is not reality. I do know because I have looked at many children and I have studied many children. I myself have manifested in classes and seen what goes on, and patience is so scarce. If you are a good schoolteacher you may pat yourself on back many times because we consider you to be splendid person and we shall praise your diligence. But if you are a teacher that has no time and no patience, no respect and keeps an eye on the clock for the ending of the lesson, then you do not have the patience to preach.

And then we have the work atmosphere, this is also where a good leader should be, someone with much respect who says, "We will bring out everything in your child." But the very thought just makes you tired. "How should I act?" Be your own boss. Also when you work shop floor, be your own boss. Tell yourself, "I can do this, I have studied for this, I know who I am. I have someone above me; he is the one that waves the sceptre, but I have knowledge and I am going to expand my knowledge. If someone employs me, I shall show him through serving, giving everything that I have within myself." In this way the person will be dependant on you, and not the other way around. Do not become dependant on him, no, do your work and know your capabilities.

That is the key, know your capabilities and know what you are; full stop. And your children? The end is definitely not in sight with regard to the evolution and you are living in a good age, aren't you? There are changes and those that are keeping themselves busy with their own intuition will change automatically. The situation at home will be better and the children will improve through you, and you can build; you can build your own life. But do not belittle, degrade or break the law. You make your own law through your intuition and through your feeling because you should know how to behave.

Gentleman in the room:

I have a question. How is the hate and malice in Holland between the Muslims and ...well ...the rest of Holland looked upon from above?

Isaak sighs:

How do we see it? With sadness and with a big sigh. But we are powerless to act. We have a task and the task is to bring awareness to every individual. Phew, there are so many people. That is our task and if awareness comes then the world will change. Knowledge will come and then you will not lash out at someone or kill someone, purely because of your consciousness, purely because you would feel how it is to do that. Those people are still acting like animals and they use one word and that is the word of God, Allah or The Bible or whatever, and they wipe each other out. But it has always been that way. Children, children, children, history has been written and so many people are here with us, purely because of this belief. Heads were chopped off because you said that you believed, that you admitted you were awake - so off came your head, and still it happens. But indeed, we say to draw the energy from within yourself and do not connect to them. If I want to pick a fight with you and you refrain from fighting back, I can immediately murder you, but there it ends. Do not fight back. Of course you may come up for yourself. Of course if you see a car coming your way, step aside. Of course, but you must not feed a war through religion. We are powerless. We can only send a Holy Father to try and convince them, but he will also be killed. So we look upon the situation with melancholy, but we can do nothing.

Lady in the room:
Can we destroy the Earth?

Isaak:
Yes, but it will not happen.

Lady in the room:
How can we make the distinction between the charlatans and the masters?

Isaak:
Ask for proof. Dear child, a charlatan will never be something big. His accommodation will consist of the attic in a house or in shed in a garden somewhere. The charlatan will never achieve much of anything, so if you are conned by one, it is due to your own stupidity, because you must ask for proof. When you are with us, you take a seat, you open yourself and then we proceed telling everything and you acknowledge. At such a time you have your proof, wouldn't you agree? Of course you may add to the dialogue and every now and then give a 'yes', and you may also ask questions. But if you ask as simple question and straight away we provide evidence with fact after fact, this speaks for itself. Suppose you ask, "How is he?" and we tell what the person is doing and how the person feels, then you have only used energy in presenting the question, but we deliver the answer. You must also take into consideration whether someone is doing it as a profession or something extra on the side.

Now we are going to far, but you asked the question: "Are the ones practising, really the professionals?" This means then that they do nothing else; they have no other job than this. As we have studied for so many years and have brought our instrument into the world, we would not leave her to work in the supermarket, would we? And perhaps do some kind of session during the weekend or in the evening? Of course not, child, there is enough work. There is enough work, so we place our instrument in the halls and everyone is welcome to come along. Our instrument does not have enough time and this was the situation from the first day of practise, so how could she possibly do something else as well? First of all she had to practise voluntary for a year under our guidance, and later she was ready to practise.

Oh, if only you knew how hard we had to work and how many persuasions it took to convince just one person.

We had to walk through fire but we did succeed and we have also succeeded in getting our instrument to work in the halls with public, work with the media. We have done it. Ten times she said, 'No' but now our instrument says, 'Yes' because she has no interest in doing anything other than what she is doing now. Nothing. "I don't want to," "I can't," "I don't dare," were her own limitations, her own fears coming to the fore. She was afraid of being laughed at and she was afraid of being different. She so wanted to be normal and that again was the difference. Does someone want to be a medium so badly that that they will find a way to succeed, or is it just natural that they are one? Obviously, dear children, you can follow a course to be intuitive and via your helpers you could receive inspiration, I do not deny it. I do not deny it, but our instrument is just different. It means: faultless and not just now and then, but for hour after hour she can just work for the Divine World without tiring. You have ample people here that can also do that. If an instrument is good, but she fails to retain her level, this is because we want to remove her from her 'throne'. It is our opinion that you may have neither your own character nor your ego while working. We work with you and it has nothing to do with your own character, it has to do with you as an instrument. She is two separate individuals that have nothing to do with each other. If you meet a good singer who now has an ego after the fame of bringing out ten cd's, then he is not quite so popular is he? The purity and his approachability will have gone. We see to it that our instrument remains approachable for everyone. The individual contact is essential. We definitely do not want our instrument distant from the public/worshipped, absolutely not; the eye-to-eye contact must stay.

Lady in the room:

What will happen to you if your instrument dies?

Isaak:

This question has been asked before, but I am not allowed to give an answer because my instrument is very dear to me and she has ears. She cannot

remember anything, but if we are talking about her, her ears are big enough. I can tell you that when our instrument dies and comes to us, she will long not be ready with her reincarnation process. So come to your own conclusion.

Lady in the room:

I do have another question. Do the sort of angels that we associate with Christmas really exist?

Isaak:

With the wings?

Laughter in the room

Lady in the room says with a laugh:

Yes, with the beautiful white ones.

Isaak with a big smile:

I have not met them yet.

We all laugh.

Isaak:

There are loving energies and they radiate. An elf also radiates, doesn't he. But they are just spiritual people like you and me. They take on a spiritual body and there are also people with us - we call them people because they are people, who have never incarnated, and they also are pure. I shall tell you something rather beautiful. Suppose you are pregnant and are happy about this. You have this wonderful baby lying under your heart. You have a great deal of love for this child. But the child does not stay, the child is not born. The child goes over, perhaps due to a miscarriage or maybe the child just dies prematurely. The child has never seen the light of day. In the meantime the child has chosen to grow up in the children's sphere where only glory exists, where the elves abide in their human form. They just emit energy and

they become wise, very wise. The children also become elves, therefore becoming unrestricted.

They have taken on a new life, so the reincarnation they are to experience was not from the point of birth that did not take place, but from fertilization as reincarnation takes place during fertilization. The soul is already there. It is just like a seed; simple. You want tomatoes. When do tomatoes appear? Do they materialize after three weeks or do they materialize when you have planted a seed? When you have planted a seed, yes? Then the tomatoes emerge. They can die, but they are just tomatoes. It is the same with the human. The baby dies, but there was a soul who goes through reincarnation after reincarnation after reincarnation. It is just glorious, and in this way everything is in balance. If you are one of these mothers, do not be sad, because you have brought an angel into the world just because of the short time it was your womb. You have brought an angel into the world. Isn't that wonderful?

Murmurs of agreement in the room.

Gentleman in the room:

I have another question. There are new souls and old souls. It is always during fertilization that a previously reincarnated soul reincarnates, or can it also be a new soul that has never incarnated?

Isaak:

It could also be a new soul, but there are not so many anymore. Many souls say, "I don't want to go there, you can go, not me." They do not want to. "It is like landing up in a pool of mud every time, you just get dirtier and it's heavy." This is the way they perceive it and say, "That's not where I'm going," because they are aware that once you enter the process of evolution, there is no way back. You have to climb all the spheres; it is just like a marathon. You say, "I am writing myself in and I'll have to work through everything," otherwise you will not finish. But there are also the ones that have the courage to go.

Gentleman in the room:

It is said that mostly you reincarnate to where you previously were. Is that true?

Isaak:

Not always because you chose your own destination. So if you say, “I’m going to do it totally different than before,” then you will chose for somewhere else. But indeed, you still have the laws of cause and effect and often it is unavoidable. You must continue and often you have thought out a scenario with other people that you knew, while here above. But new people always come turn up for short or long periods of time, but mostly you reincarnate with a familiar group.

Elise:

I see a few people nodding.

Isaak with a smile in my direction:

Is that good or bad?

Elise laughing:

No, that’s good. I see then thinking, “Yes, yes, yes!” identifying someone or other.

Isaak:

We have our eyes closed because our instrument gives herself over to us physically. We just have to feel, and not visually see how you are seated. We have our eyes closed for your benefit because when our eyes are open it can be a little frightening, so that is why we close them. But if you would like to see them, this can be arranged later.

Gentleman in the room:

I have another question. Last summer we were on holiday and at a certain moment I saw something. It was just a glimpse but it made me react. I saw a white bird, so purposely I stayed in my lane. A lorry came alongside and had

I not stayed in my lane, I would probably have hit the crash barrier. Was that some sort of warning? How should I view this?

Isaak:

It was a ministering angel. Dear child, that is absolutely possible, absolutely. You never go before your time; you never go before your time. Our instrument is alive, isn't she? Not so long ago she was in the bath and her husband had taken care to turn on the babble-bath machine that was situated on the side of the bath. She was enjoying all the bubbles but when she got, out all of a sudden she managed to pull the whole apparatus into the water. What happens when water and electricity meet?

Elise:

Well, certainly your hair will stand on end.

Isaak:

And she still lives. Here is another example. After working for long hours, she drove home in the night and the auto slipped. We know everything as we ride with her. She was passing all the trucks when suddenly the car began to slide; you call that skidding. She spun around on the road and called my name. Never before had she called my name so loudly, but I was already there. I knew that it was going to happen because we can look into the future. We brought her to a standstill beside the crash barrier totally on the other side, but she did not even have a scratch. Through our concentration we were able to absorb the blow. The car was damaged, indeed, but that is material. She may not go to the spheres yet; after all I have studied for such a long time, haven't I? Another example: I hope she will not mind my bringing up this story and try to reclaim her body now, as it still is something very close to her heart. Stay where you are! She was on holiday with her four children walking along the promenade enjoying an ice cream. Intuitively I have her a warning, but indeed she was on holiday and true to her thinking, I was also on holiday back in the spheres. But the telepathic connection does not break and I can still keep an eye on her. Our instrument had said, "Children, we are going back to the car," but one of her boys was on the other side of the road with her daughter who is the youngest child. She was

only three years old and she heard the words, “We are going back to the car,” and she crossed the road in the path of an oncoming car. She was crossing the road at that exact moment, and the car was directly in front of her nose. Looking the other way, the child did not see it. It was impossible to stop the car, but we could stop the child. So via telepathy and the power of concentration, we brought the child to a standstill just by the side of the car. She was just a few centimetres from the car door, and had we not intervened, she would be dead. But she is also an instrument, so in addition to our medium we must protect her from death, as she will perform work for us too. The child was left completely wrung out and needed to recuperate and build up her energy, so she fell like a wet rag into her father’s arms. There were some doubts as to whether or not she was hit, but when our instrument wrote to me, because of her panic we told her something that she was unaware of, notably that her child is protected from death. Such an incident is difficult to let go of, hence the title of our first book, but this event is also associated with letting go. In a flash the parent saw the child in front of the car, and guilty feelings are immense. You can always blame yourself with such thoughts as, “Why did I let the child walk alone?” or “Why didn’t I hold her hand?” You can always reproach yourself - you can always kick yourself, but you should not do that. You must let it go and trust in God; trust that your time was not yet up. And if it actually happens, then it was your time.

Lady in the room:

Does every person have a guardian angel?

Isaak:

Yes, dear children, every one of you has a guardian angel. Everyone.

Next people asked questions about suicide, euthanasia and abortion, issues that were previously under discussion, so I shall not elaborate. However on the subject of abortion I feel the need to share the following piece with you.

Isaak:

Abortion is murder, you send your child back with your free will. The child has chosen you, but you do not wish to carry it and you use your free will to send it back. But if you have done this, immediately forgive yourself and do not carry the guilt around for twenty years. The child will be received here, and grows up in the spheres. At sometime the child will approach you. The child has forgiven you, so forgive yourself. If you have committed abortion, do not let it be a burden and do not feel remorse.

You have committed abortion perhaps due to lack of money, perhaps out of fear or perhaps due to medical reasons. People have their own reasons. Do not judge someone that has committed abortion; comfort the person, because we are aware of what the person must go through. The person will be sorry because maybe in the future she will have another child and look him in the eye thinking, “Oh, I could have had such a child earlier.” Or suppose that you commit abortion and already you have other children; it makes it harder, but it is your own free will. Also if the child shall be born handicapped, give the child a chance to be born because the child knows that you can cope, otherwise he would not have chosen you.

Lady in the room:

What are your thoughts on chemotherapy?

Isaak:

Yes, we have spoken about that in the first book, haven't we Elise?

Elise:

Yes, you did indirectly touch on this subject with an example from within the practise.

Isaak:

Well, we will just tell it again. If you have been diagnosed as terminal and you know that you have no chance to live, to survive, do not undergo this treatment, as it will disturb your whole cycle. Your life's energy will deteriorate because you give your body poison that destroys the good cells, adding to your illness. The quality of your life will depreciate, but perhaps it

would prolong your life, but the quality is important rather than the time element. Is there a chance of recovery? Grasp it at once, but first know your chances. Many people are aware that they are a terminal case and then the doctor says, "It will prolong your life." Chose for quality of life and not for quantity. But if they doctor says, "If you have chemo you have a chance of recovery," then weight up your chances.

We shall go back to the first trance form. Is it round about time, child?

Elise:

Yes, I agree.

Isaak:

We shall return to the first trance form. That means that our instrument may make full use of her body and we shall continue to give information via the consciousness, sight, feeling, knowledge and smell. No need to worry, I shall still be present. We are very pleased with you all. Be just as pleased with yourselves as we are with you. Celebrate Christmas in silence and in rest. Celebrate it with your families. Celebrate it with quality, not quantity. You can better have three people to whom you give your full attention, rather than twenty that you have not spoken to. Do not bestow too many presents, except the presents given with love.

If you give your partner something small, look deeply into his eyes and say, "If only you know how much I love you." And if you look at your friend and say, "If only you know how much I love you," and continue your day saying, "I love you," then you will have created a victory. Many people are afraid to use that word when addressing friends, but look at the person in a soft, restful and loving way and say, "You don't have to say anything back if you don't mean it, but carry my words in your heart, because I mean it."

We thank you.

After the pause we proceeded in the first trance form.

Tresi/Isaak:

I love Isaak so much and am so grateful to him. Through him I have become a better person and everyday I am allowed to be in his energy and he gives me glory. Isaak is asking if you have been given the glory this evening?

Murmurs of appreciation in the room.

Tresi/Isaak:

“We are pleased to have given glory,” Isaak says, “We do everything out of love without allowing a single deterring thought.” Isaak doesn’t think before he speaks, he just begins. He also adds that he hasn’t poured over a script for a long time like you all do. “I do not do that,” he says, “I work in the present. I have such confidence in myself that every time if I speak, I speak in a different way and with spontaneity directed towards the group. Many people do not dare to do that, and they sit around the kitchen table devising what they are going to say. Usually that does not work, because for the same money, you get another response and then again you have to feel intuitively what you want to say. Have trust that your speech is good and that you know what you are talking about. Do not be frightened by the energy of other people. When people look at you, and you think, “Oh dear, the people are looking at me,” and naturally you lose your energy. Work from your inner strength in a way that you speak from within. That is why it is important to send your concentration within and not externally. Nevertheless, it is in the nature of so many people to look at other people’s reactions and then, for example assume, “They don’t like me.” Then they become hesitant and their speech turns into a fiasco.” Isaak says that he doesn’t suffer from such a thing - he doesn’t have stage fright. Isaak is asking if he can help you in any other way?

Lady in the room:

I have another question. There was an accident in our village a few years ago concerning two boys. They hit a tree and the one steering was fine, but the one sitting next to him, died. Was it really his time then?

Tresi/Isaak:

For the one that lived, it was not his time; for the one that died, it was. Naturally it wasn't murder. Free will played a part; he didn't crash into the tree on purpose.

Lady in the room:
He was driving terribly hard.

Tresi/Isaak:
Yes, but it was not his intent to murder him.

Another lady in the room:
Yes, but an accident is not as abrupt as murder.

Tresi/Isaak:
Indeed, but an accident has been written in your book. Here above you made your life script before you were born, and you said, "I want to die quickly, I don't want to suffer." That's all. Another says, "I don't want to die quickly because I know that I will still have a husband and children."
You will not want to do that to your children, therefore you wish to have the time to say 'goodbye' to your children and have them say 'goodbye' to you.

Lady in the room:
What happens to somebody who has killed someone?

Tresi/Isaak:
What happens to a murderer? The person can lead a fantastic life here on Earth, but there will come a time when he will have to face justice. It can be after death when he looks in his book and begins to feel. You are aware that everything is attuned, so they will feel the pain that they have caused someone. At that moment they go through a hell and they feel how it is to murder someone. They receive the whole picture, knowing how it feels to be murdered and how it affects their bereaved family. Isaak says, "You go through a hell; you cannot escape it, while here on Earth they can still be terribly happy and perhaps never be caught. Maybe they will be caught and

punished, but the punishment that they will face here is many times more serious. We do not punish them, they just look in their book.”

Lady in the room:

Does that also stand in the murder’s script then?

Tresi/Isaak:

No, he has just gone insane. It is through free will, so it will not be found there. You are not authorized to go if you give your book to us and say, “I will make ‘so and so’ a head smaller.” Then you will not reincarnate.

Lady in the room:

But there are also books that state you must experience all and walk through everything.

Tresi/Isaak:

Then it is not a good book, it is not a good book because there are also books that say you are first an animal before you can be a human. This is not true. “Dear child,” says Isaak, “You must always discover the truth of the book. Has the human hand written the book or has the book been written via an instrument? And is it a real instrument – is it the instrument’s truth or has it been told in trance? If you conduct an investigation you will uncover the truth and appreciate the difference; you will feel it.

Lady in the room:

You have just said, “No, eventually you will have to face justice.” But if now you are born into a family of criminals with little values and truths, then you don’t know any better. If you lead a bad life, then you don’t know any better, do you? Can this be taken into consideration?

Tresi/Isaak:

“Dear child,” says Isaak, “You always know better. You always know better since you do not live in a cage. You live in society; you have TV and are surrounded by people that are good. There are many people that are born

into poverty who do not remain in poverty. There are many people that are misused, but they do not misuse in return. There are many people that have taken a beating, but they do not beat in return. There are many people who are born into criminality but who do not become a criminal themselves.” Isaak says that it has to do with consciousness.

Lady in the room:

But what if someone doesn't have the consciousness?

Tresi/Isaak:

Then he is one of the 'living dead'. The person will be brought to justice, but only when he is conscious, only when he is conscious. What I mean to say is that if you are extremely happy in your little world and I say, "Shame on you! Shame on you," then it would not affect you. That can only happen when you are aware. We do not judge you, you judge yourself. If you read without consciousness then you will feel nothing.

If you come to us asking for a healing, you must come with an open mind because without an open mind, you have nothing, says Isaak. The same applies with a dialogue, if someone looks at you and says with an attitude of, "Whatever," then the conversation will come to an abrupt end.

Lady in the room:

Is what you are doing right now a form of channelling?

Tresi/Isaak:

No, this is not channelling, this is a unity. I do not have to listen, I know it. I know, I feel, I smell, I see, it's just like I'm watching a film. That is also why often I don't look the person straight in the eye – I am watching the film. I know, I taste, I smell and everything fuses together in one time and it's like I'm sitting there talking. Already I have spoken to so many people, it is training. It's just like running as then your stamina improves, and therefore you get better. It happens just like a click and when I'm talking to Isaak in the car and I ask, "What do you think?" it's like he answers from my mouth. So I am used to switching.

Now, Isaak would like to bring this evening to a close. He says, “We always tell the truth and we are never ashamed.” I had trouble with this in the past as he explained in my biography in the first book. You are totally exposed and when he is telling the story, there is nothing that you can change or leave out.

Isaak says, “We have told it that way because you are a teacher for others and always you must begin at the beginning and you must always tell who you really are. Do not keep secrets otherwise people will not trust you. Expose yourself totally because if you have worked through your past, then you no longer have any shame, do you?”

We thank you all.

The Reading in Middelburg on 10th January, 2005

This reading was preceded by music, beautiful restful music to give everyone the opportunity to feel at peace with themselves, and as the hostess would say, to send out positive energy to those that needed it. Afterwards, I welcomed everyone and informed the public, as I always do, what would happen this evening and how it all works. This all took quite a long time and that's why Isaak had a great big smile on his face when he began to say ...

We have never had to wait such a long time before we were allowed to speak. I am nearly falling asleep listening to all the musical tones. We also have music; we also have bundles of energy, positive energy that we send everyday once more to you people. Alas, it is a fact that you as a physical person must stand open for our positivity. The moment that you as a physical person receive but you close for anything positive, then it will not enter your physical being. So do not close yourself. Be silent, and understand that taking time for yourself is not a pointless luxury. It is wonderful to close your eyes for a moment and just be yourself, similar to the same way you have all just experienced. We think it is a splendid idea for you to do this on a daily basis. Everyday before you begin your day, just make time for your inner self. Just close your eyes and send only positive thoughts to yourself. So often we witness the physical people giving away positive thoughts, giving away positive deeds and giving away positive words. This is all very well, but do not forget yourself. Do this everyday, and you will notice your powers of feeling increasing. Your inner self will be fed and you will feel better about your everyday self. It is not easy to walk about on your planet each and every day as your Earth has such a low vibration. You literally have a veil surrounding you, a veil of negativity and if you as a person walk through the veil, no doubt you will be contaminated. But if you take time for you and cocoon yourself retreating into your inner self, saying, "I am going to cleanse myself," then indeed, you will cleanse yourself. We have just named the three differing powers: words, thoughts and deeds. Use these daily and you will see the substance of your life improving for the better. There are many people that are in pain, many of whom have emotional pain, not knowing how to

help their inner selves. "Where do I fit in, in the whole scheme of things?" Look outdoors and you will observe that many people are seeking; they are looking for themselves, but they will not find themselves in others. They will not find themselves in others; remember this well. You will never find yourself in someone else. Maybe you have something in common with another person, but you are not that other person because you are unique. You will find yourself within yourself, so ask yourself in thought who you are. Feel who you are and then credit yourself with your worth, and give yourself a pat on the back when you do something admirable. If need be, give yourself a push, but do not give up and turn to depression as there are many in your society that are depressed. They are tired, they cannot keep up the pace, and it is all too much for them.

How can I as a person carry on with my life if there is always such controversy taking place? Maybe you are in conflict with your neighbour. Maybe you are in conflict with your mother or father, your mother or father-in-law, it does not matter with whom, but you can cleanse yourself and that is what matters. You can say to yourself daily, "I am going to heal my heart." You have a pair of wonderful hands, so also use them. Perhaps use them to caress yourself. Every person is born with a gift, a gift from God, and this is the gift of love, and love is energy. Everyday you can cure yourself. You can say, "I shall open myself for the Divine, to all that is invisible, but does exist." You lay your hand on your heart and say, "I shall open myself for all that is invisible, but can exist in my feeling. Here I lay my hand and I shall cure myself with love." Those that ask, receive. Many people do not dare to ask, so they do not receive. But if you have faith, it is the foundation for receiving. Have faith, what have you got to lose? Suppose that your knees have worn out and you say, "Oh dear, old age," and you lay your hands on your knees, that is also drawing in positivity. Chances are that your worn out knees stay the same, but the pain will subside. Also if you are exhausted and the fire within you begins to fade, just be positive. Lay your hands on your forehead, on your head, on your stomach, on your throat or on your eyes to help yourself. Why should you walk around everyday with these problems when you can unburden yourself? Of course you too have an energy field surrounding you, so what is preventing you from touching your energy field

and saying, “I am dispersing all negative energy.” Yes, there are clearly people with abilities, but you too can do something. There are people that have followed a course and have a diploma; indeed. That is so, but you also can create your own sort of diploma, purely from will, without spending too much money on the cause.

Energy, energy, energy, it is everywhere, so why do you think you would you have to go searching for it?

It is the same sort of thing if you are in a swimming pool with all the blue water and you say, “I’m thirsty, I’m thirsty, I’m thirsty, I had better go and look for some water.” You walk through all the dressing rooms, but you cannot find a tap. We would say to you, “Child, open your eyes and see that you are sitting in the water.” Okay, then you still clearly have the difference between beautiful energy and dirty energy, but if you have beautiful energy in your heart then you will always attract beautiful energy towards yourself, and need have no fear of attracting bad energy. No, of course not, then you are beautiful, aren’t you? The Divine is always beautiful. We have recently heard about someone who was afraid of attracting negative energy when opening himself positively while healing. No child, perhaps if you converse with the ‘other side’ having called up negative spirit people, then of course you are inviting their presence. That is a mistake, but energy is not. Energy is good and love is infinite, so seize it, it never runs out. This stream of love will flow forever. What a relief it is to know this and all that it means. You can feed yourself from love and you can wear it on your sleeve. Who are we? My name is Isaak, and as you can see, we have a beautiful creature here in our midst, and her name is Elise. I shall not mention her surname as I think it is rather complicated.

Elise:

That’s fine with me.

Isaak:

In the past, when she first came to us, it was because she was in need. Either she was investigating, or someone else was looking on her behalf. But coincidence does not exist and she came to us because she needed help. She

received help, but we saw in her a talent, a talent for writing. When we see that there is talent, if it fits within our 'film script', of course we make use of it too. She still had to make a long journey and she entered another country, but she returned in need. We treated the little bird and we patched up the little bird, and she was rewarded by becoming our instrument via our instrument, as she is unable to hear me in the way that our instrument can. Elise has investigated our truths and the genuineness of our existence; therefore she has also written her own story about how she came to be in touch with us.

It is always better to conduct an investigation face to face, so she has personally investigated me. She has also questioned me and we have had many, many conversations together where she could ask every question that came to mind, resulting in our first book titled, "Look at it, Feel it, and Let it go." Why this title? We believed we had chosen the most suitable title possible. Many people know me by name, so I could also have picked my name for the title. But nonetheless this was the title that pleased me, because everything must be looked at, everything must be felt, and then you must be able do the last thing, to let it go. Look at your past, feel your past and let go of your past. Do not dwell about the past because if you dwell about the past, then you are not truly in the present. If you are not in the present, then you are not ready for the future, and the future is where you must go. From the past, to the present and then to the future, thus, look at it, feel it and let it go. Let the past go, be in the present and build up your future from the present. Complicated? The present you make yourself, everyday. We have a good comparison. It is just like with food. You enter the kitchen, that is the present. You prepare the food and you eat it. What does it become? It becomes your future, doesn't it? It comes out again – a thing of the past. Everything stems from the present. What you create now becomes your future. Suppose that you are extremely sad and you really examine your grief and you feel your grief. By doing so your future will improve, but also release the grief.

We detect that many people among you are martyrs. Everyday they physically whip themselves and find it just as stimulating to take the whip

and employ it to themselves spiritually. Oh, child, cease to do that. Say to yourself, "If I am going to whip myself physically, I shall do it, but not spiritually." You do not whip yourself, do you? You do not go and fetch the whip and give yourself a beating on your backside, do you? No, of course not, it hurts. Many people do that in a spiritual way, but they do it unawares. They are not conscious of their actions. Consequently it leads to depression, loss of self-worth, sadness and guilt, plus guilty feelings somewhere within themselves. This then gets directed towards the children, partner or their parents. Many problems, much baggage. And this baggage they continue to carry and they continue to use the whip. The truth is that you can release all the baggage. It makes no difference if you were sexually abused or if you were beaten. Our instrument was sexually abused, our instrument was beaten and she has come through it brilliantly.

This is purely because she looked, she felt and she let go, and purely through the love that we bestowed. Her belief also contributed because she constantly folded her hands together and sent her thoughts to us. She felt our presence from her first moment here on Earth. She did not know precisely how to embrace us, but she did not have to know how; we came to her. The same applies to you, if you need us, ask and we will come. It can happen via dreams, it can happen via automatic handwriting, it can happen through drawing or it can happen via a new person entering your life; but we will definitely not leave you out. You leave yourselves out, so why do we get the blame? It does not matter; we will gladly accept the blame, but now you.

Many people think it awful to be blamed, but you do not have to claim the guilt as your own. Naturally you could just say, "The guilt lies here in my lap, but now I can throw away the guilt. I am stepping out of this situation and I am continuing with my existence. I am getting on with my existence again and what a relief it will be if I succeed." Then comes the familiar question: "How do I go about this?" Have we not just explained? You must look at it, you must feel it and at a certain moment, you must dare to let it go. Now we advance to step number two, we are going to create a goal. A 'goal', that is a nice word. Write it down somewhere where your eyes will confront it everyday. Write it down, "What is my goal? I am looking for a goal." Many people have a little goal; they just want to be happy. Okay, that is a goal, find

all the energy that you have inside yourself to be happy. Meditate and find positive people and make sure that you connect with good people and not bad people, and make sure that you give, but also take. So research your existence and ask, “Are there negative aspects to my existence?” Eliminate them, because it is possible to be happy. Look at your past, feel your past and then let it go. Then you have the other sort of goal for people that want to make a career. This is also fine. Why should you not have a career? It is also a goal. What are my possibilities? What can I do? First consider what you can do. What are you good at? Are you good in communication? Are you good at giving? Are you good at caring? What are you good at? And then you say: “I am good at this, so I shall try and do something with it.” Yes, we know that you must not reach too high, but you do not have to settle for too low either. Deliberate your possibilities. It is just like a pair of trousers – do not pull on trousers that are too big, but neither the ones that are too small. Never ever declare, “I can’t do it,” because then you will never receive the trousers that do fit.

There are also people on Earth that are always in trouble, they always come to late; there is always something wrong. Perhaps they should do something about it? Indeed, if you are permanently an unlucky person, then you had better change your energy. It could perhaps be that your unconsciousness is attuned to be this way; you just believe that you are unlucky and that is why you always face trouble. Many people share that belief but are unaware of the reality. That is something else; the fact is that they are not aware that every time, something goes wrong. The moment they declare, “From today I acknowledge that perhaps my self esteem is low, and maybe I’m constantly inviting the wrong sort of people into my life. But from today, I shall begin anew with positivity, with courage, with strength, and with glory.” Then the people that were always unlucky will begin to notice a change, perhaps not immediately but initially with the small things. Begin somewhere and never give up.

When we made the decision to work with the physical people, we knew that we were taking on a hard mission. First you had to have permission to go to the Earth and to receive an instrument, followed by years and years of study.

When I received the instrument, she said, “Yes, I will.” Those are such pleasing words, it is just like making an alliance with each other: “Yes, I will, I will work with you.” But indeed, the trust must grow. If you are to be a husband or a wife, the trust must grow to ensure closeness. My initial advice is to work at it, practice a lot, listen to each other and then the closeness will grow, then the partnership with the instrument is that strong, that there is only love, like here on your Earth.

Everyday you can form alliances with people, but this also requires your time. You must have trust that the person you wish to connect with is worth the trouble, and if he is not worth the trouble, then say your farewell, let it go and move on. But love does exist, so never ever say, “I am a person that does not know love.” We have a law and the law is simple. What you are you radiate and attract to yourself. I have visited many spheres and I have spent many years roaming around your Earth, before my instrument became my instrument.

I visited the Earth, as I had to study your laws because when now we receive a visit from someone in financial need, I need to be acquainted with your laws. I must also keep up with medical developments because if I need to diagnose, I must be medically qualified.

My study also included physiology and how to get on with the youth of today. I needed to know how to read animals and know how an animal feels. All my knowledge must be extended to one person, a person who has the power of thought. The person is my instrument and without my instrument I cannot function in this work. Consider how difficult this is, and also there are many people that imagine that all of a sudden, out of the blue, she received a gift. A gift is a lovely name, but a gift does not suddenly appear and is not given lightly. Often it is not felt as such by the recipient of the gift, because frequently it can be felt more like a curse, but luckily this feeling evaporates after a person adapts. I would like to confirm that an instrument could break. It can transpire that an instrument cannot or will not resume, and that she clearly says, “No.” But I appreciate my good fortune, and luckily there is the Higher Power, God, who can read well, can study well and can calculate well, and can say: “This is a perfect combination.”

Now, let us include the public as once I begin to speak, there is no stopping me! Please accept my apologies, but I just love to speak. You may now ask your questions, we are happy to listen, and if I may, I shall contribute my story.

Lady in the room:

Brother Isaak, I have read the book. My opinion is that it's a nice book, certainly for the people that are not yet too familiar with this material. But there is one thing that I found, indeed, how can I explain it – that just doesn't add up. It was said that people that smoke can't be used by spirits, and I just don't believe this.

The audience found this comical.

Isaak:

Elise Schuitenmaker, is this how it was written?

Elise:

No, not in such words.

Isaak:

We shall explain how we wrote it. How can it be that an instrument such as Jozef Rolof smoked?

Lady in the room:

Exactly, I asked myself that same question.

Isaak:

We said that people that smoked soiled themselves.

Lady in the room:

It was literally written like I've just said.

Isaak:

That is not true, dear lady, because Jozef Rulof was a smoker and yet he served as a good instrument. It is true that if a person smokes, then their chakras close. This means that when you want to work with spirituality again, first you must purify yourself and take care that you are back up to your level. Many people have the same strength as Jozef Rulof, and like him, can go into a trance within a second. He could make himself functional again, but it is not good psychically. Many people have physical needs, such as drink, sex, cigarettes, or they overeat. We always need to consider, "Why does the physical person have such needs?" Every physical person knows that smoking is bad; true or false? Every physical person knows that having just washed, upon entering a bar that fresh feeling will soon disappear. Many people go home and just before they go to sleep, they wash. The minute you sleep, you fully surrender to sleep and to the Universe and many people have an out of body experience. But smoking is not good, and it never will be. We have never ever stated that an instrument is unusable if he smokes, but we did say that it was not good.

We just want to preach the truth, child. We speak to thousands and thousands of people and we would never ever belittle anyone. We look and we feel and we would never declare, "You are bad." We come across people that carry out bad deeds and we never say, "You are bad."

We would give the person a mirror and say, "Child, look at what you are doing," and the child would have to feel for himself if he was bad, as who are we to determine whether a person is bad? Are we more 'special' because we are spirits?

Many people have read our book, and many people have experienced our book as a new Bible, purely because for them it is something to grasp, to hold onto. We have written it in simple language that everyone can understand. There are books, such as Jozef Rulof's books, which were written in his time period, and his usage of language is difficult for many people to appreciate. There are people that begin to read his works, but fail to finish. He was a good instrument and he lives here with us, however we decided to keep our book simple. There are many good books on the market and perhaps there is one book that many of you are familiar with? 'An Unusual Conversation With God', by Donald Walsh. It is a very thin book,

but a good book told in simple language, and even the author of the book questioned, "Can God speak in such a simple manner?" Why not? We can tune in, can't we? So we tune into the inner self of a person and we speak via thoughts, in addition to the instrument's capabilities. We cannot speak in any another language, unless our instrument speaks another language than this one. We chose this language because the consciousness is strong in this language. We cannot start speaking in Chinese now because there must be recognition. Here above, no language exists, just the language of feeling.

Everybody knows that when you smoke you are doing yourself an injustice, and whether or not you smoke has nothing to do with spirituality. These are our words, and that is our belief. Our instrument would never ever be permitted to smoke during her work. She may walk about in the smoke in her private life, but the minute she senses smoke when she walks into a meeting place, it makes no difference what sort of meeting is to take place, we immediately close off the entrance. It must be aired out, it must be cleaned otherwise it would make it more difficult for us to work. We must have purity. Do you think that someone goes to a magnetizer for anything other than cleansing? You close. Think about what happens to your body if you overeat. Look what happens if you drink too much. Look what happens if you eat too much meat. You become earthly. You are what you put into your body. Is this true, or not? You are what you eat but you will not turn into a cow if you eat the cow.

Laughter in the room:

Isaak:

We have also written quite clearly in the book that you may eat what you like to eat. You may eat meat, but after we were working with our instrument for awhile, we made the choice to deprive her of meat. Why? Because we noticed that when she ate meat, we had to lift her up again. So we thought the answer would be to just deprive her. We did not say, "You may not have it anymore," we did not have to; we took it away in her feeling, meaning the need was just no longer there. Suddenly she had less interest in eating out or

hanging about in the pub. Also her interest in physical matters declined. Is this how you say it Elise?

Elise with a laugh:

Yes, now it's up to me to clarify, I suppose? Do you mean in a sexual manner?

Isaak:

Yes.

Elise:

Okay, the more spiritual you become, the less your sexual need.

Isaak:

The need declines because you are embraced in the glory of spirituality. But of course you do have a body and now and then you do have a sexual need, but as a person, you change. Those of you that have wandered into the spiritual path see the changes.

Other energies attract you and you are not so attached to things that you were attached to in the past. Perhaps you are not so material. Maybe now you attach more importance to conversation and delight in a pleasant tête-à-tête with someone, rather than with more people. People change, and I would like you to give this some thought.

Lady in the room:

I should like Isaak to explain what he means when he says that if you have a low earthly level and go over, you also go over to a low level in the spheres, that's why you reincarnate as an animal. But I think an animal is also noble.

Isaak:

Dear child, we never ever reincarnate as an animal. I hope that there are people that still want to listen to us this evening. Dear child, you have plants, you have animals and you have people. Every person has the same energy, the human energy. Every animal belongs to an animal sphere and there is the flora sphere. You do not change from a human into an animal, and visa versa

is also impossible. An animal is a splendid creature and it will stay a splendid creature. A human has a different consciousness to an animal, you do not switch, so I do not know in which book that was written.

Lady in the room:
It was in the book.

Isaak:
In which book as that?

Lady in the room:
The Book.

Elise:
This book? Our book?

Isaak:
Impossible. Do you happen to have a copy of our good book before you right now?

Hearty laughter in the room.

Isaak with a laugh:
The feeling that I must defend 'my child' has just reached me. That does not stand in the book, absolutely not; otherwise we would certainly know it. Elise?

Elise with a smile:
Well actually, I'm completely flabbergasted.

Isaak:
I am finding this gathering rather amusing.

Lady in the room:

I have another question. If you really want something and you stand 100% behind it, will you succeed?

Isaak:

Of course, dear child, of course. I am very happy that you ask this question because many people ask us how to do something, and our reply is, "Child, use your willpower, use your strength and your powers of perseverance." What does the physical person do? He says, "Yes I will," but he does not handle it properly. It is the same as your saying, "I will walk," and I do not mean if you can walk, but if you say, "Now I shall walk," and after one step you are tired from walking. Then you have given up. Walk, persevere and walk, and persevere and walk. Do not give up; you may never ever give up. It can happen that you are grasping at something beyond your reach, but if you lead yourself from your feeling, from your helpers, from your protectors, from your intuition then you will really achieve what you wish to achieve. It can well be that it is different from your expectations, but through the fact that you began your 'walk', you will receive precisely what is good for you. Compare it with a walk. Imagine that we are now going for a walk; we enter the forest, a big forest. You walk but you do not know what lies behind the bushes and what wonderful things you will experience along the way. Suddenly you feel you ought to take another direction, but your common sense keeps you walking on this same path. But the feeling keeps getting stronger and stronger. You really want to stay on this path but you give in to the feeling and you will see that where you come out, was the right decision. So do not follow your mind, but follow your feeling and you will come out where you are supposed to. Your feeling is your compass.

Lady in the room:

To be quite honest, I think following your feeling is not the best thing to do and I have had occasion to think, "Why didn't I listen to my mind?" But you say to listen to my feeling?

Isaak:

Always, dear child. It can be that at that time your expectations were not correct, but in the future when you have passed through it, you will

understand. When you are here with us and you look back, you will always agree, “My feeling was my master.” Truly you will. Many people walk with expectation, but you should not walk with expectations; or should you? You walk because you trust. You trust that what God has provided is good, so also trust that what you experience is good, even if it is painful, just trust it.

Lady in the room:

I would like to ask something. There is someone in my area that died. First he was in a coma and then he died, but I’ve heard that he’s very angry because he went over unexpectedly. How will he have been received?

Isaak:

Every person that dies receives the right help, and the bereaved must have trust. You must trust. When someone goes over, it can be that the person is totally unprepared to let go. The earthly things are still attached to him; and he is not yet ready to release material things. A physical person is material and he must become fine material. We are not delving too personally as we cannot lay contact with the person, but it could be that he is truly angry. But if he suddenly sees how wonderful it is and if he meets his loved ones again, then the anger will subside and will simply be replaced by peace. When someone has lived here on Earth with continuous suffering, he goes over in a very low vibration. Your energy has declined, your ethereal energy has weakened to such an extent that you must be recharged here, and for many, this is the time they go over consciously. They wake up in the spheres. There are people that walk across to the other side. There are people that wake up subconsciously and the moment they wake up, they are received by the people surrounding who inform them, “You are no longer alive, you are dead.” This can be shocking but if necessary they will be offered a magnetic healing treatment. Here they also receive protection, treatments and the water of life. Help is given, always. Never be afraid that someone will get lost, because a person will only get lost if this is his own intention. But suppose that now someone is in darkness, there is always an invisible being that appears and lights up darkness. The person only has to say, “I will walk with the one who is the light,” and if the person says, “I will walk with you,” then immediately the way will be illuminated.

Lady in the room:

Why are dreams often so puzzling or sometimes so frightening?

Isaak:

There are three sorts of dreams: the fantasy dream, the subconscious dream and the prediction dream. Imagine that you have a subconscious dream that you surrender to in your sleep. The subconscious can suddenly awaken and receive images to review and your subconscious will tell your truths. But every person has a 'chip' that contains built-up associations. One person sees birds, another sees something else, but they are all images and few words are needed as your subconscious speaks in images. If you are a person who cannot understand the images it is similar to you trying to understand a foreign language.

That is why there are people that can interpret dreams. However, the person who explains the dream must first lay a connection with the client. Personally I take hold of your hand or one of your objects, and I know what your subconscious wants to tell you. I understand your feeling and at that moment I can tell you the definition of the dream. Do you understand me?

Lady in the room:

I understand you very well, but I really think it's a shame that small children have such frightening dreams.

Isaak:

You are referring to nightmares? It can be that small children are open and susceptible to the impulses from above. They are the negative energies that scare a child, such as the ones associated with Halloween. The children must be closed again, because usually children do not suffer with their subconscious, as they are pure creatures. So if a negative energy enters them it approaches via their surrounding energy; so they are vulnerable to the hereafter and someone must be found who can turn off the tap and then it will end.

Lady in the room:

Well, thank you very much.

Gentleman in the room:

Isaak, what did the tsunami in Asia mean?

Isaak:

Um, a 'meaning'. Are you looking for a meaning?

Lady in the room:

Well, it is said by some that it's God's punishment.

Isaak:

It is not God's punishment; of course it is not a punishment from God. Shall we tell you what happened? It was a natural disaster and a natural disaster results from the build-up of the people's negativity. If a single person carries so much negative energy, what is the result? Explosions. It could have been that at that moment Mother Earth could not hold back the tension and it was released in the tsunami. It is not written in the History Book that earthquakes and tsunamis are going to happen, and we hope due to our positive influence on the physical people, that we can actually force back the natural disasters. If you as a physical person living on Mother Earth are economical with the energy you send to her and to humanity, then you also lower the pressure on Mother Earth. But when there is so much negative energy amassed in one place and sent, it will explode. It has nothing to do with something being at fault with the land, it is just energy that needs to be released. Look at it like this: Here you have Mother Earth holding all the pressure, and suddenly there is an explosion and people die. It is a natural disaster, and a natural disaster can occur at any time and is not written in our History Book. We also think this is terrible, as indeed, it is unnecessary. But yes, your thoughts are with them and that alone is quite something. Collectively you have sent energy there and also to Mother Earth and do not forget that you have also calmed Mother Earth through your accumulated positive energy. Everything is energy; do not forget that, everything, everything. You are energy and so are the many gifts that you have also given. Consider what you have achieved. Across the whole world you people

have rolled up your sleeves and declared, "We shall go and offer our help." That is just wonderful, and once again that is the result. Cause and effect, and the effect is a splendid effect. You have given away energy in the form of money, in trade, and in work, so much has been done and the land will be reconstructed through all of you. So please give yourself a worthy applause.

Lady in the room:

But Isaak, can't some situations be prevented? I think they are also expecting a volcano eruption on the Island of Palma that may cause in a giant flood wave that shall be felt as far away as America. If we already know this, can't they somehow prevent it?

Isaak:

If they could have, they would have. Let me compare it to something human. It is the same as you burping right now. It is something you cannot prevent. You can take medication for it, but there is no medication for these natural disasters. These are nature's burps and they must be released, and if you know of one coming, you can get out of the way. If a person releases a great big burp you could go and sit somewhere else, out of the way.

Hearty laughter in the room.

Lady in the room:

Here comes another question, Isaak, about those people that have already gone over. The total is enormous, so is there a plan for them?

Isaak:

They reincarnate quickly because it is quite clear they have been plucked from their existence on Mother Earth, and that falls outside of the two categories, doesn't it? We have just spoken on the subject of murder and suicide not being pre-written or something that we can predict. We cannot predict whether Mother Earth is powerful enough or not to prevent the tension. The same applies to wars, their victims also reincarnate quickly. Mostly it takes many years, about half a century before you go back to Mother Earth, but if you die in this way, or are killed in war, then you

reincarnate quickly because in reality, you have nothing to do here above. Of course children must grow; the children that die must first become adults with us. They land up in the children's sphere, whereas the adults reincarnate promptly.

Lady in the room:
And the ones that barely escaped?

Isaak:
They were saved; they were in actual fact, saved. Do not forget that your thoughts are with us well before you have formulated them, so the moment something happens there are already many helpers present. They literally try to catch them. It is the equivalent to you all sending help their way; we send spiritual help from our side too. There are people that have truly had the luck to be spiritually saved, but also through circumstances they were spiritually influenced and told to get out of the way. They were saved, but we could not save them all.

Elise:
But the remaining people, the ones that have lost so many people, presumably they need a great deal of spiritual help as well?

Isaak:
Of course they need a lot of help, but indeed, we cannot do everything. The only kind of help they need is physical help and we cannot help everyone, because we need instruments. We can influence initiatively and give them positive energy. But they need communication; they need to hear via human ears that it will be all right. If need be they must lay contact with their deceased to salvage courage and an instrument is needed for this. We are dependent on our instruments; please appreciate the importance of this. We can give your heart positive feelings, but you wish to hear that your deceased are okay and are pleased to be encouraged via communication, but not only through spiritually, as you are both physical and spiritual.

Lady in the room:

How old is the evolution of the Earth? How long shall it take before the immense negative energy has been purified and dispersed?

Isaak:

A very long time still, child, a very long time. We say this with feelings of regret. It will be a long time still, but for a long time something has been taking place; something has already been brought into effect.

You people are coming freely to our meetings and are visiting mediums more frequently, and are attempting more yoga and mediation. You attend intuitive courses and are beginning to wake up and the more awake the people are, the more the world will improve. When you are awake, you can no longer harm someone, or murder someone, or hurt someone with words because your consciousness is alert. You will know, "If I do that, then I must bear the consequences," and you will feel in your heart how painful it is to do such a deed. Do you follow me? In the past, perhaps you could shout at someone, but now it is not possible, you would not think of doing so. You have more patience, you are more loving, you are more confident in yourself, you trust more in the Hereafter, occasionally lighting up a candle for someone that has gone over, as you are more awake. When this happens on a collective scale, the world will be a better place.

But alas, your world consists of many continents and there are continents where clearly the population are not yet awake, and I suppose we have to wait for these people? People can influence their neighbours and people can ignite a fear of another war or a world war. Your technology is so simple that people could go to another continent and bring about another explosion there. There are still many people that clearly have a low level of consciousness and still kill.

Wait and become a better person within yourself and seek out good people to infect, but please, infect them in a good way. Be a good person and infect people. Tell that you attend such meetings as this, tell that there is more and have no shame in telling that you are a believer. When you infect people, they infect others and the snowball effect is created with collective positivity. So many people visit a medium and they do not even tell their partner, being

frightened that he or she might be angry about it. But you are an individual and you are allowed to go, aren't you? As long as it does not break your partner, you should hold your ground and say, "I need help. Normally I would go to a doctor or to a dentist, but now I'm going to a medium because that is where I shall receive help. I need this help and if you don't support, me it means that you don't respect my inner being." So do not feel ashamed to come up for your own feelings and say what you need.

Lady in the room:

Everyone has their own helper, but how can you be aware of him, and how can you know if you have more than one?

Isaak:

There are always more than one. It is different with guides, you have just one and you know him from birth. You know him in your feeling; you know him from previous lives. He is someone that guides you so that you can carry out work for him in the future. You have helpers and it can be someone who has just died accompanying you for a while. It can be that you are just entering a certain phase of your existence in which your helper is experienced. The helper will try to speak to your feeling that is the inner voice. We also use the expression that it is God who is talking to you. A helper is someone Divine and someone who tries to show you the way, but it is very rare that he reveals his name. We know that when you go to a paranormal show, they talk about your angel and we know that they tell you the name of your helper. But why? If you are intuitive why should it be necessary to ask a third party? You can ask your helper, and if he wishes to tell you his name, then he will, but never force it. It carries no importance, a name is not essential - you just need to have feeling. So if you feel the presence of a helper around you, thank him. Thank him immediately saying, "Thank you for making me intuitive, thank you, and thank you for unselfishly guiding me through today." Send thoughts. It could just be that today you need less help than tomorrow, so today you do not require a helper, but tomorrow you do, and one propelled though will bring the helper back.

Lady in the room:

Can it also be that a helper becomes a voice you hear in your head?

Isaak:

Absolutely, absolutely, it is heard in many forms. It can be that you simply feel it, as with your saying, 'I feel it in my water.' This is really such a strange saying. "I feel something," it can be an ominous feeling. Everyone has a different way of phrasing something. It can also be that your heart starts to beat faster, it can also be you hear a ringing in your ears – it is all possible if you pay attention to it.

Something that you must never do is challenge, you must never challenge your helper, saying things like, "Okay, you've just told me that, now tell me something else, something different." This is challenging him. No, accept with pleasure what you do receive and separate the voice in your head from the other voices.

Lady in the room:

Yes, it is difficult to separate them.

Isaak:

Practise that, child, practise that. Look, our instrument hears voices, doesn't she? She hears me plus other deceased in the same way that she hears you, but she can define the difference between my voice and other voices. That happens through your feelings, your feeling tells it, and it is a kind of recognition.

I have an example, and it is a good one. If you crawl into bed at night when the light is out, do you definitely feel if it is your husband lying next to you in bed, or someone else?

Hilarious laughter and talking breaks out in the room.

Lady in the room:

How can I know the difference?

Isaak:

Whether it is your husband or someone else?

Now the whole room is in stitches.

Isaak continues:

How do you know when the voice is your feeling, your teacher? It involves knowing the difference. You reach the point when you can just feel tuned in, knowing, "This is my thought, I know my own thoughts, I know myself intimately, and that is a thought that is not my own." The voice of your helper is a sort of impulse that suddenly surfaces. First of all it very soft, very subtle, then suddenly the impulse strengthens and you cannot put it out of your mind. Your thoughts, you know your own thoughts, surely? What man does not know his own thoughts? For instance sitting in the car your thoughts wander; but there is a big difference from this and from hearing thoughts that just seem to fall into your head, as quick as a flash. Practise, practise, practise and do not be afraid of failure, because so often we see people not daring to trust their feelings anymore. They were hurt purely because of the fact that they have listened. Their noses are now out of joint because their feeling got it wrong. But as the lady has just advised, do not be afraid to fall. Fall, but get up again.

Lady in the room:

Isaak, I have a question about organ transplantation. How long does the organ maintain the owner's energy, and what kind of effect will this energy have on the recipient?

Isaak:

We are all for organ transplantation because everything is energy, dear child. If you give the person sitting next to you a kiss, you are giving positive energy away. Unexpectedly the person receives a lovely gesture and you are making him happy. If you die and for example, and you give your heart away, then you are also giving away positive energy. At that moment you can erase so much of your karma by that one gesture because you are giving someone else back their life. So donate, as time has no relevance because when your

body shuts down, you are already ethereal and you have left the material behind.

Lady in the room:

So the organ doesn't immediately lose its energy?

Isaak:

The energy is still there, but you have no more use for it, so you have nothing to lose by giving it away.

Lady in the room:

Yes, but what does it do to the person who receives the heart?

Isaak:

Nothing, the person receives an enormous boost and actually he is given back his life because the gesture is positive. The recipient only has a positive impulse that is good, but it is not to say that your husband's heart lives on in the body of another.

Elise:

There is no more personal energy present, just the positive energy within the gift.

Isaak:

Yes, from within the gift. You listen well, Elise.

Lady in the room:

I do have another question. I am very inquisitive, and now I have learnt that there are many people that are allowed to astral travel with their helper of guide to the other side. But what bugs me is why I cannot recall what happened in the morning?

Isaak:

Oh, dear child, you do not want to recall it.

Lady in the room:

That's what I imagined, I thought so.

Isaak:

So if you have travelled and your helper brings you back to your body and afterwards pushes the 'delete' button, then you have a good helper.

Lady in the room:

What's the point of that then?

Isaak:

You have a Summerland here with us and you may abide there for a while. It is a place where you revitalize yourself, a place where there is so much positively. Perhaps you meet someone that you have missed and he is now a spirit. You are taken there for a purpose - you are not taken there lightly, you receive something and you are there to experience spiritual wisdom, so trust it.

Elise:

Actually, this is another gift, isn't it?

Lady in the room:

If you look back to the world's progression, to the Stone Age and subsequent developments, you realize that whatever the growth, something happens and history repeats itself. The everlasting circle.

Isaak:

It is not really history repeating itself, you fall back. As a human, it is not possible to prevent everything. Just suppose that you have saved for years for a splendid car and suddenly you are involved in a crash. You can take every precaution into consideration, but to actually prevent, this you cannot. It is all connected; it is all about the connection. As with everyone here this evening, you must be happy that the evolution process of the world is making it through, year after year after year, in fact, for centuries. There has

been progress, real progress. For some time it was 'so-so', but it is rising. You truly are beginning to develop, much more so than years past, in both a spiritual and humanitarian way. You have developed many technologies that help a multitude of illnesses, therefore the people. You have really have so much, but you do not find it enough and still you want more. At a certain moment it is the greediness of the people that man wants more, more, more. Although, one thing is for sure, and that is during the natural disaster that you went through, a human quality arose whereby you witnessed that people do still care about people. The affected land will be rebuilt, it will be reconstructed to the western improved standards and then the western influences will be introduced there. Of course it cannot always be positive because people want to stay 'eastern', but when poverty is taken into consideration it is certainly advantageous, as with schooling and hospitals. Men are not quick to change, thus the inhabitants say, "Ho, until here, but come no further." So with that sort of attitude they are happy to remain together, undeveloped. They are a race that embraces people; there are so many loving people there. It would warm your heart to be with them. Indeed we are quite sought after there.

We laugh.

Elise:

You get a warm welcome?

Isaak:

They show us great respect, so we send plenty of respect back to the people there in return. In the western lands we are often laughed at and ridiculed and often shown in the wrong light, purely out of ignorance and fear. Because people are still in the process of evolution, it is not something that bothers us, since a student is entitled to make mistakes and a student may fall. But it does cause deceleration, doesn't it? Deceleration in the whole evolution process, if man falls back into negativity instead of positivity. In those countries, so often we are seen in a positive light as opposed to a negative one. They are frightened to ridicule an instrument because they are terrified the gods will lay down a curse; but this holds no truth.

Lady in the room:

If it was possible for the spirit world to take three bad qualities away from humanity, I think that all the problems would be solved. The three qualities are: greed, jealousy and tyranny.

Isaak:

Yes, but child, we are not allowed to do that. As teachers we may whisper, we may speak and tell you how to do things, but we may not take away the evil qualities because they have been provided by God to accompany your own evolution process, and become aware. If you do not possess something then you cannot be aware of it. You need to be aware that you can be stronger than the wickedness within yourself. Every human has bad qualities, they all have bad qualities, but now many people cease to use them because of their consciousness. If we were to place you on Earth without these three factors, we would actually be making it all too easy for you, and we do not want to make it easy. We just want to see that you as a human come into your own strength and to place your inner self above your mind. We want you to surpass your own physical self and be a winner. You must be stronger than your jealousy and lust; you must be stronger purely through power. Many people need to hang onto bad qualities for the purpose of survival, but if you do not need them and can say to another person, "See how I carry on, I'm not afraid anymore to leave the tools of wickedness behind because I don't need them, and I live without them," then you are promoting your evolution as well as being a teacher for others. It is possible, but it still needs many more years.

Lady in the room:

What are your views on abortion?

Isaak:

We are against it as it is murder.

Lady in the room:

But if it is the consequence of rape?

Isaak:

We do understand, we understand if someone has an abortion because we can understand the situation, so never, ever would we hold it against you. But you do punish yourself if you carry out such a deed. Even if you have been raped, like you specify, there is always a kind of regret since the child has not raped you, has it? Someone has inserted the seed in you resulting in your pregnancy and someone has used his free will for you to be fertilized; so you must not abort it. However, if you do make the decision to abort, then immediately forgive yourself. Forgive yourself straight away and say to yourself, “I made that decision, but tomorrow I can add it to my knowledge without reprimanding myself; that is not necessary.” We shall not do that either. We see with people that come to us twenty years later that the deceased child is there to speak, saying, “Mama, you are my mother, you aborted me, but I bear you no grudge.” The mother has regrets. “Mama, you have carried around this burden for twenty years. It is time to let it go, you must let it go.” Not so long ago there someone was with us and the child told her secret. The mother was shocked and started to cry. But a child has a good life if it grows up in the children’s sphere. It is just that the person cannot carry on with the evolution process at that time and first has to be adult before he can reincarnate. You have sent back the person to the source, but a miniature person – a small energy, so he must grow, become adult before he can reincarnate. Actually he has, to say the least, wasted his time, if you wish to put it this way, but there is so much time still that it need not be a concern. Always, always forgive yourself if you have committed abortion.

Now, we think that it is time to return to the first trance form because the people are suffering from a full bladder, they are thirsty and probably wish to smoke?

This is greeted with a hearty laugh throughout the room.

Isaak:

... and enjoy, we would say. Be humane and be yourself and we are grateful when you are keen to listen to us. We thank you all.

Reading in Leeuwarden on 20th January, 2005.

Now ladies and gentlemen this reading requires that I, Elise, tell you something in advance. It was not such a nice evening for Tresi and myself; it was an encounter with disappointment and considerable pain. Actually from the very beginning it was difficult. We left Zeeland in the afternoon with plenty of time to spare heading towards the north of the country, when things began to go wrong. It was a day where the wind and rain came crashing down, and due to the terrible weather Tresi didn't dare to drive, so of course I volunteered. However, it can be said that I gripped the steering wheel tightly with both hands. I expect you are familiar with the lengthy queues in the Netherlands, made worse by bad weather, so in every large town en route we came to a standstill. I imagined that once we reached our turn-off I could put my foot down, wanting of course to be on time, but I could hardly keep the car under control.

Eventually half an hour too late, we arrived at our destination and entered the room. It was our intention to apologise immediately to both the hostess and the public, but it appeared that someone had taken out place on the podium. There was a lady from the audience giving readings to the people in the room! The hostess placed us at the back of the room, then requested that we wait until after the pause. So during the pause we installed ourselves and the evening could finally begin.

During my introductory speech I apologised for our late coming, explained what would happen during the evening and gave Isaak the floor. Isaak spoke his loving words and wonderful sentences flowed effortlessly forming a beautiful and informative reading. Before taking our places on the podium, Tresi and I had felt like intruders. We are of course, used to dealing with people that are non-believers, sceptics, or people with a negative manner or simply radiating, "Okay, then show me." They are easy to pick out, you can feel them – you feel a negative energy approaching from a certain direction, and you know enough. But we don't let this influence us, we stay ourselves and in our power, we do our work as usual. This time there was a man who

sat conspicuously erect in the front row, whose emanation I must admit, was not pleasant. Look and read for yourselves what expired during this reading, and how later I sprang in where necessary to clarify something.

Isaak:

Good evening ladies and gentlemen, we welcome you. Everything, literally everything is stored in the physical human, in the subconscious. Suppose that you are engaged in deep meditation, it could be that emotions surface from the past, from your youth. It could be that emotions and images surface from previous lives because there is more than the eye can see. There is a reincarnation process; there is an evolution process. The name God is actually the name for love, the All. Many people recommend him, but they do not make use of him because they are afraid. They are afraid to embrace God, the love we have just mentioned, but we say, "Try everyday anew to take God into your heart, thus love into your heart and learn to relax." If you rise in the morning and do not limit yourself in time, but give yourself time, you will see that your day will be so much rosier.

Who are we? We are those that you cease to see, the invisible, but we do exist. On a daily basis we work with people such as instruments, but also with people that are not instruments. We do this via dreams and through feelings. Suppose that you feel something, and knowing yourself so well you know, "This feeling can't be mine, perhaps this feeling comes from someone else." If you close your eyes and you ask your inner self, "Where does this feeling come from?" all of a sudden you will know the answer; so practice. Learn to switch off your mind and learn to let your feelings speak. We acknowledge that many people are afraid and they doubt and think, "I do know, but I don't feel it." At such a moment their mind dominates and this should definitely be the other way round, their feeling must be their truth. Suppose that your deceased, your father, mother, uncle or someone such as me, my name is Isaak, has a connection from another life with our instrument, at such a moment the energy lives. Everything has to do with creation. Do you feed it, or do you not? Tresi and I decided in those days past to go through this life together, working together and we do this throughout the whole land. We work as you have just witnessed, with

psychometrics, but we work in many forms. The form that you see at present is the form in which we have laid down our writing. Elise Schuitenmaker came to us at that time because she was in need.

She needed help and when she sat before us, we saw a person with an immense talent, a talent for unconditional dedication. She devoted her heart to something that was as yet unknown to her; writing. First she had to endure many difficulties; first she needed to heal and to be made conscious of the reasons for all she had gone through. The first time we laid eyes upon her we said, "You have a talent." Actually two talents, but there is no need to reveal the second one at this moment. She had a talent for writing, and we knew that she would write this book. But as she cannot hear us we need an instrument, and from the day of her birth we had contact with the person that you see here in the physical. It took years of convincing our instrument that that she could see, that she could hear, that she could feel, that there was in fact more to her than the eye could see. It took 28 years, but luckily day in and day out the fruits of our training are now visible. We are gathered here together far from her home, but nevertheless we are here. Why? Because nothing is coincidental, everything is created here in the Afterlife, not only for our instrument, not only for Elise, but also for you all; there is no coincidence. Everything that happens to you is created in your feeling, but you must accept it, you must be open for the impulses, for the so-called 'coincidences', for the things that come your way and you must follow the way.

Look upon us as you would a lantern; we shine, and we show the way and you should take the hand that is out-stretched to you. "I trust my intuition unconditionally, I trust in my feeling. I don't know where it shall take me, but my trust is great, therefore I follow my feeling." Learn to accept that. Learn to relax and learn to meditate. Learn to embrace the love in your heart, the name being 'God', but name him however you please. Be yourself in the midst of all these people and dare to expose the core of your being, without doubts. Dare to say, "I stand solid because I have respect for my own spirituality. I have respect for everything that God has gifted me with and I shall not allow my mind to come to the fore, but I shall allow my feeling to come to the fore." Of course not all of you are foolish, but you must learn to

listen to what is given to your inner self. So if you have a question, “Who is my helper?” or “Who are our guides?” then we say to each of you, “That is you.” You are your own helper and you are your own guide and we assist you with this, because here we have books, piles and piles of books and one of the books is about you. When you returned to the Earth, you gave the book to your helpers, to your masters and you said, “Please keep this safely, and help me, help me to follow my path on Earth, and to find my path on Earth. Help me when I am in need; help me to make the right decisions; help me to chose the right job; help me to find the right man or the right woman.” That is why there are no coincidences. We wish to help and we pass help through to your feeling saying, “Go that way,” “Follow that path,” “Telephone that person.” Open your heart and let it in without evaluation. If you follow your master, then we are assured that every step in your book shall work out. But alas, it is a fact that many people have no belief because they observe from the physical viewpoint. They see situations, they see grief and they do not find themselves anymore among all these people and they say, “Who am I? I am actually just a molecule; I am just a cell. My mother and father came together by coincidence and after brooding for a while, I appeared.”

No way, never believe that because you know that so much evidence has been provided and so much more evidence shall come into your midst. You must convince those present with evidence, you must say to them, “How could there be so many masters born and so many masters that die again if there is nothing?” It is not possible that we people, with everything we have, feelings, intelligence, emotions, thoughts and past lives, are nothing? That is impossible. That is impossible, so that is why, ladies and gentlemen, relax, take the time, lie on the bed, ask the one you wish to hear from, and that is always someone who will guide and help you. Test us. Investigate us. Ask, “Give me just for a moment that wonderful feeling in my inner self,” and say to yourself, “I open myself to receive this,” and feel what happens to you. Ask God to touch your heart.

Ask and open yourself for the truth. If you are reading a book, do not reflect while reading, feel what the words give you. For fourteen months, in your

time, Elise has investigated us and has transcribed many tapes. She once lived in the same house as our instrument and has questioned many people. Elise herself has felt a great deal and has gone through many incidents during the meetings. She has literally written down our truths and we ask: "Is this our truth?" when we read and feel every word. We have given our approval, hence came the book entitled, "Look at it, Feel it and Let it go." Why did we choose this title? We could have chosen another title that perhaps radiated more spirituality, but indeed, everything has to do with looking, feeling and letting go. Look at yourself, feel yourself and let yourself go. Look at another, feel the other and the moment you think that it is time to say farewell, free the person. Look at your youth, feel and let go.

Everything has to do with evolution, birth, death, birth, death, birth, death; this must be looked at too, because you must also feel death and also let that go. When you do not dare to let go, children, then truly you linger in your past and when at sometime you come to leave the Earth, which also belongs to the past, then you come to us and have to let everything go - all your money, everything that you have accumulated, all the people that you have loved. But know, if you have a bond of love then there is no farewell, there is only another dimension, another sphere and there comes a time when you will meet again as there is no beginning and no end. Indeed it is a reality that although you have developed, but when the other person is further in his evolution than you, then the one that is higher is able to visit the person on a lower sphere, but not the other way round. So teach yourself to listen to your emotions, develop yourself and know that here with us you will receive the fruits of your endeavours, and undoubtedly you squeeze out the juices of life from both your own wisdom and our wisdom, since your wisdom and our wisdom are one. Everything has to do with unity, we are all one.

We have decided to give readings. Why? Because many people are eager to look behind the veil of oblivion, and they read books. Now we are standing before you and everything that you wish to ask you may ask, and when we are given permission, we will give the answer. Before we commence, we shall tell you one more thing and that has to do with happiness. If you look at each other and you look in each other's eyes, you can see if the person has inner happiness. You can feel if he is happy. Look and feel. Dare to look and

actually dare to open yourself for what you feel. Many people look down or they look over the heads of people or to the side, but they do not look deep into the eyes because they are afraid. They are afraid that another shall glimpse how they feel, so they allow them to see what is physical, but their inner self, they try to hide. But, dear children, when you are with us you cannot hide yourself, because we no longer possess a body. We just have feelings, we feel your inner self. It also happens at the meetings when we are observing for you. We plug our instrument into you and we know who you are. We tell you from A – Z precisely who you are quite bluntly and without beating about the bush; it is something we do everyday. Everyday we speak to the other side, and to you, and it is not that we speak about things in general, no; we speak with honesty since we are able to look through the material. So do not hide yourself, show who you are.

Elise:

If anyone has a question, now is the time to ask it.

The man seated in the first row:

What sphere does Isaak come from?

Isaak:

You may direct your question to me. Alas, I do not have a body anymore so it is necessary to overshadow my instrument in order to speak my words. This is a much-asked question, but we never disclose which sphere we belong to. Why not? The answer is simple; we do not want to create a difference as everything revolves around feeling, as we have just explained, and we want you to feel the wisdom in our writings and decide for yourself from which sphere we come. We can raise the corner of the veil: all masters come minimally from sphere five.

The man seated in the first row:

What has Isaak done in that life?

Isaak:

My life on Earth in 1230 was a long time ago when my instrument and myself were two friends living in another land, between the Indian folk. My present name is not the name I had then because when I chose to become wise in the spheres, I chose to let go of Earthly things. It took me a long time to earn the title of 'guide' and then I decided to adopt another name. As every name has a meaning, I chose for this name. And why? The reason we leave up to you to research. I enjoyed my study learning to be a guide and when my instrument returned to us, it was not yet her time to extend her study, not for a long time. She had many lives to live on Earth still and I had many lives to live in the spheres. I had to be familiar with and recognize every situation, endlessly walking invisibly in the midst of the physical people. I needed to feel all the spheres beneath mine, as without wisdom, my masters told me, I would not be able to work in the future.

So I learnt with unconditional obedience. When you work it out, my instrument, my sole instrument, was alone for twenty-eight years developing from our wisdom and not from the wisdom contained in books. She was not permitted to study as she needed to become spiritually wise via us. You can appreciate that it is not easy to be different and certainly if you bar it recognition. So work it out for yourselves how long it took for my wisdom to develop before I was awarded my instrument. Spiritual wisdom is the only real wisdom, and wisdom found in books is only temporary. This is why we speak everyday in the halls and therapeutically advising the people how best to deal with their emotions, how best they can get along with their children, how they can best deal with their emotional and physical problems.

The man on the first row reacted irately:

Isaak has not answered my question. I asked him what he was in that life and what he did.

Isaak, lovingly and patiently as always:

I have given you my answer.

The man in the first row continued with annoyance:

No, you told ...Isaak said that he had another name and that he originated from the Indian folk. So I still don't know who Isaak was.

Isaak:

Suppose that someone asks you a question and you reply, "I don't feel obliged to answer that question, except in my own way." Would you not feel insulted?

The negative energy emitted from the man in the first row hung like a heavy blanket over the room.

He replied:

No, definitely not.

Isaak calmly:

We answer how we wish to answer. And why? Because we have just told about how our life was in the past. We have long given up our earthly life, and if you ask us who we are now, I shall be pleased to give you a reply.

Isaak handles every person with patience and love and even then the softness in Isaak's voice came through his every word and Isaak answers the offensive words with love. The man in the first row just talked above Isaak's answers and afterwards kept spreading his comments to his table-companions. However, the evening did recover somewhat; read further.

Lady in the room:

Isaak, is there anything that we can do to prevent further escalation of the disasters on Earth?

Isaak:

Of course. Of course, dear child. What you certainly can do is to give energy to that which you daily tread upon: Mother Earth. Just suppose that day after day you all give energy to yourselves – will it work? Of course, whereas if you think negatively, then this will cause you to break. If you think positively, you are feeding yourself, and if you provide that upon which you live, Mother Earth, with collective energy, you will prevent natural disasters.

Indeed, you can say, “We shall wait for everyone to begin,” but maybe you could say, “I shall begin and become an example for those in my immediate surroundings.” Suppose that you meet someone and say to him, “Have you given positive energy to the Earth today?” The person might well reply, “Are you out of your mind?” Your reply should be, “That’s just it, I’m really quite sane, it just that I’ve come to understand that Mother Earth is under pressure.” Everything is energy and negative energy that accumulates suddenly explodes. The sources of the disasters are due to many negative thoughts, so much negative emotion, fear, wars, hunger and everything that is amassed on Mother Earth. Man reproaches the Earth for his life and consequently he breaks the Earth.

Suddenly the Earth cannot endure it and the outcomes are the explosions. Somewhere in the world a natural disaster will occur, but they can be prevented through positivity. Many other masters have told the same story and many more to come shall repeat it.

Yes, we keep our message simple since not everyone is highly developed. Suppose you discover that you hold the three powers: what you think, what you say and what you do. Suppose that you take these three things to heart, symbolizing real truths only, then you would have to account daily for what you think, what you say and what you do. But if you really believe this is the truth, then at this moment we can definitely say that your thinking is positive, your words are positive and so are your deeds. What will happen if everyone comes into this awareness? Naturally people would be positive and if you are positive, then you create positive energy. Then what would happen? A space would be filled with positivity and another space would be filled, and Mother Earth would be filled with positivity. But what do all of you execute? So often your thinking is wrong, your words are wrong and your deeds are wrong, and this takes a toll on physical man. People become depressed, people get panic attacks, and people often feel imprisoned in their own physical selves. This too is radiated as everything enters the body; everything is sent to Mother Earth because this is what you radiate. Everything that you radiate is pulled back towards yourself. Never ever forget the cosmic law: What you are you radiate and attract back to yourself. When you say, “I always attract trouble, yet I only radiate positivity,” you had

better take a good look at yourself and ask, “Do I really only radiate positivity? Am I a person that can tell the difference between good and bad?” If you are such a person then you are aware and you chose exclusively for good people and not for bad people anymore. Then you will be able to say to yourself, “I love myself in such a way that no loner can I chose for bad, I shall not allow it to enter.” Simply said, but do that now without feeling guilty. Suppose that someone approaches you and you feel ill intent from him or her towards you or towards someone else, because you are a good person, you might embrace him. No, dear children, at that moment you must hold a mirror up to the person and say, “Look these are points that I have confirmed. I love myself, I don’t judge but I go my own way, as I don’t wish to be destroyed by negativity. I want to be lifted up by positivity, so I chose differently.”

Gentleman in the room:

How long will it take before most people receive awareness? I have the idea that the people surrounding me realize that there is more and that we are on the brink of consciousness.

Isaak:

You ask how long it shall take before the physical human unconditionally and without doubt has trust? Unconditionally, that means without conditions, trusting in everything that comes your way, even if it is painful, as it is given for your own benefit. If the physical human is thankful for everything that he experiences, he thanks for negative experiences in the same way he does for positive ones, then he is in touch with his higher self. You are your highest self in the purest form. You are your higher self without thought. You are your higher self via intuition, via your feelings combined with all your wisdom from previous lives and all the wisdom that you possess from the Hereafter. Although you have reincarnated you still have insight from previous lives in your subconscious and in your consciousness. So you can be grateful for all the beauty that exists and you can close yourself for all the negativity there is. So you can be. So you can be, the word ‘be’, I am here, I am now. We see that so many people still say, “Yes, I believe,” until suddenly something comes along that causes their faith

to dissolve in one clap. We still see that the physical human believes when he considers it convenient to believe; but when he enters into conflict with other people, worldly disappointments and too many foreign impulses, his belief immediately disperses. That is why we say, “Feed yourself, meditate, pull yourself back to the sanction of your room, appreciate the silence and say, “I am here now in silence purely to feel my higher self, even though I am physical, even though I have a body, even though I have physical needs, I try to suppress my physical needs and allow my spiritual needs to shine. I will not allow myself to doubt anymore and I believe unconditionally that there is more.” In the past we gave our instrument five laws and these were not easy for her. They were: Listen, believe, trust, surrender and obedience. Yes, these frightened our instrument – she wondered, “What has obedience got to do with me? How am I supposed to surrender myself?” But indeed, the moment you know your master and you feel your master in purity and you know that your master is pure love for his instrument and their clients, then it is easy to do. Then it is also easy to surrender and be obedient, isn’t it? Why not? We have never ever negatively influenced people. Also never have we told something when we thought that the physical person was not ready to hear it.

Never have we broken the physical person because here there is a cosmic law that is called ‘karma’. Karma is built up from energy that you give and the energy that you take; the law of cause and effect, and when you fully realize everything is cause and effect, then karma will be finished and we shall just ‘be’.

Elise:

But how long shall it take before that mankind has unconditional trust?

Isaak:

How long will it take you, dear child? How long it takes depends upon the individual person himself. One trusts immediately and the other still has no trust after thousands of years. One will trust and give his heart away unconditionally, another is halfway there, and another says, “I am using my mind.” That is a fact, and does this bother us? No, because at some future time the collective awareness shall come here to your little planet, and you all

will trust. The sort of people that seek to attend your meetings, seek out of curiosity and when they are curious we have already achieved a great deal. When they are curious we must take care that their curiosity is fed in the spiritual sense. We must take care that they begin to believe and this is the purpose of the evidence. Everyday we provide evidence, but in the first trance form, which is in the human form to please you; and we supply enough evidence. When someone has been convinced the person goes forth with a higher consciousness than someone who has not been convinced. Those that do not believe that there is more than the eye can see, are spiritually poor, whereas those that do wish to believe, begin to become spiritually richer. The one that already believes is already spiritually rich. The man in the first row is continuously talking about what was previous said, and leaning back in his stool with folded arms again address Isaak.

Man in the first row:

Can I just come back on something? I've been taught that the master's guide is always present so he can work with an instrument. I've also learnt that through the instrument you know who the person is, who the master is and what he's done. I really do want to know what the master Isaak has done.

Isaak:

I was a man who lived in the time of the Indians. I was a person just like you. In my camp I was already a wise individual enjoying the simple things and I took pleasure in connecting myself to all things made by God the creator. I felt the pain and injustice felt by many and I already felt man's discrediting. I was wise, but I was just a human being and everything was taken away from us, everything. My life then was simple, purely being, enjoying each other and listening to God's impulses, appreciating the healing plants and not taking for granted the water or the fish within. Also understanding the actuality of blossoming and the actuality of death. In that time I was a shaman and had healing knowledge. We knew about grinding and the herbs that were edible and we knew also about the place here on your forehead, the third eye, you could use to see. We knew also that via dreams you could set aside your own consciousness to release your higher consciousness. We knew how to handle changes and understood that people

needed little food for their physical selves, whereas they needed more for their spiritual selves. What my name was is of no importance; I was a warrior, not for the purpose of breaking people but for attracting the people to myself. They came and we fed them. We laid the people down and we prayed to God employing the primitive sounds within ourselves – the inner power and we knew that the moment we went to the person and combined our hands, we could make him better, but only with permission from the higher powers. I lived with the people and if you see all the bison and all the beauty there ... We knew that God had provided the food and that we could kill, but only for food and not unduly but just to eat an adequately. We knew that other mothers could feed the babies if one had no more milk. We knew that we were brothers and that we could set our hands upon the Earth and smear ourselves, not to draw attention to ourselves, but putting Earth on our bodies was for us purely an important connection to Mother Earth. We knew so much whereas you people live here among so many others, and you long for times gone by. So you seek books and you study the Indians, but in that time you broke us like snapping twigs from a tree. But there is no death because we saw the beauty of Mother Earth and still we saw the intensity of the glowing sunshine. We saw it and we felt it, but still we wept. We wept when there ceased to be food and we wept when the moment came that our camp was destroy. It was the best time ever in my earthly existence, and it was my triumph because I took with me the wisdom in spirit, and it was then that I made the decision never to return to Earth.

My master said, “You are a warrior, but this you do not need. You can combine your power here, and here you can develop the person with whom you so frequently sang your many songs on the mountaintops. But for this you have much to learn here. But you may commence developing him because you may observe. You may observe how the reincarnation process of the person, your friend, progresses. You may knock on the master’s doors and ask, ‘How is it going, is she ready yet?’”

You did not know all this information, did you Elise?

Elise:

No, this is the first time I’m hearing it, and it’s certainly very nice to know.

Isaak continues:

The feather, the feather. What does a feather signify? It is a symbol of pride, a symbol of power, a symbol of beauty and a symbol of simplicity. The feather - if I give you a feather I am actually giving you respect, I am giving you power and I am giving you unconditionally. The brothers in the past sat united, tightly united. Whether a wind came, whether a stride came, the trust remained pure and wisdom prevailed.

Lady in the room:

Please may I ask a question?

Isaak:

You may ask anything you like, dear child.

Lady in the room:

What are my family doing up there?

Isaak:

Elise, child, this one is for you.

Elise:

For me? Okay. Now, for what your personal family concerns, I don't actually have an answer for that, but I do know that there will be a task for you to....

The man in the first row snaps:

Excuse me Madam, but the question was addressed to the medium.

Elise:

And Isaak passed it on to me.

The man in the first row said with a raised voice:

This is bullshit! This is bullshit!

Then the people in the room intervened. The negative energy from this man was literally dripping, visible for everyone to see and the other people in the room found this man a complete and utter nuisance. Their reaction was strong.

Lady in the room:

Why don't you just get up and leave?

Another lady in the room:

Right, and I want to add that you have no respect.

Man in the first row:

No, it's not a matter of respect, it's just ...

Lady in the room:

You've asked the same question three times and you're so fixated on the answer that you're not even listening to what's being said.

Another lady in the room:

If you don't like it here, then go. If you do like it here, then sit down in your seat. Your behaviour is quite out of place.

Man in the first row:

If you want to be taken for a ride, that's just fine with me.

The man got up and angrily left the room. It wasn't nice and naturally we all felt totally disenchanted. I'm not one to be easily upset but I really had difficulty keeping myself calm. But anyway, out of necessity I recovered promptly because you feel responsible for the course of such an evening, and you must remain professional, mustn't you? I was wondering how Tresi felt and if she could stay calm in the background, because however great Isaak's overshadowing is, she hears everything and with loud noises or disturbances she can just fall out of trance.

Isaak with a patient smile:

That is unconditional. Unconditional – you trust unconditionally.

Isaak continues the evening and also answers the question the lady asked about her family up above.

Isaak:

Dear lady, when someone goes over and there is a love bond between the two people, understand that there is never a parting. People always find each other, purely through concentration and thought. You are pulled towards them because there up above, you always find each other. Here on Earth you can also look for each other in your hearts. Suppose that you miss someone and you have a deep longing to find a particular person, but you do not physically meet the person. Nevertheless you have a longing for a particular kind of person, and furthermore a description of how you wish the person to be. Out of the blue you pull the energy towards yourself, as everything is energy. You pull someone towards yourself and at such a moment, awareness surfaces and you think, “Do I know this person from somewhere? I am so happy in their company. Perhaps he was once my brother? Have I known him before now?” Everything has to do with energy and its’ mechanisms: you pull someone towards yourself. There above it is precisely the same, there is no time, there is no space, there is just displacement. You displace yourself in spirit. The man that has luckily vacated the room is under the impression that he holds the lease on wisdom, and that does not matter, so long as you know he does not. The moment someone is negative, screen yourself off via thoughts, telling yourself, “His energy is ignorant whereas my energy is knowledge as I know what I feel. Thousands of masters may possibly come to your Earth, but the masters could only touch you on what is feeling and they could tell you truths, left, right and centre, but the masters could not convince you if you are closed. Look, consider what did the people do to the best master ever that came? How many masters are still here, and what shall happen to them? ‘Who is without sin shall throw the first stone’, and mostly people do not want to throw, but as they cannot control themselves – they throw. They throw out of fear, they are afraid of the reality that there perhaps really is more. And they are

stubborn. This is why we say, “Surrender, give of yourself and allow the right people you that belong on your path to come to you.”

Lady in the room:

May I just take you up on that point?

Isaak:

Please do.

Lady in the room:

Can't it just be that some things belong to us? I really do believe this. I've heard some of the things you've said before, and I can relate to them, but certain things make me think, “What on earth is that all about?” Don't some things just belong to us?

Isaak:

You as a human are tuned into a frequency, and everything that is on this level, is your truth. Look, to put it simply, a child of five years lives in his own world and can understand everything relevant to his age. It can be that the child is a little wiser than the others, but indeed, you must not immediately treat the child as though he was thirty-five and present him with difficult sums to calculate.

The child has a certain awareness, he has a subconscious, but also a consciousness and so there is only so much he can understand. But when you have developed yourself spiritually, then you know more and you are more tolerant, and that is why we always speak simply. Sometimes we speak in a more complicated manner and another time, we speak more simply. What is the point of approaching a child using difficult language? The child would just stare blankly, close his ears and think, “I haven't a clue what my mother is on about.” But one child is more advanced than another, so understands whereas the other does not. One might be very intelligent; he

only has to look at a book and he retains the information, while the other thinks and thinks and thinks, and he can think until the cows come home, but he will not understand. One person immediately feels intuitively and with another it takes somewhat longer. There are so many people on Earth, there are so many different people on Earth, but one difference there is not – all people originate from the All. Look at it in this way; this is the All, the collective consciousness and suddenly you have all these sparks - the cosmic radiation. You are a spark and you have adapted a body, but the spark comes from the All. The body is physical, so suddenly you start feeling and you need food, drink and you need care. You have physical needs but all of a sudden the spark in you begins to get frustrated and asks, “What’s the matter with me? Are you still going to feed me?” So you go and seek books and you become more and more happy. You go to yoga, you meditate and you create colour and you go to such a meeting as this. You feel you have been touched and this comes because of the radiation. The radiation receives its nourishment and so the radiation truly dominates, and it dominates the physical. It can take years and years, perhaps through more lives, but all of a sudden you are just once more the spark and you return from whence you came.

Lady in the room:

May I ask another question?

Isaak:

We love questions, so go ahead and ask.

Lady in the room:

Can it just be that the doubts you have in your life are exactly what you must learn from? That you face the problem in this life as something you have to learn now, and realize in a following life how to go about it?

Isaak:

Dear child, not in a following life, but the moment you are here with us, you have consciousness. If you have discarded your material covering and you have said, “Now I accept my spirituality,” then your masters come and they

say, “Child, here is what you have asked us to conserve for you, now you may take it back.” You begin to read and then you notice that it is your own Book of Life. You say many, “Oh’s” and many “Ah’s” and sometimes you cover your eyes with your hands. Many tears will fall and you discover how inhuman you have been, and you see with eyes such as ours. Never prejudge, but always judge later and you will receive wisdom. I take it for granted that when you come to such a meeting as this that you are convinced, and if you have still not been convinced, then you still have not witnessed a good instrument. But if the instrument is good, you will return home convinced.

Elise:

Here is a gentleman who would still like to present a question.

Gentleman in the room:

This inquisitive man would indeed like to ask two more questions.

Elise:

Please, go ahead.

Gentleman in the room:

Do you also do healings?

Isaak:

Daily, daily we are busy with healings. Day and night. Not only during the day since at night-time, we still have work. When our instrument is asleep we often have to take her to the spheres. She must learn because we pass through all the wisdom via impulses in the spirit when we work in the first trance form. But also we have to make time to approach your deceased mother or father or whoever, and say, “Child, there will be a meeting to which your son shall attend, will you come?” We must strive for perfection, so that precisely the correct information is available. So day and night we heal both physical and spirit people, naturally via the laying on of hands, but also through workshops and therapy. We also provide people with evidence when they come with simple earthy problems such as how to handle their husband or wife. It is so vast, so limitless.

Gentleman in the room:

Do you also have contact with other masters? Is there are certain hierarchy?

Isaak:

Yes, the hierarchy here is of the utmost importance. The spheres, higher consciousness, higher spheres and up and up beyond. The moment that I am confronted with a question and I do not possess the wisdom, I send out a thought and before this thought is devised, I have the answer because there is no time there and there is no space there. Many masters are here and many masters convene and sit thinking, "Um, Mother Earth, a meeting there, um, something must be done on to help the meeting." So here cooperation also rules, something purely for the physical people, but apparently for us too, because if we cease cooperating, the world will collapse. If the world collapses, there is no return for us. So where will the reincarnation process be for those who still wish to return? They would not be able to return.

Gentleman in the room:

Thank you very much.

Isaak:

So, so. Can you all feel the difference now? The difference between one person and another?

There are signs of agreement and some chuckling in the room.

Isaak:

That is also not coincidental – the fact that you can feel. So often God gives you a rotten apple and through the rotten apple, he is testing you. But indeed, the wise people standing tall in their power dare to speak and they say, "Go away!" During our meeting we have also advised, "Dare to speak and dare to make the difference between good and bad." Everything has an ambience. Here this evening you are creating a positive ambience and if would you create this ambience everyday in your house, at school, and at work, then it would be a pleasant place to be, wouldn't it?

Gentleman in the room with a laugh:
Oh yes, if you have such nice colleagues ...

We laugh.

Lady in the room:
What are your thoughts about suicide?

Isaak:
Dear child, as soon as someone can take the Earth no longer, or being physical no longer, it can spiritually break the person and he decides to step out of life, choosing for death. The person is received here and it can be that he lives in darkness for a certain amount of time since his inner self is in darkness. However, the moment that he accepts the light and the spiritual love, he is taken to the positive sphere where he also gets to read his book. Never ever is there such a thing as damnation. When someone is plucked from their life through murder, then it is absolutely crucial for the person to recover here.

The person is in shock and we must ease the person saying to him, “Forgive, forgive, forgive,” because the person has gone before his time and longs to return. We must literally keep him here and he may consciously choose to drift, and he may, but we do our work to the best of our ability. Murder and suicide, these are bad scenario’s.

Lady in the room:
But what happens to the suicide’s next of kin? Surely this is not their choice as well?

Isaak:
No, dear child, it is the free will of the person that left his life.

Lady in the room:

Yes, but not the next of kin's; they are saddled with ...

Isaak:

We know that, dear child, we know that. The next of kin are powerless at that moment, they can only observe, feel and then give it a place. A wound that is large must first ooze and then it must decrease in size and at a given moment, only a scar will remain and the relative must succumb, "However difficult this is for me to accept, I have no choice in the matter. He has deployed his free will, he choose to die as he could no longer face life. I shall send him only positive energy, as I know that thoughts and words are powerful and I hope that he wakes and accepts himself in the Afterlife. On Earth he didn't do that, otherwise he wouldn't have robbed himself of his life." Loving oneself is the basis for everyone because if you have no self-love, you might opt for suicide, deciding not to go further with a broken spirit and chose for death.

Lady in the room:

But then the next of kin find themselves in a created situation they certainly didn't choose for and I don't quite understand that bit.

Isaak:

It is not your free will that had been used, but the free will of the one that has killed himself. That is where the difference lies. Look, we speak to many mothers who have lost their children, and however difficult it is for the next of kin, it was written down in their book, except as we have just said, if we are talking about murder or suicide. It is painful, very painful, painful to the extreme – and we also understand this. Pain is pain is pain. The wound is open and it just bleeds. Saying goodbye to someone you love is awful, but you must keep in the back of your mind that the person who has gone over will come to the right place. That is really true. The next of kin are thrown into a hell and they must accept and say, "He has used his free will and I can't do anything else but heal." If you have no self-love and you do not heal, then you will have a heavy existence for your remaining time on Earth. So however painful it is, always accept it. We do not say that it is easy; we admit that it is difficult, we see the wound, we see the blood and we see the

despair. We hear the words directed to the cosmos, “How could you desert me like this?” We do hear this, but there is nothing we can do when someone robs himself of his life.

Gentleman in the room:

Is the Earth the only planet where free will is executed, or are there other planets where energies reincarnate to learn how to cope with their free will?

Isaak:

No, Mother Earth is the most wonderful place to reincarnate because she has a low vibration and due to this fact, on Mother Earth you can experience the most. Mother Earth is the planet where the humans keep on returning. There are many planets and there are many other lives on the planets, but that has nothing to do with us.

Lady in the room:

Is everything preordained?

Isaak:

There are some things that are accidental as we have just explained, so there are some things that are preordained, but don't take them too seriously. Suppose that you are walking along and you see loads of wonderful flowers, or you have a special experience. Accept it, put it in your heart and say, “It was preordained.” Many people following a path deviate - on off, on off, and they waste so much time. But indeed, man is here for centuries, so there is time enough.

Gentleman in the room:

If the sun burns up ...

Isaak:

That is not going to happen. That is not going to happen.

Gentleman in the room:

That is not going to happen? But the sun has a certain mass and when that has burnt up ...

Isaak:

The sun is still hot and we are aware of the many diagnoses that the scientists make, but we know that the Earth will stay in existence. The Earth will exist until everyone has completed his evolution process, because there is still someone like Him, whom we call God. Believe us, believe us, the science ...

Gentleman in the room:

But I also believe in science.

Isaak:

But is science clairvoyant?

Gentleman in the room:

Yes, they can also calculate things.

Isaak:

Calculate with what?

Gentleman in the room:

They can't calculate the exact year, but they know that the time shall come.

Isaak:

But then we shall be ready with the Earth.

Gentleman in the room:

Yes, and where shall we all go seeing that you've just stated that the human shall remain?

Isaak:

Yes, to us! Child, this is really true, you will not take on a body continuously. No, it is the same as continuously driving a car. You have driven a car. You

have driven a car – again, and now you are fed up. You say, “I’ve had enough of driving.”

We laughed our heads off imagining carting the car off to the scrap heap.

Isaak:

We have just explained to you all that everything consists solely of energy. We have spoken about the All, that you go back in your energy, in your feeling. You do not go on reincarnating for eternity. One day you will be like me, with no body anymore, but still processing a full consciousness.

Lady in the room:

Please can you tell us something about near death experience? Is there a message here for us or for those that have experienced it?

Isaak:

Of course, because if you have a near death experience it is simple – you have nearly died. But keep in mind, some people literally do go over. They are not just nearly dead, but really over without actually being aware of this. Halleluia! They wake up in a hospital bed or in the spheres. However, there are people that go over consciously, they see the light, they see the tunnel and they go forth to the glory. These are the people that are truly privileged; they are fortunate. There are people that leave their bodies due to shock, their astral cord, the silver cord has not yet broken, but the person has moved out of their body just as they do with astral travelling. They are awake, they see the light and feel the pull towards the light, but suddenly someone appears who says, “What are you doing here? It’s not your time yet.” But you have tasted the glory and you say, “Please may I take a look?” The reply is, “No child, once over the threshold, there is no way back,” and he allows you to look into your consciousness, giving you your free choice. He lets you see how it would be for your next of kin if you leave them. So you feel the pain and you see your children and grandchildren, yet you feel tempted to go there, to taste the love. But he says, “Child, do be cautious, it is not yet your time and if you go there, you may not return.” Mostly you will choose to go back because you do realize that is it not yet your time. Still, we

do give you free will even though it is in point of fact, forbidden. Consequently the person returns to his body, wakes up and is aware and tells of the tunnel, the glory and all he has seen. Some have just seen a bridge, but all tell the same story: how wonderful it was and the longing to go into the light and never to return, making the comparison between black and white. The Earth has a low vibration, so suddenly it feels extremely heavy when you are back and you have nostalgia for the Afterlife. But everybody has to use their power to stay here on Earth, and the experience must be seen as a gift, you have seen how wonderful it is to die, so the fear of death has been conquered.

Gentleman in the room:

So you can better celebrate a funeral?

Isaak:

Yes.

Elise:

You're really born again, aren't you? You do die here, but you are reborn there and that is really a joyful actuality.

Isaak:

There are really people that celebrate. There are people in other cultures that build up a celebration, they know that a kind of caste effect exists. They are aware that there is no parting and they pray and clap and make all sorts of sounds causing some people in western society to exclaim, "Oh, how insulting!" But they have been manipulated into believing that black clothing is compulsory along with their hankies and tears. It is something purely related to culture, but if you would like your funeral to be a celebration of life, then write it in your Will.

Allow me to enlighten you with the fact that when you go over, if you are strong, you will see your own funeral or cremation and having already taken your leave, you are the only real person having fun!

The audience finds this amusing.

Isaak:

You look at all their tears. “Why? I am alive, it’s like a bad joke, they’re crying and I’m alive.” But when you try and connect with your children, husband, or wife, it really upsets you and that is why many people that have gone over are in no condition to attend their own funeral. It is heavy. If you are a vivacious person, then you may attend, whereas if you are someone who will only feel pain, then out of protection, we advice you, “Do not go.”

Gentleman in the room:

I have another question concerning pain. I’ve done a lot of sport in my time and had my fair share of fighting, suffered a few broken bones etc. but I haven’t felt the pain.

Isaak:

Wow, you must be strong, or maybe it’s the result of adrenaline?

Gentleman in the room:

Yes, I think so.

Isaak:

Absolutely child, if you are in trance. Many people can walk over fire or lie down on a bed of nails. They combine energies and at that moment, they are not physical. It happens in trance, but I would not try it if I were you.

Gentleman in the room:

I haven’t got that under control!

Isaak with a smile:

Child, I suggest that you think about why you want to use your fists instead of giving someone your hand and looking in their eyes and saying, “You may want to fight, but I don’t.” Now dear children, we thinks it rather a shame that we cannot speak to you until the sun rises considering how the energy has been raised and the continuous openness of you all is making us happy. It makes us so happy to see you happy, and we are touched when you ask us

questions. If you lie on you bed and you pray and ask, it makes us happy because all the helpers stand waiting ...

There is some chuckling in the room.

Isaak:

... and suddenly, “Yes, there is one! We can help him.” Then we are pleased. We hope that those that have felt us in their hearts take the wisdom with them, and continue their study to strengthen their wisdom.

We thank you for the love and energy that you have given.

Of course when Tresi came out of the trance, we immediately talked about the incident with the man in row number one. It upset me to such an extent that the tears poured down my face. It affected me badly that someone could attack Isaak in such an insulting manner. I love Isaak so much that it felt as though my own heart had been pierced. Isaak is love; he is so pure, lay off him! I was angry, I was sad and I was disappointed that someone calling himself ‘spiritual’ could behave in that way. Later we came to hear something quite inexplicable – that the man himself was chairman of a spiritual institute. Tresi’s first reaction was rather laconic and she comforted me with her words. Although I recovered, the pain in my heart stayed and for the remaining hours of the night I admit I didn’t sleep very well. It took me a lot of energy to let go of this incident, and as I’ve mentioned, Tresi’s reaction was at first to breeze over the skirmish, but that was only temporary. For the first few hours of the reading, she was securely in Isaak’s energy, raised by his energy.

When the work is complete the energy slowly decreases and since Isaak had no problem with the man’s attitude, neither did Tresi. However, the next day she phoned me and said that she’d had a difficult night and eventually she did experience problems with the incident. After much discussion we both came to the conclusion that we just had to let go of the event and that the title of the first book, ‘Look at it, Feel it and Let it go’, was a terrific title. Because this is how it works in reality, look, feel and then let it go again. You pick yourself up and you go further. So there you have it, dear reader, this

sort of thing can happen and we too must look and feel, and most importantly, we also have to let go.

Luckily in Eindhoven we received a warm welcome, what a relief!

Reading in Eindhoven on 13th February 2005.

What is a good attitude? We see that many people have fears and they live through everything that is the result of their own creation. Logically this is true as you create everything yourself and you also create your own fears. But it is important to accept yourself. Something else that is important is to close your eyes, lay your hands on your stomach and cherish yourself. Accept and cherish yourself because the physical human is a wonderful creature. Alas, it is often so that he does not hold the same opinion, but we think so.

Everyday we come again into your midst to guide you, to help you, to support you and to comfort you. Everyday we look at you and we try to influence you positively. We speak to your feelings and we say to you, "Child, first of all, help yourself by believing. Believe in your abilities, believe in all that you are because you are more than the eye can see; you are also feeling. What does feeling consist of? Is feeling in the mind or is feeling situated in some other place? That is a good question since feeling is never ever situated in the mind; it lays here in your stomach. If you adopt a good attitude and you breathe in and breathe out and you rouse your child, the child within yourself, and you talk to him through thoughts and you listen carefully to what he says, then you shall hear him. Maybe he makes you cry, maybe he says to you, "You have never appreciated me, you have always undervalued me." At such a moment you must always say, "Child, please forgive me then, forgive me for not listening, forgive me for being busy with earthly material things, and forgive me for attending to someone else in place of you." Could that possibly be considered egoism were you to do that? No that is unconditional, unconditional love for yourself. If you are a wonderful person, and you feel wonderful, naturally you also radiate wonder and are good company for someone else. But if you are a seeker and you seek love from another, then continue looking, because no one can fulfil you, only you can do that. You can find temporary happiness with another, but not the happiness you seek, since temporary happiness remains just that. If you are trying to get close to someone who's first need is to get close to himself, the person must foremost love himself. Then two whole people can experience

complete satisfaction. This is simply said, but difficult to achieve. Try it though; try to speak to another from your feeling. Look at the person opposite you, look deep in his eyes and say to the person, "What do you feel? Are you a feeling person or a thinking person?" Many people need to think about it. No, do not think, speak. Speak about what is bothering you. Dare to follow through what you feel. Be your complete self.

Fears. What are fears? Fears originate from here, from your head. The feeling can be frightening, but not if you soothe it. Your feeling can scream out for attention, but not if you turn inwards and say, "Come on child, I will comfort you and I will embrace you and as from today we are a team, and from today onwards I shall use both my mind and my feeling in combination. My feeling is my compass and my feeling is my teacher and not what I previously presumed it was, or what I learnt in the past or from the past." You have your head, your feelings, and you also have splendid hands that want to touch someone, hands that want to caress someone, and hands that want to demonstrate something; but so often you keep your hands to yourself. You feel the desire to hug someone, but then you think, "No, I can't give him a hug, maybe he won't like it." Well, ask. Look the person deep in the eyes and say, "I like you, please may I give you a hug?" If you say these words and he immediately winces, it means that the person is afraid, he is afraid of receiving positive attention. But if you say, "Share your fears with me and yield for just a few moments. Feel how wonderful experiencing a moment of tenderness together can be," you will see that a new feeling surfaces and that is the feeling of now, a feeling of that moment." We see so much, we constantly hear your words, but still you insist that we don't hear your words. However we claim that you don't hear our words. Turn it around, children, turn it around. Because suppose today you do hear via your tuition or your feeling and you turn your head to the side; you do hear us then, don't you? If you do not possess the gift of mediumship, you shall not hear us in the same way as our instrument hears us. But you can always feel us, because your heart is your soft spot and your feeling is connected with your heart. Listen, dare to listen without thinking, and follow the way that is 'now'. Today is again a 'now' and tomorrow is again a 'now' and everyday is a 'now'. I am not in yesterday; I am not in tomorrow, just in 'now'. So your

future is also 'now'. What you are, you radiate and you attract to yourself. Change your 'now' without delay, then you will radiate in a different way and attract other energies towards yourself. Positivity promotes itself with positivity, negativity promotes negativity – there are no other alternatives to this conception. If you come across negative people along your way, then avoid them; it's up to you, not up to the other people. It is up to you and at such a moment you are either naïve or stupid. Okay, have I stepped on your toes? You could feel this way, but it doesn't matter, since negativity is better than stupidity.

Stupidity means you are aware of it, you think about it, and you feel it and you go home and think, "Bah, that was a bitter pill. I was in a positive mood, then the negativity rubbed off on me and now I'm feeling uncomfortable." If you permit this to happen twice, then it will be out of stupidity. However, there are people that not yet conscious and there are people that are naïve towards those that flit about, flit about, flit about. They flitter about from one obsession to the next, and it is my advice to leave such people well alone. Naïve people are unaware that their goodness is being abused, but the ones that flitter love being that way, and anchoring them is impossible. But there are so many people on Earth that are aware and they know it, but they avoid recognition, making up excuses for themselves, "Maybe I'll think differently tomorrow." Or, "Maybe it's my fault, perhaps I should do something? Perhaps I should give more than I've given?" No, you must come right out with it and say, "I've through with giving; it's costing me too much energy." It is so simple; if you are with someone and you feel comfortable with them, neither time nor space is required for acclimatizing to one another – it is always wonderful. And then the time will come for each to go his own way, and that is also special because it is unconditional, you will not cling to someone, you just want to experience. If you have come to Earth that was your prime mission and that is why you are here. You said, "I want to experience, I wish to know how it is to be human. I wish to experience how it is to be angry, I wish to experience how it is to feel pain. I wish to experience." You have left your Book of Life here and in it stands precisely what you wish to experience. You said to us, your helpers and your masters, "Please will you look after this? Will you open up the book and help me?" We follow your wishes and you have your experiences, yet you swear at

us. We would like to enlighten you with the words, “There will come a time when you will look into that book and then you will understand and you will say to yourself, “Now I can nod in appreciation, now I can say why, know I know why, now I fully understand,” and your anger will fade away. The only thing left will be mourning, and you will mourn because you must let go. You will have to let go of all the wonderful people you met on Earth, and this is why you mourn. We mourn you when you leave us, but we mourn you with unconditional love letting you fly away, and welcoming you when you return home.

Here on Earth you seek the feeling of homeliness, but it not so easily found because you must feel it in your heart. Even though you are human you can feel that you are at home, because you are not body, but you are spirit. Feel at home in your house, this house, as your body is your house, and they and they and they, are all your teachers, perhaps for short periods of time, or perhaps for a longer duration. Perhaps you are with a person that walks parallel with you for a long time. He is your teacher until you say, “I’ve learnt enough with that person and now I want to proceed with my own life’s evolution process. I am not afraid to let go.” That is the reason why our book was given the title recommending to look at everything, feel everything and then to dare to let everything go.

‘God’ is a simple word, and for us is just a solitary word, the word for love. God and love are the same. Thus, you are God, because however depressed you might feel, the seed within you is there forever and ever and ever. Today your seed is overshadowed by its physical limitations and physical pain, but the seed remains until you speak to the seed and say, “I’m going to feed it with all that I have and I am going to inject it with life’s energy. I shall do everything within my power to make myself feel fine here on Earth and I shall make choices. Wow, I’ve got to make choices? Oh yea.” We frequently witness people ping-ponging, ding-dong, ding-dong, ding-dong. They just cannot choose whether left or right is best the direction. So they come to us and are really interested in what we have to say. We do this gladly, but understand that it is still your choice and you have your free will for the purpose of choosing. If you choose a direction but we have said that the

other direction was better, we allow you to go, because we have trust that at some time you will return. Oh dear, so many people have left such a thick book behind, yet they have experienced such a small amount. When they come back up here, bursting with pride and ask the master, “May I, may I, may I please look in my book?” We say, “Wait a while, first detach yourself from the material. You still have to let go of your earthly life,” and you are restless, saying, “May I? May I?” Then the time arrives and you may look in your book, but you return to us disappointed and you say, “Oh dear, I thought I’d done so well.” Then we say to you, “How often have you listened to your intuition? How often have you risen above your physical limitations? How often have you listened to your inner compass? And how often have you done just the opposite?” And then you say, “But” Don’t say, ‘but’ because ‘but’ is an excuse not to do it. So we say, “Come here child, we will comfort you, you still have many lives to go.” You say, “I will gladly go again.” But then child, you must wait, you must wait. You will not return quickly because the people you have left behind will want to see you again. This is why you stay with us for a period of time, on your sphere, and here you feel fine.

You may meet people again with whom you had a love-bond; there must be a love-bond, nothing less. So if you did not have a tie with someone here on Earth, you don’t have to worry, you will not meet him again. Take care to keep feeding those that you do cherish with love in your heart, because that is the only thing that counts here, and you find each other again through that love.

How many spheres are there? Seven high and there are some below, but you will not land up there – or will you? You come home and you feel at home, and after a while you begin to feel so much better, and it increases until you feel so nice that you don’t want to leave. Then the master comes again and says, “Come child, you want to go back, don’t you?” And you say, “Oh!” We continue, “You said you really wanted to go back and you said, ‘yes, but’. No, ‘no ‘buts’, go back child.” Then you say, “Yes, yes, but I have free will?” “Of course child.” Then we make it possible for you to feel how it would be

if you did not go, so you say, “Yes, I will go back.” And it begins all over again.

Now, we would be pleased to answer your questions. I hope that your arrows are soft, but fire them off anyway.

Gentleman in the room:

You were just talking about ping-pong. How do you make ping-ponging more stable?

Isaak:

Catch the ball.

We all laugh.

Isaak with a big smile: We will explain. The ping-pong means that you doubt, doesn't it? Toeng-toeng, toeng-toeng – so comical to see, but as soon as you know, then you doubt no more. When are you secure in the knowledge? The moment you are close to your feeling and you act without thinking about it beforehand. Suppose today you have to make a simple choice since you are no longer happy with a particular person. You study the person from a mental perspective and fabricate all sorts of explanations, but you must eliminate these because it is about feelings. You are no longer happy, so you must ask your feeling why you are no longer happy, and you will find your answer. It can be that it does not feel right to be with the person anymore, it has been long enough. It can be that the person is lacking or that he costs you destructive energy; or that you are constantly busy guiding him but without success. It can also be that the person is perhaps not comfortable in his own skin and you try and help him to feel better, but you fail to help him. Then it is time to make a choice, and the best choice at such a moment is to disconnect yourself. This does not mean that you never wish to see him again, but it does mean that you are disconnected and say, “You have your own life, and I have mine. Now I'm choosing for myself because I feel that if I try to carry on, it's too much for me.” If the person releases another radiance and you feel the change, then you could reconsider your opinion.

You may always reconsider and that is just the problem - many people are afraid that they cannot reconsider. But compare it with a walk in the woods. When you enter the woods, you encounter many paths and you choose your path rather than ping-ponging, don't you? You think, "No, this looks like a nice route." For the same money it is not the right path and you return and go an alternative way. Grant yourself the time to walk all the paths and not say, "Once I have chosen this path, there is no way back." There is always a way back. Thus, chose from your feeling and stop thinking.

"How do I do that?" "Indeed, how do you do that?" Next we ask you something very simple. "Have you tried?" We hear, "No, I don't have time." Then we say, "Begin with that." Give yourself time; get up ten minutes earlier, sit down and connect yourself with your feeling and say in thought, because thought is powerful, "I stand open for the Hereafter, for the Divine World," or whatever you wish to call it. "I am well earthed because I live on Earth, so I will also embrace Mother Earth. I wish to connect fully with the Cosmos, with Mother Earth and myself." Wonderful. And you rise with a smile, a smile – everything is energy, and say, "I am here." You add, "Mother Earth, I embrace you, Cosmos, I embrace you, feeling, I embrace you." You breathe deeply in and out, devoid of tension, you dare to relax, you dare to let go and everyday you practice again ... and Suddenly you will notice that you are healthy. You become more spontaneous, you become powerful and you shine.

Suddenly you hear yourself whistling or singing and you think, "Hey, I've just heard myself whistling!" That is the beginning, and starting with that day it leads to being more pleasant towards others in your vicinity; that is also a beginning. Then you begin to feel more, and that too is a beginning and everyday is again a new beginning. There comes a time when you say, "My thoughts are still present, but my glory is stronger than my thoughts." When you make a choice, you make the choice from your feelings purely because you have taken the time to relax, purely because you have taken the time to be thankful. We shall tell you one thing, **be thankful** for all things you have yet to possess.

Elise with a smile:
That's one to mull over.

Isaak:

We are not currently talking about shoes where you would say, "I'm thankful for the shoes that I'm yet to have." That has no sense, we mean to be thankful for what you have yet to possess. So say, "I'm thankful that I'm not currently feeling good, but I'm thankful that soon I will feel fine. I'm thankful that tomorrow I can be another person," because it is possible to be a different person. You should be grateful for everything that has to do with spiritual creation, because you can create. From sitting here now, you can go two ways. You can adopt a closed attitude or an open attitude and we notice that many people are afraid to be open, so be grateful that you can be open. Do not forget to give yourself a pat on the back, the sort of pat that you long for another to give you. So do it to yourself. It has nothing to do with giving yourself airs and graces, it simply means that you are worthy of a little self-appreciation. Power, self-confidence, "I am, I am, I am, and I rejoice that I am." We see that people cannot do that. "What am I then?" You are a human, but you are also a spirit and a spirit needs space, but man limits spiritual growth. Thus, say to yourself, "I shall not limit myself anymore," and be the spirit that says, "I stand open," and break the silence against humaneness, since humaneness has many limitations and your spirit does not. Compare it with a child. A child is human, but the spirit is stronger than the human in the child. The child is still extremely fragile, so the child speaks of what he feels, the child says what he thinks but from his feeling. Be the child within yourself, the best child that you could wish yourself to be, and that is your own child.

Lady in the room:
Can a bad youth be a blockage?

Isaak:

It is only a blockage. Of course child, but you can eliminate the blockage from your existence just by looking and feeling your bad youth; and what was the last thing? The letting go. Often we see people that want to hurt

themselves. Here on Earth you have people that want to be tied up and be beaten. But this is what you do to yourselves on a daily basis and we fail to understand. We say, “Child stop beating yourself, surrender and connect yourself to the child you once were.” Speak to that child and say, “Child, what have you experienced?” What a shame – you are an adult and the child in you suffered a fracture, but the adult is the child, but it is you who are the adult. It is right to speak to your child, with your inner self. So look at yourself, feel yourself and allow yourself to be re-born. Then it will be possible to meditate, and then you can do workshops, but you must always go back in time, you must always reflect on how it used to be, always. Confrontations are always painful, but they are the only authentic solutions. Our child, our instrument can only speak of a bad youth. “Why,” you might well say, “If you are a good guide, did you let this happen?” That is the precise reason; I let it happen because I am a good guide. If you have never experienced something, then how are you to know? You could not know how something feels if you have never experienced it, could you? At one time you sat here in the glory and you chose to incarnate accepting a body, purely to gain knowledge and then you experienced many things with cause and effect, karma and so much ballast, ballast, ballast. We say, “Throw the burden away, look inside your back-pack and clear it up. Confront yourself constantly and love yourself the way you are now and not the way you were then.

Lady in the room:

Is it true that in every life you’re supposed to experience something horrible? I consider myself to have had a reasonable childhood, and now I’m happy, but sometimes I think, “Oh dear, what’s still going to come on my path?”

Isaak:

Typical! It is never good.

We all laugh.

Isaak:

Man is the most complicated creature in all existence. If you have everything your heart desires, enjoy it and celebrate because what a future life will bring is not yet now, is it? The same applies to all of you, what you will experience tomorrow, is not yet here, so why worry about tomorrow? You create everything, including how you shall feel tomorrow. Tomorrow you will feel as you wish to feel due to all your experiences. If you receive an undesirable letter in the post all depends on how you view, feel and let go of the letter's contents. Also if you have a big fight with someone, that is also how you look, feel and let it go. It is not necessarily so child, that if you have enjoyed a good life that a bad one will follow. But I shall tell you something and that is: if a life is always good, then at sometime you will long for a bad one. Why? You have not come to Earth to twiddle your thumbs, you want to learn and grow. It can just be: if you are enjoying a good life at the moment, it is actually a reward for all the bad lives that you have lived. It does not mean that your future is threatened; it can be that in this life, you have been awarded the 'lolly-pop'. Ach, what difference does it make how your next life shall be? You get to choose yourself and you get precisely what you can cope with. Let us tell you that there are people here with us who come and say, "Oh, I have so much karma so I'm going to the Earth and I shall redeem all my karma in one go." But we reply, "Oh child, you will not be able to bear the weight of so much karma." And so you think, "Yes, I can." But we can always connect to you, so we show images of how it would be were you to carry so much karma at one time. The 'Well of Wisdom' we call that, the 'Well of Wisdom'; you look inside and you return as white as a sheet and say, "Um, just give me a little bit to redeem."

We laugh.

Isaak:

This is how it is, we don't utter one false word here; it really is this way. Here you are on Earth, and you think, "Phew, it's all too awesome for me," but if you persevere you will find it is not quite so awesome anymore. Take care that your spirit is pure and ensure that you do not need medication, medication for a disorder being an exception, a chemical disorder. If you

don't have a chemical disorder, but you have emotional problems, solve them up without medications – you do not need them.

Lady in the room:

Please may I ask something about self-realization? It is written in your first book that you raise yourself above your personality, isn't it? I understand that there is nothing concrete you can do, yet there is something you can do to achieve this. It's all a bit confusing.

Isaak:

We do not understand the question.

Lady in the room:

Self-realization, raising yourself above your personality, is there something you should be doing to achieve this, or must you just let it happen?

Isaak:

You must do it yourself. Look, we see many people that have become introverted; they are tense, so utterly tense and then we say, "Rise above your own limitations. See to it that you do the opposite to what you fear. See to it that you are different from how you have actually learnt how to be."

Most of the time you are the way you are due to past experiences; it can arise from your youth, 'the wrong parents' in inverted commas since they are never wrong, just in your opinion. Or perhaps you have had bad relationships and become an introverted person. But if you know and are aware, then you can change. If you are not aware, you cannot change. Suppose that you are afraid to speak, then come here in front of the room and feel your fear, and we shall say, "Connect yourself with your inner self and speak without even once hesitating." You will truly be expressive.

Always rise above yourself and realize you can do it. Set aside a realization of who you wish yourself to be. We have a very nice example; examples are something in which we excel. A child sits in school looking a little to the left and a little to the right and begins to fantasise. He sees all kinds of images, you know what I mean, "I want to be this ..." "I want to be that ..." and

this makes the child very happy. At such a moment the child has actually set aside a reality, a reality that is yet to be. But if the child perseveres, then we can tell you that the child can be that person. Frequently people are disappointed, but please don't give up. You must say, "I will, I will I will and I shall." Of course it must fall within your capabilities. Look, you cannot fly, but you can see to it that you set aside a creation that is possible. Can you follow this? Stay within your capabilities. From a child's perspective you could think, "I want to be a school teacher," but armed with the knowledge that you cannot read one word; then you had better learn to read. You recognize that within yourself, your inner self just knows in spite of your youth, when something is impossible. So you must seek something that is attainable. The child will feel intuitively, "That is what I want to be and it will be possible." So you have the power to achieve what you are comfortable with in your own world. We are not talking about money matters we are talking about creations. Supposing at the moment you are afraid to love yourself; that is something that you must recognize again. Suppose you have the feeling that there is someone always looking over your shoulder, then you could say, "I couldn't care less." You can colour your life all over again. How simple these words are, but how difficult they are for you because predominantly your colours consist of just black/white. It is black or white and there is no in-between. Try colouring your imagination with richness and compose a wonderful existence. Now.

Gentleman in the room:

You can be as rich in colour or as vibrant as you so wish, but you can't close your eyes to what is happening in the world, can you?

Isaak:

Yes, that is true, sir. Look, if there are wars and everyday you torment yourself, does the war pass? No, but your own war can pass. We say that you do not have to bury your head in the sand or hide yourself, but we do advise, "Consider your own possibilities towards making the world a better place." Thus, if you can improve your own world and you have a good existence in-between all the suffering on Earth, you have already achieved much. If you have the feeling that you should offer yourself for voluntary work to create a

better world for others less fortunate, then you deserve a pat on the back from us. If you state, "I'm off to get my uniform and I'm going to fight in the war," then we say, "Do not do that, child." It is not necessary. The wars will cease if you and you and you, cease to fight, otherwise they will not. It is the same with natural disasters: too much energy, too much negativity, and the greenhouse effect all taking place on Mother Earth causes Mother Earth to explode. Be conscious of this and ensure that you don't contribute towards sending Mother Earth negative energy. Make certain that you do not send negative energy to your partner or to the person sitting next to you, because then much will have been achieved. As simple as it sounds, do it. Then you think, "Yes, yes, but then I am only an observer in all the misery." No, you surrender to all the misery. Don't close your eyes to it, but don't allow it to destroy you. There are many people that have fought in the war and many that have been imprisoned in the past and treated badly. Nevertheless they tried to make the best of it, even attempting to sing despite their hungry stomachs. They made an effort to keep their families together regardless of the number of dead that fell. They strove to survive, but if you do not have to strive to survive, why should you do so? You live. Do not close your eyes, but do not allow yourself to be miserable either.

Gentleman in the room:

Do hunger and war have a purpose?

Isaak:

There is no purpose, it is just destruction. There is no purpose and the people should really grasp this fact because if you hit me and I hit you, what is the purpose in that? It has no purpose. But when no one stops; it ends when it's over. Man achieves nothing by it, so let us begin here. Men who engage in war are ignorant believing it serves a purpose. They think due to the fact that they can destroy you, they gain something, which is why they continue destroying. It is a violation. What can we do about it? Nothing. We are spectators just like you are spectators. We can sit by and watch but there is nothing we can do. But we do know that there is always a higher power

here above, and the higher power ensures that the Earth shall not be destroyed.

The wars stretch on and on for years and years. So will the hunger due to your lack of sharing, despite there being enough food for all the people on Earth. You cannot personally transport a planeload full of food, that would be just 'a drop in the ocean', but what you can do it to deposit money. Then you think, "Yes, but I have such a little." But you could well afford to donate a little of your money to a good organisation where you know it will be put to good use. If everyone would think as you, and I am not being personal here, then there would be no more hunger, would there? If you were to drastically decrease the salaries of your costly football players, singers, actors and entertainers, would it not be possible to give more to the Earth itself, in place of just one person? We are suggesting that this could be instigated by those higher in places than yourselves, but you could have your say and if need be seek publicity, so that at least the ball would start rolling. If this were to happen, the world would change. Of course there are numerous millionaires that give large amounts away, but there are also numerous millionaires that absolutely do not. There is enough food. There is enough food; it is just that it must be shared fairly. It appears that the poor lands in the third world have been cut off, and it upsets us. But if we free the barrier, help streams in and prosperity is regained, resources are given and debts are abolished, then surely this is a good beginning? But indeed, one has to contend with the mafia and the rebels, and so it all begins again. Tiring. Very tiring, but we would say, "Never give up." So, if you want to help, look around and see where to place your help. Perhaps you can be of help to your neighbour – the woman who is constantly lonely and stares through her window. Perhaps she needs your company? At such a moment you soften someone's pain, purely because your personal glory is enough; you are the little lamp in the darkness.

Gentleman in the room:

To what extent are people able to steer their dreams?

Isaak:

You have three sorts of dreams, but let us skip to the dreams that occur the most. They are the unconscious dreams and you can influence them? No. You can just clear up the subconscious, then you dream of something else. Suppose your reoccurring dream is one of drowning. It could be that you will drown in something, that you might be involved in a drowning relationship. Maybe because of the huge weight you carry, it is truly dragging you down. It can also be that you drowned in a previous life, contributing to the enormous fear, and this can still be in your subconscious. This is because your subconscious is your inner 'chip' from all your lives. This is why we always advise, "Look at the fears you carry and ask yourself, "Is it a realistic fear?" Can you connect yourself so that you know where it came from? Or maybe it comes from the past, from the distant past? The subconscious dream often plays a part. Here's a good one: many people dream that their husband or wife is having an affair. This indicates jealousy, and this signifies a fear of loss. Neither the husband or wife is guilty, but the dream re-occurs, so at a given moment they must recognize the feeling and talk to their partner; then it will disappear. Children often have fantasy dreams and their dreams are wonderful - it is glorious to witness their dreams. They wake up full of life, feeling great. If you have experienced a ruthless dream, you will feel tired in the morning and not properly rested; your body might be, but not your spirit. We love hearing about prediction dreams. But indeed we cannot enter people that are closed. We want to help every person, never forget that, and if you speak to us and ask us to help you, wait for the signals and listen for the signals and you will see that help is granted. It can be it is not the help you asked for, but it would be an alternative form of help that you do need; so dare to ask. Is this a good answer, sir?

Gentleman in the room:
Certainly.

Isaak:
Thank you very much.

There is a brief silence.

Isaak:

Something we consider this rather peculiar is that people are afraid of silence. Not us, we consider silence to be quite delightful and we ask exactly that of the physical people. Seek the silence necessary to hear us.

Thus, often seek out silence. We hear so much noise from the people; they sit in their cars with their music and we want to come and speak; we sit next to you, but the music is blaring. When you are home, what happens? TV, noise, and so many impulses. When can we enter if there are so many impulses? I cannot talk if everyone else is doing the talking. Now and again you must seek silence and listen. Listen to what you feel and perhaps you will see images. Perhaps you will suddenly see an image and think, "Wow! I just saw an image, whatever can that mean?" Then you must apply your own interpretation, as your feeling will tell you what it means. That is why visualization is so important. Learn to visualize, bring images before your eyes, and dare to retain them, then train yourself to really see them. Now what else can we do to help you?

Lady in the room:

Can it happen that you see an image of someone in your dream that you don't recognize?

Isaak:

It can happen, it can happen. Listen, it might be that you see something that means something different. So you must learn to interpret what you see. But seeing an image of a person doesn't necessarily mean it is about that person, but about the feeling the person gives you. Imagine you see an image of a bird, you would think, "Yes, yes, is it about a bird, or is it about freedom?" The interpretation? Since birth our instrument was brought up with images, and she has always spoken in metaphors, and we answer to this. During the clairvoyance we just show her things and she feels, smells and tastes, all at the same time. This is not something for you to be aware of, but she talks continuously having interpreted all the images. If we showed you other images you would have a new interpretation. The same image can mean something entirely different because your feeling must be drawn into the interpretation.

Elise:

Yes, it is something different for everyone.

Isaak:

Yes, you must never allow your dreams to be interpreted by someone other than us, because we can enter your feeling, and anyone else that interprets dreams does it without psychic powers. The psychic powers must be present, because when they are present the medium can be plugged into you. The medium can then suck your energy enabling us to interpret the dream through the translation of the images. If a connection was unsuccessful, then it is impossible as images are a form of communication. It is just like the letter 'A', or the 'B', but more words must be formed, whole words need to be formulated, before a conversation can take place.

Lady in the room:

Can you also meet each other in a dream?

Isaak:

Absolutely. That is a good question. Not living people, though. We can also exaggerate a bit, can't we? Alive is alive, isn't it? Of course there are people that can astral travel, but they do not visit your spirit. It is true that the deceased can connect to you in spirit and that you can confront them in spirit. Actually you experience a vision but you mistake it for a dream, however it really is a vision. There are so many wonderful things happening. What normally happens is that people here on Earth come to rest in our Summerland. They've had a stressful period and at the appropriate moment, they are invited to accompany us. They may subconsciously come with us, but indeed, if you are invited to come it doesn't mean that you may lay down conditions. Subconsciously coming means that you get to see your loved ones again, or those with whom you had a strong connection. You have your moments with them and you are pacified and recharged and later you may re-enter your body.

In the morning you feel fitter and you try and cling onto the experience. Every person sitting here has subconsciously experienced coming with us to

the other side. There are many spheres, but the summer sphere is a place where you can re-charge. Now we shall speak about the out-of-body experience, and there are people that are aware of it. They see their body lying there and it's shocking. Their only concern is to re-enter their body because they are so frightened. But remember however many out-of-body experiences you have, there is always control and you always return because you do not go far. If you leave your body under the guidance of your helper or guide, he will ensure that your material covering is guarded and that no other entity can take possession. Every one of you is familiar with a heavy landing, the shock you feel when waking and think, "Where have I been?" Maybe you were floating above your body?

That is also an out-of- body experience, you have not gone far, but you were above your body. You can also leave with your spirit, purely with your spirit. That means that you are here physically, but you connect spiritually. So bear in mind there is no time, there is no space and you float. Suppose you visualize yourself sitting somewhere, in a wonderful landscape for example and it seems you can smell the aromas, then you think, "This isn't real, I must be going mad!" Yes you are entitled to think this since you embrace it in the spirit where there is no time and no space, so you can embrace it. We already know your thoughts long before you formulate them.

Elise with a laugh:

Oh, I imagine that sounds like heavy traffic!

Isaak with a smile:

Occasionally we have to duck down. Don't be under the impression that we guide you constantly throughout the day. We guide you when your need is great. The need could be in your heart, and you have not asked in words, "Please help me, help me," but you long for something and have prayed. We are happy to come and we walk with you for awhile, but can you imagine how ungrateful this work is? We walk with you and we help you, but you don't hear us, except those who are intuitive and they feel nice in our company. Sometimes the other extreme happens and they do not release us, and such dependency is not something to encourage. You must never be dependent on us; you must never be dependent on a third party, only on

yourself. Enjoy yourself. We have a wonderful example: how pleasurable it is to play with your toes? In the past you did that happily, but now as an adult, you think, “Ach ...” But suppose you take your toes in your hands and play with them for awhile, isn’t that nice?” Imagine yourself at home comforting yourself, isn’t that a wonderful feeling? No, what do you do? You get a blanket and assume the blanket will comfort you. It will keep you warm, but an embrace can mean so much more than a blanket. Imagine coming home and saying, “TV off. Just me, myself and I.” You would give yourself a boost. So many people go to bed and cannot sleep because of too many impulses. We look inside their heads and we see all the soap series passing along.

Laughter fills the room.

Isaak:

When you go to bed and think about all their dialogues, and all the problems keeping them busy, is it any wonder that you cannot sleep? Your spirit cannot sleep, as your body will not surrender to sleep. You find yourself balancing, “Yes, I can sleep,” “No, I can’t sleep, I’ve got stuff to think about; tomorrow I must” Oh dear, that is why we don’t look inside your head everyday, only when you ask.

Lady in the room:

Please may I ask something?

Isaak:

Please do.

Lady in the room:

You talked about helping lonely people. You do this with pleasure, but later you realize that it wasn’t appreciated.

Isaak:

Did you do it with pleasure?

Lady in the room:

Yes I did, but later you find out it wasn't appreciated.

Isaak:

Dear child, what does it matter? You did it with pleasure, so you did it for yourself, didn't you? It's good to regularly do something for yourself. If I help you, I also help myself, because at that moment there is an interaction of energy. When it is not appreciated, then is the time to leave.

Look, how often do people come to us, we talk to them, they return home with a whole backpack full of positivity, but later relapse into their own negativity? We feel no responsibility because we have done our work, and at that moment you too have done your work. We always wait until people approach us; we would never ever approach you, but you people should approach each other. There is a time for parting; there is a time for having fun. Something else that's fantastic is song. Is there anyone in the audience that sings at home?

Elise:

Yes I do, and I see more hands raised. Indeed, we all sing from time to time, don't we?

Isaak:

And does this singing make you miserable?

Elise:

No, on the contrary.

Isaak:

So you must sing, because when you sing, it is also meditating. Everything is mediating when you project yourself. You project yourself to your inner self with meditation and you project yourself into the glory of the notes. Your aura starts to vibrate and you breathe deeply, which is essential otherwise no sound can be emitted. So actually you are doing multiple exercises with singing. You breathe in, you breathe out, you project yourself and you

concentrate on singing. Immediately you visualize, you see images and you feel great. Start saving right away for singing lessons. You are going to sing! If you are frightened of singing it also means that you are frightened of hearing yourself, because if you sing, you have to make up your own story. So don't sing what you heard on the radio because it is not yours, instead sing from your heart. If you feel sad, then sing your sadness away; if you feel happy sing in celebration. Use words in your song, because this is singing. That is singing. Sing, it can only make you feel better. Now comes the alternative. Is there someone who is happy to cry at home?

Elise:

Once again, I see a few raised hands in the room.

Isaak:

You don't need company when you go and lie on the sofa and have a good cry, just let it all out.

Elise:

It's a great way of releasing tension.

Isaak:

Yes, it is just like going to the toilet. It has the same effect, but in this case, on your feelings. You empty yourself and crying is also an emotion, just like laughing. So, who likes to laugh when he is alone at home? Just think about something funny and laugh, and keep on laughing. Why do we suggest this? It is because we see that people are afraid to cry alone, and to laugh alone, and to sing alone. They do not dare because they think, "I'm nuts sitting here talking to myself, it's a symptom of dementia."

We laugh.

Isaak:

We have mentioned it, and we have explained in our first book that dementia means reverting back to childhood, doesn't it? You become young again, so actually if you are showing signs of dementia, you might as well sing, cry and laugh. Who says this is forbidden? Never us – we encourage it. Only your

self-dominance, your own self-ego says that your inner child must be silent. But picture your child skipping home, happy, singing and laughing, you would not slap him across the face, would you? You would never do that. Then don't do it to yourself either. Now, we have all cried when alone, but how about you all doing it together? You take one another's hands and you look at each other and you say, "Let's have a little cry." A bit stupid? Not if you talk about what is bothering you, and if you feel for someone else you cry together because the other's energy affects you.

So the person cries from sadness, you join in and when he has finished crying, an exchange of emotions will follow. Dare this. Many people have such a lump in their throats they can hardly speak, but they don't give in to it. Another example: We say, "Let's take each others hands and laugh," but immediately your faces drop. Then we reveal, "We do this in the workshops; go inside yourself and give yourself the impulse to laugh." You can create anything you wish. You can laugh and you can cry, purely through your will. Try it, it's wonderful to do, and laugh together without being ashamed of showing your emotions. If you are ashamed of emotions, then you are ashamed of God, for God is love and love stems from the heart. The heart spreads all the love, and we call this 'the emotions.'

Lady in the room:

Are emotions displayed in the spheres? I sometimes wonder what you leave behind and what you take with you when you go over.

Isaak:

That is a good question, dear child. It does depend on which sphere is your home. Let us put it like this: here you will be the same person you were on Earth. So in actual fact, you leave nothing behind, except the physical. You part from the people that you liked and didn't like. You say goodbye to the material, but you do not say goodbye to yourself, you take your personality with you. You are precisely the same person you were on Earth only you have another body. You have an ethereal body of another substance. You look just as lovely as you do now, but then in feeling. But if you are a very dismal person, then here you will also be a very dismal. If you still have many barriers here on Earth, you also carry them over to us, and your emotions are

precisely the same. If you are on the sphere that is above four, then there is nothing to worry about because you will not reincarnate anymore, at least not on Earth. You live here with us and your evolution process on Earth will have been completed. You will have reached far further than you can ever imagine now. The helpers live on a lower level than the guides, but the masters, to avoid any misunderstanding, are all on a sphere not lower than the fifth. We are talking about masters; we are not talking about people card-layers or such like, but about wisdom, the wisdom you possess. We never reveal from which sphere we come, but you can add up. What do you look like when you go over? Who are you when you go over? There are people that go over and they look very old and shrivelled. Their spirit aged on the Earth and their body and spirit were too entwined, unable to separate. So you go over and you are the same person. However, after some time you liberate yourself from the material covering and you rejuvenate. My last year on Earth was a long time ago, in the year 1230 and since then I have not returned. Then my physical appearance was older than I look now. However, I have no desire to look too young, as I believe looking too young could subtract from my believability perhaps. What do you think?

Chuckling in the room.

Isaak:

But, looking old? No, only if this is the radiation that suits you. Everyone has a radiation and you have an aura. You have seven head chakras, plus your aura, and what you are, you radiate. So many people radiate a sour face, so you know at once what he's about. You know instantly that he doesn't radiate, and will not feel inside himself as through he does. We look at auras; we look at the energy field. Look at each other's auras, their energy fields and try to practise entering another's energy fields; it is quite a simple matter. Stand opposite each other, advance slowly to get a little closer and you will feel the resistance.

You will feel a resistance, so ask nice and politely, "Please may I enter your aura?" When the other person answers, "Yes," straight away the resistance dissolves. Say, "Let's practise, close yourself off from me," and you will immediately feel that the aura closes. There will come a time when you can

combine together your solar plexus and you can say to each other, “May I feel you?” You feel each other. It is possible without calling up paranormal phenomenon; it is something normal. It is possible, it is simple; in your hand you have a wonderful palm. Your palm, the cosmos, “I’m connected to the splendid cosmos.” Purely through my consciousness, I lay my hand on my knee and I say to myself, “I am sending wonderful energy to my knee.” One person has more power, thus he is able to give more than another. There are people who have natural talents and we call them a magnetizer or a psychic healer, but you all have this energy, so you can touch each other to soften pain. You must feel healthy, because if you are not feeling well it is better not to do it, whereas when you are well it feels peaceful and wonderful. It does not make you a psychic healer but you are giving positive energy.

When a child says, “Mama, I’ve got a stomach ache,” what do you do? Every mother somehow feels intuitively exactly what to do, but if an adult comes with a stomach ache, you say, “Here ...

Elise with a laugh:
... take this pill.”

Isaak laughs and says:

We cannot help laughing at you, you always have such double standards – you give the child attention, but not the adult. But say to the man, disregarding the size of his stomach, “Come here!” Will the man comply at such a moment? So many people are a little afraid of intimacy, and indeed it is intimate to touch someone in a spiritual way. You are quite happy to touch someone physically, but not in a spiritual way. When a man and a woman have just got to know each other, a spark is ignited and the sexual energy is activated, and your shame is then somewhat less. But when we suggest, “Let’s bring forward our ‘feeling’ energy,” that seems to be a little scary. Talk to each other, I hope there are no prudish people here, but talking about sex is easier for all of you than talking about feelings.

There’s murmuring and chuckling in the room.

Isaak with a smile:
Not everyone.

Elise with a smile:
No, not everyone.

Lady in the room:
What is falling in-love?

Isaak pulls a delightful face and says:
You fall in-love through your will. You want to be in-love, child, because if you are in a relationship, you will not want to be in-love anymore. So you are no longer in-love except if you feel that the relationship is not strong enough. Being in-love is something that actually lies in your head. You want to be in love, so suddenly your heart opens, your solar plexus opens, your sexual chakra opens, everything opens and you are lost.

We laugh.

Isaak:
You meet a person and he says exactly what you wish to her, but you don't see what we see - you sprout wings and you flutter. You hang on his every word, every word is sucked in, you sniff in every word, you lap up every word and you absorb every word. You just cannot get enough, until the lovesickness is over and reality resumes. Then you look at each other, you sigh and declare, "You used to be nicer."

Lots of laughter fills the room:

Isaak:
And then we say, "No child, the person is the same but you have experienced lovesickness, you have lost yourself, so you were not true to yourself. You were detached from Mother Earth and you were floating. So you actually see the person in a different light to what he really is. We always advise, "Do not be in-love, it will not help you." Meet each other heart to heart. Get to know each other as person to person, without losing yourself.

Loosing is always painful and loosing always necessitates the need for recovery. You think, "If I've lost, sometime I'd better win." That is painful, isn't it? You have to retract everything; so all the beautiful words and all the wonderful promises were created from being in-love. Growing old together, this is love. Grow old together feeling exactly what the other needs. He is your other half in wholeness. He is whole, you are whole and at such a moment you have two halves, then what do you have? A heart. Children are in-love; adults are in-love, old people are in-love, so it can always happen. You can always be fall in-love except if you put a stop to it. You say, "I don't want to be in-love anymore, I want to get to know you."

Pull yourself together and say to yourself, "I shall meditate. We are in- love. Who with? With the glory. Why are we in-love then?" We loose ourselves in the love despite the fact that we are aware of its glory. Still we gladly fall. Sometimes we also get tired with the magnitude of things we experience. When we see so much of people's miserable lives and see our work is all for nothing, we go back to the source. We connect ourselves in spirit to all that there is and we ask God to give us the glory again and to raise us above ourselves, our spiritual selves. Our power is restored and this is what we radiate. People in-love give off a glorious radiance, so be in-love with yourself.

Lady in the room:

Can we work towards going over in glory while we are still on Earth?

Isaak:

We have come across many people that have accomplished this, but it does require a great deal of time and energy. However, that is a "Yes" for you. It is possible but there are essential exercises you must do, since without exercises it will not happen. Each day you must again influence yourself with positively. Everyday you must have the courage to go on and to show yourself in the way you wish without being afraid of prejudgement. Look at the people's energy in our workshops. In the beginning they come in all stiff, looking at each other without daring to say a word from their feelings, just from their minds. After a day and a half they cling together, leaving

reluctantly because they don't want to step out of the energy. But then we say, "Take the energy with you if you want to, take it with you, and believe sincerely that you can." In all seriousness it is something that you can reflect on everyday. We love to laugh, but we also have a serious side. Be serious when you are busy with your own physical self and meditate; do yoga, tai-chi, spiritual exercises and mantra's are also lovely to do. Consider drawing, also such a pleasure. Do something spiritual otherwise you are only feeding yourself in an earthly manner. You must also feed yourself spiritually because together physical and spiritual are the right combination.

Gentleman in the room:

Can you speak to someone, in New Zealand for instance from here in Eindhoven, through extra concentration?

Isaak:

Yes, but the best way to go about it, child, is first to ring up the person and say, "Please go and sit down enabling me to connect so closely to you that you're saturated with my warmth and glory." If the person was busy with something, then nothing would enter; the person must be aware of what you are passing on. That is why it is so important that he is open, because if he is closed however much you send, nothing will enter. We know that many profess it works, but we know this is not the case. First you must ring the person, ask that he sits down and inform him that you will be busy for the next fifteen minutes, and because the person is open, the information can be received. There is no time or space during the moment you bring it over. By telephoning you transport the energy over. Nothing will be passed on if you don't make use of the telephone, will it? Doing it with telepathy is possible but only if the other person is receptive. If someone comes to us for healing and lies on the table, he is here because he wants to be. If he doesn't want to, we will not encourage him to lie down, as that would be a waste of time.

Gentleman in the room:

Is it possible for two people lying on a table to meet each other in a dream? Could that work?

Isaak:

You mean that two people lying on a table want to meet each other in a dream? Why in a dream when you can meet each other physically?

A trickle of laughter echoes around the room:

Gentlemen in the room:

Just as a game.

Isaak:

No. Alas, I must say, “No,” because then you would be creating. We have lost track since we don’t understand the game. Logically thinking, if I want to greet you, I’ll walk up to you and give you a kiss and a cuddle, and at that moment I am physically involved with you. Then I would take your hand, followed by a conversation. That is much more intense than a dream. In a dream you connect yourself spiritually with another. So to your question, we give a “No.” It has also come to our attention that many believe this to be true, but ... follow a good study, carry out good exercises, but stay within the bounds of reality. If you want to entertain yourselves with a very nice game, open your hands and say, “I’m laying your hands on me and you can try and read my thoughts, so you’ve got to make your mind a blank.” Then you say, “Think about something and then I’ll tell you what it is,” and chances are it’s correct. That is a great moment! It’s simple, but that is the way to begin. Begin with five colours. Say, “I’m beginning with five colours, so try and send me five colours.” This is telepathy and if it works it means you are open to receive. It is a nice game. Play in a physical way, because you are physical and if you have wisdom in your physical self, you also have wisdom in the spirit. If you are a reader, you will find that our book has much to say, but apply it both theoretically and practically. Here is another rather nice suggestion. Many people are shy. Shy. Copy each other. Be each other’s mirror; that is also a game. Since we are on the subject of games, suppose you meet one another and say, “May I imitate you?” Always ask for permission otherwise there is the possibility of belittling the other person. When he says “Yes,” you connect with him and then you can imitate him - that is confrontational. Just suppose that someone is shy and you imitate his

shyness, at that moment the person can conquer his shyness. Try to imitate him, but ask his permission. Suppose a person has an ego and you ask, "May I imitate your ego as I perceive it to be?" Confrontation. Nevertheless please don't let this cause an argument later. Just say, "I'm imitating you." We see that many people are stressed afterwards, "No, that's not how I am!" It is a mirror image; you are each other's teachers. You also find this with children; they mimic each other and their repeating each other can sometimes be rather irritating, can't it? However, they think it a wonderful game. Or they play a trick on someone, or they impersonate their mother who is always cleaning, so you also see the child with a little duster. Copy each other and at a given moment when you look at the child you might think, "Oh, he's exactly the same as I was." So many parents recognize themselves in their son or daughter. Or you get a child that reminds you of your mother or father. This does not mean that you don't love the child anymore, but at that moment in time, he is your teacher and you need to say, "I'll breathe in and out deeply and remove the barriers in myself. I love the child and this characteristic, but if there was a cloth available that could wipe out these barriers, I would do so." So you could perhaps help the child by preventing the nasty quality from developing. Children also have qualities and it doesn't mean that they are all good, eh? You are the teacher so it is up to you to see if it is a good quality or a bad one. Suppose the child is always moaning, you know that this is a bad quality, so you encourage him to come to you and tell you the problem. If a child is always pulling on your skirt, this is also a peculiar characteristic, so turn around and ask, "What do you want?" So try and be a teacher and not to say, "I mustn't correct, otherwise I'm not a good mother." No, you are being a good parent when you correct since you are giving the best of yourself. The same goes for us; we are doing our utmost to give our best. Of course we have much wisdom because we have lived for so long, but you also have wisdom because you are further advanced than your children. Take care that your children stay on track because what you are you also radiate to your children and pull back towards yourself. If you are chaotic, then chances are that your child will be too.

Perhaps you should say, "I really must be less chaotic." Take the time to study everything, enjoy it, but look at how much work there still is to 'the finish'.

Gentleman in the room:

Please may I ask something? How should you deal with aggression in your living area?

Isaak:

Oh dear, that is a difficult one. There are two ways in which to handle this. You can return the aggression or you can say, "I'd rather try and ignore it all." We prefer the last, but then you start thinking and ask yourself, "What is making this person so aggressive? Why are these people so aggressive towards me? Do I want to get involved? No thank you, I'll walk the other way but if it doesn't work and they come towards me, then I'd better try and appear nonchalant rather than get involved." When you display such an attitude, an explosion can follow. If you show your indifference, you resolve the situation for yourself, but not for them. You cannot approach aggressive people. As with a mad bull you can better stay out of the arena, because a mad bull is a dumb creature, so make certain that you don't irritate it by waving the red flag.

Aggressive people are quickly irritated, they want arguments and are happy to destruct, so stay out of their way. Also another piece of our advice is to ensure that good people surround you. Suppose that you live in an area infested with policemen due to the drug problem, etc. Would you feel safe in your house? No, of course not. Then we would say, "Move house."

Lady in the room:

What function does illness have in our lives?

Isaak:

There are many illnesses, aren't there? There are illnesses that are temporary and perhaps their meaning is to give you the time needed to be yourself – that you just need 'time-out' in order to rest. Suppose that you have been 'on the go' and you have a burn out, that is also an illness, isn't it? You're finished. But there are also the terminal illnesses, and you die. The best form of death is when you die after a long period of agony or a long deathbed, so

you can arrange everything and say everything you want to say. Illnesses always have a purpose – there are no exceptions. You must look at it and wonder, “Why do I have this illness?” If you are constantly out of breath perhaps it is because you don’t look after yourself. Or maybe you smoke too much, or perhaps you are in the wrong surroundings, or is there something distressing you and taking a toll on your body? So you must always look into every individual situation since it can be purely something physical and has been physically contracted.

Elise:

But if you have the same symptoms as your parents or grandparents, for instance rheumatism, has that got another function?

Isaak:

No, that is in the genes in the same way you are either big or small. Red hair, or black hair also lies in the genes. Look, you choose your parents, so you also choose for all your parents had, plus their genes knowing that you could cope with them easily. If someone has been born handicapped, we feel that people all too quickly ask, “Why?” Then we say, “Why not?” Those that are handicapped, really mentally handicapped don’t have a problem. Often they feel all right, the exception being their momentarily awareness, which at such times is just temporary. But being handicapped is also written in his Book of Life; he chose himself to be this way. Suppose for a long time you are normal and suddenly you become handicapped such as with MS or ME. Consequently you are somewhat disconnected from life, but you chose for this. It is not nice though when inhabiting your body because you are unaware of your choices. You came back with the veil of oblivion at birth, but you really did make your choices. Indeed, so often we see a person alter because of radical changes in their lives.

Gentleman in the room:

But what is the purpose of such a choice? You decide logically and humanely and not for nasty things, don’t you?

Isaak:

Right now you think this, but it is not true. Why did you choose to reincarnate in the first place? It was good where you were, but you wanted to experience humanness. Spiritually you had everything possible, but you desired to experience everything humanely, because when with us you have spiritual wisdom. So you are wiser spiritually, you have experienced much and you have learned. That is similar to choosing for a poor far-away land. Why would you make that choice when you are sitting here in prosperity? You want to know how it would be, and you return all the wiser and you have changed when you return to spirituality. You were just energy and you will never be the same person you were because now you are a wise spirit. It is your choice and most people choose for a difficult experience, but we see the need for recommending doing it step by step and doing it restfully. There will come a time when you consider yourself to have finished, because you have done everything. Then the question arises, "What now?" But since there is enough to do here; you can help people like we do, or connect yourself with the other people here with us.

I call them people, since they are people, spirit people. There are other planets, but indeed that is a whole other matter. Your Earth is just a speck in 'The All'. Look at how special you are. You feel whole and you are just a speck, or rather your Earth is a speck and you are a part of that speck. It can become awfully complicated when we attempt to explain, so we keep it simple.

Lady in the room:

I've got another question about letting go. I'm a psychologist by profession and in my opinion looking, feeling and letting go is very sound advice. However, many people are finding that very difficult. They realize it is the right thing to do but they can't let go.

Isaak:

Yes, it stems from fear doesn't it? Out of fear. Look, many people have been taught to hold onto things and when the moment arrives for letting them go, they are left with nothing. This implies they would have to start all over again, doesn't it? Imagine a person with countless problems and you declare,

“Hey pal, we’ve chewed it over and the only thing to do it to start all over again.” His reaction would be one of fear. That is why he wants to hold on, and you as a good psychologist would need to establish a new outlook on his life for him. You must gradually create a vision of how his life could be were he able to let go. So in a manner of speaking, you must actually compose scenarios, as such people need the security. If you create a scenario full of positive planning and good advice for the future, their courage will be rekindled and they will succeed in letting go. This applies to everything. Look, if you leave a child sitting in the primary school for longer than necessary, it won’t work, will it? The child must be streamed through to the next school. You as a parent are responsible for telling the child why he must leave his present school and what he can expect from the new school. You make the scenario as positive as possible for the child; otherwise he will not dare to go.

Someone who is a psychologist is on the receiving end of severe complaints and they have to listen to stories that are mostly standard. Nevertheless, helping people is a wonderful thing, but you too must be able to let things go. On returning home, you must say, “I’ve done my job, I’m just an ordinary person enjoying my home-life again, devoid of all my client’s problems. Through them I’ve become wiser and I shan’t make their mistakes.” You can learn from others, so listen to someone else’s story. That is also why fellow-sufferers are so important, so find each other. You can stimulate each other positively, but also negatively, can’t you? If you are a psychologist leading a group, ensure that you establish a positive group and approach them with the suggestion, “Let’s try and really stimulate ourselves positively and never degrade each other,” because people have the inclination to do so rather too quickly.

Isaak happily sighs and says, “Have I been helpful?” The audience react with murmurs of approval.

Gentleman in the room:
Does Isaak ever paint his face still?

We laugh.

Isaak says with a great big smile on his face, “Oh, no ... no... In the past we often painted ourselves with the Earth’s red colour. But indeed, we believed that it gave us certain stimulating effects, whereas now the belief has faded and we leave our faces be, without the paint, but it was a fine time. It was the last life I lived and actually one of the best I have ever had. The singing we enjoyed is still something we miss in our hearts, but when we sing here I travel back in time and I sing as I did then. It is not advisable to sing too much in the company of our instrument as conjuring up past memories causes her pain. We were such good friends and memories bring emotions to the surface and everything has to do with emotions. Look at what a friendship can do. Until this very day our friendship has lasted. Friendship has nothing to do with time; it is something in your feeling as long as it is solid, powerful, and is shared with devotion. Our instrument that I now name my ‘delicate flower’, received a new name when she took on a new life. Great Spirit was her name then, and I was White Feather. “Why the name Feather,” you might ask. Everything revolved around symbols and you were allotted a name from symbolic feelings. We do not understand your simple and casual way of naming your child. It must come from the heart and when you see your child and you say, “This is a rose,” you choose a name. When the child is in your womb you might already have a name, but when the child is suddenly there, you think, “No, our child should be called ...”

We name everything via our feelings and I was given the name Isaak when I was ready to take on the honour of working with the people. Why the name Isaak? Isaak is a splendid name; Isaak the laughing guide, Isaak the leader of the people. The name Isaak is associated with energy and everything is coupled with energy.
Should we close Elise?

Elise:

Yes I think so. I think the people have enjoyed a wonderful evening and are now in need of refreshment.

Isaak:

Dear people, we thank you.

Reading held in Nieuwegein on 13th March 2005

Ladies and gentlemen, we thank you. We thank you because you have decided to spend your free time with us. Many people don't know what to do with their time and so they waste it. We always say, "Cherish your time." Look at yourself and say, "What do I want to experience now, what can I experience, now, today?" It is all about experience, seeking answers within yourself and accepting existence.

When thinking about words, 'time' is just a word and feeling cannot be calculated in time. You have so much time. When you get up in the morning you have time to meditate. When you get up in the morning you have time to wish yourself, "Good morning." You have time to look outside and wish us, "Good morning." You also have time to look around and to wish the landscape and the houses, "Good morning." There is plenty of time but if you rise in the morning with little time to spare, busy with your own thoughts or because you failed to set the alarm correctly, your morning will not begin nicely. Attitude is something of importance, do you want to start the day off nicely, or not? Even if you rise in the morning and you breathe in and out deeply, you are letting go. And what are you letting go? Perhaps you have experienced many things in your sleep because when you are asleep, without actually being dead, your body is laid to rest. Your spirit frequently comes to us and often you lie just above your body. This is termed a 'little out-of-body experience. If you have a helper or guide taking you, it can be more than a 'little' experience. So much happens at such a time as your subconscious has been awakened and you work through everything in your sleep. Perhaps you have a wonderful fantasy and you see many fantasy images and that costs you energy. So when you get up in the morning you must return to the reality of your physical self. Your spirit must be completely settled and you need to feel vital because another day has been born for you to live. The gravitational forces of The Earth suck you in and you face the day with two feet secured firmly to the ground. Attitude. Scratching your head you say, "I've got a good attitude today because everything I'm going to experience is a gift. If someone comes along and

treads on my ego or my feelings, that's also a gift because I've decided to consider everything as a gift." So if you approach someone with, "Good morning," and they snap at you, say, "If you've not had a nice morning, that's entirely your fault. What have you done to guarantee a nice morning?" So when the person blabs out a whole list of excuses about the things he must do to get to work or his destination on time, you could say, "You are a leader, so why haven't you greeted me? Why haven't you greeted yourself with 'good morning' and looked outside and greeted what you see? Why didn't you take the time?" His reply will be, "I don't have time." You can say, "As a wise spirit of course you have time, but you haven't made time."

Existence is a creation from the moment you are here on Earth until you return again to us. In all that time you may create both positively and negatively. There is no difference, you may create and we as spectators look on. So if we guide you and we speak to you in your feeling and we say, "Put your time to good use today," and you say, "No, I don't want to," we stand powerless to oppose you and say, "Child, do as you please." But if you say, "Yes, I will," it makes us happy and encourages us to speak to you everyday. We will guide you daily via your intuition, via your feelings but you must switch off your mind, your uncertainty and your fear, as they are also your creations. If you have experienced a bad youth, immediately forgive yourself for the bad youth and say to yourself, "I forgive myself for the bad youth." Why? Just because your mother, father, or whoever didn't give you the right energy, it is unnecessary for you to carry it around for the rest of your life. There is no truth in that. Say, "I forgive myself, I'll let it go because it belongs to the past," and automatically you forgive your parent too. The choice is yours, as you don't have to be a victim if you don't want to be. We do see victims, but we know there need be no victims; they think they are victims, but in truth, they are not. Why? Because it is an illusion, a creation in the mind. Today you are not a victim – you have chosen to be here to embrace the truth when you feel ready, because it is your choice, and know dear child, your feeling will tell you. Our words are just words, but sense in your feeling which truths are relevant to you. Each of us can have a different perception of the truth and you might oppose each other and cause pain by manipulating. But you can simply say, "I love you, because you speak the

truth in your manner of speaking, in your manner of being and with the insights you've experienced to date, I fully accept you. I am a simple person and spirit, but I am no more than you. Perhaps I am more educated but we are all one, because we're all souls and we're all glorious." The glory is something we can share with each other because it has no diversities, requiring no education or intelligence, just allowing the energy to flow. If as parents you look at your child, never ever let it enter your head to say, "Child, your worth is less than mine because I've existed longer than you as I'm older than you."

No, you say, "You deserve to be the best possible person that you can be. I hope that you'll be a happy person living a harmonious life in peace." That is your wish, and if you have never had a parent wishing you this, then say, "I'll let that go as everything is energy and harbouring such energy would only be destructive and not to my advantage. Isn't it a relief that I as a person, can create? What a relief that each day I can manipulate myself positively again. Oh, how silly it was to have thought any differently, but not anymore! Today my choices are fresh and so will be tomorrow's. But it's not easy."

It is not easy, dear children, and we know this too. Everyday we witness the extent of man's misery. Look at your relatives, look at your relationship, look at your family; how often is there disharmony? Why? Because there are differences, your way is not their way and one tries to pull himself up, while another tries to pull him down. Everything is due to your free will and ignorance. Ignorance. What is ignorance? Ignorance means that you lack knowledge of something, "But how does one get to know?" Through investigation. You ask, "What should I investigate? Shall I investigate myself? Shall I try and feel what suits me best?" Each person wants to be something different, so is there a distinction between the two? Yes. Is one better than the other? No, it has to do with what suits you personally. Simple, try on each other's clothes and see what happens. You would think, "It looks better on you than it does on me." Why is that? It's about energy; the energy suits the other person and not you. Everything begins with energy. When you are laughing you are giving out energy, if you shake each other's hand, you are giving out energy. If you are being negative, you are giving out energy, but not good energy. If you say to yourself, "Today I'm going to caress myself

and my words will only be good encouraging words which will supply me with energy. When I look in the mirror, I'll tell my image that I'm the most beautiful person in the world," then you have a healthy ego. But only for as long as you stay realistic, and don't put yourself above another, and as long as you don't say, "You must do this..." and "You must do that..." No, you ask, "Sir, or Madam what sort of energy belongs to you? Are you a positive person or a negative person? Would you like to talk to me from your mind or your feelings? Will you provide me with a nice feeling to take home, or not? Do you favour communication above discussion?" That is energy; you speak from your perspective of the truth without hesitation or fear. You speak from your heart, from positivity and if the person speaks to you from another energy, it can be felt. You feel yourself shrinking, you feel you'd better look away, you feel the stirrings of restlessness and you feel the dire urge to terminate the conversation. At such a moment you can gain some positive energy, whereas if you say, "Madam, madam, madam, I am right, I am right, I am right," it implies the other is wrong. She will retaliate with, "I am right, I am right, I am right," then we see the two energies colliding with each other, the auras collide.

All of you have energy, an aura. You all have an aura and I assume that you are spiritually minded otherwise you would not be sitting here. I presume that you already know something about this material, and we are very pleased. Your aura is your energy and is composed of fantastic colours. If your aura is red, it means you are a fiery person, and such a person knows exactly what he wants. But there are two forms of fieriness, one with much aggression and one with passion. We tune in and feel what sort of fieriness the person possesses and when passion is revealed, we seek the origin of the passion. Then we explain where your passion lies and we have truly read your aura through feeling, as everything is tied in with feeling and connecting, and how it applies to you personally. Your intuition is unique, so your interpretation differs from another's, but if the interpretation is correct, it will come out precisely the same. If it is extremely negative, we'll see your aura pressed against you and dark in colour. So we will look where the dark colour is pressing. If it is pressing on the throat chakra it signifies the person is afraid to speak. There is a lump, and it feels like a lump of sadness, so we

say, "This child is miserable and we shall search for the origin." Then we say, "Child, where does the sadness come from? Why don't you talk about it?" Suddenly the lump disappears, purely through awareness and through letting go. Next we look at the remaining chakras. What pleases us the most is when we see the colour blue here above the crown and the openness is visible, meaning a sincerity for the Cosmos, perhaps in a small way, or perhaps more intensely. We would tell the person, "You are spiritually minded; you work with us and you work with the Cosmos." It makes the person happy and he says, "Yes, I agree." Suddenly we see energy coming from the hands and we say, "You can also magnetize," and when we see two feet on the ground, we say, "Child, make certain you stay earthed and that your connection with Mother Earth stays intact, and also the energy you suck up you can release." This is small piece of advice but it has great implications. Each aura has a colour and the auras portray different meanings per person, and must never lead to arguments leading to statements such as, "My master says ..." No, your master will say what is in your heart and it belongs solely to you. If it is the truth, then it is good. So never say, "I am wiser than you are." We are all wise, one more than another, purely through the evolution process and due to the time had for developing wisdom. Every person here on Earth lands up in the same place, so 'once upon a time', we shall all be equally wise.

Due to the fact that I speak a lot, I have immense wisdom. I speak to you daily and I have worked here for many years. My last life in 1230 was a long time ago, but time is not an issue because everything is pure energy. You people are interested in the aura and its colours. You go to 'aura reading courses' and are at liberty to do so, but if we may instruct you for one moment, there is just one thing we say: "Read from your own heart." If you see colours, feel the meaning from your heart. If we see dark clouds above someone's head it means that the person thinks far too much. If we see that he carries ballast on his shoulders, we literally see cumbersome energy and we see his walk is lopsided. We tell him, "Child unburden yourself. You are an egg that can be influenced." You sit here in the egg and the egg's protection is something you make yourself. If you stand open, everything can enter including us, but maybe human influences also enter. If you are selective and you feel fine then you will open and close, open and close. You

know precisely what you allow to enter and what not to, so you are a virus scanner, scanning every second. You scan, "What is good, what is not good?" without thinking about it every five minutes, or needing meditation, because you immediately close up. And the egg, the person within the egg can be happy year after year when he has a good harness, but if we see the harness has been totally sealed we will also see that the person within the egg will choke. So we speak to him and tell him to throw away the harness. He says, "I'm afraid." We reply, "Why are you afraid child? You don't have to be afraid, because when you are a master you can really feel which people are good for you and which are not." It does not imply that all the people who have done you wrong in the past will necessarily do so in the future. You let it happen, but now you know better and you will not let it happen. Starting from today, you have a choice because you realize, "I am whole and open for everyone, but I'm not stupid." Stupid is just a word, but someone who is stupid must learn to grow to be clever. Simple words, use simple words – often we see the physical people using difficult vocabulary. They have followed course after course and we fail to understand their words. Use simple language, for you can communicate better with simple words rather than complicated ones, since complexity stems from your thoughts and simplicity from your purity. Children are simple; they tell you exactly what to do. Everyone understands children, everyone. Everyone understands their picture-language. Learn to speak in metaphors and symbolically relay how things are put together. People that think intellectually are too complicated for me. No, we use simple language and we speak via symbols. We have so many symbols and we look and see that a child understands the symbol, so suddenly you can speak purely through your knowledge of the symbols. Symbols always speak the truth and words can be distorted.

And who are we? We are you. And who are you and who are all of you? The All, and this too is energy. If you were all to shake hands and say, "Let's increase the energy now," you would feel warm and lighter, similar to being lifted up. Give it a try, look at the person next to you and say, "Hi!"

The people shake hands, and with a laugh they greet each other.

Isaak:

Now, that's the first energy we've let go of and that was shame. The second energy is: what happens now? Now we go onto the third, where you say privately to yourself, "I'm letting you in, I'm letting you in, "I'm letting you in." Also in thought you say, "I send the person whose hand I'm holding, my purest positivity, and I'm encouraging her to give more." Know that you may long for something; it's wonderful. We feel the glory flowing to us through your will. Say, "I'm letting my thoughts run free and I am everything that is earthly and I'll send my thoughts back to Mother Earth, to their place of origin." You feel the gravitational pull in your feet, you feel them growing heavier and you feel your connection with Mother Earth and you say, "Mother Earth, I return what is yours." In thought you say, "I open myself for the sole wonderful thing in existence, and that is the Cosmos." You open your crown and all your powers of thought. It is quite wonderful. You smile and say, "A smile me," and automatically relaxation and release will follow. Visualization is creation too and you visualize in your glorious spirit. Suppose you visualize someone coming towards you who is dear to your heart; visualize the person in spirit as they are no longer alive. You want to say, "Good bye." Or maybe it is your guide, close your eyes and say, "I open myself to the invisible. Here I am. If my feeling is my guide, now I'm giving my feeling to the person I opened myself for." Maybe he will tell you something.

Maybe he will tell you something you ought to know and you need to lift the veil and not be frightened to listen. You should let go of your fears and listen to what your guide, helper or deceased has to tell you. Perhaps the message is for you or maybe it's for your neighbour. Who knows? Possibly you are an instrument or your intuition is very strong, maybe both. If you are intuitive everyday, then you are the best instrument for yourself and for everyone else. Now we disengage our hands and look at one another. Look at the person next to you or opposite you. See if the person has good energy and if he feels good, tell him so saying, "Um, you feel good, perhaps one day we can have a cup of tea together?" Possibly you have a message for him, in which case why would you withhold it? Why would you be afraid to speak? Because you're afraid to make mistakes? But dear children, you are all students and students make mistakes. Now does anyone have anything to say to another?

Elise:

I can hear people whispering to each other.

Isaak:

Here is a simple exercise, but it means so much. We would be pleased if you practice connecting with the people around you. Open your spirit to the Earth and the Cosmos and let the spirit within you speak. Raise the veil, go forward and speak, it is also energy. Errors do not exist. If your intentions are pure, you are allowed to make mistakes since you are a student. When you make a mistake today, you say, "No more mistakes tomorrow, nor the day after," because as a student, everyday you improve.

Ok, now you may question us and we are pleased when you show plenty of curiosity.

Gentleman in the room:

Regarding the situation developing in the Middle East, is it possible for the population to adopt another attitude? Perhaps with influence as we've just discussed? Or must that continue as the documentary on the Dutch television insinuated, and we've missed the boat?

Isaak:

No, it is not too late. We are aware that everything is energy and we know that the people in the Middle East are not yet living in consciousness, but are living in a sleeping consciousness. They live by survival instincts, creating to survive and to win. The trouble is power, and as long as this is in play there is nothing we can do because when someone craves so much in the negative sense, all we can do is hold up our hands and give him positive impulses. It seems to be that time after time we theoretically try wiping the person clean with a cloth, attempting to cleanse him and to enter his heart, but he refuses. But we trust in God and all there is. We trust in Mother Earth's survival. We have the knowledge. We are not afraid Mother Earth will be destroyed. We are not afraid because there are many good people on Earth. There are many people doing good work; they receive dreams and predictions that prevent

them from actually pushing the ‘red button’, because the impulses are too great. Their knowledge is too vast at that moment. Everyone on Earth has a heart full of blood, but many have sinister blood. But our trust is firmly lodged and we disbelieve the predictions. We don’t believe it; Mother Earth is here to stay. Many more wars will come, but not one so devastating that this Earth shall be one mass of destruction. No.

A gentleman in the room began asking about burial or cremation. As this was tackled earlier, I omitted to record the first part of Isaak’s answer, however halfway I switched on the tape again, as his words were too beautiful to miss.

Isaak:

We advice against cremation, except for those that can leave easily. Someone who is spiritually attuned will not have to worry. People that are ready and willing to die go over easily and need have no fear. But many people are so brisk, angry and frustrated and blame us for their death, insisting, “God has left me.” No God has not left you, it was your time, your time to come to us. It is a fact, an actual truth that spiritual pain can occur; it is not a physical pain, although it does feel physical. It feels like hell. We know this is a very delicate subject and that many people have cremated their loved ones.

But dear children, if you embrace that person in thought and you repeat what we have just done, you collect positivity and you send it to those people’s hearts and souls.

They are lifted up and are able to simply break free since any positivity that is sent always arrives. Thoughts, words and deeds are the only three forces of power you possess: what you think, what you do, and what you say. Think good thoughts, do good deeds and say good things, then you will make a difference in the world. All the faith healers collect energy and they pray, pray, pray and wonders ensue. That is also truth, but small wonders happen too. Wonders such as you sitting at your child’s bedside when he has a temperature; it pierces your heart and you lay your hand upon the child and purely in thought, you pray and ask God, “Please give me the healing power to help my child.” You have faith in the reality and you believe you can make a difference. On the strength of my white feather I can assure you it’s true.

Suddenly a wonder occurs, the temperature goes down and you have healed a child through thought, positivity and power. Look at yourself, study yourself and ask yourself if you can leave easily. If you are one of these people, you may let yourself be cremated. In India it has been a successful custom for centuries. However, India is an exceptionally spiritual land and the people have been brought up believing in the caste-system. Speaking realistically, you are often raised as heathens in this country, but nevertheless you have found your spirituality here. It makes no difference what belief you were born into, but it does matter what belief you radiate. Whether you are now Christian, Catholic or Protestant is no concern of ours; even if you are a heathen and you are a good person, we are indifferent. We shake everyone's hand and we give them a big kiss.

For awhile silence reigns, then Isaak breaks the silence with the following:

It's so quiet in here, wonderful. Silence is wonderful, wouldn't you agree? Look for silence, it encourages growth. Everyone knows that in a large supermarket you can suddenly feel your head bursting and feel disorientated and lost. You do your best to finish your shopping and you do your utmost to stay normal, but it is harder to achieve than when you are sitting somewhere on a mountaintop. "Here am I, in silence, in glory." Feel the difference. If you are in a supermarket you are jointly with many energies, the energies and the aura's mingle with yours, and you need to keep securing your personal individuality. It is like mixing colour, colour, colour; you mix it but the colour stays intact. But like you, it has been mixed, and you must rediscover yourself. When you seek and find silence you also regain your energy and it feels like being re-charged.

Gentleman in the room:

What is the reason for India being such a spiritual land, a land where masters and high souls always seem to reincarnate?

Isaak:

I am pleased you ask this. What is the reason for your presence at this reading? It is because at this reading you have an alternative energy to when

you attend a hard-rock gig. It causes us less pain to be here than to be there! The same reasoning applies to India. If you reincarnate, you look for a country and a destination because you know in which class you belong. You know, “I can redeem my karma there and evolve in my life.” It is a choice and putting aside the poverty factor, it has to do with spirituality. The people choose to embrace spirituality, which is part of their upbringing and as the families are close they stimulate each other. There is much poverty but they respect poverty and they accept death knowing that when you die you rise in the caste-system. It all revolves around belief and the accumulation of energy is the same as here. Many masters go there to preach and these masters leave behind lots of energy. India is a fine place to embark on a pilgrimage. There is a master alive there at the moment; I take it that you know of him?

Gentleman in the room:
Sai Baba.

Isaak:

Yes, and we know that many people have allowed their belief to be shaken due to the negative things exposed regarding this master. But we are also aware that negativity crept into the Lord Jesus, otherwise he would not have been crucified, would he? The same applies to Joan of Arc and Ghandi. All these masters suffered and an attempt also was made on Sai Baba's life.

However, if you are a master you are a master from birth until death and there is no such thing as stepping off the throne. Sathya Sai Baba still sits on his throne and millions and millions go there and feel his glory. Is that an illusion? No, it is reality. Despite it being alleged that he can't keep his hands to himself, we know better. We know that he is a master in the form of gloriousness and he is only working with you, nothing more. He has nothing to prove, he did that long ago. During his first few years he merely left his Visiting Card behind. He preformed what you view as wonders, yet still your belief in him toppled due to a number of people who collectively decided, “This person must be destroyed.” India is a good land and our instrument would like to visit there, but we have not granted our permission. Why not? Because she does not need to seek God in a far away land, God is everywhere. Glory can also be found in your own bedroom – we are not

meaning about together with your partner, we are speaking about you own glory. But, besides India, there are other lands that are glorious. Go to the place where our master was crucified, it is a place where his energy can still be felt, despite the troubles in the vicinity. Travel to Lourdes, to Fatima, you have many holy places from where you can send us your prayers. Everything is feeling, and if it feels good, then it is good, isn't it?

Gentleman in the room:

Yes, and I agree with everything you've said about Sai Baba, but I don't really think you've fully answered my question.

Isaak:

About India?

Gentleman in the room:

Yes, why it's such a spiritual land and why the masters incarnate there.

Isaak:

That is in relation to the energy that has been amassed. For century upon century, good masters came with their energy that was nothing but good energy, and this was collected, collected, collected, so eventually only positive energy was present in that country. It had been built up. Where did the Maya's live? In South America; also a place worthy of your visit. Where did the Indians and the shaman live? In North America, my birth place. It is also a place good place to visit and if you sit in silence and pray, perhaps you can still feel the energy. There are mediums that seek these places and they hear horses galloping and Indians singing. Also there are the slaughter fields where man carried out battles and when the people visit, the screaming and the artillery from these massacres can be heard as everything vibrates, and vibrations stay. Do you all agree with that? We didn't come here to preach, we also want to talk to you. Energies are liquid, and I have a nice example for you. If you visit someone's home where the man and woman have just quarrelled you can actually feel the liquid in the atmosphere. It also can be felt where masses of people left liquid energy behind, such as where Fatima was in Lourdes. Liquid energy is in a church as well, and often you just feel

the silence. People are afraid of talking in a church, so they immediately start whispering in case they are disturbing the Gods. But we say, “Disturb the Gods,” because they want to be disturbed, they truly want to talk to you. Were you to carry out a conversation with God in the same manner you normally would to your parents, He would be proud of you. Then he would know that you are aware that you are His equal. The same would apply to your father or mother being proud of you and happy when you speak to them, whereas if you keep your silence and only listen, this would be disappointing. “The child doesn’t answer, is there something wrong?” And God, who is love, and all the masters that belong by God’s side, the guides and the deceased, also think, “He does not speak anymore.” So, open up a conversation with us.

Gentleman in the room:

I’ve got a question about the disaster in Asia. When 200, 000 people all die together, do they all go to the same place?

Isaak:

When the disaster has taken place, the helpers and guides are there to collect the people. They are collected, brought to awareness and brought out of their shock, since these people are not alright – they have lost everything.

There is no special place here on Earth, no, they are taken to a wonderful place where they can be themselves, which is known as the ‘Summer Sphere’. It is a sphere where you can re-charge yourself, or maybe you land up in a Hospital where initially we evaluate your condition.

The summer sphere is ablaze with sunshine; a territory covered with green, with birds, waterfalls and many helpers and deceased. You stay here for a short time until you go home to your own sphere where everything is conducted under guidance. There are helpers who say, “You, you and you, belong together,” and they can get on with building up their lives again. It is too difficult to explain, but when so many people all come at the same time, there’s only one thing to do and that’s to roll up our sleeves and get on with the job. When so many people are beside themselves with grief and shock, they are in denial and just want to run away. At such a time they are in no state to accept the light. The helpers and those deceased that are not quite so

bewildered and able to lead, are the ones that help, similar to how you would help when someone is in need.

Gentleman in the room:

Please can you tell something more about the different spheres in existence?

Isaak:

There are seven going upwards; but what would you like to know?

Gentleman in the room:

Just a general explanation.

Isaak:

What is a sphere, in fact? The name sphere is much used in these modern times, but do you actually know what a sphere is? It is energy, and there are seven spheres. When you arrive here and are still extremely earthy, then your place will be on the earth sphere. A simple explanation about the spheres would be that whatever kind of person you are on Earth, and whatever your needs are on Earth, they are projected here and that becomes your home. The same applies to nourishment for instance. If you need a lot of drink, then that is your awareness and also your sphere, rather than the high sphere. On the high sphere you no longer have the need, there you need spirituality, glory, rest and mediation. One seeks the bustle, whereas the other seeks the peace. The masters come from the fifth sphere, minimal and you have finished reincarnating to the Earth when you have reached the forth sphere, and you never return. Afterwards you reincarnate by us, you grow by us, and the higher you come, the lighter you become. You experience the feeling that you're rising, you have the feeling that you ...Yes, you are just light. You just float, the force of gravity has gone. When you sit in the high spheres you have no more earthly emotions, nothing at all, you only have telepathy. You simply have a sense of feeling and thoughts are all one, so what you think another will know, so you have nothing more to hide either.

A few people chuckle.

Isaak:

The higher you rise the more wonderful it is, but know that the seventh sphere is the ultimate one, so only those that truly have everything under control reside there. If you do not have the tuning you will never ever come out there because you would not be able to bear it and you would be lost. If you have a master and a guide, they could raise you up in their energy enabling you to have a quick glimpse, and then you must return to your own sphere. It is pure? The lower spheres, no we shall not talk about them, but tell that there are still the in-between spheres. We have mentioned seven spheres, but there are also the in-between spheres and the summer sphere is one of them. You have all been in the summer sphere as some time, man for man. It is also the meeting place where you can see your loved one again. Imagine you have lost someone very dear to your heart and you cannot recover from your grief. When your helpers know you are on the path of self-destruction, they send out a plea for permission to take you there in your unconsciousness. You may see your loved one in summer land; it will be a meeting in spirit, not physically so you will not remember it. When you come back, at first you put it down to a dream, but later you change your mind because you feel relieved and are more able to work through the grief. There are also many people that accompany their guides the summer sphere purely for research and knowledge in the spheres.

Our instrument is one of the many mediums that has gone there night after night, not only to the summer sphere, but also to far destinations including my sphere, purely because everything can be retained in the subconscious. On return, she knows nothing about the visit, just the fact that she was there; she need not know consciously where she was. If we would like her to know, we have our little tricks, and she will know.

You are so easy, for us you are so easy to steer, spiritually, not physically. Everyone has at some time experienced a dream that seemed so real and vivid that you could almost smell it. Or perhaps you dreamt you met a deceased and as you were so open, you could really bond. Also everyone knows the feeling of falling back onto the bed thinking, "Oh, an earthquake!" We call this 'a heavy landing'. So much is possible, but we must act with caution when speaking, as it is possible that words can be misinterpreted. But there are also animal spheres, a children's sphere, and

there are angels (without wings), masters, and a music sphere where the most beautiful music originates. At present man does not attach quite so much worth to this music as they did to Beethoven and Mozart in the past. So much is just experienced in feeling, just in feeling. The word feeling, is feeling reality? Yes. When we speak, we do just one thing: We employ everything contained inside our instrument and we verbalize it. Of course it is her physical body, but it is our wisdom, our energy and our feeling.

Lady in the room:

My question is what precisely happens to your energy when you are with a master? I've been to visit Sai Baba and it's just as if your thoughts switch off and you're raised up. Please could you explain this?

Isaak with a big smile:

Actually we ought to make little drinking bottles where the label reads, "Do Not Think". Yes, we can answer your question. If you come into contact with a master, or perhaps a guide at that moment you are plugged in and your energy is streamed to him and he purifies it instantly. You are elevated above your physical and are no longer yourself due to the shot of positivity you have received. This positive energy is streamed out and it works on your physical self, and your thoughts are switched off as they belong to Mother Earth and not to us. They are hazy as you have become just feeling; actually you've had an overdose similar to when you overdose on drugs and your thinking has altered. Alas, it is a fact that when people are not busy with their spiritually, they revert to the earthly energy of Mother Earth. So we always advise to try and maintain both. Know that you are human, of course you need to eat, you need to drink, you must be human, but also ensure that you feed yourself spiritually. Reading good books is the same, that is also energy. Lighting up a candle for yourself is also energy. Use spiritual energy that is good and known to work for people, and you will see a change in yourself and your thoughts will lessen. Our instrument can cease thinking for days and days, purely because we have manipulated her 'switch off button'. If she could think or speak at this moment, then we could not. Furthermore she does not understand this material because she is uneducated having had little schooling, because she is just our channel.

We think it is time to bring this evening to a close, but we thank you for your attention.

Reading in Capelle a/d IJssel on 22nd March 2005.

Welcome, ladies and gentlemen. The word 'welcome' is so often just a simple word and many people have the word 'Welcome' on their doormat and they welcome other people into their house, into their home territory. When you greet someone with, "Welcome," then you are actually saying, "Come into my world, and please feel free to enter my territory. Be my guest and feel at ease." Alas, it is a fact that so many people use the word welcome when someone is unwelcome. For example: They offer him a place, a chair, perhaps a cup of coffee or tea, but at the same time they are eying him closely. At such a moment the person can feel the energy and feel the scrutiny so immediately he feels on edge and the feeling that he is not welcome.

Words are just words, whereas energy is everything that exists. When you welcome someone, welcome them via your feeling. Emanate that feeling of welcome and allow someone to feel himself in your house. Now we are speaking about a material house, but consider greeting your body, that you look at yourself and you greet yourself from top to toe. Imagine that you are at home and concentrating on your feet, and you say, "Welcome feet of mine! Everyday you lead me in my life, everyday you are the ones that literally physically and support me." Afterwards get in touch with every piece of your body via thought and feeling and repeat, "I welcome you, and I welcome you, and I welcome you, and you are welcome in my house, my house of feeling. Combined we are body and spirit, therefore we are one. We are like a Siamese twin, inseparable from each other until death. When death comes my way, then I shall leave you behind, you will have done your work and I will return home. I hope that the port opens and that they all greet me and say: 'Welcome to your real home. Everything you experienced on Earth was an illusion. Now you are back again and we hope you feel welcome.' "

When you go over to the spheres the feeling of welcome can be anticipated, whereas in your world we feel unwelcome. So often we come only to be sent back because man blames us for all your deeds, your thoughts, your creations and your words. There is nothing we can do to change this, so we are just

patient and observe, repeatedly influencing someone with positivity via telepathy and energy. There is energy in words so we collect the energy in words and try to insert them in you so that you hear them. But yes, words are a poor way of communicating because you hear a word but you don't know where to place it. Imagine that you have a feeling, a feeling of loneliness, that is your feeling and you need to search within yourself to answer the question, "Why do I feel lonely? Why don't I feel comfortable in this life? Why am I alone?" If you really study the condition you will receive the answer. Do not be afraid to listen to your feeling. Do not be afraid to experience the answers, as the answers do not always need to be happy ones. It could just be that the answers are sad and that you are aroused through this 'wake-up' call, as you term it, and you say, "Ok, it's time that I steer my life differently, it's high time now to break through the loneliness, but first I must work on myself." And to this purpose, greet yourself, caress yourself and say, "I am the most splendid creature that walks the Earth! I am perfect even though I'm not as slender as I was, perhaps my IQ is less than another's, but still I am perfect. If I truly convince myself of my perfection through acknowledging myself, I will feel it and automatically I will glow with it." When you meet someone, don't only look at the initial phase of their projection, but look through them and then you'll know if someone is a worthy person. You know if someone feels the same to you as you do to them. Everything is sifted through feeling, and this thing called 'the mind' is actually the enemy to us and during such a moment the mind is switched off. Can you be successful the first time? No, it is a slow procedure and perhaps you have to study and research yourself for years and years. Possibly you need to welcome yourself again everyday and feed yourself everyday with positive energy, but we can ensure you of results.

Why are we so often unwelcome in your world? Why are we so often accused of the contents of your life? We have our own world, don't we? You cannot see us, can you? So how come we are only visible the moment you need us? Then you send us energy that is not positive, and what do we do? We are the ones that send the negativity away. We don't send it back, as this is not in our nature, but we do protect ourselves from it. It is the same with you. If you people are surrounded by negative energy don't send it back,

avoid it. Just say, “It’s not mine, I don’t want it. It is not my energy and it can stay where it is.” But when the energy, negative energy, lingers somewhere, you get a gathering of energy resulting in disasters, as suddenly the negative energies are combined. “How does this happen?” you ask, “How is it that the world is so transient? How is it that the world is so destructive? How is it that people live in fear and poverty? How is it that the people are afraid of themselves?”

Why is it that people are hiding their faces? Why? The reason is because there is far too much negativity being projected. What you are you radiate and also pull towards yourself.

It is not our intention to immediately give you negative feelings, but we do ask that you use your feeling-antenna to sense if our words are the truth and whether our words contain positive or negative energy. Also consider whether our words are spoken from a spiritual or human viewpoint. Have we come on Earth to lend you a hand or to desert you? That’s right, we have come to lend you a hand, and we return daily to influence you. Why do you think we bother? We come because we have the gift of transferring the negative crystals into positive ones. What you are you radiate and pull towards yourself and when we are positive and combine collectively with each other, we purify the energy. “Yes, that’s an endless job,” you well might say, but throughout the world there are many people like our instrument. Universally there are people that speak about religions. Across the world people try to influence someone both positively and negatively and you must use your feeling-antenna and your senses to feel which people fall into your personal category. “With whom do I feel comfortable, and with whom should I watch out for my back?”

Here in this room there are many bodies and every body has a history and every body has been born and every body made the decision to bade us farewell for a certain length of time. One made the decision to go for a longer time than another, because otherwise you wouldn’t be here. But it is often forgotten that every live body has a soul, a spirit and a human side because actually, you are a combination of all three; body, spirit and soul.

What is the difference between the three? Which is your highest self? Not one, they are all equal. You need your body daily and everyday you must cheer yourself up positively. Everyday you need to wash, dress and give yourself food and drink. Your body must be given the necessary attention otherwise it will cause negative energy that will not make you feel happy. You have a spirit, and you ask, “What is a spirit?” When you reincarnate you are a spirit, it is in you, your inner purity. The moment you die, you go over in your spirit. What is the soul? The soul is the energy you possess when you come from the Cosmos on ‘Day 1’ and enter your first incarnation. The energy stays, it is just that you become wiser in spirit. You evolve, you evolve, and you evolve and when your body dies your spirit goes over. Death/birth, everything is one. Look at it as two halves. The one half cannot survive without the other half. See yourself as the word ‘All’, all that there is and do not forget that you don’t have to energise the soul since the soul is forever energy. But the other two, the spirit and body need energising. Value other people, but gift yourself value through all your low times and surface again. All the lows in your life are an experience and therefore an experience of spiritual wisdom. Does the experience provide physical wisdom? Yes, a temporary wisdom but not an everlasting one. You take the experience with you and when you look in your thick Book of Life and you study yourself from A – Z, you will be content and happy that you have had all the experiences and come out whole again. You will not have a body hindering you with, “This must happen,” “That must happen,” “Someone will do so-and-so to me...” No, when that time comes, you are wise. So, what does the word wise mean? Frequently we hear man say, “Oh, that is such a wise child.” Wisdom is something that you are and wisdom is something that no one can take away from you. What do you consider a measurement of wisdom?

It takes awhile before someone speaks.

Isaak:

I presume there are some wise people here?

Lady in the room:

know it-alls perhaps?

Isaak:

know it-alls is human isn't it?

Lady in the room:

Well, it's wisdom in your own way, in your manner.

Isaak:

That's true; and it includes everyone on your Earth, doesn't it? Everyone on Earth has his personal wisdom, just as you say. But what is wisdom?

Lady in the room:

Understanding something.

Other lady in the room:

Experiences, lessons learnt in life?

Isaak:

It is a feeling. It is a feeling, and at that moment you are wise. Is it possible to retain this wisdom? You can place it in your mind for keeps, just like with your temporary self-programming and your computers. Imagine talking to someone and suddenly you are wise, you feel your wisdom expanding as if you are receiving a flame of happiness, an inspiration. But where does it come from? From your feeling, doesn't it? Please correct us if we are wrong – we have also had years and years of sitting in the schoolrooms. There we had masters and these masters instructed us in wisdom. Do you retain the wisdom? Yes, the wisdom you retain for all-time until the moment that you deny your wisdom, if you approach yourself with destruction, and you say, "I this..." "I that..." all in a negative sense; then your wisdom will be replaced with foolishness. What happens then? You'll be enveloped and locked up in your own energy. Why do we speak these words? We speak these words because we see that so many people are wise and afraid of projecting their

wisdom. So we conclude that many people have feelings but they are afraid of their feelings. And if we delve deeper, we see a splitting of energy between the body and spirit. The body is telling you something, it is putting you before your spirit and suppressing it, so your spirit is steadily being pushed down and it is obedient. Your spirit chose to enter the body, so it possesses obedience and it waits until the body allows it to manifest, as it is inferior to the body. Why? Why do you think this is so? Very simple children, because you have chosen to reincarnate in the body, and you have chosen to make your spirit one with the body. That means that you have chosen to become physically wise. So automatically you say, "If you are one, are you not spiritually wise then?" You go over in the spirit retaining the wisdom forever, but you have completed this reincarnation. You look in your Book of Life with strength and glory and you say, "I have completed it, I have reached my physical limitations and I could speak with wisdom in my feeling. My body is no longer my enemy, on the contrary it is my friend." What you look like, man, woman or child, old person, it does not matter; it is all one evolution process. Children grow up if it is God's wish and old people go over in the spirit. There is no distinction in humanity, it is all one.

We are happy that so many people pray, but these people do it like this: "Dear Lord, no luck for me today! I was walking along the street and straight away I fell over. My whole body cried out and I feel so alone. Everyone has abandoned me, and I wonder why no one loves me? I'm poor, I've got no cash, my husband's having an affair and my mother didn't give me much love either." Are you all following this? Is that a good prayer? No children. Why? Because at such a moment you are bowing down to what is negative. You draw the energy towards yourself and it does not provide you with glory, but just a nasty feeling. Your throat closes and you feel your heart beating in pain. You feel alone and lonely and you think, "Ok I'll pray, but to who? No one is there and I feel I'm in darkness." Yes children, at that moment you are in darkness because your thoughts are dark, your words are dark and so are your deeds. Let me show you a different mode of praying. "Those that hear me," name the Cosmos, the All or God, "I bow down before that which I name 'holy'. I look up and I see the beauty above and I see that there is more than it is possible for my eyes to see. There is so much

beauty and it makes me happy that I may walk under heaven's sky secure with the positive energy that has entered my heart. I glimpse the beauty surrounding me; there is so much green and I see that people are good, and I feel the goodness in the people coming towards me. I feel and I know that I am a child who is still learning, and I am asking God for maturity and wisdom. When my tears flow I am asking that God wipe them away. I am asking God to give me courage everyday and the power to stand humble for myself and for people on my path. I ask God to bless the Earth upon which I may walk, because I am thankful. I am thankful that God has given me this life. Yes, today I may have a little problem that I am turning to You for. If I can turn it over to You, I believe that You can disperse it since I have no wish to keep it. Jesus said, "Give it to your brothers." I know that the brothers are there, so I shall pass it on to the brother.

I trust and I believe that the energy has waned through my words, my thoughts and my deeds, so now I shall go to sleep knowing that it shall be a good night's rest, because I have faith. My belief is my blessing and I bless myself everyday because I am positive. I forgive my mother and my father as I forgive myself. I wish my husband wisdom because he knows no better. I leave ignorant people to their ignorance, but I wish so much to be a knowing person. Amen." Why do we propose such a little prayer? Purely because we know that you as a human being can feel the difference. Feel the difference between good and bad energy just like we began this evening saying, "Welcome." Is it a written welcome void of energy or is it a welcome from the heart?

"Rest, rest," we hear these words so often. "I've had no rest, I'm so tired." Yes, dear children, we know it is so. But why is it so? It is because you are nourished or are you undernourished? It is because you don't let go? The Earth is just like you, but the Earth welcomed you. If you are tired, pass the energy of tiredness on to Mother Earth. You may, it belongs there, you are physical, so you may give it back to Mother Earth. Every now and then address what is invisible and just say in thought, "I stand open for the things that are invisible as my faith is my leader. I attract the positive energy towards myself and I am capable of streaming it. I am connected to Mother

Earth, I am connected to my origins and I am complete. I also have an aura surrounding me, and with a moments concentration I can increase my aura.” Meditation. If you meditate with a joyous expression on your face, that too is a positive deed and you breathe deeply in and out and you say, “I’m letting go of what doesn’t belong to me,” and automatically rest enters your head and your feeling, and what was imbalanced becomes balanced again. That’s a relief, isn’t it? Then suddenly you’ll comment, “How restful.” But you will still have to get used to it if you were always in a hurry and always unsettled, but the fear will have vanished. Rest, I love rest, it is so wonderful.

Now children we are ready and at your disposal. You may ask your questions and we shall be very pleased to answer them.

Lady in the room:

Letting go. You keep on talking about it and also in the first book. It’s so easy in theory, but in practise it’s so difficult to really let go of something. How do we do that?

Isaak:

Dear child, letting go is the most difficult thing there is. But how can you succeed? First with your will. Do you really want to let it go? This is the crucial question, as so many people don’t want to let go. They say so in words or thoughts, but mostly it lingers in their thoughts for ages and ages before they let it go. They have the intention and then they dare to voice it. They say, “I’m going to let it go,” but they don’t dare out of fear. They are afraid of the consequences, and they are afraid of the cause and effect. “This is the cause and I have to carry the effect.” But it is a considerable challenge because if you are here on Earth and you are practising letting go your entire life, we can tell you that your death shall be a pleasant one. When the time arrives, letting go is all you do – just that, letting go of everything. When you are here on Earth most of the time you are not required to let go of everything all at once, just one thing, then another, then another. Believe in this wisdom because it is the truth and know that parting is progress and will continue to be so. Parting, you part in order to progress. You feel in your heart if you need to let go and if your heart, who is your master, says, “Child,

let that go,” then at that moment you are merciful and you obey your heart. Your heart beats for you everyday, your heart bursts with joy for you when someone has made you happy and your heart feels the pain when someone has hurt you. Essentially your heart is your core, so follow the core and say, “Ok, first I’ll look at what I must let go of and then I will do it; also I’ll never judge beforehand, but afterwards, as what good did it do me when I prejudged in the past?” Many people are sorry when they have not let go, but there are no regrets when you have and are rewarded with a nice feeling. Then the question arises, “How do I feel if it’s right?” Well, it will continuously cross your path as if a shadow is following you, and it clings to you. You are confronted by it all the time because there is something that no longer suits your purpose; yet it won’t go away unless you have the courage to let it go.

I shall give you an example. Imagine that you have, in fact, chosen the wrong job. You are stuck in the job that feels more like an obligation; you feel no joy in your heart or that you are growing. It makes you unhappy, so at a time such as this, you must make a choice. “What could my ambitions be? What could I set down as my goals? How can I find out what I’d like to do and what suits me?”

With these questions you are creating in the mind and if you are good at visualization, you will feel the creation and think, “Yes, that’s what I want to do!” Then you must claim it, perhaps by following a study to realize your goal and to surface where you need to be. But we know that when you start fantasizing and creating in your mind you can make it your own reality, providing of course, you don’t reach too high. But everything is possible as everything is created here in your head. Another example. If you look in the mirror and wonder what you would look like with your hair up, the moment before you try you have an image, and then you do it. That is a simple example, visualizing how you would look because you did not receive the thought for nothing, it did not just simply enter. Perhaps you had just seen someone with her hair up and felt the association could be applied to yourself and thought, “I’d like that too.” That is just the complicated part that people are unaware of when it is a signal or a when it is a coincidence.

But now the answer is simple because coincidences do not exist, so it was just a signal. But then you say, "This is rather a petty example." Yes indeed, but we have to start at the beginning with students, don't we? Do you really think that our instrument used to be as she is now? Oh no, children, not at all. It is an ongoing process, as with a small child, wouldn't you agree? You get this piece of information, then that, and then some more and more and more. In the same way we handle you as small children. We try to reach you via coincidences. Suppose you are thinking about someone, the thought was received and suddenly you confront the person. Something as simple as this is due to us, or your attendance at a meeting or the choice of a good book. Nothing is coincidence. Let go. When we were deciding upon the title of this book, we thought back to our naming the first one. We considered the title of the first book very appropriate because it all begins with looking, feeling and then letting go. Everything. If you love yourself and you have a life that is unsatisfactory, why don't you change it then? Create in your mind the things you desire and be a climber. Maybe you will fall, but you will get up again and reach your goal. Many people reach their goals and your attitude is, "Yes, he can, but I can't." Yes, but clearly he has persevered and you have not.

Thank you for your question and I hope that you still have more? I think you have enjoyed this evening, so please ask more.

Gentleman in the room:

A tormenter, a tormenter that constantly says that you can't do certain things. A sort of voice. You've just said, let it go.

Isaak:

A tormenter, dear child, when you have a tormenter that has settled himself in your aura or has attached himself to the spiritual body, it is not something that you can let go of. You need help because your energy and that of the tormenter is intertwined. Shall I give you an example? I am not reading you personally, but the moment the tormenter has intertwined himself it becomes a quality and feels part of you. Your energy decreases enabling him to influence your impulses such as hearing, feeling, seeing, smelling and

anything else you can imagine. He makes you ill, and the name says it all, tormenter; it is his wish to torment you and make you ill. Then you need someone from a higher place who is attuned to a higher level that can suck up the tormenter. This occurs through an instrument and we remove the tormenter. You cannot let him go yourself unless you were so strong that you could separate yourself from what was controlling you. It takes a long time before it is a quality, and you could view it as a depression, as usually depression is not sudden but a slow oncoming process. It encloses you and suddenly the bomb bursts and a person is depressed, overworked and as you call it, he has a 'burn-out'. Then it is something visible and we need to find the origin and bring the person back in time to reveal what happened so he can commence his spiritual recovery. So when the negative energy has gone, this does not mean to say that you are free because there will be many impulses remaining, too much emotional rape, too many fears, and the consequential blockages. Perhaps your personality was strange during that time; maybe you acted differently towards your friends and colleagues and they looked at you in another way. Possibly you had a personality disorder that affected you to the extent that your energy field was so low that you needed to be spiritually patched up. This too can take a long time, but we always know if you place energy somewhere, positive energy will always be released. So it can always be expelled.

Gentleman in the room:

I know people that have become depressed through an exceedingly dramatic incident.

Isaak:

Yes, but dear child, suppose that you experience a temporary depression. Imagine someone dying who is very close to you; that is something totally different. We don't term it depression when someone has an emotional shock; he needs to heal his wound from within. But when someone allows himself healing-time to come through the mourning process, he will heal. Naturally at such a time he has depressive feelings, but he heals, he gets over it. It is the same when you feel prangs of love when either the man or

woman is away, you are depressed and don't know what to do with yourself. But it is quite different if someone is depressed in the sense that he sees life as being only grey and black.

Gentleman in the room:

Yes, with some I can see this. They have experienced something and are not the same afterwards. I don't mean for a few weeks; I'm talking about years.

Isaak:

We can well believe that, but they have made the negative energy their own. Their beliefs have taken away their laughter, their chance of a normal life again, and the power to let go of the incident. They are suspended in the negativity. Yes, you are probably right. Everything revolves around creation, doesn't it? If you want to let go, you go through a healing process, through the painful moments and you grow and come through a wiser being. Of course you change, you gain wisdom in another manner and are happy again. Many people don't dare to be happy anymore. Our example is something common and rather upsetting, so we do have a perfect understanding of the people. Imagine the situation where someone very dear to you, like your husband or child, dies. It can happen that people concerned regain their cheerfulness, but they feel guilty and don't dare claim the happiness, and so they allow the happy moments to pass them by. They do this out of guilty feelings towards the person that has died and also because society, their friends and acquaintances suddenly see them happy with someone else and they assume they'll be criticized. This is what they think, it is their creation except if they address the person and say, "Do you mind very much if I laugh again? Do you really think it's so bad if I try and pick up my life again and keep the person I lost in my heart? Is it so awful to enjoy physical love again?" Naturally everyone will say, "We are so happy to see you in such high spirits again," concerning a new partner or following the loss of a child. It is all to do with creation in the mind. If you come into contact with someone who remains in that destructive frame of mind, speak to the person. You could show them a mirror, ask them to look in it and tell the person how they come across, how they behave and what a shame it is to live their temporary existence in this way. Everything is temporary and we

know, because everyday we speak to the people on the other side because we live there. Perhaps it is due to the level from which I come, but we have never met anyone that says, “I wish that my dearest, with whom I spent so many happily married years, stays behind in hell.” No, we have never experienced that and people only wish to motivate their progress. They come through in séances and they say to their spouse, “I’m happy if you’re happy. I can let go of the Earth if you can let go of me.” At such a moment they usually ask permission to live in the spirit as if you have a very strong link with someone who has died, you constantly pull the person towards yourself. The person who is on the other side with us feels this since everything is energy, and he feels the tears and the sadness. The spirits are indeed very loyal, wouldn’t you agree? They are very loyal, dear children. We witness the spirits lie next to the living person holding their hands. They leave behind signals such as lamps that light up, interference that affects the TV, and other things happen in the house. The person notices but does not believe in it or maybe he does, but not enough to say, “My dear husband,” or “My dear child, it’s Ok. It hurts, but please let me go because I have let you go. If ever I need you, I’ll pray to you and talk to you knowing we can reach each other through telepathy.”

Lady in the room:

I have another question but I don’t know if I’m going to get an answer. Isaak, which level do you come from?

Isaak:

High. If I were to tell which level I come from, would it profit you? Would it profit us? Yes, it would profit us very much.

Lady in the room:

Well go on, tell us then!

We laugh.

Isaak:

The moment we tell you our sphere, dear child, comparisons are made. There are many instruments on Earth, and one works with this level and another with that, as you are what your instrument is. If we were to tell where we come from, rivalry is the result.

Laughter in the room.

Isaak:

We don't want that. We know that people can investigate us and can investigate our spiritual wisdom, and this is not something simply done. There are instruments that work with earthly guides and helpers that take from the ethereal cosmic field. We think it's fine; they may as long as purity is retained and no manipulation or influential predictions are given that change a person's life. But we are aware that there are masters, and all come from at least level five, and I belong with the masters.

Elise with a laugh:

See, you did get a short answer to your question.

The lady, quite happy:

Yes, that was beautiful, thank you.

Gentleman in the room:

Please may I ask you a question? Can you see other spiritual figures in this room?

Isaak:

Do we see them? Of course we see them. Can you see each other?

We laugh.

Isaak:

Nevertheless, it does have to do with levels. If there are low spirits they are not from our levels and then we have to tune into the low spirit. You can follow this, can't you? At such a moment we cannot see them since we are

not attuned, but our guides, helpers or the ones that accompany us here to this meeting, are visible to us.

Gentleman in the room:

And the spirits that are normally here in this meeting place?

Isaak:

What do you want to know about them? If they are visible? The ones that belong to you are with you and if they want to make themselves visible, they may.

Gentleman in the room with a smile:

Bringing up children is sometimes more difficult than one imagines. Have you got any tips for us?

Isaak with a smile:

That is a very good question because bringing up children is the most difficult kind of raising you can claim as your own, because it suffers no egoism or selfishness. You must put all the time you have into your children, and still they demand more. But parenthood is the most wonderful task. Why? When you bring up your children you are responsible for the results and have yourself to thank.

What you are you radiate and you pull back to yourself, so your children become a little piece of yourself. If you are a person that talks to the children everyday and the children also talk back, then your children will be communicative. If you are the kind of person that each time says to the children, "Don't be ashamed of your feelings and emotions," then your child will be open with his feelings and emotions. Are you a person that gives your child a little push in the back and says, "Child, you can be anything that you want to be," the child will be rewarded with a good position in society. But if you are the different kind, this will reflect on your children and what sort of nest they came from will be replicated. If you are flexible then your children will be flexible too. If you are anti-social, so will your children be. If you are full of love and believing, then your children will also be believers. Caress

and cuddle your children everyday, then automatically the children will caress and cuddle each other. Raising children is the most wonderful thing, but the most difficult because children can be little leaches.

We laugh.

Isaak with a smile:

But they suck because they are hungry, otherwise they wouldn't suck. If you have one of these little bloodsuckers, then ask the child, "Why are you such a bloodsucker?" Immediately the child will start waving his arms and legs about and then you say, "Too much sugar?" Perhaps the child is overactive or maybe the child is surrounded by too many impulses he's incapable of handling. Maybe the TV is watched too much, or perhaps the child has the wrong eating habits? Maybe the child is watching too many harmful programs that are unsettling, or is surrounded at home with busy energy or extreme impulses. Therefore you must evaluate if there is adequate time, space and silence in your house and see to it that your house is peaceful for the child. It needs to be a house of rest where the outside influences are plainly kept at bay, where harmony reigns and where you can sit together in silence. It needs to be a place where you look at each other and occasionally smile and the child gets a nice feeling of simplicity. That is the key, often the feeling of simplicity is absent, and he feels himself to be one of so many, so it is a struggle that the child must confront. But if you are just together, perhaps with the radio out and the telephone off the hook, energy can be built up and a good understanding with your children will result. You have taken care of the nest and created a perfection that the children will always carry with them in their memories when they have flown the nest. When the children have grown up and are old enough to bare their own children, they will talk about their mother or father and speak of their good youth. "My father was this ..." and "My mother was that ..." It will bring their emotions to the surface since everything is stored in the subconscious. Frequently children are immersed in a particular period where they are required to prove themselves. Usually the test is about study or work, or relationships between men and woman, having children or growing up and then they fly high. They are making a World Trip, but everything is engraved in the conscious and the

subconscious. It is quite wonderful when you come to us and you see all the children, so we often go to their sphere. Why? Because it gives us the chance to be children because we see that the children and our children are playing happily. Their playing continues until they have reached adulthood. When they are about twelve years old, if they are emotionally ready, they transfer to the adult sphere. They play a lot together and they share many activities, but this is punctuated by many periods of silence and the sense of just being. Of course the children are taught and they are allotted duties in preparation for guiding the people, the people that help you, since here we also have so much work to see to. You are under the impression that yours is the only planet we visit. But no, the Earth is just one planet in the All. There is still so much work to execute and the time will come when you shall change places with the children here. You will come here and do the same work as they are presently doing.

Lady in the room:

How are the people that suffer from the schizophrenic illness?

Isaak:

Do you mean what is the matter with them? There are different forms of schizophrenia. The gentleman recently brought the tormenters into discussion and people mistakenly think that it is a form of schizophrenia, but the impulses are external. But there are also people that fail to cope and their mind is split in two and they actually possess negative a part, which is the sort of negativity that breaks them.

You consist of yin and yang; you have within a negative and a positive component and at that moment you are overshadowed by the negative component. Then you will need help other than paranormal help because there is nothing more we can do for you.

You need medical aid and medication to bring the negative side to rest. Often such people are out of their minds as well as being tired of life, as there is so much they can't do, and they are quite incapable. We take the view that schizophrenia is like a frail spirit, everything is just too much and the spirit is split halved. When these people come over to us they too are restored just the same as you are when you come to us; when you remove

your material exterior, restoration can begin. Mongols are no longer Mongols, and the same applies to the handicapped as everything returns to being One, as you are no longer physical but spiritual. The spirit was dominating a faulty body, which made you a Mongol or physically challenged, but the moment you separate from your material body, we patch you up again. You take off the material covering and return to your spiritual self

Lady in the room:

I've got another question about suicide. I thought that if you commit suicide you stay with your body until it has decayed?

Isaak:

Ouch, dear child you don't have to commit suicide for that. You may stay by your body purely because you don't want to leave it.

Lady in the room:

But you come loose even if you've commit suicide, don't you?

Isaak:

Not necessarily so, not necessarily so. Of course this usually happens but it is not a strict rule. It can be that when you commit suicide you can loosen yourself sufficiently but are still somewhat lost. Often it is the mist, that is our negativity and when they land up in the mist they are unable to see our manifestation. Unable to see the light, they continue their wandering search staying close to their familiar body. It is the same if you are involved in a car accident and mist is all you see. You are reluctant to leave the car at such a moment, as the car is something known and safe, until the mist clears and we come to take you with us. There are no set rules as there are plenty of people that committed suicide who were ready to die not due to insanity or suchlike, and they go over to a pleasant sphere. I don't know if you know this story and if we are tiring you, please say ...

The public laughing:

No, no, not at all!

Isaak:

Just recently we brought our instrument into contact with a woman who first stabbed her three children to death and then threw herself under a train. Do you know this story?

The public do:

Isaak:

Our instrument didn't, someone just came with a photo of the woman and said, "Can you contact her?" Our instrument began in her normal way and suddenly the woman spoke. She did feel remorse for killing her children, but her excuse was her ex-husband intended taking the children away from her. They were divorced and she was a very good mother; she said she did it out of love, out of love for her children, so we talked to her. The woman who had brought the photo along didn't understand how she could have possibly carried out the deed, because like Elise Schuitenmaker, she was a very caring mother.

The audience directed their laughter towards me, and I accepted the compliment with a little bow and a smile.

Isaak:

She robbed herself of her life by throwing herself before the train, yet still they are altogether since God is merciful. He can read your inner condition so he knows your reasoning.

Obviously you must show remorse and this woman did, as not only did she take one life, she committed multiple murders and suicide. But God is merciful and they may stay together. So it is not all so black.

Elise:

But in such a case, does the murder carry less weight?

Isaak:

The weight of the murder is just as severe, but we don't judge; people do that. So someone like her that comes to us as a spirit will have to go through the pain and remorse and read each of her children's books. Everything is revealed and can you imagine how hard that must be? If you love your child so deeply and you see in his book all that the child would have become had he lived? Who would the child have married? How many children would the child have had? What sort of education would the child have had on Earth's school? All this times three for each child and then you own life's book. Dear child, we brought in the mother and spoke to her so the person that came with the photo could have some peace of mind. Her son was haunted by the incident and the mourning in their school was extensive. Also the thought wouldn't leave his mind, "My mother is also a lovely Mum, maybe she'll kill me too?" Everything revolves round the cause and the effect, doesn't it? Everything is nicely interwoven, but if somewhere a kink appears, everything falls to pieces and it's our job to tape it altogether again. We have enough work but we gladly help since our lives here would be dull and boring without you! We learn plenty from you; we learn how you eat and we look at your plate and think, "Are they really eating that?" We see something resembling a pig's head, and wonder, "Are they actually eating that?" Then we notice the large can of beer: "They drink that?" Then all the spirits assemble surrounding the plate, we look at each other and exclaim, "Oh no, no thank you, we don't eat that anymore. But indeed, don't get cross with us now, but you are what you eat."

The public chuckles.

Isaak:

Well of course, because if you are a naturalistic person then you eat lots of natural products. We are not talking about the biologically grown products or whatever you call them, just foods from nature such as apples, pears and vegetables. But if you are a person that is always in a hurry and has little time, you'll snack a lot. If you are someone that loves animals, you can't possibly imagine that the bunny you see now will later be on your plate. You just don't do that anymore. If you are a nature lover coupled with an understanding that everything is about the evolution process, you will say, "I

can just eat fish as I know that fish is only energy when it dies.” We are not saying that you all must become vegetarians; we are just recommending you think about what you eat.

Lady in the room:

Is there anything for dyslexia?

Isaak with a smile:

Yes, lots of patience. Dear child, if you have a dyslexic child, the child has some kind of disorder doesn't he? They just can't see the letters in the same way as you do as they are jumbled up. Quite often the children develop a sort of survival instinct and they devise little tricks. But it doesn't help if you punish the child for this. That is never beneficial, but show the child plenty of patience and address him saying, “Child, dyslexia's not a problem, it's no big deal.” The children can get by with their tricks since mostly they mix up the same letters, getting them the wrong way round. For example: If the B and the D are muddling you, then you can just say the B is the D.

This made the audience laugh.

Isaak:

So you mustn't teach the child in the same way you would learn, but look at the world through his eyes, then by means of his learning little ticks he will read flawlessly. It is like a code, once you said, “This is an A.” Always consider the child's brain as many children have this disorder forever but they can rise above it and progress nicely.

Now we feel that the people are ready to enjoy a drink, so let's have a break and later we'll come back in the first trance form. Thank you very much for listening.

Tresi/Isaak:

Now it's just me; I'm connected to Isaak but you can have a conversation with me. When Isaak springs in, then I'll say, “Isaak says...” as I am never allowed to speak in his name. In the interval just now a gentleman asked a

question about my disposition when I'm in trance. Well, I hear Isaak like I hear you and there's really no difference. I grew up with him and he's my very best friend. In the beginning I didn't know who he was, he was an invisible, scary person. I remember when I was two years old being left alone in the big house where we lived while my parents were out at work. I recall that I looked outside and in the distance I saw a man on a horse. I saw him pass by but there was no visible ground and because I saw no ground, it scared me so much that I hid in my room. I hid so frequently in the wardrobes that my parents thought their child was abnormal. Isaak has just said, "We'll explain later," but I recollect hearing conversations that I shouldn't have heard. I was in another space and could hear my father saying to my mother that I was mentally handicapped. When my aunt was in a totally different house I could hear her forbidding her daughter to play with me. I reacted to that. Once our neighbour came into the house and I saw my father's aura started flaring up. It annoyed me to such an extent that I threw her out of the house knowing how much she annoyed my father. So my whole life long, I've seen things, heard things and knew of things I wasn't supposed to. I could look at the schoolteacher and know precisely what he was thinking, what he felt, where he placed his energy and when a student in the school annoyed him. I was six when I remember hearing voices intuitively in my head, normal earthly voices saying, "Don't play with her, she's Portuguese." I grew up in Luxemburg so to them I was 'a foreigner'. I was also aware that the priest in the church where I helped had sexual feelings for me, more in the sense of a warm feeling in his heart. After the church service he took me for a ride in his car solely for the opportunity of placing his hand on my knee. He didn't bother me any further, but I felt such things. I made the decision to let it go and I played along, but it left me with a nasty feeling. I played at being nice so I was given sugar-coated almonds. I loved them so much and all I had to do was act nice and they were mine. I learnt I could get so much by manipulating; but indeed, I was just a child. There was always a sort of struggle between my knowledge and my humaneness. Somehow I knew that I shouldn't learn and that school was one big grind. I didn't like my classmates because I knew they didn't like me. I never did my best at school; I couldn't read or write, so they placed me in a 'special school' thinking, "The child is no good." During my time in the

special school, somewhere in my head I heard my aunt declaring, “My daughter is cleverer than her.” I thought, “I’ll show her one day,” and five years later, I sat in the same class as my cousin. I knew that my cousin got into trouble at home if she’d ever played with me. As you can read in the first book, when I was seven, two men from the village sexually abused me. People were suspicious of the happenings in that house, but no one did anything, perhaps being afraid that I’d take my cousin with me. I didn’t want any friends and I didn’t want to be the cause of arguments at home. So I did nasty things to the children to ensure they stayed out of my way. The consequence was my loneliness, but this period of loneliness was necessary to have contact with my guide. But I only knew this much later on. I knew, I heard and I felt and I only have to look through people to know their character.

Lady in the room:

Doesn’t this make people frightened of you?

Tresi/Isaak:

No, and do you know why? I would never misuse this ability.

Lady in the room:

Yes, but they wouldn’t know that.

Tresi/Isaak:

That’s true, but the minute I see that I’m frightening them, I pull back. I pull myself back. So often I’m in my own world and I love to be alone. I just love being in my own shell. My children know this and so does my husband. I have a very special place within me that is pure glory, pure rest and there my mind is blank. This comes from the training I was given. But to return to the gentleman’s question, when I free myself to be Isaak’s medium, I feel myself fading away. My thoughts get weaker and weaker and his thoughts become stronger and stronger.

I can hear myself talking but I don’t know what I’m saying. It’s like being quite drunk, you hear yourself speaking but think, “I wonder what on earth I’m saying?” It just happens, I hear myself speaking, in the meantime

thinking, “Oh, I must remember that and that,” hobbling along beside the facts. Somewhere I’m present in that body; Isaak and I are together in one ‘car’, but he overshadows me so powerfully that I’m gone and can’t return. I can only return if I get a shock such as someone throwing me against a door, then I’m back! But it hurts to return in such a way because then I’m completely disorientated and it’s dangerous for my aura. My ears are so sensitive that sound is very important. So if they’re busy next door with the washing up and start smashing the plates around, it breaks the trance. But also during my other work activities the ticking of a clock can also be irritating. Also I want computers turned off as the radiation hurts. When I’m busy with my work, everything can hurt as I am so precisely tuned in. My husband understands and knows that often at night my aura must rest. So that means, “I have my side of the bed, and you have yours!” I lie on my back, fold my hands together and drift off to sleep. If he comes to close, I feel my aura burning and he appreciates he’d better go back to his side of the bed. But he knows that on holiday things are a lot different and I enjoy physicality just as much as he does. On holiday I ‘see’ nothing spiritual, I am just myself and we sleep as spoons, cuddled up - no problem. I realize understanding me is difficult, but the only defining words I can use as an explanation when it burns, is that my aura feels as if it’s on fire.

Lady in the room:

Can it ever be that you have the same aura? When I lay next to my husband I have the feeling that we are laying in the same aura. I don’t know if this is the correct description – perhaps you know a better one?

Tresi/Isaak:

“Yes, words are difficult, aren’t they?” This is what Isaak is saying. Isaak says it can be that your auras are attuned to each other. This means that if your aura and that of your partner flow together, you suit each other. If you have a partner that doesn’t suit you, then you get the feeling that your aura is swearing, and that swearing is purely ethereal. The same happens when you argue with each other - the auras are like two monsters fighting. However the moment you feel restful and nice with someone, it means that you have found someone suitable.

Lady in the room:

But it's with more things. If his neck hurts, then so does mine.

Tresi/Isaak:

That's stupid!

We laugh.

Lady in the room:

Yes, but it happens.

Tresi/Isaak:

Yes, it can happen because if you are so receptive to the person that his energy literally becomes yours, these phenomenons occur. But Isaak does repeat that it's stupid because how do you benefit? At such a time you must say in thought, "That is for you." If you were a magnetizer, you would be able treat the place on his neck and take the energy away. But we see that many magnetizers also absorb a lot of energy when taking things away, consuming it and becoming sick themselves. Make certain that you are always well earthed with Mother Earth so that the energy can be returned to her. Isaak says, "You are helping someone, aren't you?" So you must not carry their problems. Now I'm aware of something that is extremely important to me. Everything that I've gone through, the misuse, being an unwanted child, literally everything, was my wish.

It was my wish and I'd do it all over again, because now I am as I am, and it wasn't all for nothing. I perceive everything as a lesson and this is because of Isaak. People's react with, "Yes, you can easily talk, you have Isaak." Then I say, "You also have Isaak. You all have Isaak as well since you can keep on coming to see him." He just needs a person and that is me, and coincidently we love each other. Our love is deep and Isaak says, "The love I have for my delicate flower is so immense that I keep on trying to provide the delicate flower with a cocoon so that no harmful things can enter. But if you are a

good protector, you must take away the protection so the delicate flower can become a strong blossom.”

So being looked after by someone able to influence exterior negativity so that not too much enters, is the perfect way for someone’s growth. “That is the reason we have allowed everything that she has experienced,” says Isaak. “We were observers, we were there, we saw it all and we comforted her. At the time she didn’t feel it as clearly as she does now, but we were present. During that period of time we allowed the delicate flower, as I call her, to be influenced by the people purely because we wanted to use her. If we had not done this, we would not have been able to use her, because as a person you must grow in your humanness, so that within it you find your spirituality. Can you all follow this? And this cannot happen if you are always raised with protection. It’s just like the rind on the cheese; a delicate flower protected by the rind will remain a delicate flower without new growth, and is of no use to us. Isaak says never ask, “Why has this happened to me?” Say, “It happened to me, and now I know better.”

Elise writes:

Ladies and gentleman I’d like to say something here. You’ve just been reading about Tresie saying that not only does she ‘have’ Isaak, but also we all ‘have’ Isaak. I must admit in all honesty it caught me unawares and at that same moment I decided I’d backtrack to that point later. Quite truthfully before my thoughts were even formulated, I received the answer. Please read it for yourself in the following story.

I’ve moved house at least 17 times, perhaps as much as 24 in my life and in retrospect I saw this was flighty behaviour. Of course I made up excuses for myself about the window being larger, the place cheaper, a better neighbourhood etc. etc. But the real reason had a deeper meaning. Indeed, there was always something: an interfering landlord, never-ending barking dogs, an annoying landlady, it made no difference, every time I fled. I still have to contend with incessant barking. Can you tolerate it? Hours and hours of a dog barking, whining or crying in the back garden? I can’t, it cuts through the marrow in my bones and I feel it in every fibre of my body making me frantic with rage and frustration. It literally destroys me.

God knew that my flighty conduct was not yet over. Not me thought, I thought I was finished with all that. I thought as long as I had the awareness to realize it was escapism, I knew that everything I'd displayed in all the years, all the excuses I invented for myself and the outside world, had nothing to do with it. Nothing was further from the truth. God provides us with material to test with. "Prove to yourself that you can resist. How about seeing if you can do it now you are aware?"

So dear ladies and gentlemen, this little mouse was given a start but was not ready by far. Once again I'm experiencing a nerve-wracking dog and the owner's disgusting behaviour. But if I'm not prepared to take flight again, what can I do? I must do something, don't you agree? Or can I just shrug it off? This is just what I did in the beginning; I didn't want to complain and I was scared, dead scared. So I suppose it's just that I can't stick up for myself. When I see something wrong or unjustified, I'll be the first one to open my mouth ... for another. Yes, for another, and don't touch my loved ones, but for myself? That is another matter.

Anyway after my period in America, Isaak took me under his wing and I became stronger and stronger. I am a good student so I learned how to open my mouth. "Don't keep it in Elise, don't allow yourself to be snowed under, don't allow yourself to be overshadowed," said Isaak. So in a nice soft friendly and acceptable manner, I dared to speak. Oh indeed I was nicely brought up and exhumed politeness. Yes alright being neat and polite is all very well but not, of course, at a cost to yourself. Talking about the dog business again, after the first complaint, I received a polite and decisive answer, but it was clear to me that not much was about to change. A few weeks later and after much irritation, I put a nicely worded note in their letterbox. Five minutes later the neighbour appeared on my doorstep, towering over me in an intimidating manner and gave me a piece of her mind! Yes, you've guessed – I crumbled and crawled back into my shell, in my own house, please note.

Weeks later after I'd suffered hours and hours of barking and had politely requested a solution, all I got was a barrage of common abuse. So that didn't help and I'm sure you can understand I knew I had to do something? But do you know how difficult that is? Ouch, sometimes our lessons in life are so hard, aren't they? What could I do now? I was a bit off my rocker, so I asked a friend what she thought - even spoke to my mother and later with Tresi. Tresi knew of familiar ups and downs from her own experiences and she'd stood her ground with courage. A quality to admire, wouldn't you agree?

There came a time when I sat working on this second Book of Isaak's, when oh, I was having such a difficult time. I could hardly concentrate, just doing what I had to on automatic pilot. Also I was in pain, I was tired and I felt generally quite lousy. Suddenly quite spontaneously I folded my hands together and prayed to Isaak. "Isaak, please help me." I had no further words and I began to sob; then the tears streamed over my cheeks. I screamed out my rage. I felt Isaak's presence and the sobs transformed into breathing in and out in a fast tempo. In out, in out, in out. This is the way in which you reach your deepest feelings, deal with the confrontations and work through barriers. I knew this method from the workshops I'd followed in the past. Strange noises came from within me, primitive noises relaying deep sadness. It hurt, it hurt so much that the tears dripped onto my lap. I just let myself go - Isaak was with me. Slowly, very slowly I regained a more restful composure and sat there lamely, still behind my little computer. Isaak just let me be and was silent, until I broke the silence and dared to speak to Isaak in thought for the first time.

Since all the misery I suffered in America, I'd never dared try anything like this. The only thing that I had dared until then was to pray to God. I knew for sure this was safe, and in my feeling I did receive answers. But to call up Isaak? Oh deary me, no, that I had never dared. But now I had reached the stage where I could. I could actually speak to him via telepathy and he gave me an answer in my feeling. Without doubt, without a single doubt I could place his answers and interpret them. It was a mixture of images, sounds and feelings and then you know. He allowed me to feel how inferior I felt, how small I felt, how I let myself be taken unawares, be belittled and

overshadowed. I just had to cry about the grief I'd caused myself. He showed me that behaving in this way I was destroying myself - that time after time I permitted it and now was the time to break through. "But Isaak, what now? Shall I go and see them again? Shall I write another letter? Shall I put up a fence? Isaak encouraged me to carry out a self-study for the answer, which is what a teacher usually does for his student. So with his help, I found the answer. Oh, what a relief. I was still somewhat numb, but I felt a lot better and I sat awhile with Isaak in silence.

For those of you that are curious to know how this story ended, I had a very strong feeling that the situation would resolve itself. The owners couldn't handle the dog, so one day they would tire of him and the dog would go. This is indeed what eventually happened.

Sometime later I thanked Isaak saying, "Thank you for your help" but later I realized, "Oh I'd used the familiar form of 'you' by mistake." Straight away Isaak showed me an image of the phone call I'd made earlier that afternoon in which I'd called Isaak a an 'okay bloke'. I burst out laughing, just to think that he actually knew I'd called him a! It's so good to laugh, isn't it? You really free your emotions and Isaak let me carry on laughing for a bit longer. Then in a flash he sketched for me a whole image of how someone spying me behind my desk that is close to the window, would probably think, "She must be out of her mind, completely loony, and totally mad. First she was crying her heart out and now she's rolling about laughing. With whom and why? With herself perhaps? Is she schizophrenic? Has she been spooked?" That image still makes me roar with laughter. The humour from above puts everything into perspective and you regain your balance. I said in thought how wonderful it is how they from above can work and play with us. Isaak explained that he can pull the strings that make me laugh and said that it's like us tickling each other. At the same time he showed me an image of two hands tickling someone under the arms. We laughed again but slowly the silence returned. A bit later Isaak showed me a piece of text in which Tresi was telling that people say to her, "That's easy for you to say, you have Isaak," and her reply was, "But you also have Isaak." When I heard this is led me to question, "Is that really true? It's not really the same, is it? Not

everybody can just go knocking on Isaak's door. They'd have to travel to be present at one of his evenings, or they'd have to make an appointment for a consultation, wouldn't they?" "Um," I thought, "that's not exactly the same is it?" and decided to present Isaak with the subject before the book would go to press.

Now I received my answer: Isaak is for Tres; Isaak is for me; Isaak is for everyone. "Thank you very much Isaak," I said, and after a spiritual embrace, he left.

Of course after such an incident, you question yourself thinking, "Have I gone mad? Was this insanity? Have I gone crazy? No, dear people it was reality, it really happened – it can transpire, it is possible that so much help, spiritual help, is possible here on Earth. Does this surprise you? Test it then, study it. Ask and you will be helped by your helper, guide, Isaak or God. Just ask and you will be helped.

Now that was a just a little intermission on my part, but let's continue quickly with the audience's questions in Capelle a/d IJssel.

Gentleman in the room:

Sometimes you can meet someone and in a flash you feel attracted to them. It is always standard that you know that person from another life? How can we picture this?

Tres/Isaak:

"That is not necessarily so," says Isaak. He continues, "It can be that when you meet someone there is a kind of recognition in your feeling that the person is meant to come along for you at this moment in time. We see that people dig too deeply into the past. It can be that perhaps the person has exactly the right information for you to carry on again in the present. If you feel attracted towards someone, you must always give in to that feeling, always indulge it. It can be that you have a subconscious spiritual memory, that you've known the person in the past. We call this spiritual affinity – it can be, but not necessarily. That is why we always read outwards from a

situation. If you tell us such a story, first we look and then we feel their two energies, and determine what their assignments are with each other. We must always reflect on the individual, as the answer only fits the individual.

Gentleman in the room:

Whether it's a man or a woman you love just them immediately.

Tresi/Isaak:

Yes, that's right because somewhere you recognize it in your feeling. Isaak says, "Look, every person has an individual script and that script lies here with us. The helpers are here with us above and they look at your script and say, 'Ok, we have to bring these two together'. So tra la, they influence the two people positively so they are attracted to each other. There can also come a time where the exact opposite occurs and you having a notion that you want nothing more to do with the person, that it's finished, you're totally drained and ready to move on." Isaak adds, "That's why parting is always progress. Parting is progress, 'Ok, I've had enough, I'm progressing to the next stage in my life, and the next and the next.' The same applies to children, doesn't it? At a given moment you must also let them go. It is not inevitable that the children you have now will be your children in the next life. Indeed you have them now, but once you are born again that is over, you begin anew with a new life and a new script. It can be that you have a spiritual affinity with someone who is your child and you can meet him again in another life, so it is not always a parting." Isaak and I know each other from that life in 1230 and since this time he is truly my protector, but not in a mediumistic form. This is my first life as a medium. Once I was a so sort of witch, a ...

Elise:

A herbalist.

Tresi:

Oh yes, a herbalist, tells Isaak.

Gentleman in the room:

Do you have continuous spiritual contact with him?

Tresi/Isaak:

Now? Yes.

Gentleman in the room:

Also at home?

Tresi/Isaak:

Yes, so much that I just miss him if he isn't there. It's just like calling your mother, but it's not an addiction. But often it's the case that I let things run their course, like with my daughter. When she was a newborn, diarrhoea left her totally empty and I waited nine months before I asked Isaak's advice; then I had to ask. He could have volunteered the answer, but he doesn't do that. He said, "Ask the question and I shall answer it." He told that she was allergic to milk, oranges and laxative vegetables. We corrected her diet and she no longer suffered from diarrhoea or the probing of the Hospital. Then you could say, "Why did you wait for so long?" Yes, stubborn, aren't I? I thought, "The doctors are keeping her under control in the Hospital." Look, when I first got to know Isaak, I absolutely bombarded him with questions; questions that were really mean catch questions. If I view myself back on videotape, I think, "Wasn't I nasty?" Now I do talk to him, but more in a motherly way, such as, "What do you think of that?" or "What should I do?" Or I just ask him for a healing, something that I receive everyday from him. Everyday for a quarter of an hour, wonderful – just like a bath. But when I go on holiday he does desert me somewhat as he goes home.

Elise:

Then he also has a holiday.

Tresi/Isaak:

Then he has a holiday and only if I really need him, he will come. It is not so that he is always visible to me, I just know for a fact that he's there. It's not so that I'm looking at his face the whole time - I hardly ever look at his face. I concentrate on what I'm receiving, not on what I see. Isaak is also very

funny and can really make you laugh. You can experience Isaak's sense of humour when he's in the halls, and he fully adjusts himself to his audience, which is so nice. Sometimes I accuse him, "You listen much too much to what's being said in my home." Then he replies for example, "Zip it!" Typical my children! He also uses modern language and sometimes I say, "That's what you think, but I don't." But then he uses his influence, it's just like diarrhoea, you must get rid of it, you must put it into words.

Elise with a frown and a smile:

Such nice comparisons we're using today, aren't we?

Tresi/Isaak:

Yes, it's just that it must come out. I do know about myself that I'm not very communicative, although no one would think so, but it's true. Often I'm just not outgoing, but the moment I'm busy with Isaak, then I am. He gives me the energy to be outgoing and for the rest of the time I think it's fine to be in my own world. If you talk so much in your work, it's lovely to be silent and silence does not scare me. I can sit next to my husband during the whole three day journey to Portugal, and we say practically nothing to each other. It's great to have a husband aside you who's not talking the whole day, and I'd go mad having a husband who did.

Have you enjoyed an amusing reading?

Approving murmurs from the audience.

Tresi/Isaak:

Can you tell the difference clearly between Isaak and me?

Once again approving murmurs from the audience.

Tresi/Isaak:

Good. Also you little lady?

Lady in the room:

Well, to be quite honest and I don't know if you want to hear this, but my opinion is that it's you, just you. What you call 'Isaak', is just yourself.

Tresi/Isaak:

Well, then I'm very clever.

Laughter in the room.

Tresi/Isaak:

If I was Isaak, ... then I really would have sat on many, many comities. Doctors have interrogated him about illnesses etc. I've never read a book and don't even profess to having completed Primary School.

Lady in the room:

No, but it's just my experience ...

Tresi/Isaak:

No, that's why; I just want to explain a little and I respect your opinion. I visited a man in Groningen who was a forensic scientist on his wife's invitation. She was a Medical Examiner called Elske, you know her, don't you Elise? The man believed absolutely nothing, so he interrogated me. Isaak just loves it when someone does this. He asked about ME and all kinds of other illnesses and hair-fine, Isaak could explain everything. The man could only nod in affirmation. Also there's a psychiatrist that comes to the practice on a regular basis to ask Isaak's advice on all sorts of things, and he keeps on returning. Isaak has already made so many diagnoses that were medically approved of, and also has proved his knowledge. But I would also think the same as you, and I did in the beginning of my life, thinking I was crazy. But due to Isaak's constant evidence, that changed. If I'm standing before a room of sixty people, every time he is bang on target time and time again, so that's why my conviction along with thousands of others, has become so strong. Isaak is not me, and if you hear his words, Elise and I say that he is so precise. I never prepare for anything, not for workshops or evening sessions, I just sit down and see what happens. In the evening lessons Isaak asked the people to make drawings, and he explained what was in their

feelings from the drawings. Then you certainly got the feeling that it came from a high spirit. But I do understand you, because Isaak says, “We understand the lady only too well, as at that moment we are ‘one’ sharing a body. We are one.” It is a fact that we can easily switch – within one second I can change, Isaak, me, Isaak, me.

Gentleman in the room:

This is also a dilemma that every medium faces, it passes through you and so often undetectable to the outside world. But actually it is very simple; you have knowledge and information that doesn’t originate from yourself, but from the exterior. Things come through you that as a person you wouldn’t know, things that are just not your knowledge, and therefore they are coming from somewhere else. But although it comes from higher channels, it still comes out of you. The difference is clear to see because the knowledge is not yours.

Tresi/Isaak:

That’s also so, you are spot on. It is true and that’s why I can empathy with what the lady who just said about Isaak and I being so attuned to each other that it’s as if we’re hair-fined. I know when he speaks and I know when he silences me, when he shows me images and within a second I know what he means. You have learnt these things because you are essentially married to each other. For many it is extremely difficult – you are a human being and you hear this human being speak. But where is the information coming from? That’s why we have the clairvoyant evenings, since there you do give physical messages that the people find so important. Suppose that you come to such an evening and you ask, “How is it going with my work?” Then first Isaak will explain your whole work-situation and then he will give his advice. He’ll just advise, he doesn’t make predictions, mind you. He advises you what is best, as you make your own life and not Isaak, so at such a moment, you have your evidence. I am the speaker and Isaak confirms that I’ve got it right. Actually, this evening he’s allowing me to speak for a long time. He looks at the globe and as you are sitting on top of it, you are only viewing a little bit, whereas he has the total overview.

If you go his way, then he will now what's behind the curtain. He just shows you the way and if you follow his advice, it will lead you to where he indicated. Then the people say in retrospect, "Oh, he was totally right!" Yes, and that comes because you have followed his advice. But if you say, "I don't want to take your advice," then on your next visit, Isaak must say you "Ok, now you are standing on that side," and then the cards have been shuffled differently. So he must always work with the current situation.

Lady in the room:

It is also so then - that it's meant to be that we are all sitting here together? Can this also be as a sort of guidance?

Tresi/Isaak:

Isaak says that it has to do with your free will. You have come here because somehow you have received intuitive feelings, out of curiosity, through someone else, because you've read the book, or are taking a look out of interest. So, indeed it is not a coincidence, no. Isaak says that out of ten people that we see, perhaps nine will go home happy, and one does not. But that too, is not a coincidence, since it's just a fact that the person is not yet ready to be open for allowing the information to enter.

Lady in the room:

But then their interest would be stimulated.

Tresi/Isaak:

Yes, but we'd never find mind. Isaak says that we don't have that; we are not centred on something like presentation. He continues saying, "When we choose to carry out work on Earth, we made the choice from our higher selves, knowing why, and that was all. We were aware of how hard it would be and that first we would have to get a person so far as to be our spokesperson. We knew we would have to pave the way so that every piece of the puzzle would fall into place. We knew that. Never be jealous of a medium, because the path a medium has to take is a heavy one. First of all look at what she went through, and secondly consider that she is confronted

daily with people who might declare her to be crazy. Perhaps she'll be thrown into the media and painted black, you just don't know. Isaak says he laughs when he looks back to your Earthly masters. But that's in retrospect, isn't it? Later they are granted credit, but beforehand they are all pelted. Look at Joan of Arc and Ghandi. Isaak declares, "We have sent you so many masters, (we're not talking about mediums) but about masters that were killed, yet made history.

Lady in the room:
Look at Jesus.

Gentleman in the room:
You're right, but luckily not all. Not Buddha.

Tresi/Isaak:
What do you mean?

Gentleman in the room:
Well, Buddha was enlightened on Earth and he wasn't murdered. But he was one of the few.

Tresi/Isaak:
Yes, luckily not. Isaak says, "Buddha was actually someone who possessed a high consciousness and threw away his riches for a simple existence in order to fulfil his curiosity. He wanted to go from high to low. That is the difference, isn't it; normally you go from low to high, as all of you do. He was already high and then he descended - something that is very much to his credit. He reached people with his simplicity and Buddha's messages were also simple."

Lady in the room:
Not like Jesus then?

Tresi/Isaak:
Jesus was also a great master.

Lady in the room:

Of course, Jesus also went from On High to the Earth. Due to his Christening in the Jordan, only then did he receive his Christianity ...

Tresi/Isaak:

No, he was born with it, he was born with it. Isaak says, "Sorry, we differ here." He continues, "When Maria was impregnated, an angel came to tell her that she would bare a profit, someone who would make history. The reincarnation takes place during the impregnation, and when The Holy Ghost impregnated her, this is when Jesus entered. Of course it is a seed, just like a tomato seed; it is there already and only needs to grow. The seed grew and then John the Baptist baptised him, but the Holy Ghost was already in him. When John the Baptist saw him, he said, "I saw a white dove enter you so I may baptise you." The dove was the Holy Ghost. John the Baptist felt himself to be so simple and so humble to be baptising The Master. When Jesus said, "Baptise me," he said, "I'll baptise you with water, but you have been baptised with the Holy Ghost." These are the exact words that were said."

Tresi:

Let me tell you that I have never read one word of the Bible.

Gentleman in the room:

A whole other question. What is the exactly story around Maria Magdalena?

Tresi/Isaak:

Isaak asks, "What would you like to know?" Isaak says, "She was a very attractive woman. At that time, Maria Magdalena was exceptionally influenced by the radiance of Jesus and his mother. Jesus had spent many, many years living alongside his mother. Maria Magdalena had actually begun her personal reformation, but was aware of the custom in those days that ladies were not welcome in close association. But Jesus thought differently and did allow her to come close since she has always lived within his energy. Well, a little aloof perhaps as you just don't stab someone in the eye, and he

didn't do this. But she had clearly reformed from actually being a 'whore', as you call it. She sold her body for pleasure and for commodities, but when she came in touch with his radiance, that was over. Jesus had spoken many wise words, such as: "Thee who is without sin, shall throw the first stone." The people wanted to stone her, but Jesus would not allow it. He said, "If I cannot throw the first stone, who are you to do it? Even I cannot throw the first stone." So he literally admitted that he was also not without sin, in spite of himself being a high master.

Lady in the room:
But Maria Magdalena was an insider.

Tresi/Isaak:
Afterwards, yes, afterwards.

Lady in the room:
A very high one – she'd already taken many steps towards ...

Tresi/Isaak:
Look, if you come into contact with a master and you feel his energy enter your body, it means you are ready to receive it.
Lady in the room:
But not every disciple had that.

Tresi/Isaak:
That's true, that's true.

Gentleman in the room:
Naturally there were both physical and spiritual disciples.

Lady in the room:
I mean the earthly disciples, Petrus and the others.

Tresi/Isaak:

We shall tell you something, and these are Isaak's words. He says, "We want to talk about belief. But indeed, it is a belief and there are enough wars in relation to belief," so we hope not to make war here this evening! Isaak continues, "Those that came in touch with Jesus and the apostles wanted to be convinced of their abilities. In their eyes Jesus was responsible for this, so he performed earthly miracles to prove that he was capable of doing so. So they hung around him, but the moment that they left his aura, were outside his energy, they were also just normal humans. They were ordinary people and they had their fears. If you were with the master all day long it would not prove your devotion. You could fall back into your own humanness and often they did, and being able to look into the future, Jesus knew this. He also knew that Petrus would betray him and that the cock would crow three times. He knew it, but he bore them no grudges, since he knew, "They are human." But do you know what is so great? The moment he uttered the words, "Father, forgive the people, for they know not what they do," he exhaled his last breath and he was enlightened. Only then did it begin when Maria said to them, "The task has not been completed. No, it is just beginning, go out into the world and spread your wisdom, heal the people with the laying on of hands, touch the people's hearts and spread faith in humanity. Maria is the one that said all this, she was the woman where it all began, wasn't it? And until this present day, that's the way it went. What happened then is a sort of interplay. The word was spread, the word was spread, but the words were so often told and re-told that so many people lost their belief. Words are such a poor manner of communication.

Lady in the room:

Yes, but the words were such that the people couldn't understand them. They had a sort of private secret language, which is now being explained in books.

Tresi/Isaak:

Now, let's say there were many people that couldn't read in that time. There were certain people that had followed a study and were highly educated and they were capable of writing Holy Scriptures and also of reading the Holy Scriptures. They had a assured position and they used complicated language,

a language that is difficult to translate. If you were to translate a book from English into Dutch, that would be difficult enough, wouldn't it? Leave the Holy Scriptures with their difficult words thrown in, alone. There again, if you read well, everything is spoken in images. Up above, they always speak in images and the images must be translated into words. Shall we all look at the painting of the lady in the picture there on the wall? One person will see something and another something else, and each translates in their own manner. If I were to give you all a note saying: "Read this woman" then I'd get all different stories, but they are all the same. That's the way it goes with translations, everyone has a different interpretation, but it makes no difference, it still stays the same. The conclusion is that if you scrap anything superfluous, you all will see a woman.

Now, Isaak wants to close. Isaak says, "We think that you have been very good students."

Thank you very much.

The Reading in Alkmaar on 11th April 2005.

It was at the initiative of our hostess that we first listened to a piece of soothing music during this reading.

What a beautiful piece of music it was. We were so happy to listen to delightful singing and were so pleased with the collective energy it raised. So often the physical human forgets that everything has to do with positivity, and he casts aside the idea that it is true. He views life as negative because so many negative happenings have occurred in his life. We do not view it as such; we look deeper into the situation than the eye can see. At that moment we see a collective happening as everything has a meaning. If someone in your life has disappointed you, this has a meaning, so try and see it as such, because if you have a fantastic person in your life, and the person suddenly turns against you, hurting you, then it means that it is time for you to pick yourself up and say, "I'm going to follow my own path." You think to yourself, "I don't have to rely on his positive energy, because it's time to part." There is always time for a new beginning and all revolves around this. Your birth was a new beginning on Earth, and death is a new beginning for you, with us.

"And who are you?" is something that is often asked. We are invisible, but how can we manifest for the dead, but also for the living? We can always achieve this by means of connecting. Here there are also people that reside beneath us and we approach them in our feeling. We connect with them and we allow them to see us in the way we wish to be seen, but frequently someone does not want to see us. The same thing happens here on Earth, man seeks and seeks and seeks and we are standing before you, but you say, "No, no, no, this can't be, I must be insane. It can't be that I, a simple person has such a change of luck." Many people don't dare to experience it. But suppose you are a person who has a gift. It can be a musical gift; it can be a gift for painting, drawing, or in the communicative sense. The Earth's people have so many gifts, people have trained to be surgeons, or work with animals, trees and plants, and others are good with children, which is also a

gift. Yet still there are people that are judgemental, saying, “That person is strange.” And why has that person been allotted such a title? Purely because he is different from the accuser that found him so strange. That’s not a bad point, you are all so strange!

The audience in the room laugh and his point becomes clearer still after Isaak’s following observation.

Isaak:

And we are normal. Well, that means that we’ve surpassed such things as being judgemental and we can present ourselves to each other as being unique. If you are peculiar to one another, you are also unique, since the other person perhaps recognises some small piece of himself in you, but not entirely. If you are one of the people that have a gift, no matter what it is, then consider yourself lucky, and admit, “I am.” Is this egoistic? Perhaps a little then because you feel gratified knowing you are special. Suppose that your child approaches you and says, “Mama, Papa, look I can do...” then child’s aura will be fantastic as will his energy, and you as the parent must say, “Well done!” Do you say to your child, “It’s not ok, do you think you should be feeling good just because you can do that?” No, of course not. You say, “My child, I’m proud of you.” Indeed, we say to all of you, “Children we are proud of you if you differ from the ‘living dead’.” Who are the living dead? The living dead are often the people that don’t dare to manifest themselves. They are afraid to show themselves, are very earthly and carry out all their earthly duties and obligations. Perhaps they are good mothers and fathers, but they do forget that they are only temporarily earthly. If you lay aside this aspect of temporariness but you come here to us boasting about your good parenting, we would say, “We know that, we have always keep you under observation.” Then you ask, “Where do I belong now?” We reply, “Go away child, you feel good in your earth’s energy.” Then you say, “No, no, I want to be just like the people that read books everyday, have meditated everyday and have experienced their spirituality everyday.” “But child,” we then say, “How could you possess such a radiance now, how could you possess this energy now if you have never felt it?” Then we say, “Child, it doesn’t matter, we also have schools here and

from today onwards, you may attend school.” Yes, we have time so you may begin anew, just any way that pleases you. This is wonderful to know and implies therefore that you can never make a mistake. It means that you have all the time and space to be yourself and to say, “I am,” and you will be proud to have rounded off your schooling successfully. You will be proud if you receive a task that helps your fellow man. You will be proud when everything such as earthly egoism has disappeared – that will no longer exist.

My name is Isaak, and do I have an ego? No, and why not? I am you, we are all one. But do I feel good when I am helping? Yes, and why? Because I am absorbing your ego. It is alright for you to have an ego because you are human and you may feel delighted with the things you do, as we have just mentioned. We would never say, “Child, be ashamed of your gift.” We would stimulate you to use your gift because we want very much for there to be wonderful songs sung on Earth. We want very much for there to be superb schools filled with wonderful children, and animals that are cared for and that your transient place here on Earth is a good temporary existence for everyone. Then you say, “But look outside at all the misery.” We reply, “Look inside yourself and see if there is any misery there.” Yes, the external misery stays, but if you change it in your heart, in your inner self, the external misery will also change. Why? Because what you are you also emanate. If you emanate lots of positivity and you approach someone with positivity, saying, “Once I was a criminal and I stole her bag, but not now. Once when you needed me, I closed the door again and devised endurance plans in order to survive. But now I’ve changed.” He’ll look at you with frightened eyes and say, “My, that’s honest.” Yes, you are honest and your honesty will bare fruits. You say, “But I’m not that person any longer, I have new insight and I have chosen to become a better person.” The other says, “You can’t do that.” You reply, “Oh yes I can, look at me, here’s living proof, I’ve just said I don’t steal any more. I’ve just said I’ll treat you in a worthy manner, just as I would like to be treated; I said this, didn’t I? And I’ll prove it too.” The other person will be touched by your words and he will approach another saying, “Do you know what happened to Mr. ‘so and so?’” At such a moment the gossip is positive gossip. Consequently you will become more selective with your associations with other people and you will say, “I want

to be with people that feel good, and I want to be with people that are honest.” Yes, therefore you change due to the one honest person and this is how the changing aspects in the world are created. The one changes and becomes contaminated, just like the flu epidemic. You all become contaminated and we gladly contaminate the humans, but only with one word, and that word is ‘love’. We are happy to say to the people, “If you don’t believe, it is because you are ignorant.” But if you suddenly believe, you still do not possess knowledge, but just the belief. If you decide to investigate, then the knowledge enters, you feel it, know it and you are knowledge. What do you become then? A man and a spirit. And what is that? A unity, since you are not only consisting of what you are nourishing daily: the body. You are also what you are feeding each day spiritually. “Can I do that?” Of course you can, because if you decide to change today and go to your fellow man and say, “Please permit me to introduce myself; my name is, ... but my belief is a bit shaky and I would like to practise on you, is that Ok?” You introduce yourself and say, “May I give you a cuddle?” The other person says, “Um, perhaps some other time?”

Some chuckling in the room.

Isaak:

Actually the person isn’t being honest as he could better say, “Hands off!” But he says, “Perhaps another time,” which is an excuse, just like, “I’ll call you sometime.” A year goes by – no phone call.

Laughter in the room.

Isaak:

Be honest and just say that you don’t want to be hugged. Just say that you don’t want to be phoned. What have you got to loose? Nothing. Honesty, honesty, honesty. Are we honest? We are completely honest and very confrontational and this all stems from one source, and this is the source of love. So if we are honest with you, we are not doing that to crush you, we are not doing that because we wish to break you or to influence you; no, we just want you to know. And if you know and another knows through you, and

visa versa, a snowball effect is created and then we will have a knowledgeable planet Earth. You will bring up your child with your knowledge and then Jesus did not die for nothing. All these thoughts make me sad. Just thinking about it gives me heartache as Jesus spoke these last words on the cross: "Father, forgive these people, for they know not what they do." We tell you everyday, "Forgive yourself, for you know not what you do." Then you say, "I do this, I forgive myself." But indeed, you have three different sorts of powers: what you say, what you think and what you do. So when you speak, have you thought about it? Then do so. Are you aware that you as a person can shine? You are just like this candle here on the table, energy.

You have the choice of blowing out the candle and living in darkness, or you can also say, "I want to be the candle and if I throw a bit of oil on it, it will expand. I'm going to work on myself, as I have nothing to lose. I am a proud person because if I have the gift of God, I deserve to be proud."

"Who am I?" Many people question, "Who am I?" We say, "You are God." Then you snap, "Pardon? Me, God? What a stupid thing to say!" But we do not lie; we have just told you that we are honest. "You are one of God's seeds." Is that better then? Or would you rather hear that you are not God? Yes, many people just want to hear what they are used to hearing: they are bad, they are unfit and they should live unhappily for the remaining part of their lives. We do not agree with this. No, no, we say that you are God because we know that you are God. How did we arrive at this conclusion? Here above we have many books and when we made the decision to work with you, we had to absorb all the knowledge, and through this we became wise. Then we asked ourselves, "What shall we do with this wisdom? Shall we store this wisdom or can we spread this wisdom?" Of course we chose for the latter since when you can spread wisdom, it gives a good feeling. When you can spread wisdom to someone next to you, it bestows a good feeling because it is positive energy. Naturally you often make us feel depressed because we come and we say, "Child, here take it," and you throw it aside. We say, "Child, here," but you shake your head, "No." Refusal is something we often witness, people reject wisdom. You people here tonight do embrace wisdom, otherwise you wouldn't be here, would you? So many

people don't want to be helped anymore because they are disappointed. Someone has hurt them and the memory is still so fresh in their mind and in their feeling, that if they are happy they don't dare to experience the happiness, because they are afraid of the pain returning. That is why our first book is called, "Look at it, Feel it and Let it Go." Look at your feeling, feel it, but then let go of what is no longer needed. Look, we are about to discuss a delicate subject. You choose to have yourself cremated or buried when you die, and we favour burial. But suppose you fail to disconnect yourself saying, "I'm staying by my grave." Your life's energy is over, but you have decided to stay. So you reclaim your life's energy and you remain perched on your grave. Then we appear and say to such a person, "Child why didn't you decide to go?" The child says, "My body lies there." "But child, you are dead." "Very funny," says the child, "There lies my body." "Come on child, concentrate on me and I'll let you see what you look like in your grave." Then you see the horrifying decomposition of your body, and you scream and say, "My body, my body, my body." Then we say, "Child, pay attention you are not the body, I am talking to you." Consciousness dawns, but we leave you perched there until you say, "Master will you help me?" Then we say, "Child, we only want to help you." Your reply is, "Master how can I free myself from my body?" We inform you that you are connected to the body through your will, and if you say, "I shall loosen my body," you will be free because of those few words. "Yes child, you didn't know that, but now you do, so now you are one of the living by us. Now you can come with us to the place unknown to many: The Hereafter. They were ignorant when they were alive, but now you aware of it, so you are wiser than those you have left behind." Suddenly you are joyful and from nothingness the glorious apparitions appear before you and you declare, "Master, master, look, light, but who they?" "Child, look from your feeling, who do you recognise?" "Master, I am used to looking with my eyes, how can I see?" And we say, "Feel, child, feel and we shall help you. Connect yourself with us and you shall see." "Oh, I can see, I can see, I can see." Hey, what a relief, you can see! What have we done? We have just loosened the person from the earthly material. We have made him conscious and he sees the people that went before him. We know that the person will have a fine life here with us, but he still has to acclimatize. He can see via us because we are masters, but he

must learn to live on his own sphere, in his own energy, and as we have just said, to feel. You may take your time acclimatizing, and slowly you may throw the oil onto your feelings. Suddenly you see more and you say, “Master, master, at first I could hardly see at all, and now I see so much more. I see the wonderful trees and the waterfalls and I can hear the birds.” “Oh child, do you hear them already? So child, you are evolving at a rapid pace if you can hear the birds, because first you see, then you hear and then you feel.” All your senses are sharpened up when you have left your body.

Isaak sighs and a smile plays around his mouth; he says:

Oh, I feel the nostalgic creeping in as I talk about the spheres, but I shall recover quickly because when we – and I say we as I have already explained that I have no ego, decided to do worldly work, we drop to your energy and your energy is material and restless, and often has a very low vibration. This does not apply to everyone, as many people feel that they are drifting on Earth, but in a positive sense.

Other people seem to be suspended somewhere, and we enquire, “What are you doing there child?” Then you reply, “I’m drifting because then I am closer to God.” Then we answer by saying, “Oh child, but you are God.”

Isaak laughs and says:

I really must stop making jokes otherwise I’ll get into trouble with my master; but I enjoy humour so much it is difficult not to joke. When you are here altogether collectively, your energy is low but it can be raised. That is why most of the time it is wonderful to find a gathering where the people, feel emotionally content in due course. So whether you are crying or laughing, it is just glorious because you are immersed in this sense of feeling. But let me tell that my name is Isaak, and long ago I decided to work with my instrument who was born with this gift. It was possible to connect ourselves - again we use the plural out of habit, but it was difficult to connect because she was human and she refused. Nevertheless, if you know me, you know that I preserver. She refused, but it was just a case of loosening her aura and her feelings in addition to providing her with insight. At a certain moment she was ready to intertwine herself with me, so body and spirit

became one. The body is something that you can see and the spirit is something that you are hearing at this moment. It would be nice to let you see my own physical body, but I question the strength of the ectoplasm you could provide for me. Then I could transform, but it costs a lot of energy. That is why at the moment this is a mental performance, speaking via our medium. It means that I must carry out a great deal of work daily with you physical people. It also means that I must take leave of what is my home in the Hereafter. It also means that I may return, but not always to my sphere where I belong, because it is in the spheres that lie beneath me where I mostly work. Just like a truck driver, you have to leave home and after awhile you miss it, but on your return you retrieve your positive energy. All the levels where I work differ from where I live, because otherwise you are with the masters and the masters work collectively as one. I also have a master who naturally stands higher in rank to me, since I derive my wisdom from him. So if you are looking for a master here on Earth, look for someone who is wiser than yourself, since then at least you will learn something. But understand that a master can only help you when you are curious and when you want to be helped, as only then will you be open for the master, even be it an earthly master. There are many masters here on Earth, meaning people, and in the beginning of this story we spoke of disappointments, which were your masters. Negative and positive, they were your masters as they have moulded you into being what you are. If you are a good person, be proud of yourself and if you are a bad person, then say, "I used to be proud of myself," because perhaps before tonight, you knew no better – but you do now.

Ok, I think it's 'Question Time'.

Lady in the room:

I'd like to know a little more about dementia.

Isaak:

What would you like to know about dementia, dear lady?

Lady in the room:

It is possible that someone carries a little of his dementia over to the other side?

Isaak:

Oops. It can happen because the moment someone becomes a spirit, he can loosen himself from his body, but he is still connected to his astral chord. We see that there are spiritual people with us who are still living a physical life, and these people could be called 'astral people'. You go over in the astral, but are still attached to your astral chord. These people could have the opportunity of visiting Summerland, drawing energy there in order to make their lives bearable, and this takes place in the mind. It means that they are not experiencing it consciously. You have consciousness and sub consciousness, and they go subconsciously. They can also be the people that are having a near-death experience, meaning that they too are making the transformation of actually going over. But they are still connected by their astral chord, the fluid chord, another name you people have for it. The people are nearly over, but they are still held back by their physical bodies and are not yet allowed to go. But there are also people that are not having a near-death experience and they that are just going over normally - huppake! Also people that have died but could not see, so they came back to report that they had not seen the tunnel.

Maybe so, but there are also people that are mad and they really don't grasp that they are physically deteriorating and becoming childish. They are reverting to their childhood. My best student Elise is sitting here beside me - treading rather carefully - you can be pleased when someone goes through this because when someone goes mad, his intellect decreases. So that means that you become feeling and return to your childhood. They slip back to childishness, but this is not a bad quality since when a child is laying in the cradle, he just feels and accepts. So if the person becomes a child again, he has a fantastic experience, although it is difficult for others. The children or family members that are witness to this situation find it very grave indeed, because for them it is 'sad', but it is not sad. There are many forms of dementia, one being a light form where now and again you are a normal person. You can also have an aggressive dementia where you really shout at people; but this can also happen due to drink, can't it? Always look at the

person that is turning senile; and if he is a nice person, say, “It’s good for him.” If the person is suffering, it can be that during the process, they are conscious of their predicament too often, and indeed that is painful. They might ask, “What is happening to me again? What have I done? I don’t know who you are.” But everyone must go and someone who turns senile or demented is actually slowly leaving the body. Is this a satisfactory answer, dear lady?

Lady in the room:

Yes, a very good answer, thank you.

Isaak:

Thank you.

Lady in the room:

How do you come into contact with your own guide?

Isaak:

We always need to be very careful because many people say, “I have a guide.” So we always ask, “Are you paranormally gifted? Are you psychic? Have you got a direct line to someone who lives here with us and has studied to be a guide?” Everyone has helpers, but many people forget that guides and helpers are not the same. A guide is one that has studied, so he is very knowledgeable and he guides someone who is psychic. A guide carries out his work gladly via an instrument and helps other people. Helpers can be your deceased mother or father, or someone known to you who guides you for a particular period of time, and then is exchanged for someone else. Then such a helper says, “I’ve helped enough here and I’m going onto the next person,” as helpers also want their ‘gold star’ from the guides. Let’s leave it at this and describe how the helpers go about their business. They work via intuition, through feeling. Suddenly you see or feel something and before you know it, it’s gone again. They do their best to carry over something and the best method is by telepathy, feelings or by creating circumstances. You think of it as coincidentally meeting someone who coincidentally says the right thing, but that is precisely what the helper wants

to say to you, but he cannot reach you. So he creates coincidences that are not coincidences at all. They have a difficult job since they are 'jack-of-all-trades' that do their utmost best and often without a pat on the back. But if you listen to your feelings and your feeling suddenly says, "I must do that, or that," you must pay attention, and in so doing you are giving your helper the desired pat on the back, because his reaction is, "Look, look, look, it worked!" They are happy and then they preserve the courage to continue with you, otherwise they change to someone else.

It can happen that someone dreams and actually that is a very easy manner in which to get in touch with you, as when you are sleeping, your aura is open, your mind is switched off and at that moment you are a channel. Now we can show you images and your dreams are fantastic. It seems all so real, and it is real. You come out of the dream and think, "Oh, what have I done? I feel as if I've been somewhere else, I know I heard someone say something. I'm trying to remember, but I don't know anymore." Then we say, "Child, if you meditate now and you open up yourself again exactly as you did in your dream, perhaps you will feel and see everything as you did in your dream experience." Our advice is to write down your dreams and during your meditation try to interpret your dream without putting in too much effort. How happy it would make us if you could all fall into trance right now. But indeed, then we would need to switch off your minds and that is not something easily done, otherwise we would do it.

But we are allowed to teach you how to switch off your minds, and that is via yoga, via meditation and practice, practices, practice, practice. Suppose that you are on a long car journey, driving automatically, and suddenly, oops, something just drops into your mind and you think, "Gosh, funny that I'm suddenly thinking about that." Yes, indeed

Isaak looks around the room with a broad smile and we laugh.

Isaak continues:

If you can immediately accept that this is a truth, then you will receive the inspiration and the more you practise accepting the inspirations and knowing

them to be the truth, the more inspirations we will give you. That is a promise. Is that a clear reply to your question? Thank you very much.

Lady in the room:

I would like to know something about coma patients because I heard recently about a woman in America who had laid in a coma for fifteen years. Her husband had petitioned the judge to ask for her life to be ended, and it was granted. But now I ask what your opinions are on the subject?

Isaak:

Actually it is the same a committing euthanasia, isn't it? In our first book we wrote once again that it is someone's free will that robs the life of another. But we always look at the person's circumstances asking, "Why does someone commit euthanasia?" We never judge. What we do find a shame is that the person in coma was in no position to make her own choice for euthanasia or not. So someone else did that for her and there were two camps involved, two parties fighting: the husband and the family. The ones that loose a battle are the ones that end up licking their wounds, aren't they? They suffered pain and sadness because their child had died. We always say, "The moment euthanasia is committed, everyone must agree with this decision." When you want to commit euthanasia and you are explaining it to your children and family members, it is your personal image that you are presenting. But now the person in coma cannot decide for herself, so really it should have been drawn up in a contract somewhere, "If such a thing should happen, I agree to euthanasia." Let it be known beforehand. Oh dear, I really don't know if I am allowed to use these words, but this gentleman killed his wife. To him she was a burden apparently, as indeed they were still married, and marriage is supposed to be forever.

Lady in the room:

Yes, but if you have lain so long in coma ...

Isaak:

Yes, but we are not discussing the welfare of the person in coma, we are talking about the welfare of those that made the decision. Look, this

gentleman had had enough. We have studied the situation and he just did not want to be married to this lady anymore. Isn't this the case? Was he divorced?

Lady in the room:

No, he wasn't divorced, but he did have another relationship.

Isaak:

Our instrument does not watch television, nor does she read the newspapers, so we have not acquired this information from her. The woman who died in coma is now with us, and when we connect ourselves to her condition, we know that naturally, she was relieved. But do you commit euthanasia out of love? "I want to release you because I love you so much." The parents were the ones that loved their child the most and they did not want her to die. Is that being greedy or is it purely out of love? We cannot ascertain that it was out of greed, because such an emotion is an immense burden. In this case, belief was the dividing factor, their belief that euthanasia was not the best solution. However, the child is fine with us and is doing well.

Clearly she can continue with her spiritual life, but indeed there are people that have been damaged: solely her parents. The damage is something that they must also let go of. These are our thoughts on the matter.

Lady in the room:

But where did she drift off to?

Isaak:

She did not drift, child.

Lady in the room:

But if she was lying in coma, where was she then?

Isaak:

You mean what was her condition? The moment you fall into coma, it can be that you are actually in a sort of sleeping condition, but other conditions are possible. It can be that your body acknowledges everything physical, but

you cannot show this through your senses or body, but clearly your spirit is still contained in your body. Possibly someone is attached by the astral cord only, so the body is maintained but is spiritually dead. They are with us spiritually but are physically dead. That is also possible, so you have the two alternative ways. We know that the child was still in the body, since she did react. So long as there are, reactions for example and happy recognitions from a person, then it is just as if they are handicapped, don't you think? No longer can you speak or communicate in any way, but still you are in your body. So there are two differing possibilities and we always need to read the condition of the person beforehand.

Lady in the room:

Yes, but then they are being artificially controlled.

Isaak:

Naturally. Suppose that it is necessary to feed a baby through the nose. What a shame that would be as it would imply that the child could not eat via the mouth, and he could not take his physical nutrition independently. But the child will react; there will be a reaction in his eyes, a happy look. He will react, and now and again he will make a noise. But indeed, also something to let go of.

Gentleman in the room:

Please could you tell us something about new-age children?

Isaak:

Have you got one of these? Cherish the new-age children, as they are wise souls, aren't they? If you let them they can become your master. What precisely would you like to know about these children, dear sir?

Gentleman in the room:

How you can best handle them.

Isaak:

Allow the new-age children to develop their feelings. Allow the new-age children to associate with children that are the same as them. Allow the new-age children to feel dignified on Earth because they made the decision to be born in energy lower than their own vibration – and that is heavy. They are sensitive children that are aware and know more than earthly people because earthly people use their minds, whereas new-age children are closer to their hearts and attuned to their feelings. Their radiance and their energy is pure, so you as a parent must take care that the child's contacts, the other children that 'infect' your child, carry the same energy. Allow the child to speak and be wise, as then the child will grow therein. Compare it to a plant, you could break the plant, but you could encourage the plant to grow into a whole dignified tree. The parents have a great responsibility. Always listen to what the child has to say. It is a child that often has problems, perhaps difficulty with sleeping or in society, and finding his place in this energy that is lower than his before his return to the Earth. It is difficult.

Look at our instrument. Our instrument is actually a child that you'd describe as being extremely unusual. Her parents did everything to silence her, and for a time, it worked but not anymore. They also thought that the child wasn't 'all quite there', but we knew much better. New-age children feel everything, don't they? Our instrument felt everything and it is difficult. There comes a time when you start drifting, or you try to fit in, or you close up. It is difficult. When you say, 'a new-age child', what do you mean precisely with your words, as they are just words. What precisely is your child then?

Gentleman in the room:
He is so wise.

Isaak:
Is he nice?

Gentleman in the room:
Extremely nice. I do my best, but still he often says that I'm just a stupid father.

Isaak:

Ouch, I don't believe that you are a stupid father, otherwise you would not have asked this question. I don't believe you are a stupid father. I know for sure that you try to get on with this child to the best of your ability but perhaps you need to read books about new-age children. Alternatively you could just approach us and we can advise you how to get along with your child. Children that are sensitive and are open for the hereafter do have a hard time, a very hard time and they need protection to prevent bad entities from entering, since they are mostly the ones that are bothered first by these energies. Tiredness can befall the children; voices and spirits etc. can burden them. It is not our intention to scare you, but if ever you feel this is the case with your child, you must seek a good instrument that can take away the energies and close up the child. His wisdom will not be affected, but it prevents everything from gaining entrance. Just like with a car; you give it a coat of preventative polish, otherwise it will rust, quite soon won't it? But you are coping just fine, keep talking to him and always say that he is right.

Much laughter sounds in the room.

Gentleman in the room:

But are new-age children really something new? According to me they have existed for centuries and centuries, it's just that now a new word for them has been conjured up.

Isaak:

Look, stools have always been in existence, and suddenly man said, "This is a stool." You give something a name. We are confronted with so many names, so we have to say, "Pardon?" We have met crystal children ...

Elise:

Star children ...

Isaak:

We have met star children, but it is just a name. 'New-age' means: in this day and age, they are born in this time frame and they are wise children, so you are perfectly right.

Gentleman the room:

Ok, but I didn't come to prove my point.

Isaak:

No, but you are right.

Laughter in the room.

Isaak with a laugh.

Now you admit he's right, and he doesn't believe you!

The audience doubles up with laughter.

Isaak continues:

Look, in the past there were enough masters and now they are long deceased, aren't they? Masters such as Jesus and Ghandi, they were also children that were open to what many people nowadays call 'paranormal'. Some were paranormally stronger than others, but each was spiritually guided or influenced by higher powers. Jesus was not guided; he did not need to be. He was a master who came down and gave up his life voluntarily. But when he first entered the body, of course he was a child. His wisdom grew and he did his work on Earth with such devotion before returning to his sphere. We shall now name some masters, ordinary masters that worked through instruments and were frequently here on Earth. We shall name a few: Alcar worked via an instrument, and Jozef Rulof was once a child too. We are aware that many people are for or against Jozef Rulof. We are for him, so go ahead and throw your rotten apples! Why are we for him? Because we know that he was an instrument. And how do we know this? Well now, if you live in the same country, you can look each other up, can't you? Yes, they did exist along with many more, and still more will come. If an instrument is laid in your arms, feel very proud, but also realise that you

can make or break an instrument. If you accuse an instrument of telling tales he will lose his faith, and that is why we advised the gentleman just now to always give his son the benefit of the doubt, otherwise he might start using his mind, resulting in diminished belief. Everything revolves around belief, because your physicality remains, doesn't it? You remain in your body, so you are physical, and that includes inferiority complexes and emotions and all that concerns the physical. You find yourself hearing and seeing things that are no longer explainable and you change from who you were, which was a pure instrument. That is why so many instruments are incapable of doing this work because they are pitied or broken, or 'put in the wrong cradle' (this cannot happen – it is always the right cradle.) Our instrument was raised in a very strict family, where there was no love, absolutely no love at all. There was just dominance and our instrument heard time after time right up to this very day that she was unwanted. Luckily this was not how she experienced it since she felt in her heart that God wanted her, or she would not be here on Earth. The important thing was that no matter how many times she was beaten, it did not alter the feeling in her heart. Stay pure at heart. How many times was she beaten, both physically and mentally? She experienced both as well as other atrocities and that was purely because an instrument must live through and experience a great deal, otherwise how can you speak? If you wish to become a master for others, be a master to yourself. That's a nice one, isn't it? We had better engrave it on the paving stones, then you could walk on it and think, "Oh, that's nice."

The audience laugh.

Lady in the room:

Could you possibly tell us something about auras and holes? Such things are spoken about, so what is their origin and what can be done about them?

Isaak:

First of all I just want to thank the hostess for all these wonderful people that are asking such good questions. They certainly will be useful material for our second book.

Laughter in the room and Isaak continues:

That is a good question and has never been asked before. Everyone has energy surrounding them. It can be very close to your body, but it can also extend. It always extends, but if it is very close to your body, it actually means that you are very closed. The more open you are, the more your aura will extend. You have many layers in your aura and the further it extends, the thinner the layer. The first aura is the strongest, it is your ethereal body. The aura is the energy your body possesses; it is your ethereal body. But it can be that you are surrounded by people that have caused you pain and consequently your self-confidence has taken a knocking. These knocks are not only mental but also physical. Perhaps you are physically ill because of the knocks, so automatically you become mentally ill as well. It all hangs together, it is one. So everything that physically affects you is also visible in your aura.

If entities are present, spirits that want to join with you, they do not enter your body straight away, they wait in your aura. They can sap your energy and if this is successful, a hole will be created whereby they gain some kind of entrance in order to damage your physical body. So an instrument must always remove entities, as you no longer have the strength to purify yourself again. It is just like a leach that has grown too immense proportions and has physically and mentally weakened you. Your aura also has a colour that is capable of many changes. If you make a photo like the many people before you have done, you could say, “Oh, I’ve come out completely purple,” and the next day you immediately begin a practise!

We laugh.

Isaak continues:

It could be that your aura photo came out purple because at that moment your spiritual awareness was elevated. If it is a fiery red, red, fire red, passionate, it can be that you have just fallen in love or had a passion for something. If there is a lot of yellow, it can be that you were momentarily contemplating. Colours mean something symbolic to you, but differ for another. That is why tuning in is always important – why are you radiating these colours? We see a lot of people with a band around their heads, and we

say, “Wow, are you always thinking?” But also we sometimes see immense black energy surrounding them and that means their temperament is very negative. We can see how someone is from the aura; we read you. Like with the lady just now, we can see the aura, it is readable. You have the chakras too and whether they are open or closed we read too. We consider the following interesting: People have been known to say, “I have just paid two thousand Euros for a three year course in “Aura Readings”. We respond with, “Oh, fantastic.” “But will I be able to do it?” we are asked. Then we say quite simply, “Can you read? Do you see auras?” “No, but they are going to teach me.” Well of course you can observe intuitively, everybody can; but seeing auras? That is a gift.

Lady in the room:
You can’t learn that?

Isaak:
It is a gift, but indeed you can learn to become intuitive, can’t you? You can learn, so if you are one of those that has just paid up, then say to yourself, “I can learn to be intuitive,” and just go for the course.

The lady has to laugh.

Isaak:
Right at the beginning of this evening, we stated that we were honest. It is also something that people often say, “Oh, you are so honest.” Then we say, “You’re welcome.” Quite often it is easy to be dishonest. Yesterday we met a man who said, “Isaak, sometimes I tell a lie for their own good.” Then we looked at the person and said, “That is not allowed.” “Yes, but it’s for their benefit.” “No,” we say, “You mean for your benefit.”

The audience laugh.

Isaak:
It is not acceptable, be honest. Is this a good answer, dear lady, or shall we prolong the discussion?

Lady in the room:

Well, I would still like to know how you can close your aura and if you can do that unaided?

Isaak:

You wish to know how to close your aura? Then you must go and see a paranormal healer. You can also heal yourself, but then it would necessitate your energy bands being blown through. Every person here on Earth has the ability to heal, and one is more powerful than another in this. If your temperament is rather poor, I would not advice it, but if you are a very energetic person and stand secure in your own power, we would be happy to blow though your energy bands.

You feel a tingling in your between your hands and then you are capable of doing it yourself, and you are really cleansing yourself. But indeed, someone can say, "Go and paint your nails," but if someone else does it for you, it's wonderful, just as it's wonderful if someone gives you a healing. It does not last long, it can take twenty minutes to half an hour to feel completely re-refreshed. It is just like when you have been to the hairdresser; it feels great, doesn't it? But you must keep it up then it is possible, but if I were you, I would go to a specialized healer.

Lady in the room:

What can we do for critically sick people aside from the world of medicine?

Isaak:

You mean if someone is terminally ill? Someone who is dying? Look, the moment someone close to you is terminally ill, not matter what their illness, always be there for them. Very simple, but if you care for someone that is terminally ill, I would advice you to say anything possible to help the person feel at ease. Buy a book, read out lovely quotations having first enquired, "May I read to you? I love holding your hand and feeling our connection and it's fun to read some nice quotations out loud." You do such things so the person looses his fear of death when he discards his body. But suppose that

someone just has 'flu or ME or some such thing, always be there for them. More than just being there for them, you cannot do. You can never ever carry the cross for them. We don't even do that, since if you carry someone else's cross it doesn't help them one little bit, but you can always be there for them. You can ask, "May I give you a hug? May I comfort you? May I help you through this?" That gives you a good feeling, and especially if they die you will have the satisfactory feeling of having done well. The person goes over and if he may, sometime he will thank you and perhaps he will become your helper or he will support you in times of need.

Lady in the room:

I would like to return to the subject of healing for a moment, but in connection with reiki. Is there a similarity - is there a difference or it is nearly the same? Can anyone do that or just a few people?

Isaak:

Reiki is a name, but if you meet a good reiki master, he will tell you that he connects with the Cosmos, with the Universal. So he opens you, blasts you clean, gives you faith and a number of symbols as symbols are also energy, which will all work on you at that moment. However, reiki has been given a bad name as a lot of 'leg pulling' has been perpetrated and 'masters' were not masters at all, just greedy people. Someone who is greedy will not project the right energy, as at such a time they see no further than their greed. Many masters are good masters, working from their goodness, but there are also charlatans, faulty mediums and swindlers. There are good energy giving masters that must be sought after, so always put out your feelers and ask, "Does it feel right to me?" But also here, the one stands on a higher level and can draw more energy to himself. But actually you are all born masters and that makes a difference, but it is a truth.

Lady in the room:

Is healing the same then, or does it work differently?

Isaak:

I use the word healing because the word healing means recovery. But suppose you have finished a reiki course and you say, “Wow, it takes away pain.” When you place your hand on your arm and it lightens the pain, then you are healing yourself, aren’t you? Never be confused by the fact that there are great healers, born healers, because there are also paranormal healers here that certainly may not be compared to a reiki master, as the born healers are so close to the Source. You could see it as clouds, they receive more clouds through and really heal someone. The other heals or lightens the symptoms a little bit, but cannot eliminate them. Someone with a broken arm must first go to the Hospital where the staff will set it in plaster. The arm will begin to heal and then you can lay on hands to lighten the pain, but you cannot suddenly cure the arm. There are different sorts of magnetizers that are born with the gift and there are many names allocated to them.

If you lay your hand on the shoulder of the person next to you saying, “Child, shall I try healing you?” and the person comments, “Oh, that feels nice,” then you have a result, as it is indeed nice.

Don’t expect too many miracles. Really, people expect miracles, but miracles happen daily. The greatest wonder of all is your birth. Do not expect colossal miracles, but do try and recognize a miracle when one has taken place.

Gentleman in the room:

If the world population keeps on growing, does it mean that it’s less busy in the Hereafter, or will new things come into existence?

Isaak:

We are extremely busy, but there is enough space for everyone, and yes, there are still souls that have yet to take on the challenge thinking, “I shall go, I’ve put it off for a few million years, perhaps it’s my time to go?” But there are also people that say, “You went first and it wasn’t such a great success for you, so I’m not going.” There are souls that choose not to go and there are ones that do intend to go, but they are less and less. Once the evolution process has begun, it cannot be retracted. You might think, “I won’t go,” but you do anyway and because we know that you are learning, we know you will go. You made that decision and it is a decision that is renewed daily. But as to whether it is busier by you or by us ... shall we tell

you then? Naturally your world is very heavily populated and our world is too, nevertheless there is place for everyone even if your world was to combine with ours. This implies that you have nothing to be afraid of. We sit somewhere in infinity – there is no beginning and no end. Why do you choose to have so many children? Yes, because it is wonderful to have them and children choose you for the same reason, so it is an interaction. The process of evolution has already existed for a long time and it shall continue for a long time, a very long time. The Earth will not be destroyed, wars shall remain wars, and if you share the food honestly, there is already enough for all. Look, there is something that we still don't understand, and perhaps you can help us with it? How can you support someone who already has millions and millions in his bank account? How can you support such a person? How can it give you a nice feeling? And purely because the person perhaps has a gift for singing or the luck that he bumped into the right set of coincidences. But still you give your support. If only these people were to say, "I will share," and I mean that they share properly in comparison to what they have. If only they would say, "I'll retain 10% and I'll give 90% away, and still I'll have a prosperous life." If every wealthy person were to do that, things would be different, wouldn't they?

Gentleman in the room:

Then we'd learn nothing on Earth. Before we enter paradise, we have to experience many things on the Earth.

Isaak:

That is true, but it is best that you accept your school lessons. This is a good example, so listen carefully: If you are in school and you are hungry you constantly think about food. But when you have a full tummy, then you can absorb the food better. So many people live in real poverty and if they are conscious people they will know that they are souls, but with persisting hunger it is hard for them to walk through their earthly school, in addition to having to absorb the material. But indeed, yes, everything is karma; everything has to do with cause and effect but still because of your humanness, you need to satisfy your stomach. If that were not the case, then

Jesus the master would not have fed the needy. I assume that the hostess would like to pause for a drink?

The lady nodded enthusiastically and the audience laughed.

Isaak:

We are going to bring our instrument back into her own consciousness, and then she will open her eyes. Sometimes it can be a shock for some, which is why we keep the eyes closed. We are still here but then in the first form of trance passing on information via telepathy. We found you a fantastic, inspiring group and we hope the feeling was mutual. We thank you.

During the pause a lady in the room approached Tresi and confronted her with the fact that another Dutch medium had predicted that shortly the western coast of Netherland would be flooded. This lady was seriously alarmed and was already planning to move house. After the pause we continued but then in the first trance form and Tresi responded directly to this detrimental prediction.

Tresi/Isaak:

One thing I can predict is that Netherland will remain in existence, ok? And if this is not the truth then you have permission to throw me off my throne. It is a prediction based on no substance whatsoever. It has been said that west Netherland shall drown, but as this is not so, there's no need to blow up your little dingy. But it does sadden me. Isaak says that they allow people to be born with God's gift. These people are placed in the cradle and are educated to become a spiritual healer perhaps and may carry out their work for them. You must not forget that you are not allowed to have an ego since you may do nothing without help from 'up there'. This applies to me as an instrument and as a normal person. I mean that if I just sit here without their help, I know nothing. I am just an intermediary, an instrument. Isaak is standing next to me, so I may tell you that sometimes he makes comparisons. At a given moment there are people that are very good at something and another person puts them on a pedestal, and they say, "Wow, look at all the people down there," and so they climb onto an even higher

pedestal. "Look," they say, "Now I can see the people even better." That is how an ego is established, because it is human. Isaak said earlier on that people are both body and spirit and there comes a time when your humanity is gratified. Such a medium could go somewhere else, perhaps another country and begin all over again and mean something. But then the medium should stay sober with two feet firmly on the ground.

Lady in the room:

But if you have made the mistake, can you just ...

Tresi/Isaak:

They can give you healing again and say, "Pass the fault over to us." Admit your fault, cleanse yourself and begin anew. It is possible as they are happy with instruments. You may as a human, make incorrect interpretations, you may as a person make mistakes, but you must be aware of the mistake, as you are just people, aren't you?

Lady in the room:

Yes, that is so.

Tresi/Isaak:

But as long as my name is Isaak, it will not happen, the western part of Netherland will not disappear under the water.

Lady in the room:

That's lucky. I already had a list of all the things I had to do.

Gentleman in the room:

Is Isaak standing next to you?

Tresi/Isaak:

Yes, he's standing here next to me; you can all see him, can't you?

We laugh:

Tresi/Isaak:

Isaak is still here. He allows me to be here and speak, but he influences me and doesn't allow me to say too much. He is asking if you enjoyed the gathering and if you'd like to know anything else?

Gentleman in the room:

I think that we must thank Isaak warmly for all the explanations.

Lots of support comes from the audience, "Yes," "Terrific," "Splendid."

Tresi/Isaak:

Thank you very much. Isaak says that he wants to thank you because you listened to us really carefully. Many people cling onto their own belief, but if you are open to another's belief, the result will be a sort of blending of your knowledge and those that you teach. That can only encourage insight and wisdom in the spirit. Isaak says that he has enjoyed speaking here this evening very much because there were good energies present, and what you are you radiate. You are all curious creatures, and that you also radiate. Isaak jokes that he'd better be careful that he doesn't sprout wings because he's getting the feeling of having wings from your radiances, and he loves the feeling.

Lady in the room:

Since you mention creatures, we are hearing quite a lot something about extraterrestrial creatures. Please can you tell us something more about them?

Tresi/Isaak:

Isaak says that we don't interfere with their world. We keep away from their world and their world has undoubtedly placed an instrument here, but he is attuned to them. Isaak says that you must view it as tuning. Our tuning is not there tuning. He cannot see us and we cannot see those creatures except when we tune into them. But we don't do that.

Lady in the room:

Should I compare that with our solar system and the Hereafter? It is all part of something big, but with them having their own section?

Tresi/Isaak:

There is a planet and it is theirs. There are many planets unknown to you where the other creatures live. There are so many worlds and on other planets somewhere there are tall people that are very intelligent; you could really learn a lot from them. Many positive experiments are carried out, so it is really something collective up there. But the extraterrestrial creatures are actually a little bit on the naughty side. They are a bit naughty in the way they just love studying you. They come here to borrow information from you and also provide information, but that remains somewhat limited. Their wisdom is not yet as superior as the wisdom from the spheres.

Lady in the room:

Can you say when a direct voice recorder shall come to Earth?

Tresi/Isaak:

That shall still take a long time. It is good that you ask, but I can tell you that there are many voices produced on tape already. Man has signals and signals are energy; the other side plugs in, extracts the energy and words are formed. This has existed for year and years, but is difficult to listen to. But you are talking about direct communication and that will take a very long time still. You are far from being ready and we must be economical with what we provide because when we give you something, it is often misused. It will come, but it will be futuristic.

Lady in the room:

There is something that I'd really like to know concerning going over when you die. Is your time really predetermined? Is the time, the day and the year really fixed or is it possible to prolong it?

Tresi/Isaak:

Yes, you can prolong it, absolutely because if you say, “I would like to stay a little longer” and you collect the energy that you still have, then you can say, “I’ll stretch it a bit.” We can calculate the moment that you come over. Isaak says, there have been many cases where mercy has been shown where people should have died, haven’t there? But they have been allowed to stay due to certain circumstances that induced us to say, “Let him stay here awhile.” There are two kinds of death that are not in writing: they are murder and suicide. The rest are fixed but possibly can be postponed somewhat. The time will when we can see your life’s energy in your astral chord, and we can see when you will go over.

We make our calculations and then we stand next to your bed to free you from your body; that is if you are willing. And it is a question of your willingness, isn’t it?

We are still dependent on the big word, and that is: the will. So if you say, “I will not go,” then indeed, you stay – you may stay, you may, you may, everything is possible. This is how we know when a prediction is false, and we would never ever do anything to destroy you. We are not allowed to. There was a time we made a promise, they told us, “Shush, don’t say too much and certainly not about something that causes people to panic,” and this promise hangs above our heads. If you come and see us and we see that tomorrow is your time to die, we will not tell you. But if you have a terminal illness and you know that you are dying and it’s been confirmed verbally by your doctor, then we can simply say, “The doctors have said...” because you already know. But we do not inform when you are going to die. We are not allowed to, it is not our responsibility; it is the responsibility of the All.

Lady in the room:

But what about with an accident or something similar?

Tresi/Isaak:

That is predetermined. The best kind of death is when you are ill and bedridden for a long time. Isaak says that you should be pleased if it befalls you to say goodbye to Mother Earth in this manner. He is also telling me that so many people are curious to know how he communicates. It is purely

via telepathy – this is mental consciousness. His knowledge and mine are currently combined, but luckily I know when it is him or me, but let me tell you, it took a long time to learn that.

Gentleman in the room:

What do you think regarding the Maya's predictions about the year 2012?

Tresi/Isaak:

Yes, again some predictions. It will not come true, no, it will not happen. Look, Mother Earth is still a planet where many souls come to and the reincarnation process must be completed. We do not see it standing in the books that the Earth will be destroyed. Of course man has his free will; of course you can throw a bomb somewhere using your free will. But indeed, we do know everything beforehand and we do work our influence and catch things in the making, since we don't want the Earth to be destroyed. But there is a big change on the way.

Lady in the room:

Will the Earth find itself in a different orbit?

Tresi/Isaak:

For many people there will be a big change and according to the Maya's, many shall die; but this will not happen. Now, let's count, 2012, still seven years to wait, isn't it?

The audience laugh.

Tresi/Isaak:

Be happy, be joyous, there is so much between life and death, but you are the living. Rejoice in the fact that you live. Many people are afraid of tomorrow, but if you can view tomorrow as something in the future, then at least you can live in the present. Isaak says that it's an epoch that hopefully will shatter so that people just live in the here and now. Incidentally, the Maya's were good creatures and they still are very good creatures, spiritual creatures, but indeed the question is: who wrote the book, isn't it?

Lady in the room:

But what the Maya's also said was that we should save the Earth.

Tresi/Isaak:

That is true; and this is also what we stipulate. But in your opinion, what did the Maya's predict?

Lady in the room:

That a great change would occur and that we should do such things as sparing the Earth.

Tresi/Isaak:

What we have been led to believe is that in 2012 a great turn-about shall come and that many people will be lost. That is the same sort of prediction as Jesus returning and taking merely a handful of people with him, and then you'd each hope to be included in that handful, wouldn't you? But those are terrible predictions, if you understand our meaning? Naturally we want you to take heed of what they say, as that is what we proclaim everyday - treat Mother Earth with love, kiss the ground you walk upon and tell the person next to you that you love her. That is energy you can give away. Everyday thank the heavens for the glory you receive if you are open to receive it. That is the change, but this change can take place right now. That is actually what we wish to bring about, that the people become conscious of their own physical self, their spiritual self, and that they are loving towards Mother Earth, for the Cosmos and certainly for the people.

Now we think that it is time to close. We thank you.

Reading in Groenlo on 13th May 2005.

This reading began with a drawback. It had nothing to do with one of us saying something wrong, but the problem was my voice recorder not working. In spite of furious attempts on my behalf to get the machine going, it just didn't, so I started making involuntary noises and my face turned red. Isaak heard my squeals of distress and saw my embarrassment and enquired, "Isn't it working child? Then we will just wait." Incredible, suddenly all the thingamajigs worked normally again, and that is why the reading began so:

Isaak:

We work via concentration and telepathy; hence we do not have your problems with equipment. Of course you have need of the equipment and we accept this. But going back to faith, suppose that you as a human confront someone saying, "Child, what is your belief?" and they reply, "My belief is that I'm dying. I believe I am here on Earth for the time being and after awhile I'll lay aside my coat and I'll go over. I don't know where I shall go or if God exists, but I'll see." If this is your opinion, we can tell you right now that your home here with us will not be a pleasant one, purely because the energy you possess will be your home. If you are a hesitant person then you will hesitate here with us and you will be temporarily suspended in the sphere. We say temporarily because everything is temporary. You always evolve and you have so much time that you do not have to be afraid that your time with us shall be wasted. Perhaps it will take centuries and centuries and centuries before you enter the higher sphere that is home. But you will come here and you will come home in glory; that is knowledge we possess. It is a certainty. Why do you think we work with you? We work with you because at some time you will work with us. It is teamwork; there is no difference between the people and us – the only exception being what you see. You all see a person and we see feeling. You see intelligence and we are feeling. You see anger and we are love. You see impatience and we are patient. Clearly the dissimilarity is we are different because we want to be. Those that have evolved are in glory, so we do not mean them, but many by us have not reached this state. They are still angry and they are still involved

with capturing and destroying other people and this is why we always say to the physical people, "Be careful if you work with us," since not everyone here with us is honest. They can connect themselves to your feeling so that you hear something. It makes you happy and content and you proclaim, "I have heard something, I am an instrument." Of course you are an instrument, but whose instrument? If you wish to work in the approved manner, you will wait. You will wait until your helper, guide or deceased person comes to you. Never call him; ask in prayer if he will give you proof and ask in prayer if he will help you. They are happy to oblige but you must be open for them and this must be done via feeling and not via the material. Thus never ask a spirit if he will move something or clarify something via the material way, no. Ask if he will touch your feeling. Perhaps ask if he will make your heart glow or cause you to burst into tears. Ask if he will give you a cold shiver or something akin to feeling, because they are no longer people. We are people in the spirit. The word says it all, the spirit. The spirit, what is the spirit? You are the spirit without your covering. It is your energy, the ethereal body that must be nourished here on Earth. If you nourish yourself here on Earth then you will enter the glory here with us. The sphere that will be your home will be the sphere where you will feel the most comfortable. But indeed, there are also people that enjoy the low spheres, but if you do not belong there, you would not find it a nice place to be.

We were discussing belief and non-believers. We view unbelievers as ignorant people and we always say, "Leave them to their beliefs." Again we use the word 'belief' because those that are unbelievers do believe in their own way. He sincerely believes what he wishes to believe, and if he desires to worship a cow, let him. If he wishes to worship the stars, let him. If he wishes to cradle his child in his arms the whole day long worshipping him, let him. When he is further along in his development, his needs will be different. Once upon a time you found pleasure in playing and now you love communicating. Once you loved arguing and now you love to be in silence, and this means that you as a person have evolved. It means that you as a person are not the same person regardless of the same covering; that just changes with age. "Let's leave it alone," tell the people, "I do not accept your belief although I respect it. My belief is what I am and I believe in God."

God, God, God, God, a word that is often mocked. God is the word for everything that exists. God is the word for energy.

God is the word for love. God is the word for you. "I will not place myself at such heights," says man then. We ask, "Why not? Suppose that this is God and you are one of God's beams." The further you have withdrawn the darker it is or will be for you.

The closer you return to yourself, to your core, the lighter you will become and more glorious and warm and the more energy you will have to give away. That is God. You say, "I have never met him." We will reply, "Look in the mirror and meet yourself." You say, "How can I be myself?" We say, "Experience yourself in completeness." So if you have an attitude, accept the attitude, and if you see that your attitude is destroying your Divinity, then change your attitude. From today onwards be your new God and be a new energy. So many people are complainers. Of course they may complain, but what good does it do? In view of the fact that everything is energy and complaining is your creation, it will become your world and you will feel alone in the energy. Imagine today only speaking of wonder. Imagine yourself telling wonderful fairy tales, and approaching someone and saying, "Listen to my story," and your story is a complete fabrication. The person will travel with you into the story and time will be insignificant. Here by us time does not exist and we are not a fabrication. We take you into our world and tell you stories, but in reality there is no time element. We are so happy to speak, but alas, we are dead.

For us the word 'dead' is a wonderful word, but not for the people because the people confront death with fear and trembling. But if we are dead and can still be the energy of God, it signifies that after death you are still energy, so what is the problem? Would you like to die today? No child, die when you have gathered life's wisdom - then you may go, so never commit suicide. Never kill anyone, but do not commit emotional suicide either. Do not kill your feeling otherwise you will waste time here sitting around being what we call the 'living dead'. The living dead are people that are between the living and the dead. We come there and being observers, we say, "Living dead, do you hear me?" The living dead hear nothing. We say, "Living dead, do you feel me?" The living dead feel nothing. Another says, "I feel something, I

feel something.” And the living dead says, “What do you feel? I feel nothing.” But the other says, “I do feel something.” The living dead says, “It can’t be; I feel nothing.” Bam, bam, energy, energy and the other says, “Ok, perhaps I haven’t felt it right.” Child, never compare yourself because if you are the most sensitive of people, consider it to be an honour and you may say, “I feel because I allow it. It’s just as if I can see that beam of light, whereas the other sees the reverse side that is the darkness. He doesn’t see because he doesn’t want to or because it is not yet his time to see.”

Everything has to do with evolution, so just leave people alone to believe in what they wish and never say, “My belief is the truth.” No, say, “My belief is my truth, and I am faithful to my belief. It leads me to investigate, so I search for improvement; I meditate and I pray to God and ask him to protect my wellbeing today. I ask for power if I am powerless. I cry when I am sad and I laugh when something is funny. I see myself in everyone and I connect and disconnect myself equally with ease.” Then and only then, are you positive and if you are positive, people will approach you and ask, “How are you so positive?” Now, in answer to just such a question we say, look the other way Then you say, “Child, come and sit here and without shame fold your hands and do what you did when you came to Earth for the first time, breathe in deeply and breathe out. Do this many times in succession.” He says, “It makes me dizzy, it makes me dizzy,” then we say, “That’s good, allow the dizziness to reach yourself, your feeling.”

Let us pray together. How does man pray? Always pray with honour as you are sending your prayer to the invisible, and that means to us. You are sending us your feeling and you are opening up your heart. You are already here in thought and you allow yourself to receive the positivity. Just say what you wish to say, such as, “God who is everywhere, even though you are invisible, feel my heart. God who is everywhere, despite my frequent feelings of being far away from you, bring me closer. God, feel my legs that fail to support me today. I have difficulty with mankind; I have difficulty with myself; I bow my head too much because I am afraid to look. My ears are deaf and my eyes no longer see. I cannot let go of my past and so often I feel alone. But God, invisible though you may be, I know that you are there and I

ask you to raise me up above all this misery. Give me legs that will carry me. Give me a laugh that will make me happy. Let my tears flow if I am feeling sad and let me listen and see. Bring the distant birds closer to me. I want to smell nature's beauty and to feel it in my palms. I need to be just in the present without the interference of my thoughts. Oh God, I feel your touch because my tears are falling and I know it means you are speaking to me. Oh God, through you my hearing is better because you allow me to hear. Purely through this prayer, everything is becoming clearer.

But God, I am frightened. Perhaps this is entirely my own fabrication? But give me the strength to believe that this is not make-believe." And God says, "Child, if you are fabrication, then who are we?

Child, your tears are tears of happiness and your inner peace will return the moment you allow it to. Say to yourself: "With the hands I have been given, I shall stretch out to another."

Say, "May I caress you? May I feel you from my heart?" Say, "You are strong and I am weak, may I be weak in your presence?" Say, "My words are just words, but perhaps they are not the right words." God says, "Then you are powerful, because if you are speaking out of fear, or if you are speaking out of desperation, or if you speak because you are alone and yet you dare, you are displaying your strength." God says, "Child, you are my example as once there was a master on Earth that said, "God is the father." It means that I am your father, but I had lost my child, but now no longer because you have come to me." Through your prayer, the reunion is so quickly accomplished, and as a human, say, "Thank you God." This was a simple prayer, but you are so powerful.

Isaak allows the silence to penetrate us.

Isaak continues:

Let us enjoy the words we have just spoken. Listen better, see better, feel better and know better. Look at each other, but do not look at the body, but look at your neighbour's energy and see if the person possesses a good energy. If you think it is, then just simply say, "I welcome you next to me." If you cannot say it, it means that your aura is excluding the person and they are not welcome in your aura. So welcome each other, it is very simple.

Isaak grants the people time to do this.

Does everyone feel welcome? The host and the hostess bade us welcome when we entered here. If they had said, "You are not welcome," then we would have said, "Then we shall go again." So if you sit next to someone and the person has the feeling that he is not welcome, he will leave. If necessary, ask the person, "Am I welcome? Please may I be seated next to you, may I occupy your space? If our aura's reach out and my aura mingles with yours and your energy rejects mine, then I will feel it. So I would like to be welcomed so I can feel at ease." You must see this as an instruction for your daily existence. Am I welcome, or am I not welcome?

Indeed, we have come here in order to speak. Please tell, how can we help you?

Lady in the room:

I have a question. Sometimes you read in books that there is also life on other planets and that there is also existence. I have been born here on Earth, so why am I here for example, and not on another planet?

Isaak:

That is a good question. Look, as long as your evolution process here on Earth is incomplete, you must return to Earth and not to another planet. It is not permissible; it is a cosmic law. There really is more life existing on other planets, but the life of reincarnation takes place on Earth, only on Earth. If you go over to the spheres having relinquished the Earth, you will be on the forth sphere. From there you can grow and you grow there until you have reached the blissful state of perfection. Then if you still decide to seek another planet, you may go. Alas, until that time you will have to make do with us Earthlings.

Lady in the room:

Thank you very much.

Lady in the room:

I would also like to ask something on this subject. It is also suggested that people from other planets reincarnate here. Is this possible?

Isaak:

If you have finalised your evolution process, why would you want to return to a lower energy? Earth has a low vibration. Look, there are masters living between you that come from us and not from other planets. We are aware that many books have been written, but their contents are just words. We are not trying to convince anyone, but we do speak our truths and our truths are: if you have entered the reincarnation process, first you have to finish this schooling - the Earth's schooling. Then you come to us and if you wish to go to another planet, you may. But at the moment we cannot ascertain that a reincarnation in the human-form has come from another planet. No, we do not believe that, it is an illusion, but it is true that you have aliens surrounding you that are other creatures. So life from other planets can interact with you, but they have no body. Child, think carefully about it, what purpose would that serve? Why would another individual from another planet return to a low school if he were highly developed?

Lady in the room:

To help, perhaps?

Isaak:

We help. We stick to the rules and that is why we don't interfere with the aliens. So often questions about aliens and other planets crop up and we always try and evade answering them because their territory is not our home. We do not work there, and we have no common interest with them. Our planet is blissful and spiritual. Dear child, suppose you are born and we make you into a normal instrument, then we could work with you, couldn't we? Then we could inspire you in your sleep, so suddenly you are a good scientist, suddenly you are an inventor, or suddenly you are a great musician. But as you well know, dear child, the earthly people are always born with the veil of oblivion, with the only exception being the masters. Suppose that you were an alien or some such thing - some enormous creature and you

reincarnate as a human, then you would have lost everything. That is why we make people into channels and the channel will have an abnormality, and this abnormality is something that we are happy to make use of.

We laugh.

Lady in the room:

May I ask how you choose a channel? Is their ability to channel opened by you or do you take care that the people that come are channels? Can you please tell us something about it?

Isaak with a hand behind his ear:

My hearing is bad because we have to listen via the instrument. I have much admiration for your bodies; but you have the disadvantage of having to listen. But of course we will give you an answer. There are many different kinds of channels such as those we have just named, which are suddenly able to create inventions. There are scientists and so many others and there are so many instruments. We choose them in accordance with the instrument, but the instrument must be ready for this. Look, we allow a small child to ride a small bike, we don't immediately give her a cross-bike as the child is not yet capable. It has to do with time, with evolution. We wait, we wait until the instrument is ready to reincarnate and able to employ her senses. All the physical senses need to be developed and this occurs from their first day. The guide, the one with whom the connection has been made, must take care that the instrument is protected. The instrument must be protected from the Earth, and everything that has to do with the Earth. She must not receive too much information from Mother Earth since too much intelligence would be a hindrance to us. Intelligent people are not so quick to believe and we need to take care that the instrument grows via intuition, the feeling, and not through intelligence. We start on day one, but everything has been agreed upon, as everyone has a plan, a Book of Life. You reincarnate and your Book of Life stays behind here and we take care that circumstances are created. You have chosen the right family, so you have never been born to the wrong parents. Everything is in perfection because we know you through and through. We know you. But there must be a love-bond between

an instrument and the guide, since without the love-bond they would not find each other. You are sucked towards each other because of the established connection. It happens via concentration, it is a familiar energy and never being out of each other's sight is important.

My name is Isaak and I know my instrument from previous lives. The last year we lived together was in the year 1230. She has lived all kinds of lives since then, whereas my decision was firm – I didn't want to go back, and I wouldn't go back. So work out how long I had to study for the knowledge and wisdom in order to use one person as an instrument. It is not an easy task, an instrument is difficult to steer because free will enters the equation. How can I make my thoughts stronger than the instrument's thoughts? How can I make my feelings stronger than the instrument's feelings? Everything must be stronger and this is achieved by our influence from babyhood onwards. Is the free will involved? No. Is the free will in the personality? Yes. There must be a love-bond.

Suppose that you have chosen to be born as an instrument and you have become too materialistic, and experienced so much that your flowering innocence has broken beyond our repair. Then we would have to disconnect with you and take our distance. That would not imply that you would lose our help, but it would result in our work being all for nothing and having to wait until a following life.

Lady in the room:

May I ask a question? How does being in the Aquarium era affect our humanity?

Isaak:

Dear child, there is always an evolution in progress and the evolution you now experience is the awaking evolution; you need to wake up. But you have been in this era for a long time. You have been waking up for a long time and now you do not murder someone when he says he is a medium. Luckily mediums no longer are burnt at the stake, and this means awakening. There is more and more attention being given to people's spirituality. People are showing their belief without breaking another's belief. We are not speaking

of religion but of belief. So the era is a good one, but we cannot view the era you name as exceptional. We see the Earth and we see all the people populating the Earth, of which you are one, and the Earth is very full. But what you are you radiate and pull towards yourself, so one land had a different energy from another land. Does this also have something to do with the era, or just with energy? Does this have something to do with awaking? Does this have something to do with consciousness? There are many lands still without consciousness that are absolutely dormant. They still live on the earthly sphere, on the animal sphere, on the human sphere. But there are also countries that are very spiritual. Your land is a sober land, and the nice thing about you people is your balance between feeling and reason. So we must look at how much we need to give you to retain this balance, but then you just might start using your reasoning. Indeed, at times we are playing games with you, but they are nice games. You go and seek out meetings and sometimes you receive information and you go home, phone someone and say, "That was nice." Another time you say, "It was worthless and I don't believe anymore." You people are amusing.

The audience laugh.

Isaak:

Your happiness is as transparent as air. However, after awhile, your interest is rekindled and then you say, "Now I'm really on the spiritual path and I'm having nice experiences and I'm meeting nice people. Some people are more introverted than others. It was fun, let's go back there sometime." Do you follow us? Are you withdrawn? We were just talking about being withdrawn, weren't we? Belief means that you are close to yourself and that means that you don't doubt. It means that you may fall. You may fall, you are a student, and students do get, 'unsatisfactory' on their reports. But there will be development if they continue learning, if they continue doing their homework, and if they are more dedicated towards whatever their goal is. So if you meet someone today that has weighed you down, then say, "I thank that person for the lesson, it has made me wiser." Would you say, "Come on, burden me again." No of course not, just say, "Thank you very much, through you, I have become wiser." But you must not say, "I shall convince

you of your wrong doing.” No, the other person must come to that conclusion and that is after some time (mostly when he is with us,) when he reads in his Book and thinks, “Oops.” He’ll cry and he’ll have regrets. That person will have regret if he has hurt other people, because the word pain is not recognized in this blissful state as you only feel your own pain. You will wish to make amends, it is karma, the result of cause and effect, and that is why you will want to return to the Earth. That is why you return and you meet each other again and perhaps you are now the docile one, and maybe the other person will cause you pain.

Then you may take back the karma until the energy has been dissolved and everyone can go their separate ways once more. So let it go; the title we chose for our first book, “Look at it, Feel it and Let it Go.” You have to look at everything, you have to feel everything, but the last thing on the list ...let go. Say to yourself, “I can let go and I am so glad that I can. And laugh, laugh, and dare to laugh. Dare to say, “I’m laughing at my stupidity. I’m laughing because I bumped into to lamp, again. I’m laughing because I made the same mistake, again.” You may laugh, we also laugh. It is just like us seeing the wall and saying, “Child, be careful, don’t do it.” But you think, “I feel something, oh, I feel something,” but you just give more gas. Say to yourself, “I must reach awareness, turn it all around and come to a standstill. I shall go inside myself and look at why the person has entered my life. Why I have gone through this? Why did it happen to me? Karma perhaps? Have I become a better person because of it?”

Yes, always the last one, you have become a better person because of it. It is an absolute fact that we see many victims. Many people come to us telling us of their misery and we listen and we also tell them from A – Z about their misery, because we fully understand them, and they are happy we recognize their despair. They are happy and say, “You know how much I have suffered.” We say, “Child, now you must do ‘this, this, and this, and then you will reach happiness.’ ” The child goes out through the door, happy and joyful, “Today is the beginning.” But after awhile he gets twitchy and the fears and the uncertainties come marching along, and he thinks, “No, I’m better off how I used to be.” Habit. “I won’t let go, I shall continue torturing myself. I have suffered pain and I’m going to wallow in it. I’m in a bad relationship, and I’m going to wallow in that. I have no money and it’s

not going to get any better.” Indeed, there is always work if you have no money. Alright, there are people with a handicap, and there are people that cannot work and they have our empathy. But if you are not handicapped, you can work and you can build a good future again.

Gentleman in the room:

Why have you come here especially this evening?

Isaak:

We had nothing else to do.

The audience roar with laughter!

Isaak continues:

I shall tell you why we came here this evening, and I admit I do have an odd sense of humour. We have come because God gave us the assignment to speak. We speak via your dreams; and we speak via your masters and your helpers. Deceased people speak to you daily via an instrument and there are plenty of these on Earth. We are also among you everyday, but although invisible, daily we observe you, trying to help you and so often we notice that there is something that is closed, and that is feeling. Luckily everyday we are invited to a gathering and this makes us so happy. Here in the spheres, we don our Sunday suits and we start organizing the gathering saying, “Please look into the future and into the fountain of wisdom and tell us who shall be there on that evening.” Suddenly we are sanctioned access to the collective energy and know what wisdom we may spread. “What questions will be asked, and how will we answer them? How can we answer them simply in the language of the people, since our language is feeling? We don’t have a language, but we must speak, otherwise they will not understand our meaning. This institution is a special institution, or whatever premises the host or hostess bid will be special because there will be no egoistic people there, only loving people.” Our helpers are willing to contribute, just as you are too, and they are different because they can open doors for us. If you enter a church, there is also at that moment, special energy present that is important to you, otherwise you wouldn’t have sought it out, and the same

applies to this meeting. Now we are visible, but only via the instrument and what many people still consider unbelievable is that the instrument speaks; how can she? Indeed, God's wonders are both small and large. Ask yourself which of God's wonders you are, and what are your daily contributions? Ask yourselves these questions here in this room, and ask each other. This is our counter-question from us to you.

Lady in the room:

I have another question. I know someone I consider to be quite pure. She lives here on Earth in harmony with the animals and the people. She takes care of her body, is social and very loving, nevertheless, she doesn't believe in God, or in the afterlife. So I wonder how someone so pure and loving and so respectful towards everything, doesn't know inside herself that God exists?

Isaak:

It is because she doesn't want to be laughed at. Many people are afraid of being laughed at, making them earthly creatures. But in the subconscious there is belief, otherwise it's impossible to be such a good person. You have a conscious and a subconscious and if someone is a good person, he will take good care of his fellow man and is good to him. He will possess a good subconscious and will have experienced many lives that contribute to this present life. The person will go over to a pleasant sphere because the positivity will already be there.

It is not a necessity to believe in God in order to be good, but it does help. But if through disbelief, a person is afraid of death, then we ask, "Why are you afraid to believe, dear child? God is only a word for love." So really if your friend is so pure, she is love, isn't she? Eventually she will believe in love, otherwise she wouldn't display such goodness. Many people consider God to be a person and death to be a black hole, so you will know nothing more. No, death is life. But there are people that experience death as they do sleep. If you sleep you are ignorant of yourself, but you are alive. You sleep for a long time, possibly eight hours and perhaps during this time you dream or maybe your sleep is dreamless, but you still live. We also have such people with us. They are the spiritual sleeping people who know nothing of their

lives here and their waking can take a very long time – centuries. Suddenly they wake and then they have to loosen themselves from their earthly material for their continued growth. The word ‘eternity’ sounds so distant, and for you it is, but for us it is so close, as we are eternity. Our time does not exist, only your time exists and we take into consideration your time when we want to connect with you. Time is something that is lodged in feeling, so if we speak of the time in which we lived, it is known through the connection. Everything has to do with connecting. There are so many deceased here with us that are unable to feel and see. Many levels criss-cross each other, someone is in his or her sphere. Another is in a different sphere. They can walk next to each other and not see each other. Why do we always say ‘we’? Because we are not indivi ... indivi... it’s a difficult word.

Elise:

Individual?

Isaak:

Yes, our instrument cannot pronounce it. She must practise.

Elise:

Individuality?

Isaak:

Um, it’s not working. Our people do not own individuality and that’s why we say, ‘we’. So we say - we, God, everything there is, the All, the Cosmos, and the Universe. We have everlasting time, and that is wonderful. It is so wonderful that we can sit here in your midst – day in and day out, it’s so marvellous to be with you. You cannot see us and yet we are in your aura, by your aura and in your feeling and in your mind. Often your thoughts are our thoughts. We can insert thoughts into your heads, for example: “Mother needs me.” You get a shock and think, “Mother needs me.” You receive thoughts and think those thoughts belong to you, we say, “Good, think just what you want to child.” You contact your mother, and yes she did need you and you think, “Ah, my feelings were right.” Yes, child, well done child. When we get results we are happy, but we are just as happy with non-results

because we do it unconditionally. We have never-ending time. The question most asked is, “Why do you want to help?” If man asks why we offer our help to humanity, they are actually the people that cannot grasp the concept of unconditionally. When you do understand, we find it so wonderful and we laugh. We just love seeing you grow in your evolution process. We think it’s marvellous. This is a nice simple answer, isn’t it?

Lady in the room:

But do I have still have thoughts of my own?

Isaak:

No, because who am ‘I’? Who is ‘I’? ‘I’, is that your name? It is your character? Is it your feeling? Is it your intelligence? Who is ‘I’? Child if only you could ‘see’ your thoughts. Your thoughts are bundled together, the result being one concept contrived of many thoughts. This is released from your brain mechanism. Everything you see is played continuously in your thoughts. Does that filter through from your ‘I’ or does it come because you have a sort of idle chip in your head? But sometimes you have really inspiring thoughts - that is us. When you have a very strong feeling from your Self, then they are your own thoughts. But indeed, we can plug into your feeling to give you thoughts, so you are really fortunate children. Your feeling tells you the truth, so you can always access the right decision from your feeling. Simple, isn’t it? Or is this too complicated?

Lady in the room:

It is indeed an art to switch off your present thoughts and just to listen to your feeling.

Isaak:

Ah, it is so wonderful to do that. Ooooooohm. Meditate, child. What do you think? Your **thoughts are a chip**, but you can de-program the chip, so you can switch it off. But of course you must familiarize yourself with this procedure. You must nourish your feeling and this is achieved by sending it energy. We did it just now with the Ohm. Ohm is just a note that is used by many people, thus there is a collective positive energy in the Ohm note. And

goooooooood, is ok too, isn't it? But it doesn't sound right coming out of the mouth. Oooooooooohm is much easier. It's a positive note that feeds your feeling. You switch off your brain and enter another form of consciousness that can also be called a trance. You panic thinking, "Oh dear, I'm feeling, I'm feeling," then thoughts come flooding back. When we are talking as we are now, we literally have to slide the instruments thoughts aside, something that wasn't learnt just yesterday. It took years to accomplish, literally years. Ever since she was very small we gave her thoughts until we devised a rather cunning method, which was to show the child all kinds of images. These were images known to her from her past and eventually she heard a voice; it was my voice although, at the time she was unaware of the fact. She heard a voice, "Child, are these thoughts true? Have you ever seen these images?" The child replied, "Yes, I remember them, all the images, all the thoughts, and I know precisely how I used to be." I said, "The thoughts you have now belong to your past, that is the truth, so everything that you see in the future is also true." She could no longer deny it because she believed in the images. That's just the thing – everyone at times receive images, but they don't believe in them. They think, "Oh no, they are just my thoughts running away with me." That is why you must have training, and indeed under the guidance of a master, is easier. Nevertheless, you can be your own master, train yourself, or go to courses, go dancing, go to a shaman, go into trance, start drawing, or do yoga. Nourish yourself and be thought and feeling combined. It is not for nothing you have been given intuition.

Lady in the room:

If I may be permitted to ask, is the association one big illusion?

Isaak:

Which association, dear lady. Between you and us?

Lady in the room:

Between you up above, and our physical selves here, now.

Isaak:

That is the only association that is not an illusion. That is the only one because we are reality. The Earth is an illusion since the Earth is temporary, thus, you live in a temporary illusion. You create your perceptions here on Earth experiencing everything earthly, and that hurts because you are physical. If today you imagine that someone might harm you, you are creating an illusion. Therefore the Earth is a human illusion. Our connection with the physical people is reality seeing that you originated from here; you have not come from the Earth. But the Earth is a good illusion because you learn from it, and everything that is educational you must cherish.

Lady in the room:

I've got another question for you. Currently the topic of new-age children is often spoken about. Who exactly are they, or is something man has thought up and given a name?

Isaak:

Indeed, people have allotted them this name, but they are special children on our Earth. They are sensitive children, who just like flowers are open, some more than others. The children must be protected, but without overprotective cocooning. They must be encouraged to flourish and bloom so they learn and experience fully, and in doing so, develop their feeling. Feeling cannot be developed if you are overprotected. Joining in and experiencing are so important. What are new-age children compared to all of you then? A new era, new children, yes, but you are also 'new children' as from today, aren't you?

Laughter in the room.

Isaak continues:

There have always been intuitive people. There have always been children born with special gifts. However, recently it saddens us that we see that people have such longings to be an instrument. And why does this sadden us? It is because it leads many people into the danger zone and our work needs to retain its purity. We are not allowed to make mistakes because when we do, the belief is gone. This is why we always work to the best of our ability, and are correct. But if there are people continuously saying they are

feeling more than they actually do, then those people are unable to give wisdom. If they remain pure, they can just pass on small amounts of wisdom, and this is enough. But suddenly people become dependant on such a person and so they panic and say, “I must give more, I must give more,” which in turn causes them to break, attracting other energies. Their dependants will also break and this is the cause of our distress. We do want to build up spirituality so that people just like you, are all interested in us. We want people to display their goodness, their tears, their compassion, everything, but without raising themselves above other people. That is our reason for saying that an instrument is just an instrument. Look, a piano doesn’t play itself – that would be spooky!

Chuckles of laughter in the room.

Isaak.

So the moment we spot a piano that has been incorrectly tuned, we cease to play it and we withdraw. Who would play the instrument then? It could be other energies again. They see an instrument, a piano and think, “Let’s play.” So the instrument is tarnished, only feeling via manipulation and influence and relays messages, but the messages are limited. Normally you can always distinguish the wisdom belonging to the guide, because the guide gives the information and not the instrument.

Lady in the room:

But that is often so difficult, because you meet mediums that are doing very well, then they say things that don’t impress you at all. That’s the problem.

Isaak:

Dear child, there are many people that have accumulated life’s wisdom. Sometimes it deflates so they speak from their own feelings, emotions and associations – but this is not being an instrument. An instrument is someone who fully lays her own personality aside, who speaks wholly, relating only what her guide tells because she has fully submitted, therefore adds no self-contribution. There are many levels of capability. You have people that can do something, but they must know their limitations and if someone passes

on things that are entirely incorrect, they are not coming from us. We invite every audience to investigate us, but you will not find us faulty. This is certainly confirmed by the thousands and thousands of people we have spoken to. We are aware that if we make a mistake, our instrument will turn her back on us, since in the beginning she was the most difficult person to work with. But if you have a connection with each other that is totally solid, nothing can go amiss, can it? This has nothing to do with ego, just with truth. Investigate and feel yourself.

Lady in the room:

But the connection can feel very good, and yet it isn't?

Isaak:

We have just explained about the piano being played by the wrong player.

Lady in the room:

How can I tell the difference?

Isaak:

You need to feel it. You must feel that the highest is the best. If you have ever been attuned to the highest instrument, you will feel the difference between that and the very lowest of instruments. You must feel. But that is just the problem - man does not feel. How can you know? Feel the highest happiness within yourself and if you work with us, it is the highest ultimate happiness. The love that you receive is higher than the love you have ever given or received from a human. The patience that you receive is greater than you know as a human, and if you know yourself as a human, you feel the difference between ultimate happiness, ultimate power, patience and everything that is superior to your humanness. The wisdom is higher than your wisdom - you do not possess it. But if it is equal, it means that your helper is equal to you. But if the information is limited and you really have to listen hard, the answer is, "No." If you work with a helper or a guide, the information should be immediately available. We should not have to say, "You should ...," no, you should be able to feel the whole situation because your knowledge is our knowledge; so all of a sudden you are enlightened.

Suddenly you are wise, suddenly you are patient, suddenly you are good, it feels good and you think, “Wow.” It’s comparable to the effects of a really good drink and you thinking, “This is the real me!” Then the effects of the drink wear off and your thinking wavers, “Now I can feel the difference quite distinctly, I’ve got a hangover.”

Laughter in the room.

Isaak:

If the drink saturates you, you feel the drink, don’t you?

Lady in the room:

But how do you know if the drink comes out of a vintage bottle?

Isaak:

Dear child, simple, if you are left with a good feeling and your issues have been resolved, then it is good.

Lady in the room:

Yes, but I feel rather nice and then I have a hangover. How come?

Isaak:

That’s not good.

We laugh.

Isaak:

Dear child, dear child, it’s very simple. If I was a bad spirit, God protect me from these words, then I would fulfil your wishes. But I give you food for thought, information that is limited. I will only draw you to me and the moment I possess you, I will release you. This means that I won’t give you anything; I will break you. If you receive information from the ‘bad-guys’ as we call them, the information is limited. They are unable to speak as we speak, no; they imply they can fulfil your wishes. They move onto predictions, breaking all the rules, because the one law is: Be very careful

with predictions. Never break the physical human, help him, but do not lead his life, but say that he can go in this direction or in that direction. A good spirit tries not to possess you; he gives freely, whereas a bad spirit will try to possess you, attempting to live spiritually via you. He tries to be a person again using you, and as that doesn't feel nice, we intervene and work on you giving a nasty feeling. We say, "Child, what are you doing?" We send out our thoughts and when we are connected, we come because we are certainly against one person destructing another. We cannot prevent wars on Earth, but we can prevent the instruments being misused.

You can tell by the instrument's quality if she is pure or not. If you go to a gathering and you offer a photo, the instrument must tell intuitively from A - Z precisely how the person is as regards character, personality and their past. There must be no bridging between the living and the dead - it is a unity.

Lady in the room:

But what do you do with a child that is being wrongly used as an instrument? As a parent you see the child is no longer yours. How can you protect your child against this?

Isaak:

The first thing to do is to have your child cleansed. Go to an instrument that can absorb the energy, take it away and close the child. Then you as a parent are the one to take over the task of building up the child's spiritual power, because our job is done, and we head home. Our instrument can no longer work with you as she has other obligations, just like us. But we will help your child, and if your child is possessed, bring her to us and via the instrument we will extract the entities. We did that with Elise. You as the parent must have the responsibility of raising the level of power in your child so that the spiritual rape the child has undergone will only linger as a memory, but not a barrier. That is your parental duty.

Lady in the room:

But as a parent you pray ...

Isaak:

No, you go and get help.

Lady in the room:

Yes, ok.

Isaak:

You may pray, but you need the connection, you need an instrument because she is the one that can absorb the energy. Look, we connect and our instrument has no free will during the work, and she has to endure the pain of the lowest sphere at such a moment. But we are superior, so we know what we can put into her and take out again. She has already helped many who were possessed, and exorcised spirits from houses. The truth be known, she is not happy in this work, but indeed, it is painful and we understand this all too well, but it is vital. The work you must do as an instrument is not always only positive, negativity must also be extracted. To restore the child's healthy spirit, the connection and the exorcism are necessary, then the ghosts will not bother the child. It is possible for us to close up the child. Indeed, if you come to us with a broken arm, we say, "Child you have come to the wrong place," and we send you to a doctor. But if you have an entity with you and you go to a doctor, he'll say, "I suggest you be admitted into a Psychiatric Intuition." We say, "Come to us, we will help you." One session is enough.

Lady in the room:

Thank you very much.

Lady in the room:

My question is about crop circles. Are these also signs from above?

Isaak:

Well the pope didn't make them! We understood that the pope left the crop circles on Earth, but the poor man is recuperating with us. Indeed, there are extra terrestrials busy with that. We are not involved in these crop circles, what good would it do us? They are made by extra terrestrials that make themselves known in this manner with something that is supernatural. It

commands attention, and attention gives energy. They are living among you, and flying saucers also exist. We also have flying saucers, and we use them to draw attention to ourselves too, steering them via concentration. The extra terrestrial creatures can also do this. There are both large and small figures that are energy. They do no harm, really no harm at all, even when you continue to seek them, but we ask you, “What are you looking for?”

If they want to investigate you, they also need permission from their superiors. It does occur, but the investigation must really be worthy. They truly wish to know how you are put together, but we are breaking our laws, so I must cease speaking, as we are not permitted to divulge too much over these creatures. But they are not hurtful.

Lady in the room:

Is it possible you can tell us something about the effects our medicines have on our physical bodies here on Earth?

Isaak:

We are happy with the situation, but there are people that react badly to medicines, and acquire more side effects than the illness itself. But medicine is often needed especially in cases where people have psychotic problems. They cannot be treated with homeopathic medicines, so they need regular medicine. We call these people whose spirit is broken with life's burdens, the ‘weak spirited.’ If you have a headache, after awhile homeopathic medicine will reduce it. However people with schizophrenia or psychotic problems do need to use medicine. There is always something alternative, but see it as such. We always state that we may never work in place of regular care, but always alongside it. First them, then us, so come to us with your complaints and we will confirm them, and then refer you. If you come to us already with the knowledge, you know what the matter is and so do we, so we confirm it. That is also evidence since everyday we work magic again with evidence that needs to be stronger than the previous magic. But we do this happily, because children, we just love you. Why did you ask that question?

Lady in the room:

Well because I'm actually very against medicine use. I always have the feeling that 'healing' is available to be plucked from nature - from herbs and plants.

Isaak:

That is why we gave this answer. Look, your thoughts arrive here before you have even completed their formation. We snatch them up, as is our norm and we look into the future, so we also knew who would be here tonight. Many people attend the clairvoyant evenings, and of course we are very pleased since then you can lay contact with loved ones, which is for the people quite revealing. It is a mental observation and everything enters via the instrument's mind. She reveals information walking through the room in a normal manner with her eyes open. Now she cannot walk as her legs do not function; they have no feeling since her ectoplasm decreases for my usage. So for you it is clear that it is material for the wisdom. But never be against regular medication, dear lady, because the moment you are, you would be doing the same as someone who needed a blood transfusion, but refused it. Their quality of life could be damaged or their life shortened. Why did God provide medications? Because they are necessary. You have cars because they are necessary; you have children because they are the future. Medicine is good but if it doesn't agree with you and would rather eat mushrooms, in a manner of speaking, go ahead and make a wonderful soup of them. However, be careful with mushrooms as they can cause hallucinations. But they are also a product of nature and their workings are strong. Many people experience a bad 'trip' with clairvoyant tendencies, many colours and extra sensitiveness. But indeed the feeling is not a nice one and the feeling of 'wow' is replaced by feelings of being in hell. So just like medications, nature products can have a strong effect on the physiological, emotional and physical body.

It is clear that the instrument's energy is fading. After the interval we will return in the first trance form. Our instrument shall be fully present and receives everything mentally as she does in the halls. Of course, like with all instruments the proceedings go as we wish them. She needs to recover as her energy, fluid and ectoplasm need to increase. You might wonder why we always have our eyes closed? It is because we do not need eyes, just the

spirituality. We overshadow her and if we do open our eyes you can actually see that another soul inhabits her, another energy, and we can see through her eyes. Thank you very much.

After the interval, we continue.

Tresi/Isaak:

Now I am Tresi and I'm fully present. Just now, I had to recover as it cost me a lot of energy. Isaak gave me some sort of treatment to restore my fitness. Isaak is standing here by my side, so we are Tresi and Isaak together. Isaak is asking, "How was it?"

Reactions from the room:

It was wonderful, really beautiful: thank you Isaak, and of course, Tresi.

Tresi/Isaak with a laugh:

Isaak's saying that you don't have to include my name; it's just my job!

Gentleman in the room:

Well now, you also want to be noticed don't you? You are small enough as it is.

Tresi/Isaak:

Well, as persona Tresi, I don't want to be noticed. That's just what I'm always afraid of, because in my heart I'm quite shy and certainly where publicity is concerned, but not with my friends. When Isaak showed himself to me and said, "You are going to do this work," I actually refused it. I couldn't imagine myself doing it; me as a speaker before a room of people, every evening announcing myself and perhaps without Elise? She is only present with the book presentations, but when I was alone I'd ramble on a bit and quickly give over to Isaak. But with Isaak by my side I'm beginning to learn as he can calm me down. Isaak says that they were pleased to come here and that the energy here in this room stimulated them to speak. Often we feel a sort of wall that we have to fight against giving us the feeling that it's better not to say too much, otherwise you can offend people or tread on

their religious beliefs. Isaak says that there are many things to take into consideration the moment we speak, but he wants to thank you all for the positive energy here tonight.

Lady in the room:

How old were you when you discovered you had this gift?

Tresi/Isaak:

I always knew it. It also gave me considerable sadness and when I think back to that time, it still causes me grief because someone like me is just so different; you are always different. To tell the truth, it was a very difficult time, but it is true that they led me very delicately, and Isaak comforted me. I have gone through many lessons as I had to experience many things in order to be what I am today – I know that now. And now if Isaak will please take over?

Laughter in the room:

Tresi/Isaak:

“Everything you have experienced in the past,” says Isaak, “has to do with evolution.” Everything that I have undergone has contributed to me being how I am today, and this pleases me. When I’m emotional about my past, they are not unprocessed emotions, but comparisons of who I was and how far I have come now. It’s just like reflecting back to a wonderful time with someone when the memory touches you. At a given moment you say, “Oh that was great” with emotion, and Isaak says that you must allow your emotions. “Never be ashamed of emotions,” says Isaak, “Look at what you are now and not at what you were.” He explains that you are what you are today because of what you were. He adds that many people have problems experiencing themselves in the present. He says, “Suppose you are in a wheel-chair now and at the moment I have no connection with you. Once you could walk but now you are limited. Many people cannot accept their limitations and continuously utter, “Why me?” God will always reply, “Why not you?” Perhaps you are the one that needed this in your evolution. Later when you are in the Cosmos, you’ll look back and think, “Hey, now I know

why!” Everything has a reason. Everything. This reading has a reason, your sitting next to each other, has a reason, there is no coincidence. Still people believe in coincidence. Isaak says, “If only you knew how much work they have to carry out just to get you all here tonight, you would clap your hands very enthusiastically for us.

We laugh.

Tresi/Isaak:

That you met the right person, that you glance at the right folder, that you open the right paper –has nothing to do with coincidence. I’m speaking now as Tresi, and everyday Isaak makes a new scenario for me. For example, if I am working in the evening in someone’s home, then the whole interior, the décor in the room is involved in the play. I think it’s funny that my eyes wander from one association to the next within the décor in the room.

‘They’ have obviously looked beforehand and said, “We can use ‘this’ for that message, and ‘that’ we can use for that piece.” I was once in someone’s house where the hostess had wanted to put away a certain book, but something stopped her. Later in the evening, my eyes fell on that same book and my whole message unwound from the beginning of the book’s title. Often I tell my secrets, and later the hostess verified someone had told her to leave the book just where it was. Isaak responded with a broad smile. What is so unbelievable is that my life has been so wonderful since my 28th year. Before then, my life was pure hell, because I imagined too much. Isaak says, “And then you knew everyone experiences these thing, so you would be familiar with their situation. If you know you are female, also know what you are. So I always knew I was a medium. I knew who my father was from A – Z, and I just hated him, but I’ve let all that go. I don’t hate anyone, not even my father; he is just an ignorant person. Isaak has always thought me to stay being myself. So, look at it, feel it and let it go. First I had to learn this.

Something else I’ve learnt from Isaak I cherish is that: I may be. Often when I enter someone’s home, the people are expecting somebody quite different and it’s immediately detectable in their aura. They are expecting someone bigger or they expect a turban - they have expectations of my exterior

appearance, and along comes this small bubbly person. I enter their house like a familiar friend and if I haven't eaten ask for a sandwich, and somewhat flabbergasted they wonder, "Can she really be a medium?" However, when I 'click on', I am an entirely different person. Mediumship has nothing to do with one's appearance. It has nothing to do with images you have in your heads about witches or fairies, but with talent and the talent has either been developed or it hasn't.

Now enough about me, what would you still like to know?

Lady in the room:

My mother died very young and it was also quite sudden. What is the purpose of that? What good did that do?

Tresi/Isaak:

Do you mean because she died so young? Isaak says that the moment you die, it is your time. The exceptions being if you have robbed yourself of life or if someone has robbed you of your life, or perhaps through a natural disaster; then you do before your time. But anything else is just your time. "Look, what you see," says Isaak, "is a person you love very much being taken away from you. We have a comparison that is perhaps not very fitting, but nevertheless it could be like your having spend all your energy building a beautiful house and suddenly it gets blown away. Your whole foundation has vanished in one final blow. Frequently children have much difficulty when their parent goes, but visa versa is worse where parents have difficulty when a child is lost. So if this is something that happens to you, always say the person has gone over to the spheres and at that moment you are untying yourself spiritually from that person. That is very important because mentally you can cling onto the person, so then the person remains hanging in your presence." Isaak says, "It is the same as when you die and don't untie yourself from your physical. By not letting go, you literally experience your own burial or cremation. If you are connected to me and you have trouble with your lungs, I feel your lungs. They are not my lungs but via the connection, I feel them. Therefore it is really necessary to release any mental connection. Of course you may grieve, and naturally you may speak to your

parent and say, 'Mama, I love you and I hope you hear me. I know you hear me because we have a love-bond, meaning you receive my energy. I do so hope that I can hear you, so first I shall open myself and recover from my sorrow at loosing you.' ” Isaak says that anyone who loses someone will indeed suffer – anyone. But it an emotion that goes hand in hand with loss.

Lady in the room:

You have just touched on the subject of preference for burial or cremation. Please can you tell something about this?

Now this is a question, ladies and gentlemen that is often asked. I suspect that it's a question that arises in every meeting that we've held in the country. So I shall just deliver the first part of Isaak's familiar answer, where he was half way through.

Tresi/Isaak:

Always be careful with cremation but if you are someone that can leave easily, do not be afraid. The transformation of death is truly not an easy one, not for anyone - not even for Jesus, not even for Jesus, because despite Jesus being the greatest master of all time, he also had difficulty with that last little piece, the letting go, didn't he? Not for nothing did he say, "Father, You have deserted me." Human fear surfaced in spite of his being so high. We just wish to repeat, "Be careful," that's all. But if you have cremated someone, never say, "Oh my God, what have I done to him?" Never say that. Just say, "I hope he has reached his place." Here you will receive a spiritual sleep and at some time you will wake up. The time factor could be long or short, but it will certainly happen. But be happy you are sitting here since it means that your awakening is happening fast since you are becoming a believer.

Lady in the room:

Please may I take this a little further? I had a near-death-experience due to an accident and it was like taking off my coat. I went completely into the light and suddenly everything was positive. They asked me if there was any particular task that would be to my liking? But then I woke up to everything being the same as before, including the pain. When I made my promise on

the other side, it appeared an easy task, but back here I thought, “Shit, what have I gone and promised now?”

Tresi/Isaak:

What did you promise?

Lady in the room:

I promised that I would tell people of my experience and my associated feelings and bring them over in book-form.

Tresi/Isaak:

Well then, what are you waiting for?

Lady in the room:

I’m preoccupied in deciding just how to bring it over in writing and in a comprehensible way. Do you think the right time will present itself and that I’ll receive advice?

Tresi/Isaak:

Isaak says that if you pick up a pen, it will come. He continues that what they so often see is the prolonging. People delay because they are afraid to carry something through. For example - marriage, a bad marriage, “Let’s just prolong it, tomorrow things will be better,” and thirty years down the line, they divorce anyway. They put it on hold. We always say, ‘Take the bull by the horns and never prejudge, wait until later.’ We do understand only too well that special people have difficulty. There is the crowd and you walk along parallel to the crowd in loneliness, thinking, “Shall I join them?” As for myself, walking with the crowd brings no happiness since everyone there is dead and I am special. Isaak says, “We tell everything simply, because we have heard that you don’t understand difficult vocabulary. If we start speaking in a foreign tongue, then our message will be vague, so it is better to just speak simply in your own language without having to take things into consideration, this is how it works out for the best. Furthermore, if it is God’s wish that the book becomes a reality, then it will. It is possible to begin writing, but if God wavers, then it just won’t happen. So once more

we say, never prejudge, but judge afterwards. Walk your path and see what God wishes, and in so doing, it makes it that much easier.

Lady in the room:

So it isn't my responsibility?

Tresi/Isaak:

It is not your responsibility. Your responsibility is to take the bull by the horns and to believe. Everything begins with belief. Isaak said years ago that there would be a book: "Look at It, feel It and Let it Go," and there are still more books coming out – this year the second book entitled, "My Name is Isaak," will be on the market. When he first mentioned the book, my first reaction was how strange the title was, and my second reaction was, "Who is going to write the book?" I mean it couldn't be me! I find it difficult enough writing in my diary.

I have to keep up Isaak's diary and with his help I do succeed, but I just don't like writing and neither do I have the time. Anyway, circumstances were created and we have the book. Besides, it wouldn't have been possible for me because I go into trance. All conversations and meetings are recorded and Elise is dedicated to transcribing the words – that is one of her tasks. Every person has a task and they create the circumstances. If necessary the time comes for parting and again someone else enters your life who stays awhile and then leaves. If there comes a time when you can think, "I am a person that has many eggs in my basket," then you are entitled to be pleased with yourself. Isaak realizes that so often their words are simple and people resort to saying, "Easier said than done," but he replies, "Yes, but do it then. Do it then, do it with ease." Isaak says they meet people who proclaim they are love, and every time when they receive love, they go, they run away – afraid. But they announce, "I am love and I have wisdom," but every time they run away. Eventually we ask, "Why are you so afraid of giving and receiving love?" This takes a lot of thinking about because they were not love. They proclaimed love, but it was just a word. You have three sorts of powers. They are your thoughts, words and deeds. The deed was not challenged. Why not? If you want to prove your love, you must set aside all your restraints and be truly small.

Lady in the room:

What are the plans for the continued growth of Isaak's Foundation? Of course I'm very curious.

Tresi/Isaak:

Good. But we never furnish such a simple answer, because as you know, when you want to build up something, you are confronted with ups and downs. The downs exist so there can be the ups through constant communication, hands out of pockets, hard work and new plans. New advertising also comes into the equation, and gathering people to come this way, and this provides the ups. What you must never do is to give up because if you are building and are confronted with constant disappointments and slip into the "I-give-up-mode," then one thing is for sure, the growth stops. If the Foundation is an open door for everyone that enters, people will feel comfortable and will also be at ease with their weaknesses because they have a door upon which to knock; then it will become their house. You must see it as such – a house for the people. It will be fine.

Lady in the room:

I have another question that actually concerns myself. Many people love animals and I am one of those. Sometimes I speak to a bird, my dog or an animal in nature and I almost get the feeling that they want to say something in return. But it doesn't happen, so perhaps I haven't developed this talent enough? But you can communicate with animals, can't you?

Tresi/Isaak:

Yes, I really am able to communicate with animals, I communicate with plants and I communicate with everything. Everything is energy and it is just a matter of translating the energy into words. Personally, I am not naturally attuned to animals, but they always have something with me. They always seem to approach me and I think, "Go away, go away!" It is essentially a transfer of energy and animals can always catch it and understand you at all times, but it is you that fails to understand their language. In a manner of

speaking, they go and stand next to the fridge relaying the thought: “I want to be fed.” Once I was connected to an animal, and this took place purely because I am a medium. I can also communicate with deceased animals. It is possible, so at that moment they need to transfer thoughts, but only they have the energy. They can inject their feelings in me and with the help of my guide, tell me things leading to a normal dialogue. But it is different than conversing with a deceased person since then I hear him as I hear you.

Lady in the room:

But animals can also receive entities and see auras. For example, our dog can follow something and then suddenly bark angrily making me think, “So we aren’t alone this evening.”

Tresi/Isaak:

Oh that’s nice for you.

We laugh.

Tresi/Isaak:

Once we had an afternoon that was very funny, when Isaak said, “Madam, your husband is now coming through the door.” Suddenly the dog came and stood barking crazily before the door and kept on looking at the woman as if to say, “Look, look, the boss is here, the boss is here!” He so badly wanted to bring to her attention to the fact that the boss was entering, proving they can see and that is due to their lack of understanding; they are just feeling. You would all see were you to concentrate on developing your feeling. One person sees ‘this’ and another ‘that’ – it all happens via feelings. If you have been given a small piece of the gift you will be able to see better, but you can all develop more feeling. Everything is readable and people read flowers too. Suppose that you buy flowers for someone, your energy and your intentions will be in the flowers. So if you buy me flowers, I can read the intention behind your buying the flowers. You can read anything – give me your hand or your foot and I can read it, and this is the reason for my needing an earring or something, because of its energy. I receive much e-mail asking if I can tell this or that. No, certainly not because where is your energy? There is

nothing I can do via e-mail. If I have a photo to look at, yes, because immediately the energy is there since energy is emitted through the eyes enabling me to read. You should try to read, read the feelings and the person's energy. You can do this, can't you? When you see someone and think, "I don't like him," you are actually reading him. If you think, "Hey, what a nice spontaneous person," then you are reading him. It is a limited reading, not one where you can read their future etc. but at that moment you reading their character.

Lady in the room:

Can you also reincarnate as an animal?

Tresi/Isaak:

No, absolutely not. Plant, animal and human are all different categories. Animals also have differing categories. The consciousness of the animal stays to reincarnate further. A horse will reincarnate as a horse since his consciousness differs from the energy of an ape. A mouse however, just goes off to the light; it has no consciousness. All categories are divided, depending on the emotions.

Lady in the room:

So not necessarily to the same animal, but one from the same category?

Tresi/Isaak:

Yes, they must have the same energy, like you being a person will again be a person, and a plant will be a plant. But there are also spirits here with us that are animals, and we call their place, 'the animal level'. Also we have revealed on page 104 of our first book that Hitler went to the animal level, which is lower than low, as this is the level he deserved.

Lady in the room:

If a person has killed someone or in war has shot another, I've heard that then they don't enter the high sphere. They could kill there as well.

Tresi/Isaak:

Yes that is absolutely true, but in the low spheres. If I am in the low sphere and you join me there, I shall be waiting for you, and I'll get you – the reason being that you are animal, not feeling and you don't empathize or sympathize, you fight resulting in much mutilation. This criteria also exists because there are people rotting in prisons and their ectoplasm, the ethereal aura is dissolving and becoming extremely porous. A spirit, a bad spirit, connects himself to your aura and whispers. So suddenly you see things, and suddenly you feel things and he says, "Get out of this life, kill yourself - die." So you kill yourself and hup, they tear you apart.

Lady in the room:
Is that the hell?

Tresi/Isaak:

The hell yes, here in the spheres. However, there are always rules in-between rules because supposing you killed because there was no alternative; you murdered out of necessity or you would have been murdered, then there are rules applying to such a situation. Isaak says there are always two sides to the coin.

Now, I believe it is time to round off this evening. We thank you.

Reading in Zaandam on 3rd June 2005

Ladies and gentlemen, we thank you as it pleases us very much to be invited. The people that invite us have always been our own choice. Why do we say that? Because it is a truth and because you always think that it has been your choice – that is not true. The decision is usually given in the spiritual form, so intuitively you feel obliged to do something. You feel spoken to in your feelings, in your intuition and you claim the decision as being yours, but there is no truth here since the spirit is deeper than you imagine. Spirit is what you are, but the spirit stands open and often sends out screams of help to the Divine World, and that is us. The moment we approach the physical people, the way we work on them is in the feeling. We tell him spiritually what he must do, but mostly he has no idea what to decide as he has thoughts and we do not work with thoughts, we work on the feeling. Suddenly you receive feelings via your thoughts and you think, “Ok, I’ve got the feeling my decision should be to go ahead and do that.” You receive this feeling through your thoughts and feel proud of yourself for making your decision. However, if your choice turns out to be wrong, we always get the blame and you say your feelings were wrong. But who is to say that what your choice should be successful? Perhaps we have provided you with a lesson so you can be stronger, enabling your growth. So never say beforehand, “I’m laying down conditions for thoughts that come my way,” but say, “I’ll believe unconditionally that my intuition is right.”

It is a matter of belief. Everything begins with belief. Suppose you look at yourself and say, “I believe in my personal power.” At that moment, you are nourishing your personal power, and if you say to yourself, “I believe I can magnetize,” you open up for the Divine World and automatically you feel you can magnetize. Suppose you declare you believe you can be nice, automatically you are nice. When you say, “I believe I can’t be myself,” that becomes your truth because everything you believe in will become your truth. Many people believe in God, so it becomes their truth, but when someone else approaches and says, “How can you believe? Have you seen God?” Reply with wisdom, “Yes, yes, I have seen God – look at me.” He

replies, “Yes, but I only see a person.” You say, “Look, where do you think I came from?” He says, “You come from your father and mother.” You say, “That is your belief, but my belief says my mother and father are the parents that gave me life because I choose them. I choose to enter this school of learning and choose to be my true self here on Earth. Maybe I am a piece of God, but perhaps I am more God than you are since you don’t believe.” Relentlessly we hear the physical people immediately picking an argument; out come their weapons and down they come. This is not our aim, what we mean to say is, “Why don’t you believe?” The word ‘believe’ is only a word, but if you truly believe, then it becomes, ‘knowing without question’. Your heart has to be so nourished that your belief is unconditional and you can say, “Look, I’m not dead yet but my belief is solid because everyday I feel God coming closer. God is love and everyday I feel renewed love within myself towards my fellow human beings, for everyone, and no longer can I tolerate injustice. It pains me to see someone who is hungry. It pains me to see people hurting each other, and it is because I know God is love and I have within myself the seed opposing anger. I no longer have rage within me, purely because of my belief.”

It is so complicated, ladies and gentlemen, but so simple. Daily you are feeding yourself to become what you are. Everything here in your surrounding is your own creation. You are more than what the eye can see, you are God, and His seed, and the more attention you bestow on your seed, the larger your flower will become, the more fruits you will bare and the more people will eat from your fruit. And if you say, “Here, eat an apple and see if I taste nice” – and people may be choosy – then people may say, “I want nothing to do with your truths.” But then you can reply with, “If only you could feel. Do you think my feeling is wrong? Do you think what I do is wrong? Do you think I am wrong? Am I forcing my belief on you? Have I ever said to you that you must accept only my truths?” “No,” they say, “You have never done that, the only thing you have attempted is to try and tell ...” Yes precisely, the only thing we try to do is to tell you is to think about the question, “Is there a God? Is there more than just the physical? How do I experience my holiness? “Feed it!” “And how do I feed it?” Cuddle each other; be nice to each other. Say to each other, “I am angry because my

father or mother and perhaps my neighbour too, mishandled me, but I'm trying to forgive my father, my mother and my neighbour as well as trying to forget it. I'm trying to take today just as now. Today the weather is lousy, but I'm not the weather, am I? I am myself and I'm capable of placing myself anywhere above worldly associations, my neighbour, my father, my past and my misfortunes. I can associate solely with the things I wish to associate with." Many people visit us and say, "Ok, I don't know what I want anymore." But child, it is simple, isn't it? Do you want to be good, or not? Do you want to be love, or not? Do you want to believe, or not?" When we speak, they are just words. Naturally you cannot see us. We must speak via telepathy to she whom we call the 'instrument.' When we come to Mother Earth, we speak to you daily via feeling. Currently you have an instrument before you, but always the question arises, "Is this the truth? Is it really true that an instrument can be connected to a spirit?" Yes it can. Many masters have come to Earth saying, "I receive the Holy Ghost." Many masters say, "You may receive the Holy Ghost." And many masters preach just one thing, and that is the belief of love. They say, "Throw your weapons down and don't hit back. Do not judge your fellow human if you do not wish to be judged yourself. Care for each other as you care for yourself." They are wonderful words, but have these words been heard? No, it was difficult. It was difficult for many people to hold onto these simple words, because humanity surfaces and humans tend to panic. Wars are the consequence and many more wars will come causing more panic. "My loved one has died and this is God's punishment," they will say, and their belief flies away. Then suddenly the human experiences a wonder – they have found just the right person to love, and they put it down to coincidence. They say, "God has heard my prayer," but when the love fades, you blame God and you say, "God is punishing me again." This is the way it goes, this is how you think because you have too many associations and interpretations. You concentrate too hard on how you think it should be, but when you look with this attitude and you wear your blinkers, what you observe is your truth. But when we look, we see more, we see the whole picture, don't we? But when we say, "Child, listen, listen, go right now, go left now ..." You say, "Yes, to the left, to the left, to the left, my feeling tells me to go to the left ..." No, it is more sensible to go to the right, so you will bump against the familiar wall

or barrier. So then you sigh deeply and say, “Hey, my feeling actually does tell me to go to the right.” Then we reply with, “It doesn’t matter child, you’ll listen better the next time.” Each time you begin anew and that’s why it takes so long. The evolution process takes a very long time. How many lives does a person have? More than a cat. You die and you live again; you die and you live again. See it as you would a tree. It blooms, then it ceases to bloom, it blooms and ceases to bloom. But is the bloom dead? No, it is just in its non-blooming period. You too, you bloom and you cease to bloom.

The moment you long for messages from the Hereafter, we do a lot of homework. We get our heads together and we say, “All these people are coming and they have chosen to lay contact with the dead; they are coming hoping to lighten their problems. We gather up our manpower, preparing to help. The physical human thinks, “This is what I came for, this is what I came for,” and his questions are answered. “They have heard my prayer.” Then you go home, spill the beans to your partner and he says, “What nonsense?” So suddenly your belief wavers once more. It makes no difference how we come to you – whether we come with clairvoyance, contact with the deceased, or with wonders because you receive the most precious gifts via telepathy, but the moment you ponder your belief becomes indecisive. That does not matter; it doesn’t matter at all because the physical person may be a student. That is the prime reason for his returning to Earth, isn’t it? He wants to study and if a master, an earthly Master says, “Child, this is the way to do this sum,” but he takes no notice, looks around a bit and says, “You must be joking,” then the master will say, “Ok child, but you won’t pass onto the next class.” Ten years down the line the child says, “Master, I’m fed up, I’m fed up, every time I stay down.” The master says, “Come here child, are you now prepared to do your homework, are you ready now to receive your lessons?” He replies, “Yes master, now I’m ready to dedicate time to my growth. I am willing to devote time to my personal growth.”

It was the same with Elise. For many months she researched us. She questioned us and we provided her with the help she needed. Elise has questioned many people that had contacted us. Also she’s transcribed what

she recorded and that is how the words are now in book-form. My name is Isaak and my time era was in 1230. In that life I was a shaman and White Feather was my name. My instrument was called Great Spirit and together we were good friends. Our land was in North America and the white people confiscated it. There were wars and greediness but all we desired was a simple life. We had our tribe and were pleased with our Gods, our children, our nature and our bison and we enjoyed our parties. My job in this time was as a medicine man, combined with the task of bringing up Great Spirit, since he would take over the leadership of the tribe. I was unable to fulfil my task as death interfered with the plan, but we met up again in the spheres. The meeting was purely recognition of feeling. Here by us time does not exist and I made the decision not to tread upon the Earth again. My masters said it was no longer necessary, but my friend Great Spirit still had more reincarnations to experience. I kept my word to her, which was, "I will raise you even if you have no tribe to lead.

Now you are busy with other tribes and this shall continue for many years before casting away your physicality." That is the process of reincarnation and only in this life was my instrument ready to be spiritually raised by me. Together we fort the battle, as it is not easy to train an instrument. It is not easy to take possession of an instrument and certainly it is not easy to convince an instrument that she is one. But what could we do? The same words we used in the beginning of this story, by laying it in the feeling. Many people are talented here on Earth: suddenly you love children, suddenly you love animals, suddenly you discover your talent for painting, or suddenly you discover your talent for singing. Perhaps it lies in your subconscious? Maybe once upon a time you were a good singer or a talented composer and it has been passed down through the evolution process, and through death, but not in the spirit. Everything is buried deeply in your subconscious – there is no death. Eventually I'd trained my instrument sufficiently and our job was to convince the people with evidence. We call this the 'physical evidence'. The evidence such as my speaking here tonight via the instrument is for many people not enough. So come and see us personally, come to a clairvoyant evening where we are pleased to give physical evidence. But we'd like you to promise just one thing: that you believe. It makes no difference from which instrument you receive evidence; it warms your heart, makes you

happy and you'll think, "There's been enough evidence," and be content with that evidence.

There are many instruments, many different instruments just like your differing human appearances. Look at each other, you are all unique in the way instruments are unique; there are no two the same, so why would you heckle, "I am better than you." No of course not, it is good if you know your limitations. If you wish to be a good instrument to yourself, you could study the meanings of your dreams. You think about whether it was a conscious dream, an unconscious dream or a fantasy dream, and tell yourself you'll study your dream. Write it down, then perhaps you will study yourself. When my master told me that I was ready to take on an instrument, I levitated between you all and the spheres, and every time I was happy I had a master that told me, "White Feather, do not give up." My question at that time was, "Master, will it ever be possible to set up work on Earth between all these living dead?" And my master replied, "White Feather, do not give up." I said, "If you are my master and quite unconditionally you say to me that I must not give up, then I have belief in you, my master." Naturally my master is above me and although my instrument becomes me, she shall never ever be above me.

We shall not hold the floor the whole evening; you are invited to ask us questions. Please be lenient with your questions because the moment we receive permission, we answer them happily. But listen well, and listen with your heart.

Lady in the room:

What is the task of the person receiving the lesson? You have the recipient of the lesson, but actually an angry Judas supplying the lesson, and this is a tricky lesson if it is your task. Do you understand the question?

Isaak:

Yes, we fully understand you, Madam. Every lesson you undergo has to do with choices. Judas had the choice to not be greedy. Judas had the choice of not betraying Jesus. That is the free will God has given you. You are making

it easy if you say, “Everything that happens to me is beyond my will.” Wouldn’t that be nice? No children, everyone has intuition, everyone has knowledge. Judas had plenty of knowledge, afterwards, alas. But the crucifixion of Jesus had to take place, so who the traitor was is of no matter. What matters is who wears the white sheet. Look the Romans did not want Jesus on Earth, it was the consequence of the pyramid-effect, “Who has the power?” Jesus was a simple soul but with such a good heart. He was the greatest master that shall ever walk the Earth, nevertheless he chose for poverty. He moved amid the poor, the leprous and the sick. He walked with the prostitute Maria Magdalena and wanted the people to think the way he thought: “If I can give love to all these people, all these people with deformities, with misery and pain, and also the cursed, (in those times they considered lepers were cursed by God,) and I can cure all these people with God’s blessing, then we can also be nice to each other.” He could also have been born as Buddha, that was also a possibility, but then he would have had to have done it the other way round. This means that first he would have had had to experience a prosperous life, which suddenly would have reversed on entry into the world, but Jesus did not have much time. You also do not have so much time, so why do you waste it?

My reverence for Jesus is immense, but we can tell you one thing about master Jesus, and that is he didn’t understand his feelings. Just like you, he often felt lonely, and deserted by his ‘father’ as he called him, purely because he stood alone in the midst of all the people. He was modest and he was honest. In the same way your mother helped you come to Earth, his mother helped him.

Luckily he had a very nice relationship with his mother and he still does. Everything has to do with energy and you attract towards yourself what you believe in. What you believe, you pull towards yourself. Thank you for your question.

Lady in the room:

You chose for yourself what sort of person you will be in life, don’t you? But there are people whereby you think, “How could you ever have chosen to hurt so much, mentally as well as physically?” Surely you couldn’t have

chosen this? One person's life is a nice smooth ride and another's fate is to climb Mount Everest.

Isaak:

But dear child, you are looking at it from your personal viewpoint, from your own associations and from your own emotions. Just look at it from the spiritual viewpoint. If one person decides to allow his life to flow in a certain manner, another follows suit. That is also to be seen here on Earth where one makes a rare choice in favour of bungee jumping etc. and another says he would never choose such a thing. People have different tastes, one person has more courage than the other. One will experience more than the other and gladly packs more into his life. He knows spiritually what he experienced and when he resumes physicality, he forgets, just like you have forgotten. So he has physical pain, but once out of the body and a spirit again, he is proud saying, "Look what I pulled off" Try to see it in another way because we know if you receive a sick or blind child, or one that dies prematurely, we understand how much physical pain that brings; we know and would never ever deny it. But we know how it is above, and that's why we want to reveal these truths even if it causes us pain, because we feel the pain in your hearts. It is a choice, and I can convey an example that is quite recent. A lady came to us – to our instrument, and she had a photo of a child with her. Suddenly our instrument did something she is able to do - she transformed into that child. She adopted the same physical bearing showing identical symptoms, and the mother looked into the face of her child. We call this transformation. The mother was shocked and started to cry – the child began to speak. The child said, "I'm a big boy now, I'm twelve years old." The mother said, "That's right." The child had died when he was six. The child continued, "Thank you so much for not putting me in an orphanage in spite of your losing Papa through this decision. You divorced but you wanted to care for me even though I couldn't eat." Here on Earth, the boy was also unable to speak. He said, "Thank you for stopping feeding me via the catheter, since now I have no pain and can walk again." He showed how he was on Earth. The mother cried in happiness because the child said, "I'm a big boy now." He wasn't the child in the wheel chair anymore, the child that could not eat and only made eye signals. The child was no longer imprisoned in the body;

the child was healthy. The child provided all possible proof purely to comfort the mother. But the child never ever said, "I'd wanted to live." Instead he said, "Mama, thank you for letting me go."

Lady in the room:

What is the purpose of having all these wise lessons in your life if you are ignorant of them in your next life?

Isaak:

You have the conscious and you have the subconscious, dear child. The subconscious grows through everything you experience on Earth. You retain this; be regressed and you will realize this is true. Do you still know that you did when you were four years old in the kindergarten, and what picture you drew? Everything you have experienced since your fourth year has contributed to your being what you are now. The way in which your teacher showed you how to hold the crayon, how to draw, how to sit properly and how to be nice to your classmates, has moulded you to how you are today. No schooling should be skipped. Did you know ladies and gentlemen, that when you have reached the age of twelve or thirteen years that it is impossible to learn to read and write if this has never been learnt? At such an age your brain capacity is incapable and it becomes very difficult indeed to learn still to read and write if you haven't had the basics. Building stone for stone is essential, so everything learnt in previous lives is not necessary to know, my dear.

Were you to know, it would invoke guilty feelings since you have not always been nice, but you have become wiser, just like I have become wiser from my evolution process.

Perhaps we are about to touch a sore spot, but let's talk about babies for a moment. If you breast-feed a baby, the child will feel mother love and the child will feel blissful; that we can tell you. If only you could feel how blissful the child feels at that moment.

To feel the kangaroo effect is necessary – just feeling the child against your skin while giving the bottle, is also good. But if you just throw the child in the cradle giving him the bottle from a distance without holding him against

your body, the child will experience an intense sadness. The child would severely miss that little piece of security. You could say, "It doesn't matter, the child doesn't know the difference between my plonking him in the bedroom the whole day, or allowing him to be with me." You are wrong! The subconscious, the feeling soaks up everything. It absorbs, thus, be careful with your child.

Gentleman in the room:

I would be interested to know at what level a spirit must be to work with people in trance. Do you have another sort of schooling? Or how does it go?

Isaak:

A level of minimal five, more I am not prepared to say. Look, dear child, we are aware that many people come questioning us, asking, "Isaak, Isaak?" and I say, "Yes child, yes child?" "What sphere do you come from?" We say, "It doesn't concern you." "Why Isaak?" Then we reply, "Child go to the paranormal fairs and you will find that every person there proclaims to come from the seventh sphere, since so many people enjoy riding on a number." We do not; we do not sell ourselves. Not at all. We just speak unconditionally. We will go home feeling good from this positive meeting, purely because you have taken these hours to listen to us. But let it be known that there is no single master who comes from less than sphere five. When you have reached level four, spiritual life begins and you still grow further. The earthly life, the reincarnation continues until level three, and by the forth level you actually begin to enter the spiritual spheres where you grow still until you reside minimally in sphere five. Then the sixth is still to come, then the seventh followed by the option of leaving for the other planets. But our cosmic graduation is within this one. We thank you for your question.

Gentleman in the room:

Is it true that everyone has a personal vibration, and to what purpose?

Isaak:

Yes, everyone has a vibration. You vibrate. You have energy and you vibrate, but the strength of the vibration varies. I think this is a very good question,

dear sir. So many people say, "Oh, my vibration has gone down." Yes, that's true. What is our reply? We say, "Tune yourself more positively and you will vibrate at a higher pace. Thus your vibration has to do with your frame of mind. Of course you are born with a certain vibration and you evolve, but you can also slip back. Suppose you stand open for entities and the entities are bloodsuckers robbing your vibration, then your vibration will lessen. You will crumble and be spiritually influenced. Take care that your vibration has room for expansion. If you feel good, your aura is larger and it vibrates further out to your neighbour. If you are depressed your aura will decline and you will feel enclosed. Just feel what you are and this is why we always say, "You radiate what you are and pull it towards yourself." If you are in the company of someone whose vibration is lower than yours, you will feel it. It feels as if you are being tapped and your energy level goes down. You feel yourself tiring and think, "Oh, I felt ok before." Our advice is to go to a magnetizer that can nourish you and not just make you feel nice. When his vibration is higher than yours and he reassures you, then you will recover your strength. You'll feel completely well again, so then try and hold onto that feeling. But every vibration is also dependant on your thoughts. Every vibration is also dependant on your decisions. Every vibration is dependent on your feelings, on your surroundings, on your work, on the book you are reading and on the conversations you carry out. If you are engaged in a conversation that uses up all your energy... it begins all over again. I just love telling all this. Why? Because you do understand it, you do feel it, but think, "Oh, it only happens to me." Then say way, "Child, go and meditate, make a circle and fill up each other." Just as the gentleman said before the reading began, send out a thought, that is a truth, so send thoughts out to each other, but also send out thoughts to yourself.

Say to yourself, "I am praying to God, and I am asking God to nourish me." Your vibration will rise but it will never rise above your original vibration. But we can produce more numbers - we have statics. You are born on a particular date that also has a vibration. Everything is energy; your name is energy, God is energy. Just a name - when we utter a 'bad' name, immediately it feels different, so we won't do that now because we like the prevailing energy. But in a manner of speaking, if we articulate a negative name, you snap shut your aura. It is so simple, and it works within a second.

Thus, you are born on a certain date and there can be all sorts of calculations thrown in so that at a given moment, a specific number arises. Someone has made a study over such things; someone has gained superior spiritual wisdom seeing that a numerical book does exist, as does our book and so many other good books. Then you say, “Yes, that’s true, that’s true, it all fits in with how I am.” Yes, the description of the character fits you; how you are fits you, but you don’t know what your decisions will be or what you will become because that has to do with the free will. It is just like owning a car, the one has a Mercedes, the other a BMW - you can name them all since if you look in the handbook, all will fit. It is also possible to soup up the engine or remove a few doors, but the origin is solid. Astrology is good, numerology is good and yin and yang is truth, and I Tjing, or whatever you wish to call it, is truth. We can’t keep up with all the delegated names since we say, “The energy is your energy,” and we allocate names to the word ‘energy’. We say you all have helpers and you want to know names. You all want certainty and we do understand, but in your heart, we are a certainty. If you drive home tonight and you look in the mirror and you say, “Wow, I am a certainty,” at that moment you will feel you are a certainty. If you look in the mirror and you stick your tongue out at yourself, then this is how you will feel: “I am worth nothing; my mother told me so,” and this is how you will view yourself. But let’s leave the negative scenarios aside - let’s talk positively. Why don’t you put aside all embarrassment and tell the person sitting next to you what you think about him?

Isaak goes and sits peacefully folding his arms over each other. The public sniffs, but does nothing. Eventually there’s a woman that says, “I think you are all very nice.” We laugh.

The laughter catches on, but the public don’t dare to do anything.

Isaak bends in my direction and says in a soft voice:
Are they already busy cuddling each other, Elise?

Elise with a laugh:
No, not at all, not at all.

Isaak:

Are you all undernourished, dear children?

Lady in the room:

We understand what you mean.

Isaak:

Then why don't we do that then – ahhhhhhhhhhhhhh - give a nice cuddle?

We all laugh.

Isaak resumes:

We will explain why you don't do it. It is due to your embarrassment. Where does the embarrassment come from? Does the embarrassment come from God? No, the embarrassment comes from your own upbringing. You say, "Yes, but I really can't cuddle my neighbour here; I don't know him." So you need to know someone before you cuddle him? But perhaps you would get to know him through the cuddle.

Lady in the room:

Indeed, or you'd get a swipe!

The whole room erupts with laughter.

Isaak continues:

Look, we can appreciate that you just don't go up to someone in town and say, "Hey, I want to give you a cuddle," we can appreciate that. But if a good master says to you all, "Cuddle each other," and you don't do it, then you aren't very good students.

Lady in the room:

Free will.

Isaak:

Precisely, free will. But I hope that you understand my meaning – which has to do with embarrassment. Everyday we embrace you again in the spirit. Everyday we magnetize you again spiritually. Everyday we say to you again, “Children, we love you.” And you say, “No-one loves me.” We say, “Child, we love you.” Everyday you must repeat it to yourself because the words ‘love you’ are born from love. So when you tell your child, “I love you,” then we take it that you mean it, otherwise you are just playacting the upbringing. Everything has to do with consciousness. We always embrace, and to everyone that enters our lives we say, “Come here and receive a cuddle,” and speaking for myself, and the feelings I have to date via my instrument, I haven’t ever received a slap!

We laugh.

Isaak:

No, the energy these people were reluctant to show stemmed from their reluctance to let go, they still wanted more. This is true because you do want more of something that is nice, don’t you? It is similar to the poisoned fruit associated with Adam and Eve, but this is a fruit of love, it’s a lovely cuddle. You can also ask of each other, “May I give you a hug?” You could also ask, “May I comfort you?” Then you are not doing something unexpected, because you have asked permission. For countless years we have given lessons to students who came with barriers; that was the reason for our lessons. We talk about how much they learnt in our first book. They learnt how to release things and how to show their sadness as well as how to release their laughter, their anger, their rage and their subdued emotions. We taught them and then they yelled or screamed, one louder than the other and afterwards their reaction was, “Hey, that was nice!” They commented on what peculiar a lesson it was. We said, “Yes child, that’s just the point, it is beyond your comprehension and that’s precisely the reason. Your feeling learns through allowing it, so do so.

Isaak lays his hand on my shoulder and sighs:

Hey ... a simple touch such as this is a touch that can be comforting. A simple glance deep into someone’s eyes – look deeply in the eyes, in the soul,

and you can see each other and this is perhaps just what the person needs. A gift – you have just brought someone a present despite it not being his Birthday, is maybe a way of supplying that little piece of comfort. If you promise to ring and you don't, perhaps that is the last straw for that person. Everything has to do with love – "I love someone and I want to show it." If we come to this sort of meeting, we know we run the risk of being unwelcome, nevertheless we submit our welcome because I welcome myself.

Lady in the room:

I would love to know why there is so much animal suffering – I can't imagine they ask for this?

Isaak:

That is true. Animals do not have the good/bad consciousness as people do. Animals are just there. Of course they have their own consciousness, their animal consciousness, but not similar to man's as that is another energy. So if there are barbaric people that enjoy using animals for testing or extermination, they are just plain murderers. And why? Look at the world. Look at the world. Why do people kill each other? Why do people make another's life sour? We do not know, madam, we do not know. We do know that you are not one that does this, otherwise you would not have asked the question. We do know that you must be an example for others, telling them to refrain from doing so. There are enough organisations here in this world that come up for abused animals.

Direct your attention towards them and if necessary take your banner into society and demonstrate. If you love animals so much, do not eat meat since the animals suffer, also during their slaughter. That wonderful beefsteak you eat is their energy, animal energy, and you are consuming their energy. But indeed it cannot bother you if you are not conscious, but if you are you won't be able to bear it in your mouth because you will feel the energy and will pain your heart.

Just as we say the name 'God' has energy, this meat also has energy and you are feeding yourself with it. Then imagine those of you that are good at visualizing, how the animal grew up – how he was breast-fed by his mother –

how he was later transported – how he was slaughtered and then you say, “Bon appetite.”

A long silence falls.

Isaak:

We are not trying to make vegetarians of you all but we certainly do know that our instrument may not have one piece of meat in her body since I do not wish to enter such a body. And a secret I shall share with you is that our instrument was a big meat eater. When she was young, she dreamed of meat since it was popular in her culture and also her family ate it in abundance. But suddenly we wanted to give her the physical impulse to scorn meat. Indeed we did use our free will here, yes, that’s right, but we knew the reason behind it. Our instrument gave her consent saying she would work with us. She decided she would give away her free will during her work with us – not during her private life, but during the work. Our view on the matter is that her body must stay pure and contain no animal energy whatsoever. Fish is permitted, and then you’d say, “Yes, and they’re different?” Fish go over in the light. You do need food materials, but not from animals. Thank you for your question.

Lady in the room:

What is the ultimate goal for our soul’s journey?

Isaak:

Do you mean when you are totally ready with your evolution process, little lady? Then you will arrive in the glory; then you are just light and contentment and your consciousness is rich. We are not talking about sub consciousness but about consciousness. You could actually say that by us you are what your monks call ‘the ultimate monk.’ You are peace, you are light and you are blissful, and you go to other planets for further development where you will guide other people. The inspirations you gain there you will also transport to the instruments on Earth. We cannot say when you are truly ready because there is no ‘ready’, there is only feeling within your feeling which gets stronger and stronger and stronger. Then you

do not go over in transience, you are just light and blissful and all the people that have lived on Earth suddenly all come out where they feel at home. A nice thing to know is that there is still enough space for you all. If the Earth's people multiply by one thousand, still there is space enough. There is only light and energy and everything is contained in the consciousness of the energy. If you consider the light here in this space, it all comes from somewhere. The energy is made somewhere and many lights can burn because of the energy that has been brought here. The same applies to the energy here with us in the spheres. God is energy and there are so many souls burning on Earth. You return to the source of energy and there is just bliss and consciousness there. Many people are afraid of transience thinking there is nothing more. No, it is just the other way round – here on Earth there is nothing since your energy is so limited. You are so tired, you are always sad, you find it so difficult, life is short and there are always partings. By us there is always glory and we part from each other with joy and are never tired. Oh, how I long to return to my sphere, just to be in the glory hearing the birds whistling and the welcome of the waterfalls by my home. I welcome myself into my own house; I round up my brothers and tell about my trip to Earth; how it was to speak and how it was to work. When I descend to Earth, the duration is long and although I may connect myself to the collective energy, I may not return daily. Returning every time demands much energy as the Earth's atmosphere is so colossal, therefore it is just like having to penetrate a wall. So you go down and you stay until holiday-time comes round once more, and then you return to be welcomed by your brothers. But in reality your life-span to us is just a flutter in time and before we know it, our instrument is with us again. This implies that she has many years left in her life, but your time is your time and time for us does not exist. Eighty years for you is a long time, but for us it is just a drop in the ocean. Oh, oh, I find myself overwhelmed with homesickness.

Lady in the room:

I've read Jozef Rulof's book, which was also written by a medium, and I think that warns strongly about the Hereafter if you haven't done well on Earth. But the warnings and the artificial love are worthless in my opinion. It

must come from your heart, from your soul. What use are these warnings that are directed towards man?

Isaak with a smile:

Your words are just as complicated as Jozef Rulof's. What do you mean?

Lady in the room:

Well, he tells that if you haven't done well here on Earth then you just enter the Hereafter in the negative spheres. That is a warning, but goodness must surely come from your heart and not out of fear of having a rotten time in the Hereafter.

Isaak:

Yes, dear child, Jozef Rulof's books are good books but they were written in another time era, in the difficult time, and this was also his time. His books were told through his master. Our instrument has so often said, "Read the Jozef Rulof books," but be aware that they are difficult books. They are not written with the intention of frightening you, but if you are not well adjusted, the books will indeed scare you. That is not the objective. It is true that Jozef Rulof was a very direct medium, never wrapping up his words in cotton wool, but telling how he truly experienced it from his inner self, since everything was placed inside him. But do remember that you can be the best instrument in the world, but the knowledge is placed in you. Alcar and Lantos along with others have warned, "What you are here on Earth will be how your life is in the Hereafter." That is a true fact – so are you inclined to see the dark side of things? Then your life here will be dark. Indeed if you have been warned of burglars in your area then don't shake and say, "Oh dear when the burglar comes here, I think I'll go and hide." No. Do something about it; you were warned so that you could do something about it. Jozef Rulof warns so that you can start using your feeling. He just wanted an improvement in people and that you receive spiritual awareness. If you just toss it off now with, 'Ha, ha, ha,' in ridicule, it will be false. But perhaps if you practice a real laugh then it can become your real laugh. Jozef Rulof says in his books that when realism is reached in consciousness, you create your own life. If you think you are stuck in your body, then you are stuck in

your body, but it is possible to let it go. We know that Jozef Rulof laid down real truths that are frightening for many, for instance what he wrote about suicides. Without beating about the bush, he says that suicides fully experience their decomposing. However, we know everything revolves round the free will and the moment someone says, “God, please receive me,” his faith will be restored to God. But the person must ask God, he must want God to enter his heart and then he will certainly not experience decomposition, but will go over. Again, the free will, you ask and we hear; there is no punishment, except the punishment you apply to yourself. God does not punish, but it is a fact that you will not live on the high sphere if you are attuned to the low sphere. It is just not possible – after all a baby cannot immediately be placed in the Grammar school. He needs time, but just know that there is time enough. Do not be afraid of death – nourish yourself and experience a nice death.

I hear the audience sigh and see the slightest of smiles on their faces.

Isaak:

Should we stop already, Elise?

Elise:

I don’t know; I’ll see what the hostess thinks, but I can see there are a few people with questions.

Hostess:

Can questions still be answered after the pause?

Elise:

Yes of course, although not in this form because then we go over to the first trance form. Shall we pause now?

The hostess nods.

Isaak:

We thank you for listening.

After the pause our evening will continue in the first trance form.

Tresi/Isaak:

Now I'm fully present and Isaak is here on my right hand side and he's asking if there are more questions?

Lady in the room:

Suppose that I'm dead and I'm above. Will I have the choice to say that I don't want to return to Earth, that I want to remain there and learn further?

Tresi/Isaak:

Yes. But Isaak says that suppose you're on the second sphere. You can move about on that sphere but you cannot enter the third sphere, as only after reincarnation can you work yourself higher up. But there would come a time when you would be discontent there and think, "Yes, I will go." Then you enter the process of reincarnation, not because you must but because you will want to. It is the same as being at school and thinking, "I have secondary school education now," but that only entitles you to work with that standard on Earth. To achieve a higher standard you would need to take further courses.

Lady in the room:

And those curses don't exist there above?

Tresi/Isaak:

Just on your sphere. Isaak says that he also had to work through the spheres. He says that when you are in the spheres it's not all hunky-dory. Isaak says that the lower spheres have been talked about and they are really not nice places where there are many people with an animal-like disposition. He also had to connect with them and he had to know all the conditions in the spheres before becoming a master. You need to accumulate much wisdom since here you are confronted with all kinds of situations requiring wisdom, such as sick people needing a diagnosis. Even doctors and physiologists investigate us, so then we really need to know what it's all about.

Lady in the room:

I have another question. How shall I phrase it? We are spiritualists that belong to a club. Our club has a séance once a month and this séance forms the heart of our club. Having created the atmosphere, we don't call up anything but just wait and see what comes. We can help people go to the light and have not experienced anything nasty or evil. It is not my mission to help someone go over, someone such as Hitler who is doomed to darkness. He's just fine where he is, and someone or something has decided that he should be there, so no way would I attempt saving him.

Tresi/Isaak:

We have just confirmed this, but what actually is your question?

Lady in the room:

You said that the spheres number 1, 2 and 3 are very difficult. But the people that come through to us, the ones we may help through, are people that died suddenly and don't realize they are dead. We tell them, "You are no longer alive and we are trying to help you climb a step higher."

Tresi/Isaak:

Isaak says they are very pleased if you can do this successfully. But Isaak is talking about the above. He says that if you are a spirit above you must know all the conditions of the spheres if you are to be a master. So you must know the low spheres, the animal spheres found below the first sphere, since there are spheres still further down which can only be visited by a spirit. We are very pleased that as spiritualists you do not do anything with that, but there are many lost spirits that can plug themselves into people and tap their energy. But if you can send them back to the light, we are very grateful. The lower spirits are also directed towards cultures such as black magic, which are the evil energies.

If a medium works with black magic and the evil eye, she can steer these spirits to someone with the intention of making them ill. Yesterday it was my task to exorcise a spirit from someone who has been bothered by the evil eye for ten years. The woman was no longer mentally stable since if you have

someone attached to you for ten years consuming your energy, there will come a time, when you are not totally fit, shall we say. Ten years ago this Moroccan woman and her husband divorced. Their culture played a role as the man engaged in voodoo. In that country it is possible to pay for a so-called medium, but she is connected with the evil spirits from the lower spheres who do crazy things. You also have the good and the bad here in this the upper-world society, and you also have an underworld. Now, I think I can take it for granted that you will not expose yourselves to the underworld, but it does exist.

Lady in the room:

Yes, but dear Tresi, you have just said you only believe in what you see. If you think, "That is bad," you will believe it. If you think, "That is good," you will believe it; it is a part of us. So was it within the woman to believe in evil?

Tresi/Isaak:

She believes because their culture is open to it and their belief is also that the evil eye does exist...

Lady in the room:

But that doesn't have anything to do with the underworld, does it?

Tresi/Isaak:

... so that's why the evil eye could enter the woman. Suppose I were to send you positive energy but you don't believe in it, you'd close automatically and still I could try to send you something else, but it wouldn't enter. But if you are a believing person and you are prepared to relax and open yourself thinking, "Of course I am able to receive," the positive energy will enter you. It has purely to do with your outlook.

Lady in the room:

Yes, I understand that but I'm still talking about how we connect in séance and give them power. Without doubt, difficult situations do arise. But who is Isaak in fact?

Tresi/Isaak:

Isaak had to laugh. He says, “I am White Feather.” The name ‘Isaak’ was allocated to him when he was above, but no, he’s not Abraham’s son! Isaak says, “I would like to offer a small prayer before we close.”

Isaak:

When we prepare ourselves respectfully and privately for prayer and we close our eyes, then temporarily there is no disturbance from the physical. We do not see the observations of the other people surrounding us as we are just connected with ourselves. We send our thoughts out to Mother Earth and we say to her, “Mother Earth, I thank you that day in and day out I may live here on you. I thank you for all your beauty and that I may breathe in and breathe out the wonderful air. The beauty of nature belongs to you. We know that you have given us this beauty and we also know you have laid down no conditions since we can do with nature literally anything we wish to do. Often we damage your nature because we are not economical with your processions; nevertheless I sincerely wish to send out my thanks to you. I also extend my thanks to all the people on Earth since all the people provide me with insight. Through the people I am more able to be myself and to know myself, and that is the reason for my gratitude towards the people.

I wish every person on Earth my insight when they do not yet process it. I wish them much power and courage to experience the insights in the course of their evolution process.

Lastly, I thank the one we call God. God, I thank you for your beauty. God, I thank you for all the glory that is yours and the abundance of love you send us. And God, I ask you to receive my prayers. If I am afraid, I ask you to give me strength. If I am sad, I ask you to take away my sadness, and God, I ask you to take away my doubts if I am no longer able to make a choice. God, I thank you so much because I know that everyday I may send you my prayer and I know you listen and have never ever failed to do so. But God, I have forgotten to speak because when I am immersed in my own world, I am not open for what is glorious. I thank you God; I thank you for everything. Amen.

About the life in 1230.

White Feather, Great Spirit, these names conjure up a picture, don't they? We've come across these names a few times before and Isaak has also revealed this and that over his life in the year 1230 (please refer to the summary.) But Tresi and I were still curious and wanted to learn more facts concerning Isaak, who White Feather was in that time, and what kind of relationship he had with his good friend, Great Spirit. During one of our conversations he talked about his life and I was drawn so deeply into his story that it was like a film passing before my eyes as I envisaged the hilly landscape with the buffalos. Even before I'd formed my first question, a smile broke out from ear to ear on Isaak's face, because of course he knew the question I was about to ask.

Elise:

Actually, we have a question about you!

Isaak with a laugh:

Yes, we have already heard the question.

Elise:

Names like White Feather and Great Spirit have previously been mentioned, but perhaps you can tell us more about your life in that time?

Isaak:

Our instrument was the son of the chief, the Head, and he was the first-born. The first-born has rights and at a specific moment in time he will have the responsibility of the whole tribe on his shoulders. The Head had to keep watch over everything - to oversee the whole tribe. Her name was then Great Spirit. My name was White Feather.

Elise:

But surely you want to give our readers and us something a bit more substantial than that, don't you?

Isaak:

I'm not intending to evade your question because the people are curious and the best masters always give a little information about themselves. If you are a master and the students see only the master, not knowing what lies in the master's heart or his history, then there is always a sort of yes, blockade between the people and the master. Do you understand what I mean?

Elise:

Yes, I understand what you mean and it will touch the people's hearts to know more about you.

Isaak:

Therefore we must make ourselves known, also revealing our vulnerability. My memories of that lifetime are only good ones, and the name that was given to me, or rather allotted to me, came from the fact that I was in the true sense of the word, a helper.

Elise:

A helper? In what way?

Isaak:

Many people were brought to me for healing.

Elise:

Were you a medicine man?

Isaak:

I was a medicine man named White Feather and I was a Shaman. When I reflect on those days, I remember this magnificent time with such joy. I remember all the beautiful images, all the beautiful views over the mountains and the scents that wafted over the tribe. The people had respect for me;

they reached out with their hands to me for help and I had a great role to play within the tribe. I treated many people with herbs, smearing their wounds and I carried out operations with sharp instruments. We called up the Gods in whom we had strong beliefs, and had great trust in nature, the eagle and the wolf. These are all symbols - the power, the power is abstracted from nature but still you retained the simplicity of being able to stay true to yourself. Everyone had his own place, his own tent where he could withdraw into himself; but nevertheless, we were One. My memory is still good and I can see it with precision before me. In those days I was no longer young. How I look now is comparable, but I have rejuvenated. I wasn't an old man, but in that time you aged more rapidly because of the burning sun. The earth was very hard, red in color and we also smeared ourselves with this red earth. Naturally we smeared our foreheads because symbolically you needed the protection. You smeared your body with earth; you threw it on yourself for protection and you gained strength, which you carried from Mother Earth. Often we sang and danced but also revered the peace and quiet. We ate a lot of meat.

Elise:
Buffalo?

Isaak:
Yes, and we shared everything with each other. If someone caught a duck it was shared with the whole tribe. There was always boiling water on the fire. I don't know if I'm always using the correct vocabulary for the artifacts as our instrument remembers nothing about them, but there was always a kettle on the fire.

Elise:
Did you also have fruit and vegetables?

Isaak:
Yes, from the wild nature and also from our own terrains, our own vegetable gardens, but the vegetables were of a different sort to those found here, and everything was shared.

Elise:

Was there enough water or was it all very dry?

Isaak:

Yes it was dry; you had to walk a long way for water.

Elise:

Was the landscape hilly? Was it sandy, you mentioned all the red earth just now, but was there also plenty of green?

Isaak:

Yes absolutely, it was very green, compiled of many beautiful hills and abundant with beautiful strong trees. You could see very far if it pleased you to do so and in places you could see as far as infinity.

Elise:

Did you also have spiritual places like churches or temples that are now in existence, or particular places on Earth that are written about in the Bible?

Isaak:

We searched for peace. We retreated into the silence going back to the simplicity of just being oneself. We sang a lot and we danced a lot and we made plenty of noise and that also brought us back to simplicity. We could fall into a trance very easily and could carry out operations. Purely because of our belief, we could go into trance whenever we so wished.

My talent for this was very strong, and having first disconnected myself, I could easily slide into the feeling of readiness to perform spiritual operations, switching off my own personality and feelings. In that time I knew the physical body extremely well, but I was just a man, a simple man. I really cannot say what age I reached in that life, as we didn't keep accounts, but judging from my facial lines I can't have been young. But we did look after our appearances wanting to appear powerful and wanting to be powerful. Emitting power and eating well was extremely important. We didn't suffer from hunger; there was no hunger because the greenery was plentiful. I can

visualize the territory with all the green vegetables although I cannot name them all. The woman cooked but much was done altogether, and not a question of things taking place in different accommodations. We all had our own tents but still we were One. The children played everywhere in freedom and the wise among us educated them. They received lessons in nature, catching buffalos, and were taught to listen and recognize the surrounding noises to avoid being surprised by the wolves. We also imitated the wolves' noises in order to scare them off again. We were a swift race of people and it was undoubtedly a very nice time, but it was also a restricted era. You belonged to your own folk and you had to stay within the boundaries, so you did not grow up among the other races. We were neither widespread nor were we mixed. The whites, as we called them, kept far away from us owing to their different skin color.

Elise:

That didn't feel right?

Isaak:

No, no. We know that someone once asked something about the whites being in North America at that time, and yes, of course they were. These whites caused us such pain and many of us were robbed of our lives by them. They caught us unawares; they were a mean people. Look, you are also a white person and so is our instrument, and in those days we were red blooded, weren't we?

Elise:

Red skinned, yes.

Isaak with a smile.

Yes, and then we smeared ourselves with the red earth and were redder still! We meant so much to each other and made everything ourselves manually. We make splendid drinking bowls from very strong wood; we made spoons, we made everything. It was a long way until you reached the next village, the distance causing you many hours of walking, but luckily we also had horses. When occasionally a small club of people went away for awhile, the entire

tribe waved them off. It wasn't just for pleasure but to fetch the needed provisions once more for our survival.

Elise:

Eventually you were all killed by the white people, weren't you?

Isaak:

Yes.

Elise:

The whole village? The entire tribe?

Isaak:

There was nothing left; they flattened everything, which wasn't very difficult as we only had tents. The whites took pleasure in killing our children and I can still clearly see the images of the mothers clutching their children.

Elise:

Yes, how ghastly, how absolutely awful.

Isaak:

Yes, and what was their reason for this? Purely for the power because when you behead children, then a race will die out. Many of us were made slaves – we were caught purely for the purpose of doing their work, but without payment. The slaves were dressed in rags and the whip was utilized. There was no honesty in that era, nor was there decency. I do not know what is written in your history books about our being a lost race, but we do know that many calculations have been made about the date of our existence. When you count back in time, the whites were present long before 1230 – there had always been whites, as it had always been their custom to spread themselves about. They had always been there and we had also always been there, and we still are, but not like before in reserves.

Elise with a laugh:
In reserves.

Isaak:
Yes, in reserves and we had to send our instrument to school.

We laugh and I say:
No, really?

Isaak:
We kept track of the time by the position of the moon, so we could see how late it was from the moment of its rising and setting and could read the stars. We understood astrology and were exceptional in our calculations. Certainly we couldn't be considered a stupid race, yet we were wiped out as if we were dim-witted, as if we were animals.

Elise:
Simplicity was mistaken for stupidity.

Isaak:
Yes, as if we were animals and that was not so. So we were destroyed but still they did not succeed. The whites killed the shaman and the Indians, but in every era throughout the centuries something along these lines has occurred. Look back to the Jews, everything that is normal, or considered normal at the time, is destroyed and it has always been this way. There has never been acceptance, never been something like accepting every color and every person. An animal accepts another animal as long as they avoid each other's territory, and we accepted the whites as long as they didn't enter our territory. Our region was private and where we felt at home. We chose to live in a primitive manner and it pleased us to leave a place the moment we decided to go elsewhere. We moved on to another place with the whole procession purely because as naturalists, we were very close to nature. In that time I had a very high function curing the people physically, and now I have

a very high function curing the people mentally. Great Spirit was my friend and I was always the wiser one and the eldest.

Elise:

In age you mean?

Isaak:

Yes, in age.

Elise:

So he died at a young age in that life?

Isaak:

He was a fully grown man, but his skin was still smooth, whereas my skin was not. But he was a powerful being and that is why he was awarded the name Great Spirit. Names meant a lot to us and he received this name due to his strong spirit.

One day after his father's passing, he would have been responsible for the leadership of the whole tribe. He was his father's 'right hand' as you call it, and was always seated alongside him. The friendship between Great Spirit and myself is an everlasting friendship that has never once been severed, and even then he bowed his head to me in respect. It was our custom to bow our heads to each other. Since it was my task to tutor him, we spent a lot of time together in the raw nature carrying out the lessons. I was not the kind of medicine man that just sat around waiting the whole time, no, I also gave instructions. My father had given me this assignment and I carried out my work with pleasure.

Elise:

Did you instruct on how to be a medicine man or just in general things?

Isaak:

I tutored in the principal of unity, that you could feel everything, that you must view everything as a whole and accordingly must contact the power

within yourself and know how to pass on your wisdom. I shared my wisdom not only as a medicine man but also in the meaning of life in that period. Tutoring Great Spirit felt like teaching a royal child; it was the same. The alliance went hand-in-hand and he was like a son to me. But it was not so, it was a friendship as he was not my son. His death came unexpectedly and so did mine, but we saw each other soon after our deaths. Once during a reading we told that our instrument had also done the very same work, but in a previous life.

Elise:

Yes, she was a herbalist if I remember correctly?

Isaak:

She also did this work through observation and learning. At the time she was not my instrument, but everything is achieved through influence and everything is accomplished by employing stored information. Nevertheless, I have always been with her and I have always kept an eye on her.

Elise:

So all the time since the year 1230, you spent studying in the spheres, she was reincarnating, yet you always kept an eye on her when she was on Earth and could influence her?

Isaak:

Yes, we could always influence her and could always reach her because the band was never broken. Via concentration, via telepathy, you can insert feelings in somebody. You must also at some time have experienced a feeling in your heart, haven't you?

Elise:

Yes.

Isaak:

Well this is when you feel inspiration; but she had her own progression to go through and I still had plenty to do here in the spheres, including building up my strength.

Elise:

Please may I use this story in the next book?

Isaak:

You may – of course you may.

This conversation with Isaak was very different from our usual talks. I must admit I've never heard Isaak talk in such a relaxed way, not that he was usually tense, not at all, but how can I put this ... it came over as if he was leaning backwards in a comfortable chair daydreaming about the past. The joy he had from all the memories that came to mind was plain to see and I enjoyed it along with him.

Elise's Concluding Words.

Now dear reader, this is Isaak's second book. I hope that you have enjoyed his wise words and that the book has provided you with insight with your integration here on Earth. This is the second book, but Isaak has hinted that a third will follow. Eventually there will be a series of books since Isaak has so much to tell and so much wisdom yet to share with us. But, as you will have already seen, Isaak really loves inquisitive people with probing questions and that's why I'm inviting you to send your questions to me so that together we can ensure a wiser and better existence

Written with love,
Elise.

Back of Book.

Last year paranormal and healing medium Tresi Barros, her guide Isaak and writer Elise Schuitenmaker, presented with pride their book, “Look at it, Feel it and Let it Go.” They received a warm welcome in the many rooms through the land where the public listened with rapt attention to the words of a high master from the Afterlife, Isaak. They asked probing questions and they were answered in Isaak’s familiar wise way, a way that is clear, fascinating, with love and patience yet direct since the truth can be very confrontational.

In this book, all the wise words that Isaak spoke and the public’s questions were taped. Also in this book Isaak allows more of himself to be seen. He spoke with me, Elise, over his last life here on Earth with his instrument, the medium Tresi Barros, and the warm memories he has of this time.

The subject matter that Isaak addresses is extremely varied, but paves the way for us to create a better existence for ourselves. We chose when we were above to grow here on Earth and the earthy lessons are often difficult. Isaak wishes to help us lighten our existence on Earth; he wants to awaken us and make us conscious and extends his help with our evolution process, often saying, “Listen to your feeling, then listen to us since we are here to help you.”

The following subjects are just some that come under discussion: Dementia, schizophrenia, euthanasia, donation, cremation, autism, mediumship, natural disasters, IVF, abortion, extraterrestrial creatures, angels, self-realization, dreams, eating meat, reincarnation, charlatans, coincidence, the spheres, twin-souls, dying young, 2012, intuition and new age children.

Tresi and I travelled throughout the whole country sometimes through wind and rain and sometimes sticky from the heat, but always with pleasure in our hearts. We enjoyed Isaak’s wise words and the lovely people who were so eager to progress along their spiritual paths.

The public in the halls hung onto every word Isaak spoke and I hope that you, just like us, dear reader, will enjoy the beautiful words in: “Isaak is my name.”