

See, Feel and Let go

Tresi Barros

INHOUD

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ISAAK BIDS YOU WELCOME

Dear people,

There is no such thing as coincidence and this is such joyful news. Everything you are entitled to will come your way, because you are ready to receive it. You are ready to read this book, so open your heart and open your physical self. Feel free to explore it and to be skeptical, but please do not reject our words because the book you are holding now is with you because you chose it, consciously or unconsciously. It doesn't matter which because you have made the choice and be happy with that choice. Absorb the information and let it through to your inner self. Absorb it, feel it and give it a special place. If there comes a time when you feel lonely and decide you need a friend, we suggest that you open the book again, because we are always here to cherish and guard you. Do the same with yourself, cherish and guard yourself. When you start browsing through the pages you may come across truths that transcend your own. Consider these truths and think to yourself, "I trust this is alright, I believe that this book has been composed by a person no longer physically with us, but spiritually alive in the next world."

And my name is Isaak and I belong here with you. I am frequently among you and although I am invisible to you, it is possible to speak to me through the instrument I work with, Tresi Barros. This book has been created by the efforts of Tresi Barros and writer Elise Schuitenmaker. Elise was so dedicated to writing this book that she was literally possessed by it, and we are using the word 'possessed' in a friendly manner, meaning that she knew that she should continue writing. We used our positive influence on her because we were eager for her to make haste spreading this news.

What exactly is the message in this book? The unique message in this book is that everything is possible. Everything can and will be the way the physical human being wants it to be.

So if you want to let go of things, you can let go.

If you just want to 'be', you can 'be'.

If you want to feel, you can feel. However, you have to sincerely want it.

It is regrettable that not every individual is sensitive enough for direct conversation with us, but we can influence you positively whenever you are receptive to us. Trust your intuition and once you have begun to put trust in your feelings being your master, then we become your master.

Read this book and celebrate what it brings you. Cherish it if you wish to cherish it. If you are not ready to cherish it, then lay it aside in a safe place until you are ready to treasure it.

We thank you for your understanding and for your being.

Isaak

PREFACE

Dear people,

I would like to create for you a complete picture of the woman and medium Tresi Barros and as every detail about her is relevant, I think her past certainly belongs in this book. I am including her biography to give you an idea about her childhood, what kind of a child she was and how she grew up and came to live in the Netherlands. Isaak unveiled the whole story to me as he knows her through and through, has kept an eye on her at all times and can access her memories to gather any information he needs.

I will lead you through her learning period – during which time she was not yet practicing professionally – and through her experiences to when she became a full-time medium in the following years. Naturally this information comes from the same source, Isaak.

The interviews were without exception recorded. Initially it's simply because I cannot remember all of Isaak's beautiful words and wise views, and secondly, but not less important, in doing so the truth and the purity of his words remain intact. However, the lessons and workshops are written by me because I experienced it all myself, so therefore could go back to the source of my own thoughts and memories. During the time I have spent writing this book I have listened very carefully, asked many, many questions and finally let it all fuse together into this beautiful book you are holding right now, but the final checks were always done by Isaak.

All of the clients or students names quoted in this book are fictitious to guarantee privacy and throughout the book I have chosen to use 'he' when referring to a person, either male or female, without any intention of discrimination but simply because the book is more readable this way.

With love,

Elise

Dear reader,

Elise and I have been working on the translation of this Book for quite a long time now and have gone through it many times ensuring a correct and flowing text, yet at the same time trying to maintain Isaak's way of speaking which actually becomes more modern as you turn the pages. What a pleasure, privilege and an honor it has been translating and sending pages to Elise, who with her expertise in English methodically checked and sent them back to me with all the necessary corrections and sometimes discussions.

When I first read Isaak's words saying that you are the most precious possession in your life, I certainly choose to translate it differently. But patiently Elise explained Isaak's meaning, and since completing this translation, I can appreciate and understand perfectly his implications, and I'm sure you will do too.

Everyone alive must at one time have wondered how we all came to be, and have many other vital and fundamental questions. In this Book, so much has been explained in explicit and lengthy detail. I have learnt so much and my fascination with the afterlife has been satisfied, as well as so much more.

Isaak is a Spiritual Master who was last on this Earth more than 800 years ago. Since then he has been studying for one reason, and one reason only, to spread his knowledge and his truths to those of us that wish to know ourselves, and how and why we are here. Furthermore you'll be happy knowing and understanding that coincidences do not exist; your life has all been planned, planned by you!

This Book is for all who wish to know about the paranormal world and the afterlife and to all who have an interest in researching and exploring themselves.

I would like to thank my husband Peter for all his invaluable help, tolerance and love. Also my children, Jason, Natasha, and Nikki for their love and support, and friends Don and Diane for their unwavering faith in my ability.

With Love,

Jenny Toen.

INTRODUCTION

She was seven months pregnant when I first met her, this small Portuguese woman, Tresi, medium and my dear friend. At the beginning of my own spiritual search, our paths crossed and ran parallel for awhile. It was only when I went to live with her that we hit upon the idea that I might write this Book, and with the permission of the Divine World we started the work, which finally resulted in this Book. I have observed Tresi and her work closely and participated in her lessons and workshops as a student and learned all about spirituality and the Hereafter, being a medium and the incredible helping hand we - the people on earth – receive from the world up above.

I stayed with Tresi for 2 ½ months and we became two families laughing, playing and enjoying being family under the same roof, all sitting at the very large dinner table and fondly calling Tresi's house, "Our Own Little House On The Prairie." The two of us meditated and had long conversations in front of the fireplace about her being a medium, her work and her real persona.

During this period, and in the months following, I had many, many interviews with Isaak – her guide and best friend – to get this authentic and factual story written and to give you an idea about the life of this medium and how she became to be the person she is now. I tell of her adventures, her struggles, her findings, her personal development, and also lift a corner of the veil so you can take a glance at this intriguing, peaceful, impressive, reassuring and loving world above.

We hope that this Book will inspire you and that it will lead to the growth of your own spirituality, which eventually will lead to your being convinced in the existence of God.

Elise

MY STORY:

Actually it is not a nice story at all but I realize it has to be included in this Book, because that is where my story with Tresi and Isaak begins. It explains why I lived in Tresi's home for awhile and also why Isaak took me under his wing.

At the end of my thirties, my own spirituality began to emerge, first expressing itself in creativity. I discovered that I had a gift for creating beautiful drawings and paintings. Curious isn't it that a talent can stay hidden for such a long time? Well, that was the bright side but unfortunately there was a dark side too. Bad spirits kept bothering me and I had done nothing to encourage this; I hadn't searched for it in any way, it just happened to me. The negative side. Well, the name says it all, and it is horrible. My spiritual sensitivity was abused and I didn't know what to do. The bad spirits kept me awake all night; I felt and heard all kinds of things and I was deteriorating physically because of constant diarrhea and lack of appetite. I was getting weaker both physically and mentally which gave these negative entities even more opportunity to get a grip on me. I put my trust in the man I was married to at the time, and how could it have been any different, how could one possibly hide such a thing? But be honest, to whom else can you turn to with such a story? And what was I to do being totally unfamiliar with these matters? What could I do? You don't know what is happening, you don't know what it is, let alone knowing how to solve it!

After having lived in fear for so many months, at last I found Tresi and Isaak in a very special way. My husband was visiting a couple owning a new-age shop in Dordrecht. It was there he found Tresi's leaflet and gave it to me to read. Lucky me! There's no such thing as coincidence. They, from the 'other side' had arranged it all to perfection.

Now I know what Isaak means when he says that preparations from the spirit world are so very important. You don't coincidentally come across a leaflet. You don't coincidentally open up the paper on the right page, your eyes being drawn to the one essential announcement. You don't coincidentally meet that one person able to help you along. No, these are all planning's organized from above.

During my first session with Tresi, Isaak told me I was just beginning to open up spiritually. He also told me I was gifted with the sensitivity necessary to become a medium. At first I was shocked by this news but I also felt an enormous joy bubbling up in me because it felt so right and it completed my picture, just like a hand fitting into a glove. Even as a child I had always felt that I was somehow different from others around me. I was so happy, so tremendously happy!

Of course I can't say I had not been happy in the years before, oh no, I'm sure that most people who know me can see how much I love life and my own creativity. I fully enjoy the beauty of nature and a simple breeze touching my face brings a smile to my face and above all, how I cherish my beautiful children, their warmth, their love; they are so precious to me. Even so, this news felt like the last piece of the jigsaw puzzle falling nicely into place.

Tresi and I became friends. She found in me a partner being gifted like herself, and I found in her a tutor guiding me into these unfamiliar territories. She invited me to one of her public performances to see how she worked and I was invited into the practice. As we exchanged experiences in our get-togethers, it was obvious to me that I could learn so much from her and Isaak.

Due to certain circumstances, my family came to the point of moving to America, possibly permanently. Just before I was due to leave, Tresi came to me and through her I was allowed to meet my own spiritual guide. It was a delightful and impressive encounter. I was so happy, so full of joy at being allowed to serve the Divine World and to be able to help people in the future. To be honest I must admit I felt a little proud and special, for however noble one might be, one is only human and these feelings are quite natural.

We left for America, in my view on a mission for me to become a medium. Well, it turned out to be quite the opposite. Negative entities again got a grip on me and it turned out to be a horrible experience. On several occasions Tresi helped me from afar, via telephone conversations but I found it so hard to keep my head above water. I knew so little, was so naive and I slowly withered away. I literally went through hell.

I am by nature an utterly positive human being and I was kept going because of my strong belief in God, the help of the Divine World, the presence of my husband, and the presence of my children with their unconcerned gaiety, warmth and love, all having a positive effect on me. This is what pulled me through.

When we finally came back to the Netherlands after 15 months, I went to Tresi, exhausted and completely broken down. In the following months together with the help of the Divine World, she helped me get better physically and mentally, got rid of all the negative entities that were with me and put me back on my feet again. I was so incredibly thankful for all this help, but at the same time I felt like an idiot and was so embarrassed that this could have happened to me.

I had long conversations with Isaak and I cried a lot. My spiritual guide came through to me via Tresi and spoke to me and he helped and comforted me. When saying "goodbye" he gave me a rock-crystal necklace infused with cosmic rays from the Divine World to help me to become pure again. Negativity had made me impure, the channel was dirty. You could compare this to drinking chocolate milk through a straw. The straw will not be clean on the inside; it will always leave some stains behind.

It was not possible to find a house when we came back from America. At that point Tresi and her husband Sergio generously invited us to stay in their house and Isaak would take me under his wing. I felt incredibly thankful for Tresi and her family and towards the Divine World who picked me up time after time and continued their care of me, this bird with the broken wings.

Isaak gave me private lessons and Tresi and I talked a lot, we meditated and I attended her weekly lessons with other students. I learned so much. I grew, regained my strength and courage, learned to overcome my fears and little by little, began to enjoy life again. Comparing myself to a straw, I had been seriously stained and so damaged that it was blocked and affected my chance of becoming a medium.

Can you imagine how awful that was for me? It was so dear to my heart and this caused me so much heartbreak. This farewell to mediumship was a very hard one to bear. Even now, as I write this down tears fill my eyes. Seeing something beautiful that you long for so much pass you by, is hard, very hard. However I must look at it, feel and let go. That is the only way to deal with it. By letting it go!

Yet it happened to me once again; the negative creatures came back into my life. Whereas I had thought this would never happen to me again, it did. Again from a distance Tresi was my saviour. She was on holiday in Portugal, her country of birth, for six weeks and Isaak was on

vacation as well. For weeks she didn't have any contact with him whatsoever. However, the moment I called and asked for help in less than a second Isaak was there, and they were ready to help me again.

Can you imagine getting help over the phone even though we were more than a thousand miles apart? It is possible. Be assured the moment you ask for help all the bells start ringing and help is on its way. There really is assistance, spiritual assistance for people in need.

I asked God if He would place something wonderful on my life's path - something that could possibly bring me as much fulfillment to my life as being a medium could have given me. As a result I am now writing this Book. I am Isaak's pen and it gives me immense satisfaction. I genuinely believe this Book is actually going to help people. Just like Isaak said, "You wanted to do something important, didn't you? So now you are doing something important!" Also I've been encouraged to spread my wings artistically in spiritual intuitive painting. It is great to sit on a dike surrounded by sheep, with an easel, brushes and paint, letting my imagination flow on the canvas. Writing and painting are wonderful gifts. As opposed to painting, writing is something I have done all of my life. As a child I wrote poetry, stories, letters, and filled up diaries in different styles and languages.

Now I am allowed to write this Book and I feel greatly honoured. In the meantime I have a lovely house where I live very happily with my three fantastic children. Look at where I was and look where I am now. I have really been saved by the Divine World and still I thank God that He came into my life and I give thanks to Him for His daily support and guidance.

With love,

Elise

DIALOGUES BETWEEN TRESI AND ISAAK

Automatic writing was used to record these dialogues.

Tresi: Born on the 8th of May 1971, I opened my eyes upon the world. Here I was. Somehow, subconsciously, I knew I had to fulfill my task on earth. The main issues in my life would be Truth and Faith. Just being me, being a child, just playing, laughing and feeling at home here on Earth, no, those were feelings I had to overcome. Having continuous faith, to this very day, is what my life is all about. Reincarnation goes on for centuries but very few people possess this knowledge. But beware, says Isaak my spiritual guide, only when you realize you are here and fully surrender, only then will you give your life to us. Trust and faith are the foundation for every human being.

Isaak: Let us now go back in time. You were seven years of age when you were physically molested. Your faith in the goodness of people was still intact, but you knew being abused was wrong. You decided to keep silent, hoping nobody would ever find out. It was despicable to degrade a lovely delicate flower like you. Being different from other children, how could you bear another burden like this? You just had to carry on and accept every new day with the tears and sorrow you felt, but did not show. My dear delicate flower, you had to work through these emotions. How else would you know what it is like to be humiliated? But, my dear delicate flower, you knew deep down that it was only temporary. Faith in God brought you even closer to me and because every prayer you sent to us and every fear that you felt, brought me Isaak, your spiritual guide, closer to you. Trust and faith, these are the foundations of life.

Tresi: Isaak, my guide, who am I?

Isaak: You and many more people like you, are Divine creatures living here on Earth to gain experience for the further development and evolution of the human spirit.

Tresi: But why Isaak?

Isaak: When you are aware that the moment you are here on Earth, you have to be able to conquer your own personality and that in spite of all the misery a human being sees and experiences, he can still be himself without getting frustrated and angry, then you will know that God is so great because He allows it.

Tresi: But how does mankind know God really exists?

Isaak: Belief and dedication to faith leads to a deeper understanding and experience. In this way people feel it is really true. If people can feel the love of God, how can they say it is not true? How can people deny there is a God, when they are God themselves? Every human being, here or on Earth, is God, some more than others, simply because some know and others do not.

Tresi: Yes Isaak, I know God exists. I have often felt His presence, but why is there such terrible misery here on Earth?

Isaak: Look at it like this. If there would be no misery here on your Earth, if there would be no pain and sorrow, how would you conquer and acknowledge your own being? God gives you daily proof of your existence, but you do not daily give yourself proof of your true

existence. Why don't you wake up? Why do you keep on creating without harvesting? Why? Didn't you all come here for your own spiritual development? Wasn't that the intention of your incarnation?

Tresi: Maybe so, but Isaak is it true that most people do not remember this anymore?

Isaak: Believe in incarnation brings new light in your life. Because man knows that he is merely mortal, a belief in reincarnation allows him to embrace this present life with love and joy, knowing that he will get the chance to return many times.

Tresi: You keep on telling me, "Believe and trust" but how does one do that?

Isaak: Every day man should simply face up to all the negative influences. For example: You are afraid of life. Then go with this fear to God and ask Him to take the fear away. Do not be afraid to pray and express your wishes, so pray to Him and state your wishes. Faith in God is generated by the feeling it gives you. If one prays, one immediately feels calmer, so something has already been achieved. Do not be afraid to ask, because only then we will be able to reach you.

Tresi: What exactly do you mean, Isaak?

Isaak: Simple, if you do not ask, how would you know if your question has been heard? For example, if one is ill but does not ask for any help, we can still cure him, but what kind of awareness about us would the sick person gain? None, he thinks the illness has gone away of its own accord. But supposing he asks for help and he begins to feel better, then he immediately believes his prayers were answered and this will actually stimulate his awareness. If help re-occurs, then quickly his faith becomes a certainty and man will feel straight away that he is spiritually connected.

Tresi: Isaak, please tell me more. How can I and people surrounding me learn not to worry so much about what is going on here on Earth?

Isaak: Have faith and trust that all that is going on here on your Earth is of little importance to you or the other physical human beings. Look at it and let it go. Not a single person on your Earth can reverse the effects of catastrophes or injustice, but the human can gain insight into things happening in his own life. If things go well for you today, then you will radiate the love in you and love always brings peace. If every human being reveals the love he has inside, then you would quickly see peace. However, the people that are in charge often miss out on love because they are afraid to be simple, simple like the rest of us. That is why in their eyes they become powerful which can make them feel immortal because, in this, they find a feeling of truth. No, dear delicate flower, nobody has 'the truth' because of his power, because power is purely based on fear of losing. We say to you all, "Loosen yourself and realize you are love, just like the ones who want to have power over you. Love brings security, for love is truth."

Tresi: It is said that Planet Earth is a school.

Isaak: True. If you could see how many opportunities you get to develop yourselves spiritually, you should be very glad that the planet Earth as a school exists.

Tresi: But Isaak, why the Earth?

Isaak: The Earth has a low-grade vibration, whereas you all come from a higher vibration. It means that you have to find all that you truly are on this low energy planet and this is what makes it so hard for you, because you do not have memories from your previous existence, only the feeling of 'how' and 'why'. This feeling stays intact with every alert human being. People want to find out the 'how' and 'why' and as soon as you have received the answer, that is the moment that man knows he is mortal.

Tresi: Isaak, why are we here on Earth?

Isaak: Believe in the fact that you chose your own life.
Believe in the process of realizing your own choices.
Believe in a higher self in every human being.
Believe in the desire to learn, to experience and to evolve.
Believe in every precious creature fulfilling his own realization.
Believe in your own true self.
Believe in your environment.
Believe in God.

Tresi: Is it really true that there is no such thing as coincidence?

Isaak: Believe in circumstances fusing together. Believe in the higher powers we feel and see. Believe that there is no such thing as coincidence, because creation starts with free will. Never simply believe in coincidence, my dear delicate flower. If only you knew how much work we have to do to help and guide you all to stimulate your growth. Every day we are up and about helping people. God is everywhere, but be aware that we cannot always do our job properly because we are being obstructed by the powers of mankind.

Believe you can achieve anything your spirit is determined to achieve and you will see that it works. Never believe it is too late, for that way of thinking creates it to be too late. Never believe that mankind does not have free choices, for the free will belongs to you and no higher creature can take it away from you. Gaining wisdom and inquisitiveness combined with your will are very important points in the beginning. Wisdom leads to greater perception, inquisitiveness stimulates interest and the will allows man to appreciate all he longs for in his inner self. Allow yourself to just be you. Have faith that man can be himself in spite of all he sees and experiences. Without faith and without conscious action, man will never evolve.

Security, obedience, happiness, affection.

Selfishness, secretiveness.

Believe, dear delicate flower that selfishness destroys man. Secretiveness will never generate the possibility to share. Love and be able to accept the world in the way we accept you. Affection, happiness, security and obedience. Have faith in the truth and you will see it will bring the freedom to be able to just exist.

Fear.

Believe in real fear.
Also believe in the way fear surrounds and takes hold of man.

Also believe in the way to free yourself of fear.

Believe in the life God gave you.

Do not see life as being only temporary. Life has always existed, but now man experiences life through this present life. But be aware of the fact that life existed before this life and will go on after this present life.

Darkness.

As dark as the darkest night.

So dark you can hear each and every sound.

A darkness that only man's inner self will be able to illuminate.

Light.

Light in man's entire being.

Light in the view of security.

Light in human beings.

Light in the heart.

Light in the child.

Light in each and every one of you, only then you will see the true light.

Colours.

If man looks at the colour blue.

If man looks at the colour yellow.

If man looks at the colour and then abandons it as if it were insignificant, only then will man see that colours are essential.

Summertime.

Summer, summer, summer, so refreshing, the sun shines.

All the barriers are down and colours come to life because it is summer or because man looks forward to it so much.

Patience.

No, not that word, it suggests inability.

Patience, no, no, we do not want that.

There must be patience, or else man will never be himself.

By having patience, the fact that man has to have patience, gains him time.

Making time for the things that matter.

Being able to realize yourself.

Being able to experience yourself.

Being able to understand yourself.

Patience actually extends time.

Tresi: Dear Isaak and the Divine World, what may I write down today?

Patience in just 'being'.

Patience in experiencing.

Patience in learning.
Patience with mankind.
Patience with yourself and the process of growing.
Patience brings wisdom.
Patience is wisdom.
Healing physically.
Healing mentally.
Healing goes through consciousness.
Healing is being experienced by each human being in his own way.
Healing takes place in the spirit.
Healing is the spirit.

Conviction.

Convince yourself first.
Convince your heart first.
Convince your body next.
Conviction gives power.
Conviction is power and faith.

Knowledge.

Know that you, as a human being, are unique.
Know that you, as a human being, are physical.
Know that you, as a human being, are more than just a human being.
Know what you really are.

Love.

Believe in love.
Conviction in love.
Togetherness in love.

Waiting.

Know that every human being has made the decision to wait.

Tresi: Isaak, please tell me more about Divinity.

Isaak: Man still has to experience his Divinity before it will become a reality to him. Faith in the Hereafter is an important issue, because without faith man remains in solitude with his true self. Dear delicate flower, if man wants to experience his own self, he must dare to surrender, first to himself and then to humanity. Faith in himself and faith in mankind is very important, because without faith, man will go on searching. He seeks Divinity but does not know where he must search for it. Often man goes about it the wrong way by criticizing himself, being impatient or just in a degrading manner. Know that if man is positive, he will also radiate a positive energy. That is why it is so important to meditate, just going back to simplicity.

Tresi: But Isaak, usually man has no idea how to do this.

Isaak: When man finds a silent place or when he is in like-minded company, he can start meditating; however he must really want to and he must persevere.

Tresi: But how?

Isaak: Close your eyes, breathe in and breathe out again. Let the body relax. Let the spirit relax. Every expiration brings relief, every inhalation gives life. Surrender completely to your inner self. Let go of all thoughts and try to relax. Suddenly the spirit finds free space in which to manifest itself. Lead yourself to a safe spot and embrace this place in your mind and cherish it. Lead yourself into meditation. What would you like to experience? What would you like to feel? Give yourself the opportunity to experience. See and feel without criticizing yourself. Just let go of your thoughts and allow yourself to feel free. Let go of inner barriers. Are you sad? Give yourself permission to cry. Are you happy? Give yourself permission to be happy. Express anything that comes naturally. Ask yourself questions. Ask yourself, "Why?" and "How come?" Ask yourself for permission to enjoy the moment. Ask yourself, "Am I real now?" Ask yourself the question, "Who is God?" Ask yourself all you wish to know and listen to your inner self. Never judge, but succumb to your needs and feelings. Be unrealistic for awhile; just be a spirit in a physical human body.

Tresi: Is Divinity in man the same Divinity that you have?

Isaak: The moment man truly experiences himself, without taking into account earthly matters, man increases his Divinity. However it is extremely difficult for man to do that, because man does not like delusions. Often man thinks he is deluding himself, so he stops being himself and goes back to 'being normal'. Believe in illusion, because illusion is a way to experience. If man has faith, a start has been made, whereas without faith, man often gives up. Believe in realization. Also believe that realization is something man has to do himself. He must realize himself. Here with us in the Hereafter we are not so restricted and we know because we can know and because we can identify, see and feel our Divinity.

Tresi: Dear Isaak, please tell me about the spheres.

Isaak: The moment the physical body is left behind, the spiritual body passes over to the light spheres. The spheres are attuned and this means that they have a certain vibration, a certain level into which we fit perfectly. If man discovers his higher self during his stay on Earth, he will arrive at level three. This means there was more awareness; man was aware of his life on Earth and has released his earthly life. He accepts his new life here with us. As man lives his life, he must find himself in the physical body by going through all his fears and barriers. Then he will be free here with us and dare to just be, to enjoy and to live. Be aware, it is important to be able to just 'be', because the basis 'to be' is extremely valuable during the passage. Man leaves behind everything that is dear to him on his way to the unknown and must leave behind all his loved ones as well as letting go of everything he has ever possessed. That is not an easy task. But man should know that the first step towards a new life has been made long before the physical body died. Every spirit here with us who is involved with him, is waiting here for him. Believe that the spirit is all-perceptive and knows when the physical human being is coming this way because love is the bond between the spirit and the physical human being.

Tresi: And more, tell me more.

Isaak:
There are planets.
There are levels.

There is the Earth.
There are all kinds of things the naked eye cannot perceive.
There is God.
There are light spheres.
There are spirits.

The spirit will always be attuned according to its level. A positive human being will reach a higher level faster than a negative human being. See it like this: The one wanting to progress will be secure in his energy. The one seeking will go on having doubts. The one learning is awakening. The light levels are arranged in classes. The first level is for man still seeking. He is so preoccupied with himself that he is not yet experienced his higher self. Man finding himself on the first level is lucky not to have been misled by negative influences on Earth, or else he would not have come to the first level, but would have made his way to a lower level. The vibrations on the first level are quite low, similar to the vibrations on your Earth.

The first level resembles the Earth in some ways although somewhat darker, because here on Earth there are more positive people with higher energy levels. That makes Earth more radiant than the first level, as there the vibration that everybody experiences is the same. The next level is the one for people that are awakening. The third level is like the one we have previously described, a level where man recognizes and acknowledges his higher self. These people continue being conscious of 'live and let live'. Fear of the journey will remain, but is surpassed by faith - the faith that is applied from within the depths of their inner knowledge.

The spirit lives on and on, "I am mortal, but after I have regained my spirituality, I will become spiritual." These people will continue to live their lives until they have the ability to recognize the things they desire in their inner self. They go through barriers and fears and accept the loss, accept the past and accept life. They are developing their humane qualities and automatically grow spiritually. The third level is a very pleasant one. There is peace and quiet and the spiritual human is happy with his new situation because he knows why he got there. He also knows how man on Earth shall fare, because he is no longer afraid of loss, but just happy with his new state of being. It is a level of complete happiness. Understand that every physical human being has to accept every transformation without doubt or restraint. The physical human being will only reach the highest level when he has achieved peace and happiness within himself. Next is the highest level, the fourth level, the level of love. Everything there is love, everything stems from love.

Tresi: But Isaak, I thought there were more levels?

Isaak: Indeed, there are more levels, but it is impossible for man to enter them for these levels are inaccessible directly from your Earth. See it like this. Spirits move on with their own evolution here as well. After the fourth level comes the fifth and sixth ones, and they are for the spirits that have reached a high level of wisdom. Here you will find only study and unity. Here we organize everything that happens on your earth. Here you will find masters, guides, scientists, doctors and representatives. Everything that the physical human beings and the spirit people need to learn and experience is taken into account here. These are levels of learning and continual learning. In this level there is no hatred or negative thought, only love which is sent to physical human beings. You can survey everything from up here.

Tresi: Isaak, does that mean other levels lack an overview?

Isaak: The other levels are attuned to physical human beings. In this level attuning is only possible from the spirit.

Tresi: So, Isaak you live in this sphere, or not? Why don't you answer me Isaak?

Isaak: Believe that you will be allowed to know this when the time is right. At this moment, this question is not relevant. Believe that the spheres are the most wonderful places for us to be because there is only love and everything stems from love. Spiritual beings act out of love and they continue to do so in spite of the things they see happening on your Earth. The spirit of man is the most precious thing God has given to us and that is why we are willing to do anything to save man from destroying himself. Everything always stems from the law of cause and effect and all man's actions are based on it. Man finds it hard to act within this law. He is never willing to accept the effect, unless it's a positive one. Be aware though that the moment man spreads negativity, someday he will have to take back this negative energy - not only the positive energy, but also the negative energy. Man also has to take into consideration the evolution process.

Karma.

Karma is something that man builds up through all his actions. If he has lived many good lives, then he has built up a great deal positive karma, but if he has lived many negative lives, negative karma will have accumulated. He carries around his good and bad karma day after day and he will erase the karma little by little.

Tresi: Does man choose his own life on Earth?

Isaak: Yes, he certainly does, because man clearly wishes to redeem, so he chooses his own experiences and lessons. However the spirit knows more than the physical human being, so the moment the person is back on Earth he doesn't remember what he had decided as a spirit.

Tresi: Why cannot man keep his memories?

Isaak: For his own self-protection. If he could access them, he would not further his learning, because he would know.

Tresi: I understand. He would know the reason why he was on Earth, so he would act accordingly?

Isaak: Yes, at that point he will not surpass to his own personality but act purely from his own knowledge. Understand that if man could still remember his life up here, life on Earth would not be a school anymore. The highest level is the seventh level and this is the magical number. On this level you will only find those who have nothing more to do with Earth or with anything material. Here perfection rules and the spirit will experience perfection here. This level is God but negative levels exist as well. A human can lose himself causing him to act out of fear and then his spirit will weaken resulting in loss of control of his physical self. Man becomes limited and sees everything in a different perspective and starts to lose the battle. His inability to control the world increases. He is losing himself more and more and the spiral downwards has begun. The life light decreases and darkness takes over. Man's actions are affected by his anxiety and his loss of ability to achieve, and that increases with time. As a result either his actions are evil or he is evil. Darkness becomes a mist in which he stays imprisoned. Life after death will be exactly the same for him; darkness, gloom, and mist. Man will arrive in the darker level. He will stay there until he sees it all in perspective again, and

then the masters will visit again and instruct the spiritual being. Man asks and he receives. The moment man asks for forgiveness, first from himself and then from the highest being, then he will be fetched from this dark level and led into a resting level for recovery. The resting level is situated between the first and the earthly level. It is there to enable one to rest in a manner which was familiar while on earth. The resting level is in principal what we call an 'in between sphere', because man only stays there until he has rested and is again able to handle life in a spiritual manner. The angel sphere is a place ruled only by peace, love, softness and security. There is no restlessness or compassion whatsoever and everything is done in an angelic way. The angels are spiritual beings who have experienced themselves in the most loving and gentle way one can imagine. Their patience overflows and their love is so all embracing. The angels are there for the spirits but also for the physical human being.

Tresi: I was shocked when you wrote that there is no compassion there. I really thought that compassion would rule up there.

Isaak: That is right, the moment there is only love, pure love, then that is the feeling that rules.

Tresi: Is there not compassion in the angel sphere or not?

Isaak: Believe that it is the finest, gentlest sphere there is and at that level there is no need for pity, compassion or any other kind of humiliation whatsoever. The moment man shows compassion, man lowers himself to the other's level of energy. When man learns to always speak from his true inner self, which in this example is love, he is speaking with true love which needs no added compassion.

The children's level.

The children's level is a place where only children live.

Believe in the gentleness of God.

Believe in the appearance of love.

Believe in the afterlife and know that God's appearance is in you.

The children live there in harmony, enjoying their own existence. The children are in this particular sphere because they need to remain pure and receive guidance to become true spiritual beings, so they too can fulfill the tasks assigned to them. They are taken care of by the supreme being we call God. The love of God envelops them and they are guarded and protected with true dedication.

Tresi: But Isaak, does that mean that parents will not see their children again when they return to the spirit world?

Isaak: Believe that if the spirit child positively longs to see his parents again, there can be a reunion between the parents and the child. But appreciate that the parents of the spiritual child must be balanced in such a way that they understand this warm and dedicated sphere.

Tresi: I understand. Is there a possibility that the parents lose the child after death?

Isaak: Yes, it is possible. When the physical parents do not preserve their love-bond, both time and energy have been lost. Without this energy the spirituality of both parents and the child cannot continue growing.

Tresi: That is terrible, isn't it?

Isaak: Yes, it is terrible for them, but it is the best for the child.

Tresi: How can we prevent this from happening?

Isaak: By having patience, security, love and gentleness. Apply these qualities and you will certainly strengthen the love-bond.

Tresi: Are there any animals or insects in the spirit world?

Isaak: Believe in beauty, there is so much beauty here with us, such as animals, plants, trees, nature, water and insects - not insects like you have, but insects that come from the light, such as butterflies and caterpillars etc. There are no wild insects, only insects of the light which are harmless to people.

Tresi: And the animals?

Isaak: Animals are so beautiful; they wait until their owners come to collect them again. The animals reside in the animals sphere and if the owner wants to meet his animal again, it is possible but again only if a love-bond had been created, either here or on Earth. It is possible to create a love-bond here and become the owner of the animal. Everything is possible, as long as there is love, patience and true dedication.

Tresi: Where do all the spirits go? This question has often been asked. Will there be enough space now that so many people have come and more are still to come?

Isaak: The moment the physical being turns his attention to the true form, then man will know that there is so much space, space that is unlimited, and so many souls have returned to their original state of being. Man should use his time in such a way that he will also discover self-realization. The past belongs to the past, the present belongs to the present and the future belongs to the future. Unfortunately I have to answer your question by saying that the world is so small, the consciousness of man is so small, the awareness so little, that all the knowledge you think you have, is nothing compared to ours. The world is miniscule - see it as such. See it like this; the Cosmos, the Universe is so huge, that many centuries could easily pass by before any shortage of space would occur. However this will never happen, because man will return to the true being, which we call the Universal Consciousness. When that time comes peace in its true sense will have been achieved. Being and the Universe will have been realized.

Tresi: I don't understand anymore.

Isaak: Well, dear delicate flower, it does not matter, just know this is how it is.

Tresi: I'm speechless, but I'm trying to recover. This is all new to me and I have written so much. Tell me, Isaak, how do you guide my hand to write so quickly and so wisely?

Isaak: Believe, dear delicate flower, the moment that you open up to us, the connection is easily and quickly made because of your faith and submission accumulated over the years. Due to that faith and submission we can influence, control and correct you.

Tresi: How, Isaak?

Isaak: Believe in telepathy and insight. At the moment of connection all you will know is just a brief awareness. Then my truths are your truths, my thoughts are your thoughts, my view of life is your view of life. At that moment we are One.

Tresi: Is that hard for you to do, Isaak?

Isaak: Believe in study and once again trust and surrender. My faith and submission are based on study. Believe that faith in the physical human being has not suddenly come into being. We have learned how man is essentially put together. We understand man so well that we can tune into him.

Tresi: Isaak, you know so much. Are you some kind of doctor in the spheres? Why is it that again you refuse me an answer?

Isaak: Believe dear delicate flower, as it also applies to you, that you have to learn to bring forth patience and understanding. Trust that eventually you will learn all you need to know.

Tresi: Isaak and the Divine world, please give me more words of wisdom.

Isaak: Believe in the merging together of body and spirit. When man knows that his body is only temporary and the spirit is eternal, then man will know how to experience himself. He will grasp the importance of letting go and that progressing in life is crucial. Every experience is of such immense importance, because without experience there is no merging together. 'Seeing is believing' is man's credo. He should say, "First experience, and then believe." Without experience there is no belief. The moment man encounters something important and experiences it in the right way; a fantastic feeling will always follow.

Realize that worries exist because man wants them to exist and if there were no more worries, he would have to start enjoying himself! Be, see and believing also have to do with submission and that is why man worries about almost everything possible and is always concerned. Abandon your worries, have faith and whatever comes, just let it come because it will come anyway, because circumstances are created in such a way that they will cross your path. Believe there is more. Believe in correctness and always see yourself in perfection and not in decline. You and every other person are perfect. Whether man wishes to see it like that is again something that is beyond our control.

Tresi: Isaak, you have told me about the spheres but may I ask how it all began?

Isaak: Believe in eternity. Believe and be aware that everything we have spoken to you about has always been there. The beginning was there all the time, but it became clearer by the time the soul wanted to become physical. The soul wanted to experience what it is like to be human. The soul himself chose to transform from the Universe into a human being. Suddenly the soul adopted the body with the spirit - suddenly he was there, but he has always existed. There is no beginning and no end. Believe in the Universe. Universe means Almighty. Mighty means more powerful than anything the eye or the conscious human being can believe or experience. The Universe is there and always will be. The soul is the energy, loving energy from the spirit. The spirit is what you call the spirit of the human being. For us the spirit is the form of the higher self, whereas the soul is the energy that surrounds the spirit. The body is the vehicle which contains the mind and brings you wherever you want to go. The mind reasons for you and the spirit makes you know your own true self. But be aware, so often the own self is not heard. The soul is the energy surrounding the spirit.

Tresi: Does that mean the soul is something different from the spirit?

Isaak: Believe in birth and rebirth. The soul remains intact whereas the spirit evolves.

Tresi: So the body is practically nothing when compared to the soul?

Isaak: Believe in the body. The body is so important, because the body gives you the opportunity to experience what the Earth is like and how you are on Earth. Without the body you could not be physical.

Tresi: When any of us die, what will we look like?

Isaak: Believe in the energy around your physical body, the ethereal body, because that body will remain intact after leaving Earth. You will keep that same body until you reincarnate and adopt another body.

Tresi: How can a fully grown person reincarnate again?

Isaak: Believe in the power of the spirit's will, for when that will has made the decision, the spiritual body will take leave of the afterlife and go through the same birth channel as somebody who leaves the Earth.

Tresi: Isaak, everything has gone, one starts all over again. Why?

Isaak: Believe in the evolution process and because the spirit needs to find awareness again in life as a human, he will be born through a veil of oblivion.

Tresi: Isaak, a question has been asked about a woman who crossed over quite some time ago, and who did not know that her husband had crossed over as well years later. How is that possible?

Isaak: The moment the physical human being leaves Earth, his new existence begins and when man has completely accepted his spiritual life, his new life will really begin. While spiritual human beings are working on the acceptance of the new life, the spiritual bond between earthly human beings remains. But if the spiritual bond weakens, man remembers nothing of that life on Earth, or of people they have left behind. Spiritual bonds are essential.

Tresi: This means that when you have a bond the contact remains?

Isaak: Believe in spiritual love. When you have loved someone deeply on Earth then this love-bond will continue. The moment love weakens or no longer exists, the bond with the spiritual being or earthly human being will break.

Tresi: Dear Isaak, I would love to write more, but I can't think of any more questions at the moment. What else can you tell me?

Isaak: Believe, dear delicate flower, every thought, every word, every question - conscious or unconscious, is known to us, even before the physical human being asks the question or expresses himself. There is no such thing as coincidence. Believe in fusion. Believe in the word

of God. Believe in realization. Believe, believe, believe that without faith man will go on searching for himself, whereas he only has to look inside himself to see his true self.

Tresi: Isaak, there are a lot of people who don't seem to have energy anymore. Why is this?

Isaak: Believe in the power of the spirit.
Believe in wanting.
Believe in victory.
Believe in breaking through negative qualities.

Believe that man has to rise himself above everything that influences him in a negative way. At present people feel aggravated by the ways of the world. They see a lot of injustice and do not know how to cope with this negative influence. If man would decide to give himself only positive feelings, he would immediately experience the joy of living more intensely. The meaning of life is life itself. Never compare the world or any other person to yourself. The moment man compares himself to others, he confuses himself. Believe, dear delicate flower, the physical human being must create his own victory. If he neglects himself, how can he ever experience inner peace and happiness?

Tresi: I believe in these words, but I know it is very hard to carry them out.

Isaak: It will be impossible without dedication on a daily basis, until man becomes himself again. Believe, dear delicate flower, that the will is the most powerful quality man possesses. Without the will nothing happens.

Tresi: Dear Isaak, is there any happiness here on Earth?

Isaak: Believe in willpower. Yes, there is happiness on your Earth, but man obstructs the happiness himself. Believe in the desire to experience happiness and you will see man can also be truly happy on Earth.

Tresi: Isaak, why do people make it so hard on themselves?

Isaak: Man has too many barriers and does not make way for happiness. He is afraid of giving unconditionally and afraid of gaining experience. Believe in achieving; believe in being able to accomplish, that alone is quite a task for the physical human being. Certainly man doesn't have to live in solitude or with restrictions, but he chooses to do so. Man has a choice. He has to be able to say to himself, "Now I choose life" and then he will learn how to live a better life. Yes, Earth is a hard place to be, but man knew that when he was still in his spiritual form. Now he is physical, he condemns his stay here, but by doing so he does not live his life in the way he agreed with himself to do, beforehand here with us. The spiritual human being wanted to learn. Here with us he had defined what he wanted to learn and what he wanted to achieve, but because of all these emotional barriers that he somehow wants to keep and all the barriers imposed on him, he often obscures his own imposed learning process.

Tresi: Isaak, who is Sathya Sai Baba?

Isaak: Believe in the highest. Sathya Sai Baba is the reincarnation of Shirdy Sai Baba, but it goes much further than that. Believe in the previous existence of Sathya Sai Baba. He has lived many, many lives and his Divinity is all encompassing. Believe in the truth of the physical and spiritual person and as such, Sathya Sai Baba is the highest you have on Earth. He is

conscious of his own Divinity. He is God in the true form. Sathya Sai Baba learned in his previous lives what it is like to give without having to receive. He knows what love is, he is love. Sathya Sai Baba is here among you all to convince man that God is love and that each and every one of you is love and also God. Sathya Sai Baba has no desires, he just wants to be and convince you of your love and your being. He can take objects out of nowhere, he can work miracles; he can be among you all in any form, because he is God. God is love and you are love. You still do not know what God is, but we can tell you: see yourself like Him and He sees himself like you.

Tresi: Isaak, is Sathya Sai Baba often with me when I work?

Isaak: Believe in the power of the spirit. The moment the spirit asks for help, help will come. Yes, Sathya Sai Baba is often in you and with you.

Tresi: Isaak, what does that mean?

Isaak: Believe in working together spirit to spirit. Yes, he helps you in your work, because he is omniscient, he is love. He lets love pass through you and stream its way to mankind. Sathya Sai Baba has consciously chosen to help mankind and he also works through you as a convincing instrument.

Tresi: But how about you, Isaak?

Isaak: Believe in wanting. We long for a healing to take place; we want to help and when we are open to the physical human then we work via all the possible ways that are available. Dear delicate flower, do not limit yourself, I am and will stay being your spiritual guide, but I also surrender to the Divine.

Tresi: What does that mean, Isaak?

Isaak: It means that I, Isaak, also work together with Sathya Sai Baba.

Tresi: How can I see that?

Isaak: Love, pure love. Believe in this fusion. When there is love and wisdom, there is also submission. Dear delicate flower, we are One. God is everywhere, which means that we also work via Sathya Sai Baba, because he is God like you are God. But since Sathya Sai Baba has already gone through the evolution process, he is conscious of his Divinity and therefore he possesses God's special abilities.

Tresi: Is it possible for us to become like him?

Isaak: Believe in the power of every individual. Yes, the moment a physical human being has surpassed all his human needs, his consciousness rises and the physical human develops Divine qualities.

Tresi: Is Sathya Sai Baba really capable of bringing dead people back to life?

Isaak: Believe in the power of this supreme spiritual being. The moment Sathya Sai Baba knows he can bring a person back to life again and decides to do so, he also knows there is no obstruction for the further evolution of this reincarnation.

Tresi: Difficult subject, isn't it Isaak? My question is, "Why won't you let me read any books, so that I, as a human being can become wiser?"

Isaak: Believe in the highest, dear delicate flower. What would you like to be, earthly or spiritual? The moment you develop yourself in an earthly way, you will block your spiritual development. Trust your existence to be in a spiritual form. You do not have to read to know, you know because you are spiritually connected to us. Believe, dear delicate flower, your evolution in this life is so important for this present life and for later. See it as the most important education for your fellow-man.

Tresi: But Isaak, as a person I hardly know anything about these matters. When I am working I know so much, but being Tresi again it is so hard to remember. It all seems like a dream, so true and yet so unreal.

Isaak: Believe, dear delicate flower that everything is the real truth, but the information that reaches mankind through you, is of no importance to you. You do not have to remember it, because if you held onto everything, you would mix it up with the following bit of information being given to your client. Be aware that every piece of information from us is unique. Every living being is unique and what we tell you and is passed on via you, must stay unique.

Tresi: I understand Isaak. Please will you ensure that I remain this well balanced, as a medium and as Tresi?

Isaak: Believe, dear delicate flower, we have done that for some time already. The medium is different and Tresi remains simple, just as she should be. She also has to learn how life on Earth works, she also has to accept, she also has to grow and she also has her own view of life, of her own self. But be pleased that your life is becoming easier due to the fact that you give yourself. What you are, will come back to you and at that moment you will be Divine. It means you will receive Divine treatment and Divine energy in return from the physical human being as well as from the spiritual being.

Tresi: Isaak, why did we choose for reincarnation, if we were perfect in the first place?

Isaak: The evolution is so important for the spiritual human being. If we had not entered the reincarnation process, how could we learn how it is to be human? Only because of our physical frame can we experience all that is physical. How can man experience pain, grief and anxiety without bringing his personal self to a lower level? It is important for man to rise above all the human limitations he experiences. But be aware, the physical human being can only complete his physical victory if he wants to. It is also important for each physical human being to use his will. Without that man goes on limiting himself, and pain, grief and anxiety will remain. Know, dear delicate flower, that will is based on the truth. The truth of being able to achieve. The truth of life. The truth of existence.

Tresi: Isaak and the Divine world, what happens if what I perceive and tell to the people is just ignored?

Isaak: Believe, dear delicate flower, every physical human being decides for himself what he wants to do with his life. Not a single prediction will occur if man follows his own decisions. If man handles things according to what you have said as a medium, then his life will be as you predicted. But if the physical human does not believe what you say and ignores your words,

your prediction will not come true. Predictions are a necessity, but also so unclear, for the physical human being still has his free will to use at any given moment of the day.

Tresi: But Isaak, it seems that this makes it much more difficult for me to work.

Isaak: Believe, dear delicate flower, that your work with the physical human being is very important but also know that you must respect that he has his own truths and beliefs.

Tresi: Isaak and the Divine world, please tell me more about how I am?

Isaak: Believe, dear delicate flower that you know exactly how you are. Stay who you are and stay believing. Dear delicate flower, know that the physical human being is very busy searching, he is searching for himself. See yourself as somebody helping the physical human being in his search.

Tresi: Isaak, Arina just came back from her pilgrimage to Sathya Sai Baba and she said I ought to go too. What is your opinion?

Isaak: Believe, dear delicate flower that you belong here. If you feel the need to see Sathya Sai Baba, then we say, "Go." But if you feel otherwise, listen to that feeling. At this moment in time, we say, "Stay." Search for your spirituality here with us, be yourself and not in some far away country without your dear family. Believe, dear delicate flower, God is everywhere, also here.

Tresi: Is Sathya Sai Baba God?

Isaak: Believe, dear delicate flower, God is everybody but Sathya Sai Baba knows he is God and he radiates this. His knowledge is so all encompassing that his Divinity is clear to see and feel. God is everywhere, also here with you. Do not be afraid, we too are God and we too will help you every day to feel and experience your Divinity more intensely.

Dear delicate flower, yes, Sathya Sai Baba is God, but so is everyone.

MY CONVERSATIONS WITH ISAAK

These interviews and conversations between Isaak and myself, Elise, have been recorded without exception to ensure that the things that were said are written with complete accuracy. If I had worked without the voice recorder, they might have been my words, my sentences and I could have given my own interpretation to the story. But by working with tapes, Isaak's words are as they were meant to be and their accuracy is guaranteed. During these conversations, Tresi used the second form of trance. This means that Tresi lends herself to Isaak enabling us to have a direct dialogue.

Elise: Yesterday Tresi and I, being true researchers, went to observe at a paranormal fair. Please could you tell us more about it?

Isaak: Every impulse we give to the medium is being given because it is the right time. The reason she went to that fair was because we gave her the impulse to go there. Don't forget we are continuously active in developing her as her progress is very important to us. You, Elise, were given a chance to experience this and we hope you have learned much from it. There are really lots (*deep sigh*) of strange people around at such fairs.

We laugh.

Isaak: It's really weird even for us. When we look down and see you from this side and observe these events, we often wonder what man is actually doing. When you work with the Divine World, it really isn't so out of the ordinary as it just means that you pass on messages received from the other side. When we visit these events we observe a great deal of vague behaviour, each person thinking he knows more than the next. Maybe there are a few people who mean well and participate in these events to try and prove themselves, but we can tell you that the majority of the people there assume rather than know. This was training for you to learn how to discern the differences between physical and non physical. When a medium works, he is physically present, but you must learn to be able to discern whether or not he is working. There is a big difference. When he is physically active, which means he is personally active, his personality is radiated. The moment he is working spiritually, he mainly radiates love and patience, so keep this in mind. Many people have an extensive vocabulary, but have little to say. Here on Earth there is so much material you can consult. You could proclaim your truth and put yourself in the spotlights and feel important, for often these people do feel very important, but is that the truth? Is that truth coming from us or is it self made? This answers your latest question about spiritual companions and guides. What do we do? We will indeed answer your question by saying that you must do the research yourself. Do not always take the truth for granted, first do your own research and determine for yourself whether it feels right or not.

Elise: Yes, I felt something was wrong at that fair. Something wasn't right. I wanted to leave and wondered, "What on Earth am I doing here?" It felt distasteful and I was poised on the edge of my seat to leave.

Isaak: Trust your feelings. You should hold on to those feelings and recognize them for what they are.

Elise: Of course, it is so much more obvious to me now, so much clearer.

Isaak: Lucidity, clarity, love and patience. Acknowledge the fact that when we work, we work with love and patience. Look how patient we are. For centuries we have been patient and at last we are able to speak here. We want to help people. Earlier you asked the medium, "How can some things that the medium said at the fair be right and others be wrong?"

Elise: Yes, half truths. How on earth is that possible?

Isaak: It depends on the frequency. As soon as you open up yourself and you are attuned to the right frequency, obscurity is impossible. But suppose the frequency is static, unclear and obscure, it is because you are not opening yourself correctly. Some 'mediums' are not yet well attuned. They perceive something every now and then and complete it with their own truths. They are attuned to a certain frequency and every now and then they get inspired, but these people are dangerous. You need someone who has no say in matters whatsoever, meaning someone open in such a way that there is no interference from the person himself. When you realize we use your mind and at the same time you start thinking ... how can you tell if it is you who is thinking or us? Many people want so badly to be a medium and we believe their intentions in general are good, but what they say influences other physical beings. People depend on mediums as they trust them and regard them as special people. We don't think it is special, but the physical human being thinks so. A medium is in contact with the other side and everybody is fascinated to learn about the mysteries of life and the mysteries of the Hereafter. Also our medium had to have this experience. We brought her to this medium at the fair. We allowed it to happen, because she also has to be able to see the differences. We found this medium was well attuned, because he wasn't out to prove anything. He let others speak and he listened patiently and was himself patient. Don't forget, everybody has his own frequency. It can be compared to taking classes, the first class, second, third and fourth class. Which class was he in? Say, somebody is in the second class, then he will be attuned to the second class and he will still have his purity as long as he keeps himself pure. But he will always remain in the second class. He cannot do better. The medium is what the spiritual guide is. If the spiritual guide is well attuned and is of high rank, the medium will also be attuned to the same high rank. No mistaking, there are people who have a certain amount of clairvoyance, a gift, but the ranks are so important. When you know you have that specific rank, obviously you are allowed to work with it; otherwise you would not have obtained that rank. Never try to compare yourself to another rank. Never try to be different from the person you really are. Jealousy is anger, for if you are jealous of another person, you will make yourself impure. Understand that when spiritual guides or companions want to work with you, we need to be sure it is with someone who fully trusts, who can fully surrender to us and dares to speak without hesitation. What the medium experienced was very important to her as she was suffering from a considerable barrier. Yes, a miracle happened. The time was right and patience is so important. Without patience, she would have wanted to hear things that hadn't been spoken. Wait until it comes your way. We determine when the time is right. Be patient and wait until it comes to you. We will see to it that you are in the right place to experience bit by bit what you need to know and we work things through with precision. The transformation was also not coincidental. The medium was having problems at home and this too was not coincidental. How accurate can we be? We see to it that there are no coincidences whatsoever and this is something the physical human being can depend on. All discussions and everything spoken about are not coincidental. What kind of spiritual peace would you have? You wouldn't be having so many thoughts anymore. You have to be able to just 'be', and that is our most important message. Be yourself, experience yourself, be happy, dare to live, let go of things and have faith, then we are happy for you, we are extremely happy for you. And Elise we also thank you. You made all the preparations. You were her mirror. You confronted her with her own limitations, her physical limitations. That she understood perfectly and then you are able to look at it, feel it and let it go.

So at first she took a look at it, then she was allowed to feel it in its true intensity, and suddenly relief came, liberation and finally she was able to let go. She does not have to feel guilty. We certainly don't think she is a bad person, because we know the circumstances. We know why she acted the way she did. We know why she had these fears and why she was as she was, but we also know how delicate she is. For do not forget that when you are born in a situation like hers with a great loss in her karma, the beginning is truly a tough beginning. She was born into a house with discord, a house of power, commotion and anxiety. There were no positive fundamentals in this house. She still had to discard her karma. It was lonely and the little delicate flower had to stand alone on her own two feet, with no support whatsoever. She knew she had nobody and that knowledge she felt with every fibre of her being. She could not rely on any family member, because in times of need, one by one they had let her down. Nobody comforted her or told her how special she was. Abuse topped it all. The delicate flower survived, but how? She survived in loneliness and solitude, meaning that no one was there for her. She had to take care of herself and she did not know how. She was overrun by emotions, feelings of injustice and all sorts of energies. She could only watch, because it was her karma. She had to go through all of this, she had to experience it. It was cause and effect. The effect was fear. The effect was eventually overpowering and the outcome was not being able to receive. That was her biggest blockade which we have now solved for her. She didn't dare to receive, being the persona Tresi, that is. She responded to the feelings of the person to whom she was connected. She had to learn to respond to her own feelings and connect to those. By being a medium you automatically respond to somebody else's feelings and you believe these feelings are your own, but they are not. For her, being a medium is a piece of cake because she can attune to anyone and she can make a person happy or choose not to. That was her lesson; how to associate with people, exactly in the manner she wants, in ways both good and bad. She has precisely defined and achieved her goal. All she ever wanted, she has achieved for herself. She knows now how powerful she is, but now she is allowed to experience the other side as well, sharing herself without being on guard and daring to accept the love that comes her way, being the persona Tresi. It is never a problem for her being a medium, because we do it for her. She does not have to do that herself. You all did it for her, now she has to do it herself. She bore all the consequences and all the grief. She is a good human being and is allowed to know it.

Elise: Can you tell me more about the co-operation between you and the medium?

Isaak: There are several forms of trance: A light form, a moderate form and a strong form. The light form is when the medium is completely present with all her character traits and she can speak but remains clairvoyant and clairaudient. We are still in control and direct the dialogue, but the medium retains her identity. The first form is the one we use most of the time because obviously she cannot walk about the rooms with her eyes closed, which is the case when we use the stronger form. The medium has to show her personality as it gives people confidence. During the moderate form you will notice a different kind of energy by her facial expressions and body language. Here we have a more intense connection, the medium is still present, is able to hear, but she doesn't have any say in matters because only we decide what will be said. You can compare it to a car. We are at the wheel and she is sitting next to us. While in the first form she is at the wheel and we whisper. The third form is the deepest; the medium is so far away that she will not remember anything. Her body is completely emptied and her spirit completely removed from the body. At that point she is outside the car and no longer inside and she cannot remember anything about it. We can control her body without any consequences for a certain period of time; however there is a time limit, because it is not permitted to last too long. This last form is the heaviest, because the medium actually has to let go and separate herself from her physical body. We have not used this third form with Tresi yet, but during her sleep we have taken her with us and that again is another form. Sometimes we take her with us to visit the

spheres. We take her to the earthly sphere so she can learn in spirit although she remembers nothing about it except subconsciously. So when she works in the first form, she is able to tap into this knowledge, which of course, we provide. As a result she is able to spread so much wisdom. It radiates from her and suddenly she is extremely knowledgeable as the wisdom is stored in her. This form, where we take her along with us, is very important since she is learning and we can spread wisdom in this way. The second form, in which we are speaking now, is used only when we are sure that the person can handle it.

Elise: Every human being generates a certain vibration. How does this work?

Isaak: Your vibrations are lowered by negative feelings, negative thoughts and things that have a negative influence on you, such as a wrong book, a wrong film or the wrong people. Then your frequency goes down. Why does it go down? When you are among other human beings and interacting with them, their energy will make its way into you. You have to be able to release this energy, but even when you have left them you still carry around the impressions of the things that have been said, and the events of your meeting. Take care to insure that you are in good company - be sure the people you associate with are good people. So many books have been written, however they are usually not inspired by us. Negative books stimulate negative thoughts and influence you by making you think too much, but actually you know so little. Suppose you read a nice romantic novel, now doesn't that make you feel wonderful? Immediately you are in the same energy. That is how it works with a romantic novel and suddenly you return to reality, and perhaps you look at your husband and think, "O dear, I'd better return to my book!" So you will always be influenced, even with a romantic novel, let alone when you read negative things. You need to read books that stimulate you to do research. You need to read books that tell you the truth - but how do you know? Listen to your intuition! The things you experienced at the paranormal fair - yesterday in your time - made you feel uncomfortable. That is the kind of intuition that you have and it told you, "I don't want to be here." In the same way your intuition will tell you when it is time to say goodbye or when there is no longer a need for something. Your intuition will also tell you when you should not do a certain thing anymore. What is intuition? Your intuition is you in your sharpest form. You are not troubled, you are pure and you feel pure. Whilst it belongs to you, it is also possible for us to use it if you are open to us. So we guide and we give you certain feelings, but that is different. Remain pure and trust your intuition. When spiritual helpers speak to your intuition, they do so because they think it is the right thing to do. We will never run somebody's life, we help you. We will not influence, only help.

Elise: Tresi learned that a medium can be damaged when exorcizing negative entities. Please tell me something about this.

Isaak: Yes, a medium can be damaged and we mean in a physical way. You must not forget that the impulses the medium has to deal with in these cases are very violent. You have to be physically strong to be able to handle it, to avoid heart conditions or any other uncomfortable physical consequences, because it does interfere with the body. We wait specifically for the day, the moment, when we know for sure that it will all work out well. "Now she can handle it. Now we are certain nothing will happen that we can't control." That is sometimes why even if you have known the medium for some time; we have not made the connection to the medium yet. We know an example of a woman the medium knew for two and a half years although she had never been in this person's house. The woman asked the medium why she had never noticed what was going on. However, we can only observe the moment we connect, so if you ask us, then we can look into it and see if there is really something going on in that house. If it had been something about the woman, then we would have known instantly, for as soon as the medium

connects with her, the medium will absorb this energy. When it is not something to do with the woman personally, but in an accommodation, the medium would first have to connect herself with the accommodation. That is why it is so important to talk about these matters when you are in doubt. We literally have to make the connection in the house.

Elise: Without her question the connection wouldn't have been made?

Isaak: No, because there is so much happening in your life, so many different phases and we can not possibly be everywhere at the same time. Supposing you have questions about your father, then we have to link up to your father. And if we think a certain subject is irrelevant, we will not talk about it and often we don't even know the answer. But once we have linked up, we can always recall and connect again. If we have never observed your father, if we have never seen him, it is going to be difficult for us, because we do not know who your father is. So indeed we are all-knowing, but we do have to connect and during this connection we can see everything.

Elise: I was wondering - you help people on Earth. But just imagine someone wanting to redeem his karma from previous lives now and he finds himself with a very heavy burden. Are you still allowed to lend a helping hand, or does he have to carry the burden all by himself?

Isaak: We can always be of assistance, always. But he will have to redeem his karma if he agreed to do so in the spirit world. Say you visit a medium and you wish to alter your present way of life, the medium can only make you more aware and point out things, but (s)he cannot erase your karma.

Elise: No, I do understand that, but I thought maybe erasing your karma has to be done all by yourself, without any kind of help.

Isaak: You can always ask for help and we will never refuse. When you visit a medium, there is always something we can pass on that will help you, even if it is only by re-energising you, to come to yourself again, so your energy is balanced which means you will become well balanced and your circulation will improve. Even if it is only a massage, even if it is only having contact with the Hereafter, you are always welcome. Yet we cannot do everything. I think now is the time to really make clear that we cannot do everything. We cannot alter situations that are not allowed to be altered, for instance in a case of cause and effect, or karma. Say you are in a bad relationship and if this relationship is really beyond redemption, we could advise you to split up, but not when we see it is a case of karma ...

Elise: Then you won't give advice and leave the question unanswered.

Isaak: Yes. We do not answer all questions, we don't do that. There is an example of a woman, who at the first session with us asked directly, "What is happening in my bed?" She had quite definitely felt all kinds of things happening to her body in her bed. She asked if something was really going on and we were silent. We looked her in the eye but kept silent. So she doubted her own common sense, but some time later she said, "If you had confirmed there was really something going on at that time, I would have been terrified to go back home again." The necessary exorcism took place weeks after this session when the medium was ready for it. So we never do anything too early, or too late.

Elise: Yes, some questions are better left unanswered. Sometimes I sit here with a burning question on the tip of my tongue, but at the same time not really wanting to know the answer, because I feel that now is not the right time for me to know.

Isaak: Right and we know that. We know exactly which question we may answer and which question we may not answer. As soon as you start demanding things – some people can ask rather demanding questions – we silence the medium so that she simply can not answer. The co-operation we have is her complete surrender and accessibility and we have the ability to actually silence her. She has no control during her work and she is well aware of this.

Elise: So a question becomes demanding as soon as a client won't accept the fact that a specific question will not be answered?

Isaak: Exactly, there are some people that demand an answer. They repeat the same question over and over, just to force an answer. You can be sure we see what is happening; we know your thoughts, so we also know why you are sitting on that chair. Remember we mentioned our advance preparations? We prepare ourselves and this preparation is essential, so we are never at a loss as to what to do. We know why you are coming and what we can eventually do for you, and with your co-operation we can begin.

Elise: Yet there are practical examples of people who come and are offered help, but they do not accept it.

Isaak: We will tell you a story, a story about a person who was disappointed. Actually it all started with a long telephone call during which this person asked why the medium couldn't do something for her over the phone. Well, we are happy to explain. The medium cannot connect with somebody if she has never seen the person. We want to emphasize that it is not possible to connect over a telephone. However an appointment was made and the woman arrived all hot and bothered, displaying an attitude like, "I have my own opinion, I know stuff, I know how things are." She wanted to force an answer to a question about her relationship. Actually she only wanted to be told what she wanted to hear. Very soon we broke off the connection and showed her the door. For two reasons: The first reason was because she was demanding and the second because we believe she was putting the medium in an impossible position. So if you become a threat to our medium, we will remove you from her immediately.

Elise: She was a threat at that moment?

Isaak: At that moment she was indeed a threat to our medium. Not in the form of a physical threat, but certainly a mental threat, because she kept on manoeuvring to get her own way. She tried to influence the medium's mind so that that the medium found it hard to listen to us. She tried to place herself above the medium. When we talk to the medium, we use all her capacities, so she must be in peak condition. When a client is too overpowering or too dominant, the medium will immediately clam up causing the connection to become indistinct. Since we do not want to make any mistakes we break off the conversation.

Elise: So she probably talked a lot and didn't really listen.

Isaak: She was demanding too much, she thought she knew how it might be, how things would happen, and she was influencing the medium. When the medium said something about her relationship, the woman would disagree, so our knowledge would have been wasted on her.

Another time there was a similar situation. This woman was in the last stage of her pregnancy when she visited the medium. She called in advance to inform her that she did not have any money to pay for the session. We said it would not be a problem, she could come anyway. She came and this session turned out to be an exact copy of the one described above. She did not want to listen to what we had perceived and what we had observed about her. Her husband was no longer around, he had left her without a trace. We read the situation and saw why it had happened, among other things, but she had her own ideas saying, "No, it will happen like this, it has to happen like this," pushing forward her own ideas. We cut off the session and showed her the door. For those two people it was a disappointing experience. They would not have put the medium in a good light. We know when it is best to remove these people from the medium before they actually cause more damage. Some people consider their own ideas to be superior to our knowledge, while others make us responsible for them, holding us responsible for their well being.

Elise: Yes, and frankly speaking, I've heard that before.

Isaak: If you fail to get results due to your own behaviour, we are held responsible. We cannot do anything sensible in a situation like that, because we know we cannot be held responsible for your life. You are responsible for yourself, you have to lift yourself up and we will help you to do it. See it as guidance, guidance as you walk your path. However you are the one that has to do the walking; you will have to walk your own path.

Elise: Some people never seem to understand though.

Isaak: It is impossible to help those people; they will always go on searching. People like that will consult plenty of people, visit this medium and that medium, trying to get spiritual counselling, or whatever you wish to call it. Should the medium be foolish enough to take on this responsibility, then we will let her down. We will desert her and she can no longer act as a medium.

Elise: Wait a minute ... this is rather important, do I understand this correctly? As a normal person Tresi is allowed to make the choice to help a person like that, but as a medium she cannot help. At least not if you decide she is not allowed to?

Isaak: Yes, if the medium lets her character dominate her mediumship, then we will desert her. This means that deep down she knows how far she can go, but if she persists in using her own interpretation and she keeps on offering to help, then we will no longer be present. It will be her own help that she providing, because then she is on her own.

Elise: But she is allowed to do so?

Isaak: No, she is not allowed to work in our name.

Elise: No, I do understand that, but in principle, should she personally want to put energy into such a situation, is she entitled to do so?

Isaak: Yes, but ...

Elise: ... you won't be happy about it?

Isaak: No, she may not contaminate her mediumship, a person is a person, and a medium is a medium. She is not allowed to work in our name, just because she has this gift, but only when we are present. When we take over it is obvious we are there. When we are not present, the client should take care of his own affairs.

Elise: Ok, let me get this clear. I'm still thinking, because I can still picture this woman with Tresì not so long ago, and I was witness to the outcome. I know this woman's misery touched Tresì's heart and she did a lot for her of her own accord.

Isaak: Yes, it was very clear she was there as her own person. But still, our co-operation with the medium is so intense that we can silence her at any moment. Sure, her body was there, but only a little of her personality, because she had no words, she had nothing more to say and had entered the silent stage. This person who was nagging her all the time was also very confused and she could not get through to the medium. So the medium was not present, the person Tresì was, the medium was not, not even partially as a person, because we had silenced her. We had warned the medium just before the woman was admitted into a 'special home', "This will be your last visit." So the medium knew it, she had even told others, "This will be my last visit to the woman, the final help from human being to fellow human being and then I will move on." This was also a learning process for the medium. She could learn and see how human beings are put together and she was able to see with her own earthly eyes what humans are actually like. It was not easy for her to see how humans can find themselves in a state of madness. You make yourself strong or choose not to, and this person choose to be weak - it was her own choice.

Elise: Yes, I let it weigh on my mind for awhile because it made a deep impression on me.

Isaak: Luckily no love-bond had developed but just a bond between two human beings, so the medium was able to say goodbye.

Elise: Yet, it's very sad to witness something like this, when someone refuses to take the last straw that is offered.

Isaak: It was really the end, because in all previous visits, the woman had asked if she was allowed to come and see if we could give her a reading, if we could help her. In the last visit though, we did speak to her offering our help and allowed the medium to visit her.

Elise: Actually, it was peculiar for she had asked again and again in all the previous sittings for help, and now when help was being offered, she chose not to accept it.

Isaak: She was confused, she was confused. She was not herself, she was beside herself and during the time we offered her our help, she was in the middle of a depression and she was not herself in the sense of, "I'm fine, I feel good." Previously she had felt great, she did not feel in the least bit ill. Now she knew, "I am ill" and she was not open to being cured.

Elise: Was that because of her medication? She was taking strong medicines.

Isaak: It has to do with a weak mind. As soon as a human being falls ill or suffers a psychosis, becomes insane or hyperactive, it is simply a matter of mental weakness.

Elise: Do they find themselves in a kind of no-man's-land or don't they feel anything anymore?

Isaak: They have lost all track of the situation and so they cannot see clearly anymore. It is as if they are walking in a dark forest with ever changing images, first blue images, then black, then yellow images, over and over with ever changing moods and emotions. Things are not in a nice straight line, nothing is consistent anymore, "Today I will do this, later I will do that; tomorrow I will arrange this or that." There is no order and actually they are only busy with external things. That was the situation when she first fell ill, in a later stage it became something internal, she was literally down in the dumps. You call it manic-depressive, that is just a name; we call it a weak mind.

Elise: Can the causes for a case like this be varied? Or can it be brought on by something dreadful happening to a person?

Isaak: You must understand that it is also something that you can actually be born with. You may have the tendency to have it, which means you carry the disease, you have a weak mind. Then again, it also has to do with life experiences, and how a person deals with disappointments can determine whether a spirit grows stronger or weaker. If he grows weaker he will be very fragile. This person had the tendency to be manic-depressive. She experienced her first depression many, many years ago and she actually never really recovered from it.

Elise: Say you are in a certain frame of mind and you have to deal with a crashing disappointment in your life. This can either strengthen you or weaken you, but how does that work?

Isaak: If you're a strong person you will carry around this strength and you will remain a powerful person unless you have to face a major disappointment which might cause a temporary set-back. However, in the meantime you can regain your strength. Generally speaking strong personalities will stay strong as they are able to overcome disappointments easier and they are survivors. Weak people with weak minds and personalities or whatever you wish to call them, will experience disappointments as a very heavy experience and they feel them as a heavy burden. Sometimes they look upon them with the wrong attitude, paying them too much attention back and consequently take a step backwards. With a second disappointment another backward step is taken. So they fail to handle everything they have to deal with in their daily lives, because they can't let go. Actually it would be better for these people if they were to grow up in a safe environment with only positive impulses and affirmations. People with a weak mind have such a need of affirmation - the confirmation about their existence, that they are good and capable people, that they can handle things, experiencing only positive feelings. Weak people cannot endure negative impulses whereas strong personalities can handle both negative and positive impulses with equal ease by putting them aside and not allowing themselves be influenced.

Elise: Yet, I have noticed that when you are totally engrossed in something really difficult - like me for instance in that sad period in my life when I had the miscarriages - you go to pieces and become absorbed in your misery, and it was my experience that eventually you still can find the power to get up on your feet again, stronger than ever.

Isaak: Yes, then you do have a strong personality. If you were to remain in this state, saying, "I'm going to wallow in my suffering and I'm afraid to let go," then this Book *"Look at it, Feel it and Let it Go"* is of no use to you. If you decide to stay in that frame of mind, you will remain there.

Elise: It seems to me that this is the perfect Book to be of significant help to weak people.

Isaak: Yes, but we are talking about seeing, feeling and letting go, and at that specific moment the weak cannot let go. So these people can of course read and absorb the Book's contents, but how will they release their feelings? They are not used to releasing things, they are afraid of letting go. It requires practice and power to be able to release. Indeed the Book would be good for them, but would they do anything concrete with the contents? It does not mean that after reading this Book, you are cured.

Elise: No, of course not, of course not, but if you read that part at the end of this Book where I wrote, "Hey guys, it really works that way! You see it, you feel it, and you live through that grief one more time. Just cry or scream or whatever you want to do, work through it, let yourself go completely and then ... then you let go. Say these very words and breathe in deeply and breathe out again and each time if it returns, you let it go again. Visualize it leaving you, floating away from you." If only people would try this just once, they would be convinced it really does work in this way!

Isaak: Indeed, if only they would do it! If only they would put it into practice, the Book could be meaningful to them. But as soon as they cease to apply its contents, the book is of no use to them. Do you realize how many people there are that are impartial to happiness? They do not take the time to create their happiness, they do nothing. They might declare, "I want to be happy," but they take no initiative. There is only passivity. Passive people will remain passive during their life's journey and expect others to do everything for them. We recollect an example of someone who wanted everything, wanted, wanted, wanted. She kept on wanting, but she remained passive. So everything that was done for her lost its value, because no part of the action was coming from her.

Elise: And she gave you the responsibility.

Isaak: To others, she passed on the responsibility to somebody else, not just to us, but in reality to others. This is also an example of a weak mind. Her mind's so weak that she actually does not know any better. And we do tell her of course, but she remains ignorant, otherwise she would comply. Still, this person is very fortunate to have a family, otherwise, like the woman previously described she would find herself in the same syndrome, diagnosed with an actual clinical illness. She is essentially ill but is prevented from remaining ill because people around her are continually talking to her and are getting through to her. She really thinks this is 'oh so great' that people are talking her into something, because just maybe her problems will be solved? No, a solution will not be found. You have to find the way to get yourself out. For Heaven's sake what else can we do but help? Do you know?

Elise: No, you can offer your help, but the person has to do it himself.

Isaak: Help is all we can offer. We could take away all the obstacles, yet the very same day you'd let all the obstacles back in again. We are also careful with our instruments and use them in an efficient way letting them help you but taking care that they do not drift away.

Elise: I have noticed that help can also be offered from a distance.

Isaak: Yes, there certainly is a possibility to help from a distance. You have experienced it yourself when the medium was abroad. You asked for help and we helped you from afar. You do not actually need live contact with the medium, although it's essential that the first contact

has always been made beforehand. The medium has to know you; we simply have to know you before we can proceed. Actually what happened suited us to perfection.

Elise laughing sourly: Well, not for me.

Isaak: We know that everything is right, so that was also right. Anyway, we can help from a distance. Let's say for instance that you send a photograph to the medium and she connects with you. Then she can perceive you, read you and she can send help to whichever country you are in, however far away and helpers and guides can start working. The medium does not have to do anything but make the connection. It is important though that when the medium has an object or photograph to focus on that she actually has a person sitting in front of her to speak to. That makes it easier. We discourage people from sending in their photographs with the message, "Heal me; help me." No, if there is a possibility to pay the medium a visit, then this is our preference. However, if you are in need and there is no possibility to come, the second option is to send us a photograph. The third option is for one who has been helped before and is again in distress, as was in your case. The medium is not physically present but this person should know we are still there and we will send help. We do help. As soon as you ask the medium and she passes it through to us, the link is created. We can find you through telepathy locating you in spirit, transferring ourselves to you and then we can start working. So it is also possible to treat or heal somebody from a distance.

Do you actually know how the medium works in halls, Elise? Do you know anything about it?

Elise: Well, of course I have seen Tresi holding group sessions at people's homes and I have observed her during lessons and workshops, but I've only seen her performing in halls on videotape.

Isaak: That was long ago. The medium has changed and she is not the same anymore because she works with vibrations. We will give a short explanation as to how she works in the halls. Each of the medium's public performances, each meeting at somebody's home, each clairvoyance meeting is known to us and is announced by press-reports in the newspaper, and she will go there. People who have seen her before keep in touch via the internet or through schedules. It is a public occasion, which means anybody is allowed to come. At the beginning of the evening the medium explains who she is and what she is about to do. She makes it clear that she does not know what is going to happen that evening, for she also does not know exactly what is going to happen. She enters a different consciousness, a trance, as we lift her up to another level and her thoughts are being cleared. We use her fluid to descend, so helpers, guides and deceased who have been given clearance to speak can be present. The medium wakes up, opens her eyes and knows intuitively which person to go to. She asks for an object or photograph and the evening passes smoothly. When you are present, you will always give the right object. For instance if you have a preference for a certain symbol or necklace, we will use it to enhance our words. We use the medium's thoughts, the knowledge, clairvoyance, clairsaudience, extra sensory feeling, sense of smell and her whole physical body. She also talks with the other side, with the deceased. They are allowed to use her to pass on messages via her clairvoyance, extra sensory feeling and clairsaudience. On occasion they may be allowed to enter her. She can imitate you because the connection has been made, and she partly becomes you. She can imitate your walk, your manners, your way of laughing, your use of vocabulary, but all of this is only with my permission. I am always in control, everything happens with my permission. It is all about proof, she must prove life after death really exists and that mediums do exist. That is her main task. She gives messages from the deceased who are eager to speak and provide evidence. The deceased speak about their life on Earth, who they were and what

they did. Sometimes they can give names although this can depend on the medium's concentration and on the other person, because they pass on vibrations. As soon as the person in the hall is open to us and answers "Yes" or "No", then again we have the energy for further communication.

Elise: May we please know a little more about helpers and guides?

Isaak: Yes, of course. Everyone has helpers. Helpers are spiritual individuals, once physical themselves, who actually began their studies here in these spheres to become helpers. They obtained the label of helper and they help people, physical people and spiritual people. They help in cases of need and in cases of emergencies. The physical human being must understand that he has to be open to a helper. The helper works with your intuition; he speaks and he shows you the way with your inner voice. So if you are completely closed and you do not listen to your inner voice, the helper is unable to do anything; he can only watch. A helper is not omniscient, which means they can make mistakes, for a helper is still learning. Actually he is still 'physical', but mentally 'physical' being still linked up to the Earth but finished here at his level. He studies the physical human being and he learns from him, because he wants to become a spiritual guide himself in the future.

However, it takes a very long time to become a spiritual guide. It can take centuries, for a guide has many responsibilities, such as the accountability for the medium and everything that is connected with him. A spiritual guide must be omniscient and an 'all-rounder'. He needs to know how the mind works and he needs to know what the physical human being is like. He needs to know what is best in any given situation. He has to be able to calculate the consequences - "If you do this, you will end up being there." He has to be able to set priorities. We have to give our advice, but we also have to take into consideration the book of life. "Is the person walking his path of life?" And there are other important questions which we have to consider. We must never influence, a guide is never allowed to influence - he is only allowed to help. A helper does the work enthusiastically and will guide as many people as possible while gaining much knowledge. He will go on guiding enthusiastically for at some future date the tables may be reversed. The helper accepts an earthly life again, while maybe you have passed away and taken on the role of being his helper here.

Elise: Why do some people have a spiritual guide and others do not?

Isaak: There are many different kinds of mediums, therefore there are many different kinds of helpers and guides. Ranks. It goes up in ranks. The guide's rank is the medium's rank and these ranks are kept secret. Many mediums sometimes interpret incorrectly by thinking too much and then they are putting their thoughts above the thoughts of their guide. When a medium works with a guide (s)he should not have any thoughts at all. For example if the medium thinks about something while we are having this conversation at this moment, how would I be able to speak? Now I can speak via her thoughts and that is the most beautiful form of mediumship, speaking via thoughts as they will always remain pure. Why do physical human beings open up to the Hereafter or at least think they do? Often out of boredom.

Elise: Out of boredom?

Isaak: Often out of boredom thinking, "If I involve myself with something special, then I'll become a special person." Or perhaps one is searching and people do indeed feel things correctly, they feel something intuitively or know something about another person. But does that make them a medium? The word medium stands for 'being in an open state, being in the

center.' You are on earth and have connected with the above and you have created a channel. It means receiving perceptions from the other side, from us. Being a medium is not achieved by taking a course in self-development. Is everything known after completing a course? Man so often confuses things and continually thinks, "Because I'm good at this maybe I'd be good at that too?" No, a baker is a baker and a hairdresser is a hairdresser. Be good in what you are! Are you a mother? Be a good mother. Are you a spouse? Be a good spouse. Be good in what you are. Being a medium is nothing special.

Elise: Well, they obviously think quite differently about that here on Earth. I mean it is a talent, a present, a gift. It is not something you choose just like that saying, "Oh that seems nice, I'll do that in a next life." It's also something that is assigned to you, isn't it?

Isaak: It is exactly what you desired. You yourself define beforehand that you want to do this, you have agreed to this.

Elise: It must be a gigantic script.

Isaak with a smile: Incredible.

Elise laughing: Yes, incredible.

Isaak: Yes, but there are millions of guides, and millions of wise people ...

Elise: Are helpers and guides separated or are they divided amongst the various spheres?

Isaak: Yes, they live among the people. There are helpers and guides at various levels living along with like-minded people. We are just like any other people, having lived ordinary earthly lives and we also have our friends and acquaintances here having built up a whole new life. We enjoy our existence growing and evolving further here as well. We travel via our thoughts and we can visit somebody via thought. We are no more or less than you are only we differ in substance. We also have feelings and memories and are incredibly learned.

Elise: Do guides and helpers go back to Mother Earth?

Isaak: Yes, they also reincarnate depending on their needs. When the time comes and you are here, eventually you will want to be active again. You do not want to sit still and just 'be'. You want to be useful just like you were on Earth and there are various tasks here, teaching children to name just one. In time when you feel you have reached your goal and are ready, then you may decide to return to Earth again. You will need permission to go and then you will go through the circle of life and death once more.

Elise: Angels exist, I know that, but who are they? Can you study to become an angel or do you work your way towards being one? Are you chosen to be one, or am I not allowed to know this?

Isaak: No, we are not allowed to answer this question. Angels come from higher levels, from above level five.

Elise: I know the Divine World works in perfection, but do things ever turn out differently than expected?

Isaak: We also misjudge occasionally because we work with physical human beings and it is also very important to understand we cannot do anything without the physical human being. When we advise something, it is possible that our advice is not much use. Why is this? He has to make it useful himself. So we counsel and then the physical human being must use the advice where he sees it as applicable. For example, suppose that we inform you that you have chosen the wrong job as we see this is not in your Book of Life. The decision is yours to leave the job and apply for a new one, or if need be, train for a new one. In that way you are making it useful, you are taking action. If you do, we can confirm that you will eventually be happy because you will feel comfortable in your new job. However, new circumstances may arise, such as clashes with your employer. Should you return to us we will tell you that the job is the right job for you, but the employer is not! That is the way we work, always advising, always guiding, always offering help.

The same implies to marriage. When a marriage is bad, we tell you the marriage is bad and we indicate how to make the best of it. If it escalates, there is nothing we can do, so we give new advice. This does not mean that we do not know what we are saying, we definitely do know what we are saying, but you make your own life, we don't. We just indicate, we help and give you spiritual guidance as this is the duty of all helpers, guides and angels, to help and guide. We have no duty to predict. We are only allowed to reveal those predictions that are really fixed, like motherhood and relationships. We can see in a Book of Life if there are children alongside a person or a husband or wife.

So we can guide you to walk on the right track 'coincidentally' meeting that particular husband or wife that will result in children from this relationship. That is our task. We help and occasionally give predictions, but we always take into consideration the existence of the free will. When we say to you, "You will have another child," then we know for certain, because we see it. But if you persistently say "No," then the child will not come because you prevent it from coming. So the child who chose you to be his mother cannot reincarnate through you. Complicated, isn't it? Complicated for the child, because the child has to look and see, "Who else can I reincarnate through? I want to go to school; I do want to go back down to Earth."

It can also occur that the child chooses you, suddenly you are pregnant, but you are not pleased and think, "I didn't reckon on this." And then you send it back through abortion. That is also the use of free will.

Elise: What would you like to achieve through the lectures with these wise words?

Isaak: Our aim is to stimulate the physical human being to ask himself who he really is, what he really is and why he actually is. He will discover more of his true self and finally gain the insight to work on himself and understand his physical and spiritual self. We will go on addressing you and we will go on teaching – for our patience is infinite because we want man to know there is only one unity and that is the unity of the Universe. We want man to know there is only one God, the God of love and that man should not have any fear of being only temporary. He is temporary physically, but spiritually he is eternal. Man should realize that earthly problems are only temporary and he should not allow himself to be burdened by them. Man must know that God exists, that there is love, a Universe and there is more time to get to experience himself. You go through your own processes of evolution because this is what you wanted. You are not a victim. You can step out of your world and create a whole new one if you want to. You can share and receive if you wish to, and everything is possible as long as you really and truly want it. Feel and prove to yourself that you are the most precious thing you possess.

Elise: Yes, here on Earth we engage in incredible struggles with our feelings and emotions. But what can we do about it?

Isaak: We give instructions on this matter in our lectures and evening classes. Our instruction is recognition. Recognize yourself, recognize your feelings and recognize your emotions. Look at yourself, feel yourself and accept yourself. If the physical human has difficulties with being himself it is because of the fact that he does not love himself. If you really love yourself you will grant yourself plenty of time to spend on yourself, improving your function and experiencing yourself in a better way. If man would take time to explore himself he would have less trouble with himself. See it like this: If you keep on occupying yourself with the gathering of new things then you will have to continue accumulating in order to feel better. Engage yourself instead by working on your inner self so that you feel comfortable, feel healthy and be able to let go of negative energies, clashes, or anything else interfering in your life. Dare to acknowledge yourself, "I acknowledge my complete self, I acknowledge my true self." You will know who you are and then you can say, "I speak out of truth; I know what is right and what is wrong. I know what I can and can't do. I know myself so well." Keep on learning, learning, learning and continue progressing and avoid getting stuck in old patterns, relationships, family or work. No, carry on, thinking, "I can let go, I go on because my feelings tell me to." If you know who you are, then you will understand that your feeling is your master and you will see that you are less troubled by the earthly life.

Elise: Yet, putting oneself first is not welcomed or appreciated in our society. For instance if you take care of your family putting them in first place, then it is seen as something very noble, whereas putting oneself first, is often confused with egoism.

Isaak: Please understand that you are only responsible for yourself and for the ones grown in your womb, for as long as the little physical human being is incapable of looking after himself or is yet ready to take over this responsibility. That is what you have to take into consideration, yourself and the ones grown inside your womb. The rest is of minor importance. They are just attributes – you have them for a period of time, but you can easily let go. Of course you will have duties to fulfill but neither should you neglect yourself physically or mentally. You also have to pay your bills and you have a job to do but if you realize, "I'm stuck in this old pattern and I feel unhappy here," then look into the pattern and ask yourself, "Why am I stuck in it? How did I get into it and most essentially how can I get out of it? What do I have to do in order to develop again? Why am I unhappy?" Your feelings will tell you that you are unhappy. Your feelings will tell you when it is enough and it no longer suits you and you need something different. And your feeling is your best tutor! If you listen to it and have full faith in your feeling telling you the truth, then you will learn by experience that your feeling is right. Then you can advance to the next step and the one after that. But if you keep on suppressing your feelings you will never find new experiences. Your feelings will become more and more miserable and eventually they will turn against you resulting in depression or feelings of self-worthlessness. That's why I tell you to explore your feelings asking, "Why do I feel this way?" "What are my feelings trying to tell me?" If you invest time in yourself, you will certainly get the correct message for feelings always tell you what to do.

Elise: Complicated emotions, like feeling guilty for instance, how can we best handle this?

Isaak: You are still learning so do not feel so guilty. You are a good person and you have a good heart and everything you do out of goodness is commendable. When you say something wrong, you immediately carry the cross but there is no need to do that. You do not need to carry the cross; Jesus carried the cross for all people. See yourself as a student because you are still

learning to get to know yourself relating to your feelings and emotions. The time has come for you to start taking less care of others and to stand up for yourself. Caring is commendable but you should also take care of yourself. You did not come to Earth just to be a good mother or a good wife. You are here to fulfill your own evolution process as well. You have obstructed this process somewhat by leaning on others and being supported by them, instead of by your own true self. It is time to rely on and support yourself - me, me, me. You have been given your ego for a reason. Your 'me' is your personality and your personality needs nutrition and sustenance; it needs to be fed and this must come from you. You have no obligations because you are a free soul, a free spirit in a physical body fulfilling all your duties as a mother because you know this is right; but do feel these commitments towards yourself as well. However, you do not have obligations. The physical human being commits himself time and time again, but actually he is free of obligations. He does what he feels and does it the moment he feels it. An obligation means he must, he orders himself to do it.

Elise: 'Have complete confidence in what you feel' – this is what I recently learnt during the time I stayed here in Tres's house. However, when I look back to the past, I may have wished for this but I wasn't able to reach these feelings at all.

Isaak: Yes, but that was because of the mess. If this room was in a complete mess it would make it hard to find anything. First you have to tidy up and sort out any chaos because beneath it all you will find your feelings. Yours were hidden under the mess, a self-made mess. Then you cleaned it up!

Elise: Yes, but the strange thing is that you might never hit upon the idea of sorting out the mess or if you did, you might not be sure how to do it.

Isaak: That happens when you are an observer. You watch and see the mess, but are not part of it. So what you have to do is immerse yourself in it and gain more knowledge about yourself, in yourself and by yourself and let yourself be guided by 'coincidences'. Coincidence, coincidence, coincidence. Is it a coincidence that you're living here in Tres's house? Is it a coincidence that you visited her? Is it a coincidence that you're the mother of three children? Is it a coincidence that you are going to be divorced now? No, the time is here, the time has come and your time has come as well, you have made time for yourself. You are beginning to break free little by little and also from the children. This is admirable, for when you break free it does not mean that all of a sudden you cease being a good mother. You do spend quality time with the children for when you are home you are 100% there for them. You do not need to be with them constantly. You would not like it either if they were there with you all day long instead of at school because they would rather be with you! That would not be a proper education. A good education is about connecting and disconnecting, letting go, demonstrating, explaining and being patient. Also have patience with yourself and find a good combination between motherhood and life as a human being because only then will you be happy. The children will have to leave the nest one day - that will happen eventually - and then? If you have only just begun the disconnection it will be so much harder because there will be regret, you will regret not having begun earlier. You can do anything if you give it the necessary time.

Elise: Many people struggle with wanting to be loved by everybody. "I wonder what other people think of me?" I see it so often, so please Isaak, what would your advice be?

Isaak: Look at yourself!

Elise: Yes, I was one of them and I admit it, but please notice my smile as I am talking in the past tense!

Isaak: You have to be your own basis; you are the one who is the most important in this world. Love yourself like no-one else does and appreciate that no-one is exactly the same as you. So build up your own well of love and feed yourself lovingly from it. You are love, you radiate love and automatically you will receive love in return. But it's an addition. The love that we are giving you right now, you will feel in all your veins because it lifts you up and makes you feel good. That is love, unconditional love. When a physical human being loves you, it may mean that some conditions are attached. He loves you if you present yourself in this way or that way. He loves you if you stick to this or that. That is conditional love but why should you adjust all the time? Why would you love one side of my face and not the other? Just say, "I am as I am. Either love me completely or not at all. Why would you like the right side of my face and not the other side? Take me as I am." Alas, it is a fact that man does not understand, he finds the concept of loving himself so difficult, and he thinks, "Where can I find it?" Search for it in your feelings. A physical human being is mortal, but you are eternal. So a new person comes along, then the next and again and again there will be others. Why do you always wait for someone who loves you only for awhile or someone who only gives you conditional love? Once you meet someone who loves you unconditionally, just say, "I think it is great and I am glad about it and certainly I will open up to it, but I'm not dependent on it, for I am an independent person. I have got so much love inside myself that I can fall back on at any time." So enjoy others, but also enjoy yourself. It is simple and very straightforward in theory but very complicated to do, for man always asks, "But how can I do that? How can I love myself?" Love yourself the same way you do others. You caress another person, so caress yourself and feel yourself in the same way you feel someone else. Talk to yourself and ask yourself how you feel and what you can do to make yourself feel better. Often man wastes energy repeatedly asking others, "How are you?" and spends hours talking to them and goes home drained. When you communicate with yourself, you will not feel drained, but fulfilled. You are your own well of love so let it flow until you are completely fulfilled, then you will radiate that feeling and automatically you will draw people to yourself that will love you too.

Elise: That was also something I had to learn though, for in the past the only thing that was important to me was what others thought of me. What I thought of myself was of no importance, only what others thought of me. Not now, not anymore. I recognize that in the relationship with my mother; in that case it was very intense, but that has changed, now that I'm stronger.

Isaak with a smile: And you can tell everybody that it happened just like that, without having worked at it?

Elise with a smile: No, not at all! No, no, on the contrary and I want to thank you for the unbelievable amount of knowledge I've been given during these last few months. No, no, I will be the first to admit it and to spread how and from whom I received this wisdom.

We often laugh a lot. Even now as I am writing this, a smile spreads across my face. Also the following item was so funny that I could hardly finish asking the next question!

Elise: I'll bet that often you all look down upon us shaking your heads in disbelief about the mess we're making, am I right?

Isaak runs his hands through his hair, looks up in despair and laughs.

Isaak: We often think, "I don't want to see it!" Then we pray, we pray to God for patience, for strength and for love, for we sometimes get weary too and we feel helpless, incapable, because we were not able to succeed.. The medium feels that too, she feels our sorrow and therefore she feels sad as well. Why? It is so hard to see someone slipping down, deteriorating. Only we know that this person does not necessarily have to go under, because we know the problem is not so complicated. You are right in the middle of it, but if you could look at a crisis as an outsider, it is not so complicated at all. It is only complicated because you are so involved in it that it entangles you. For us to see that and not be able to help causes us incredible pain. Then we have to let go, like you have to let go, but as we do not give up easily we summon up all our energy and we ask for strength to be able to let go. Alternatively we hope that the person concerned may become aware through God that they have to let go and transcend above themselves, above physical pain, above emotional pain and start believing that improvement will come. It often happens that we fail to get results because the physical human being inhibits results. Fortunately good results are in the majority, but our work is not an easy job to do, because all day and all night, in your time perspective, we are working for you. Why? The answer is purely because we want to. We chose to help the physical human being as guides, spiritual companions or helpers. We solemnly pledged to do that, committing ourselves to do this and we love it. However, we often go back to the spheres to see someone senior to us in rank and ask for advice. Then we can also free ourselves of emotion.

Elise: We have previously mentioned my own experience of slipping down but Tresi and I saw how badly it affected a certain woman called Nelly. One could think, "People like that don't want be helped," but people like that might not be able to find their free will anymore. I mean, an anxiety or darkness can be so immense that it becomes extremely difficult for someone to summon up their strength and get themselves out of their tangle. But of course you know that. I am sitting here explaining this to you, but of course you know!

Isaak: Yes, we do know.

Elise: Could it be a lesson you wrote in your own Book of Life that you have to experience?

Isaak: Perhaps a person comes along quite unexpectedly who tells you there might be somebody able to help you. So suddenly here you are with us in the practice and then we can offer you a fresh visualization for a new life. So there is always help. We often tell people to research and investigate the truth in our mediumship. There are plenty of mediums, and right now there is one medium facing you. We are here and there are many of us, so find one and ask for help. Possibly that medium is not the medium you need, but maybe by seeing this medium she would refer you to another. Not every medium is able to help you; it all depends on their qualifications. Is the medium competent enough to help? It might be that the medium is not specialized in certain areas, in which case you'll need to find a different one. When you come to our medium asking for predictions you're at the wrong address. She will tell you, "I'll help you in the best way I know how, but you make your own future and we only offer suggestions." But if you expect answers to questions like, "Will I buy a new car tomorrow or will I buy a new dress ... ?"

Elise: Or will I meet a nice guy ...

Isaak: Well, we often give predictions about a nice guy or a change of address, because it is relevant, but silly predictions like, "Will I still make that journey?" or "Will I eat macaroni or spaghetti today ... ?"

Elise: Do people really ask questions like that?

Isaak: Oh, you really don't want to know what we come across!

Elise: Oh come on, that's just too ridiculous for words!

Isaak: Well, we have never had a question about macaroni or spaghetti, but equally silly questions like, "Is my neighbor still moving house?" and "Do you know what I was thinking about this morning?" How can we possibly know? That is the amusing part of this job and we laugh at ...

Elise: Well, the stupid things I guess?

Isaak smiles, sighs and nods: There are people calling themselves mediums, 'practicing' this job, and you as a physical human being can sit and wait until the person who the medium predicted 'with the curly hair' turns up. What a pity though because this means having influence on somebody; she said you are to meet a man with curly hair, so you do not even consider any other man!

Elise: No, you would immediately cast him aside, "This can't be the one, he must have curly hair!"

Isaak: But what if the medium was wrong?

Elise: Yes, exactly, maybe you are throwing away something that might have been great.

Isaak: "You must buy a big car in so and so colour," a medium insists, but you do not like the colour, but nevertheless you buy the big car. You curse the colour the whole day long because it is not attuned to your energy field. So now you are saddled with it! 'Never influence' is our motto. Only offer advice and make suggestions because you make your own future, and that is why you have a free will. We help people in the same way a doctor helps you. A doctor gives you a box of medicine and says, "If this medicine is taken, the headache will disappear." But if the person says, "Doctor, I will just throw it in the dustbin", the doctor will say, "Then it's out of my hands; it is your free will."

Elise: Yes, for the greater part you decide your own future, but you cannot determine when a nice man or woman will come your way; but you can have faith that one day you will meet a partner, but you can't direct these things, can you?

Isaak: No, but we have been successful in our predictions, once accurately describing the person someone would meet. Why do you think this happened? Because the meeting was destined, just as some things are. You could ask, "Why may one person know and not another?" There are so many laws to abide by and possibly it is something that will happen to you, but we are not allowed to reveal it. Maybe it is necessary for you to meet a certain person and work something out with that person. Or maybe a child has chosen you to be its mother or father. There are so many laws among laws. So yes, predictions are possible, but do remember that the direction you choose is your own choice. Truly, if you choose to die today, it will all be over. We could still try to influence your feelings pleading, "Don't do it, don't, don't," and fill your head with images of your children being miserable, plus all the other suffering you will cause, but if you persist in ending your life, we cannot stop you.

Elise: It's not wise though, is it? The person would still have the same feelings, wouldn't he?

Isaak: It is the most foolish thing that you can do. But remember that we also influence you as we know when a relationship should end making way for a new one. Suddenly you will get that awful feeling in your stomach and sense an increasing distance between you and the other person. You will not feel nice or comfortable wondering, "Why do I suddenly hate him?" combined with a mixture of many emotions. There is a possibility that you are being influenced, not in a negative way, but merely to make you open your eyes.

Elise: You mean because you know they are not right for each other, and that they are on the wrong track?

Isaak: Yes, it is finished.

Elise: How do you listen to yourself?

Isaak: We know that the physical human being is often afraid, afraid to listen to impulses. For instance, if a delightful impulse suddenly enters your head why might you reject it? Why? Because immediately your second thought is, "No, I mustn't do it". You do not listen to your impulse; you listen to your head! Every day you physical human beings give yourselves instructions thinking you are doing the right thing, but why do the same problems keep on returning? Why do you repeatedly need the same lessons? Because you still do not understand them, because once you have understood the lessons, they will never need to return. The lessons you are receiving now are the ones you need. It may take your whole life and still you will not understand, but here with us you will understand. But why take so long when you can learn right now? You do not have to wait until you are here with us to be free of your physical restrictions. Grasp the opportunities that are offered every day with both hands.

Elise: The sound of Ohm, please will you tell me what is it and what it does to you?

Isaak: The Ohm sound has existed for a long time and has to do with the vibrations and the emotional quality within the Ohm tone. So many people have used this sound, especially in the Hindu cultures and it is considered to hold much Divinity. As soon as you pronounce this sound, it starts vibrating in all your chakras, your aura and your energy field, and in this way you purify yourself. This sound is all-encompassing. It is an all-encompassing sound, very simple but all-encompassing indeed. So give yourself this extra impulse, extra energy and extra purification. As soon as you use your thoughts to stimulate this Divine sound – for it is a Divine sound – and think, "I'll give it my full dedication", you will notice the increasing stimulation it gives. It is a good sound, all-encompassing, the Ohm.

Elise: Sometimes it is difficult for us here on Earth to understand why some 'good' people suffer from a long sickbed before going over to the next world. Some of us consider this unfair, but is there a special meaning or a reason for this?

Isaak: Yes, people going over to the other side get exactly what suits them. If you have fulfilled your evolution process and your time has come, we make some calculations and see to it that you arrive here at the right time. If the process of dying takes a long time, then it is an important time for you, maybe not physically but mentally. Maybe it is important for the people surrounding you; possibly for the strength you draw from yourself. Maybe it is to strengthen your faith during that process. When death is too sudden there is a possibility that the spirit cannot handle it and might get lost. There are several ways of transition into the next world. The first form of death is

the heaviest because it is unexpected and undoubtedly there will be a shock effect. It is still engraved in the spirit during the transition process. Keep in mind that you were linked to your physical body for a long time and suddenly you had to let it go. You did not have time for farewells or time to prepare yourself mentally in any way as your life ended without warning. All your dreams, your wishes and goals have vanished abruptly, and of course the most difficult part is suddenly having to leave the people that you love and care about behind. The nicest form of transition takes place after a long deathbed as it provides you with the opportunity to prepare yourself mentally, softening your fears or deepening your knowledge of spirituality. It gives time; time to put things into perspective. We will not take that time away from you even though you are in physical pain, because you are strengthening yourself mentally. The body is and always will be a vehicle, and when it ceases to run properly, something is wrong. You will have to let go of your body, and you are allowed to disconnect during the course of the illness. You have the opportunity to contact people you wish to speak to, and you have the chance to show your love and air any regrets. There is no such thing as coincidence and we know the needs of each individual. Does the physical human being take this opportunity to be thankful for this extra time or does he see it like he always does? Everybody is constantly complaining, "It always happens to me! Why me?" Understand the process of life you go through suits you like your hair suits you, like your eyes suit you and like your body suits you. It is exactly what belongs to you to. We are perfect.

Elise: Please tell me a bit more about the 'simple' spirit who gave us 'laughing therapy' in the workshop the other day.

Isaak: This 'simple' spirit has no thought process at all and neither can it perceive thought stimulus, only emotional stimulus. Every physical human being needs simplicity to express his emotions fully. Often a person wants to laugh but stops because a thought stimulus dominates. In laughing therapy the laugh impulses are stronger than thought. Surrender to these impulses, surrender completely to laughter and enter into the spirit of this emotion. It gives relief to the heart chakra, the solar plexus and throat chakra enabling many chakras to be healed in a positive way. Crying is also a very good stimulus, because the throat chakra, the solar plexus, the inner chakra and the heart chakra will all open up. All emotions bottled up inside have to find a way out. Anger is also tolerable because all emotions man has, must find expression and this includes anger. As soon as you check or suppress emotions, the chakras will become blocked. Anger is a logical emotion so if people treat you unfairly and you feel the injustice, express yourself and get angry, otherwise you will explode inside. Let the explosion come out and then you will liberate yourself from your anger if you do it in the right way. People are afraid of getting angry and this is not healthy. Observe children, they get angry enough to explode and then it is followed by peace again. Parents should not forbid their children anger as then their chakras will close immediately. Let go of your emotions. God has given you emotions to express yourself. We stimulate every emotion.

Elise: Can you please tell me more about people in a coma?

Isaak: People in a coma are still physically present, but mentally they're not with us. The mind does not function as it is been switched off. In general man doesn't remember anything from this comatose period. The mind is switched off, it takes a rest. Often it is an in-between phase, an in-between phase to the Hereafter. After that he will arrive here with us where we welcome him and he will recuperate here because he needs some extra time for recovery. There is also a possibility that the person will recover during the comatose period and slowly comes to himself. It depends on what was written in his Book of Life. Is he allowed to stay on Earth still or is it time to come this way?

Elise: Is it possible for all souls living 'up there' to watch us 'down here'?

Isaak: No, that is impossible. See it like this. You are in a big space. Every sphere has its own energy level, and they all crisscross each other. Every energy creates its own ambiance, its own level. When many 'people' are at this certain energy, they live their own lives in the way they feel and want them to be. If spiritual creatures are interested in the happenings of life on Earth, then they have to be granted permission to go down. First of all they have to know how to get there and secondly how to return without getting lost. It is a necessity to learn how to concentrate on blocking out anything besides thoughts of going and returning to their level. They cannot let this thought weaken otherwise they will lose their way. Concentration is absolutely essential. Why would any soul occupy himself with life on Earth? They do so if they are curious to see what's going on there or if they have left a loved one behind. When helpers and guides have given permission to walk around here, they get together with other guides and helpers, and through concentration they go down all together. It is possible for souls to get lost but they are mostly the ones that have never gone to the other side. They have never experienced the transformation from life on Earth to the spiritual life and they are still caught and drawn to the Earth's energy unable to let go. So no, it is impossible to keep busying yourself with planet Earth. Why should we? We too have our lives, we too live on, we too are happy. We do not need the earthly life anymore, except when it is relevant to be there.

Elise: Then how should I interpret the phrase, "My grandmother has passed away, but she still keeps an eye on me?"

Isaak: In thought. The loved one can be with you in spirit, which means he can be with you in spirit but not physically. So spirits can connect with you in spirit for a brief moment, but they are not present.

Elise: So when my grandmother tells me, "I'm still watching you ..."

Isaak: It is just an expression. It is possible for a spirit to make a connection in the mind, but impossible to be here physically. Try and understand that it is not an easy job or experience to go down to Earth as a spirit because it requires so much concentration and willpower. They have to have an intense wish to be here but they also have to be able to get back. If they were to repeatedly go back to Earth, it would become harder to keep picking up their lives in the spirit world. They could not actively participate in life on Earth because they would only be observers. This has no value as they would want to join in, but their being invisible would prevent this. This is very sad and frustrating for the spirit people here with us for when they are amongst earthly people again they see their loved ones, but they cannot touch, feel or show them love except via a medium.

Elise: So in the end it is not that nice for spirits to be here on Earth?

Isaak: See it like this. Suppose you have moved on to the next world and you have had to leave your precious children behind. You visit Earth to see them again and you watch them grow up, but you can not touch them because your energy is a different kind of energy to theirs. It would cause tears and frustration and returning to the spheres might be hindered since you would be attached to the earthly energy.

Elise: Say for instance I die. I am a woman in this life, my vehicle, the body stays behind and my spirit and soul go to the next world. Will I still be female in the Hereafter?

Isaak: You will keep the same mentality and spiritual body of the life you last lived. When you are reborn and die again, you will then have the spirit body of that life-time. So you do not change when you die until you are born again. Both your appearance and feelings stay the same until you're reborn, then once more you will go through the veil of oblivion. The soul always remains intact and it is only the spirit that changes when you are reborn.

Elise: When I die, how can I picture meeting my grandmother again?

Isaak: Your grandmother will truly hug you; she will really touch you, a spiritual touch that you will actually feel, for you too will have a spiritual body, an ethereal body. So you will see your grandma the way she wants to present herself at that moment.

Elise: But not the way I imagine my old granny with her arms spread widely to welcome me?

Isaak: Usually yes. In general you see the person in exactly the same way you last saw them, for then there is recognition.

Elise: And how will she see me?

Isaak: She will feel you. She will connect with your feeling and she will be brought to you by feel. She will recognize you because she knows you are her grandchild. She knows, for she recognizes you by feel and because she is spiritual she is able to attune herself more finely than you can, because at that moment you will still be corporeal, still having to become incorporeal. She has been in the spheres for some time, so she is already incorporeal and that is why she can connect to you, but not the other way around.

Elise: Corporeal and incorporeal, what does that mean?

Isaak: We are incorporeal, you are corporeal. You can not go through matter, we can.

Elise: This process starts as soon as you cross over to the next world, I assume?

Isaak: Yes, you will leave your corporeal body behind. You will abandon your physical body, but you will still carry the physical image, so you will still feel physical and the closer you come to your true self, the more incorporeal you become.

Elise: What is a déjà vu?

Isaak: Actually the word explains itself - 'seen before'. Often it is a reflection of what you have seen before, it enters your field of vision again, and actually you have already been there in spirit. It is looking ahead and it mostly concerns a trivial matter, a matter in which you do not have to use your free will, like with something ordinary. For if the free will is involved, you will not be able to see it yet, for your free will can change direction and therefore it is not with you yet. You glimpse something trivial; still it is important to us, for the physical human being stops and thinks, "Hey, I wonder what is going on? Have I seen this before?" This makes him question and every question asked gives us an opportunity to intervene; he asks and we reply. If man asks himself, "Could it be possible that I've seen this before?", we speak to him in the mind and say, "You have been here before." If you've been there, it actually indicated there is 'more' and the future is already here. You can perceive a little if you want and you would be able to perceive even more were you to study it and examine yourself, and when you are curious and

enter the path of spiritually. A déjà vu is something very dear to us, for it is only a brief glimpse into the future and it only happened because you were able to transfer yourself in spirit.

Elise: You have mentioned something before about there being a children's level. Please can you tell me more about it?

Isaak: When children go to the next world shortly after their birth, they are welcomed by the white figures as they are so pure, and because children are so pure every care is taken to preserve their purity. Their energy is high, very high and the children are collected and are cared for while growing up here in safety without the influence of any other people. Children live here in safety and are protected until they have grown and are ready to proceed to the adult level, to the sphere where they will feel at home. This happens when the child has approximately reached the age of 12 years.

Elise: You said before, "We are God, all of us." Can you explain that to me, please?

Isaak: Every individual, every physical spiritual individual, every stone, plant, animal and all that exists is a sign of life and would not be if life ceased to exist. So the stone exists, the animal exists, the plant exists, humanity exists, all you perceive exists, as well as all that you can not perceive exists. It is all part of the Universe, the Almighty, the ultimate, everything, the planet, and the cosmos. God is energy, a Divine energy and everybody possesses this energy. Every plant, every animal, every stone possesses this Divine energy. That is why stones and plants used in the past and present can stimulate the healing process of man's organisms, the organs of human beings. The physical human being is unique, which means that the physical human being is able to let his Divineness grow. He can get to know himself in a way that he can perceive his own Divineness, that he is completely God. Often it takes a long growth process and takes many, many lives to achieve this. However, if man is able to disengage himself from his harness and frees himself from negativity, he will grow closer to his own Divinity. It is important to eat Divine food and busy yourself in holy studies. Surround yourself with good people with positive energy and that is why it is also important to get in touch with your inner self. It does take a lot of will-power because man is continually distracted by ungodly things and daily worries. Daily concerns are generally ungodly, because you drown in them, literally resulting in being caught up in old patterns. You are God and every one of you is God, but feed yourself with positive energy and your Divinity will grow, your evolution process will accelerate and one day you will have achieved perfection. Then you are truly God. Then you are a predominating energy of being, of blessedness. Then it does not matter what you did yesterday, it does not matter what you intended to do. It only matters that you are here and feel blissful and that you want to share your love and you want to spread your love to enable others to grow as well. It is just as if you are water and you feel like a well and you sparkle, and you feel like a little fountain. You want the droplets of water to fall down on other people for you know that if they feel your Divinity they too will reach their own Divinity. In turn these people will do the same to others and unity with the Universe will be accomplished.

Elise: How great is the power of repetitive prayer?

Isaak: There is a lot of power in repetition because power accumulates. Your complete devotion is also important when praying. If you send up your prayers and mumble thoughtlessly or are actually mulling over your shopping list instead, then your prayer will not come through. So concentrate with complete dedication fixating on the things you are asking and believe in the things you are saying.

Elise: Can you perhaps tell me more about the power of thought?

Isaak: Oh, thoughts are so powerful. It is exactly the same as what we have told you about praying; exactly the same. You voice your thoughts with words and they manifest in power, in force. When your thoughts constantly meander, what happens? You are not close to yourself. If you have positive thoughts towards others, you radiate positive thoughts and that can only be beneficial. It is harmful to keep on thinking in a negative way, for thoughts can become so powerful that you can actually break people with them. It can well be that you have a negative thought but if it dissolves, no harm is done as opposed to the negative thought becoming so powerful that it breaks someone. So don't do that. "I'll get to you through my will," ... don't do it.

Elise: Are thoughts so powerful?

Isaak: Yes, especially when it concerns a physical human being with a specific gift who has helpers surrounding them. We guide our instrument in a positive way but negative helpers exist that have the power to break people. By sending out negative thoughts, the negativity will surround you and try to destroy you. A medium sends out thoughts enabling the helpers to commence. Exactly like our medium, the medium sends out thoughts and we get started. Constant negative thoughts can harm because you are no longer in touch with your feelings. When you keep thinking or worrying or speculating about the future or reflecting on the past, then you are not yourself; so be careful what you think about!

Something you could do is to try and release negative thoughts. On a daily basis you can train yourself to say, "I must let it go, I must let it go," each time repeating these words, using the power of prayer. Talking is praying; again we speak of the power of repetition, "I must let it go, I must let it go." Some people give up too quickly because they do not want to put in the effort; so they remain in the same situation hoping their problems will all dissolve. Nothing is solved just like that. You have the power to give your life a different direction. You decide your own path of life; of course you are guided, but you are the one taking the steps. If we lead you in a certain direction, we can push you along but we cannot manipulate you to go in that direction if you are using your free will saying, "I don't want to go this way; I want to go that way." Well, then we will stand aside for you to carry on and we will just wait for you your return. These are all side-roads that people take, they wander off from the path of life, go the wrong way and later they say with regret, "No, this wasn't what I had in mind." They start all over again and we return to help. We are always there. We wait; we wait until the person prays and asks and is ready again. We are always there! We wait until the person is ready again; and if he wants and he prays and asks then we will be there again.

Naturally we have laws. We are not allowed to come if we are not given the 'green light'. If somebody superior to us such as one of the Higher Powers say, "No, not now, it's not time yet," then we are not allowed to do anything. Often people get impatient, "My prayer has not been heard." Yes, it has been heard, but it might not be answered. It is always heard, every prayer is heard by us. Never forget, there are millions and millions of entities around the world, so you are not alone. So if anyone sees an entity or a spirit in the room and thinks, "Oh, I can see a spirit!" it is because you are connected with that spirit at that particular moment. Maybe it was there all the time, for we are always there and we connect with the physical human beings. We learn from the physical human being, because we too have to know how life works here on your Earth. When we know, then we can pass accurate information onto the medium, assured that this information is correct. Is this a clear answer to your question?

Elise: Yes, thank you it is. The power of thought, well, I would never have guessed it was that powerful.

Isaak: Yes, you can even make yourself ill. You make yourself happy or sad. You can do anything to yourself.

Elise: I'm a good example of this as naturally with your help, I have repeatedly given myself positivity and by now I consider myself to be a true survivor in this field.

Isaak: Yes.

Elise: And then you will experience the immediate effect of that thought.

Isaak: True. Say for instance that you are at home now, alone and fostering negative thoughts, feeling and wallowing about in them. Keep up this behavior and it could end in a panic or anxiety attack resulting in literally breaking yourself, and all for no good reason. The moment you release yourself from your thoughts, you would see nothing is actually wrong. Most of the time when people are seized by fear or panic this is the reason why and more often than not nothing is the matter. Imagine that a child is playing outside and is five minutes late coming home. The mother makes up all kinds of scenarios in her head - like the child is not home yet so he must be dead or maybe he has been kidnapped? But the child comes home quite happy and the mother has thrown away five minutes of her life because of panic and fear. This is a fine example of the effects of negative thought.

Elise: It is hard to break through a spiral of negative thought though, and I guess I didn't know about these negative spirals before my 'American Life'. But once it's you in that spiral ...

Isaak: Make yourself calm again. Pray! Repeat the thought over and over again. "I can make myself powerful. I can make myself powerful." Do not feel you have to pray only for nature or for your fellow-man, also pray for yourself! Pray! "Make me powerful, make me powerful," repeat these lines. Repeat with intensity, with concentration and fixation using free will and you will succeed.

Many people immediately 'lie down', like in a raid, "Come on, get me." Say, "No, I will fight until the end and if need be, and I will go under fighting." We have dedicated so many lessons to the issue of 'thoughts'. Feel yourself being lifted and think, "I am being helped; I'm not doing it myself." Examine your grief, bring it to the surface. Examine your joy ... and laugh!

We have shown so many practical examples to the physical human being on how to manipulate themselves. People often think about being rich, don't they? "When I'm rich I will have this and that." People just love doing that, for the physical human being is a materialistic creature and feels happy conjuring up these images. We say when you feel good and you imagine a positive image, if it makes you feel good then there is nothing wrong with that providing you do not get greedy. Sadly enough man often chooses the negative side because the physical human being is surrounded by negative energy because he is on Earth. This does not imply that the Earth is all negative energy, but the Earth is powerful and you are plunged into a very low vibration, so it is not easy to keep your head above water. But still, it was your free will, your choice, your life-process. You wanted to go through this to gain power, to rise and to grow. You wanted to discover your spirituality by being on Earth. You wanted to learn and to experience all the emotions of goodness, wickedness and greed. That is your free will and we said, "We will open the gate, off you go!"

Elise: And now let's see if we can be successful this time!

Isaak: Well if not, you just return.

Elise: Then we will open the Book again and ask, "How did I do?"

Isaak: You've got plenty of time, you are eternal. You can come back as often as you like and do it all over again. However, every minute wasted is a wasted minute.

Elise: I personally would like to be more light-hearted, I would love to be more ...

Isaak: Playful perhaps?

Elise: Yes, more playful, light-hearted, taking life a bit more frivolously, shrugging my shoulders at things and being less concerned about things.

Isaak: Train yourself; train yourself to be more light-hearted. Dare to do something that you normally would not do. Suppose you go up to someone and make a face at him, for example. Most likely you will chastise yourself thinking, "My goodness, did I dare do that?" Well, it brings relief.

Elise: Yes, that is stepping out of your own little box, while actually it's pretty harmless.

Isaak: Practice Elise, practice doing unfamiliar things, positive things mind you, because you are a respectable girl.

Elise with a smile: Oh! I am such a respectable girl, don't you think?

Isaak: Yes, walk your path and say, "I'm going to widen it a little creating more space and freedom and later on I will sit right in the middle of the road." You will remain the same person although you will jump out of your box every now and then, but you will find it will give you some relief. That is why the lessons, the workshops and all the things we teach are so important to the physical human being, because he finds himself doing something out of the ordinary. If there were spectators there most of them would think, "They are mad!" but you experience your participation so intensely that you understand. People that watch are the observers and we say to them, "Come and experience for yourselves and draw conclusions afterwards, not in advance."

Elise: In one of our classes we touched on the subject of famous people like Einstein and Jeanne d'Arc, they were extraordinary people.

Isaak: Yes, Jeanne d'Arc heard voices and had visions. Yes, a holy creature. They burnt Jeanne d'Arc at the stake just because they did not believe her and called her a heretic. But Jeanne d'Arc spoke the truth. She had a mission to keep the country together and she did. As soon as she had completed her mission, she died. But as we have mentioned before someone is declared holy in retrospect, not in advance. She did many good things; she literally wore her battle-suit and fought the battle. She was an example to the people - she was hit but she got up again and carried on until the very end. She never lost sight of her objective; she knew the way to go and how to achieve it. Little though she was, she was powerful and went straight for her

goal. She had a great deal of strength and courage but she also had many fears and delusions - a great many delusions.

Be aware that as soon as you are open, you are always guided and you perceive visions which could conflict with your physical self. You think you can not physically handle it - that you are hallucinating and having delusions. Still she reached her goal. Unfortunately they killed her in a very painful way, but we can assure you that the minute she stood there and was surrounded by the flames, her spirit had already left her body. She is in the good spheres here with us. She displayed unspeakable courage and we appreciate that. She was a slip of a girl with so much power and perseverance, enabling her to influence the higher authorities. But jealousy arose and it was jealousy that killed her. People are jealous, jealous of what others achieve and then they try to twist the facts to their advantage and misuse religion to strengthen their argument. They say that if you are religious and speak in the name of a higher being, you blemish that religion, thus you must be eliminated. She also had to make her appearance masculine, for without assumed masculinity she would not have been able to reach her goals. So she took off her female clothing and dressed as a man for her cause, for remember it was a masculine period at that time and women had no say in matters; so her choice to take off her womanly clothes was quite wise. She knew she had to leave her femininity behind and that it was to be her way until the end. Everything she did was with good intent but was eventually used against her. Anyway, she accomplished her task and here in the next world abundance is given to her.

Einstein was a far more complicated human being than Jeanne d' Arc. He had many theories and ideas and he tried to twist them in such a way that he could place them. Often you have to mull things over and even discard them before you end up with something useful. In spite of this his name lingers on in history because intuitively he gave so much to humanity. He worked intuitively and was also helped by higher powers so his inventions were, in fact, also due to us.

Elise: Aha, just like the discussions we had about the medical world the other day.

Isaak: Yes, just like the medical world. All the instruments you use are there because we use them, for actually you are rather ignorant creatures.

I laugh.

Isaak: Why are you such ignorant creatures? Because you do not use your intuition to its full extent. You constantly try to explain something, but when you try to explain, you often get caught in the explanation process, whereas if you adopt an intuitive approach and keep turning it around just to see how it ends up, you will eventually get the desired results. Therefore instruments that work intuitively, like the way you draw and paint intuitively, Elise, are most precious to us. And why is this? For the evolution process. Times must change, evolution must go on; there are new reincarnations and spirits can not go back into the same energy in which they died earlier. They must progress, so we see to it that the world changes, otherwise they would not be able to reincarnate. Do you understand? Otherwise they would have to wait and would not be able to go down because nothing would have changed. So we make sure the evolution process moves forward.

Elise: Yes, I understand.

Isaak: This is why the world changes.

Elise: Composers like Bach and Beethoven or painters like Van Gogh or Rembrandt, were they helped too?

Isaak: Many of them, yes. Those that made history are the ones we sent you.

Elise: Yes and they left behind beautiful works of art.

Isaak: Take Shakespeare for instance. No-one could understand him but then again, how can you understand somebody who is different from others?

Elise: Yes, he was often misunderstood.

Isaak: Indeed, most understood. He did not even understand himself, but he wrote beautiful stories and wonderful plays with his vast vocabulary, but they were all through inspiration. He had to wait for the right moment because he could pick up a pen, but could write nothing until the inspiration came.

Elise: It all started when he was very young, didn't it?

Isaak: It started from birth, from a very early age.

Elise: And still to this very day his works are being taught.

Isaak: Yes, his works are still used.

Elise: Why do the people from the church, nuns, ministers and priests, reject the paranormal world to such an extent, as if it were ... what word am I searching for, as if it were ...

Isaak: ... devilish?

Elise: Yes, something like that.

Isaak: They don't know any better so it is purely out of ignorance. These people have read some sort of Bible and they know it inside out as it is been hammered into their heads. They were brought up to remember what it says and not to deviate from their rules. It is also written in the Bible that the things we do are absolutely impossible. Remember, the book has existed for centuries. We know Jesus said, "Go forth and reach man, all of them, lay your hands upon them and cure." This is also said in the Bible, but somewhere there is also a sentence about being careful of people like mediums and suggesting that mediumship comes from the devil. But the devil does not exist so how can it be from the devil? There are negative spheres, bad spheres and of course some mediums working for the bad side naturally do so in an evil way. However, there are always two sides and many mediums make positive contributions to society. If there were only negative contributions being made and our positive ones were blocked, then the world would be a far worse place than it is now. So we have no choice but to make our entrance and we have to send people to your Earth to convince others that God exists and that the world is not as bad as it may seem at first glance. So the Bible is a good book, but do not take it too literally. Do research, investigate and see if it feels good or not, for nobody can decide for you what is good or bad. When somebody tells you 'this is bad', first you have to feel what bad is. When somebody tells you 'this is good', first you have to feel what good is. Research brings wisdom, so investigate and you will see it will bring you much happiness when you find out that God is also here on your Earth, in you, with you, everywhere!

Elise: Is the Bible still 'the' manual for life?

Isaak: It does give people something to hold on to. The Bible has existed for so long and has been rewritten so many times that many truths have disappeared or have been adjusted according to human ideas. It all depends on the writer's state of life when he is rewriting the Bible. What is his interpretation, his belief? There are many different Bibles and much depends on the beliefs of the person who rewrites the Bible, but yes, most of the time the Bible is a truth. We know the physical human being is changing so the physical human being's need for the Bible is decreasing and he learns more from his own inner being than from the Bible. Because the Bible was written long ago and written in an old-fashioned style often man does not understand what is meant, and therefore the new version of the Bible is more practical for today's people.

Elise: The Bible says that Israel was chosen by God and as Jesus was born there, the Biblical stories took place in Israel. Nowadays India seems to be the spiritual centre of the world. Is there still something like the 'chosen people' in this day and age and how are we to envisage this?

Isaak: No, there are no 'chosen people'. Every human being is unique, every human being is equal and there is not a single person superior to another person. So our belief is that every human being is worthy of being here and that he is here to complete his evolution process and go further to his next reincarnation. There is no chosen land, every human being is equal and every country is equal, except for the varying principles of each country. Yes, India is a very spiritual country, but so are many others. It does not necessarily have to be a whole country; it could just be a race. Every race has its own standards and values which radiate through society and throughout the country. You can feel the energy level of a country by the way the physical people live their lives. When the population has good people, then the country radiates a positive energy. Jews are very dear to us and we sympathize with their great suffering from the discrimination which originated in the olden days. Also remember Jesus is a very special person who carries the same energy as the Jewish people.

Elise: Being buried or cremated, I personally have a distinct preference for a funeral, but is there a preference?

Isaak: We are against cremation for you as a human being do not know how far you have developed and how quickly you can release your physical body. If you are very earthly, it is possible you are not yet ready to leave the physical body. This means that although you are a dead physical human being, you are still spiritually alive and when you allow yourself be cremated you will endure this physical or spiritual pain if you are still in your body. When you stay in your physical body during burial, remaining in the body means you will go through the harmless state of decomposition. You will not torture yourself the way you would if you were to come into contact with the fire. So we are not in favour of cremation, but every human being has to make his own choice and ask himself, "Will I be able to release my physical body quickly?" Here in your country, people have three days after the person has died before the actual funeral or cremation takes place, which is less than before, so within these three days you will have to let go of your body.

Elise: So actually it could be a very special time for the people surrounding the coffin saying their farewells for the spirit hasn't necessarily left yet; it could well be that the spirit is still present.

Isaak: It could well be the case that the spirit is standing right next to you or behind you, looking at you and saying, "Why are you crying? I'm right here!" You never know. The non-believers often choose cremation, for they've got nothing to lose as they believe the body has gone. According to them, "I am the body, so when I die I will be gone," so they choose for cremation. Those who are more connected with their body and with themselves, often choose for a funeral. So you can see what you are, purely by the choice you make.

Elise: I heard a conversation the other day where the question arose, "Do you think there is life after death?" One person gave a definite "No!" I was quite shocked by this response, especially as I am now so involved with writing this book. How can anybody think that there is only this life and after that it's over, there is just nothing more?

Isaak: Yes, it is incredible.

Elise: Yes, incredible. He said it with such conviction and in almost a militant manner.

Isaak: Such people are so sure of their own knowledge at that particular moment, so certain and they want to convince you. So actually the one who does not know tries to convince the one who does. Funny isn't it that the one that knows speaks in a subtle and considerate manner, rather than in a rude or negative one. People really believing 'dead is dead' can get aggressive when you want to air your views and suggest just the opposite.

Elise: How important is it to be baptized?

Isaak: It's a belief, it is not important. Some people are baptized when they are a little older; others let their newborn baby be baptized as soon as possible. They wonder what would happen if the child is 'called for' and they want the child to arrive safely here with us. We can assure you that each child will come to us. A child will never be in damned, for a child is free of guilt. So being baptized is not essential to ensure a place here with us. It is all a matter of faith. If you believe it is the correct thing to do, that is alright as it is your free will and your free choice. It is of no importance to us.

Elise: So we are not doing anything wrong then?

Isaak: The medium would still be a medium, even if she had not been baptized.

Elise: I know I have asked questions before about being in coma but now I have read in the newspaper about a woman who has been in coma for thirteen years, kept alive by machines. What should the doctors and family members do in such a situation? What is the wisest thing to do? Keeping someone alive for thirteen years, is it good for her or is it better for her to ...

Isaak: It is a very complicated matter. It is purely a question of ethics - ending or not ending a human life. The choice however has to be made by the physical human being. We could never make the choice for them. Unfortunately when somebody has not regained consciousness for a long time, they will be emotionally retarded. Should they recover it would be rather complicated to go further with their life, not necessarily physically but emotionally.

Elise: Are you talking about someone waking up in this world again?

Isaak: Yes, you will ask yourself, "What has happened to me during all these years? Where have I been?" When you wake up it is an emotional shock coupled with the disbelief of failing to grasp or understand the things that have happened to you. So this person would have to make herself very strong starting a new life. However we also believe the experience is in her Book of Life. Why? There is no such thing as coincidence, either being in coma or waking up from it. We know that most likely it was because she had to experience something like this. If you withdraw yourself mentally from your life, yet still exist, but step back later, you will be stronger but will need much courage to continue with the remaining part of your life. It is quite 'amusing' if somebody can do this. Why amusing? Well, you can't do anything else but take it lightly, for you can not delve too much into such a complicated matter. So take it calmly and think, "I shall never really get to know all the answers or know how that works. But I've got today and tomorrow and that is my immediate concern."

Elise: In our western society we learn more and more about Feng Shui, yin and yang, the five elements from the eastern culture. Is it of any importance to us? What can you tell me about it?

Isaak: They all exist but are of no concern to us.

Elise: Is there anything against being a donor for transplantation purposes?

Isaak: No, on the contrary, as long as you do not think that your child lives on in somebody else's body for instance, for that could not happen. The child that has passed away has gone to the next world and hence is not alive anymore. When a heart has been transplanted, often a person thinks, "My husband's heart lives on in somebody else's body," but that is not true.

Elise: The physical human being can get help in a spiritual sense, but it can't be a one way communication of course and man must stay actively involved.

Isaak: Correct. Many people have problems or are burdened by entities or have problems with themselves, their true self, in spirit. As soon as there is a little more openness, perhaps also by means of this book, then people will find it less embarrassing when they are troubled by entities. They will know that there is help and that entities can be made to leave and they will not be declared insane. Suppose you go to the doctor and you admit that you hear sounds and voices or that you see things. Immediately you will be labeled 'insane'. You will get medication suppressing everything, but the insanity will not disappear. As soon as people know, help can be offered in the spiritual sense and that you really can get rid of them if you knock at our door, then people would not suppress their complaints with medicines, but take the necessary action. We know this is the first step. The medium only does the exorcism, the medium sets the course, the medium can elevate you for awhile, but the physical human being has to do the rest. The more he keeps coming back, the more elevations he will get, until he has reached a certain position. The medium cannot work miracles but can only heal in a spiritual sense step by step, and humans have to do the rest. We cannot do too much on the first visit for a person who is sick and weak because we know it does not work this way and would be a waste of our energy. We give exactly what is needed at the time and then he can come back. If someone has a disease for say twenty years, they often think that they can be cured in one session. Well, we can do a lot, but we can't do everything. We can never guarantee that we will succeed, for it also depends on how open are you to us, how willing to receive us and how powerful you are. We do what we can to help you but we need human co-operation to affect a cure. So either you break, or you are glued together and are cured.

Elise: It's all to do with motivation and willpower, isn't it?

Isaak: Absolutely, nothing will happen if you lie down passively, cures must happen in an active way. You, as a physical human being, have to be present, listen enthusiastically and open up actively, otherwise nothing will happen. We can't work miracles; we can only help in the spiritual way.

Elise: Nine/eleven, the huge disaster in New York sent a great shock throughout the whole world; I think that it is still on the minds of many people. Was this also written in the Big Script?

Isaak: No, it was not written in the Big Script. There are two categories of death that are not written about. They are murder and suicide and in both the free will is used. This catastrophe had both categories. Suicides were committed and took away the lives of other people too. So the inciters used the free will twofold. This was undeniably a shocking occurrence and it was appalling for the world to see how defenseless one actually is. You can safeguard yourself in every possible way, but you are helpless when somebody uses his free will to murder in this way. Actually this is a very good example of how enormous the results of cause and effect can be. The American government created the movement by interfering in other countries' affairs. Say for instance that I come and poke my nose around in your house, each time intimidating you and always interfering with everything you do in your own home and the way you do it. You might tolerate it at that moment, but then the tolerance runs out. A lot of injustice exists in these Middle East countries. Their people possess less power and have a different mentality; they have a strong belief in God, in their God. They believe they act in the name of God never doubting that they are right; that is their belief. The big force, America, talks too much, propagates too much, and dominates too much. We think the super powers drove the smaller ones into a corner, into nothingness, so they became powerless and retaliated by committing these suicidal acts.

Elise: What stings me most is the fact that this atrocity was committed in the name of God. It seems to me to be such a huge sin.

Isaak: It is not a sin, it is ignorance. They didn't know any better. The point is that the killers really believed it was the right thing to do. If you were to kill me today, you would be using your power, but you would not use it lightly. You would only carry out such an action if you were seriously convinced that it was the right thing to do.

Elise: Well yes, but listen, what about the first Commandment in the Bible, "Thou shalt not kill."

Isaak: Yes, but they also believe in their action.

Elise: How can the word of God according to the Bible be justified in this manner?

Isaak: Sure, but you can twist the Bible in any way you want, until you hear what you want to hear. Often the Bible is misinterpreted. The bloodshed in these countries will go on for a long time and there will be further occurrences as the population hasn't woken up yet. They do not understand that it is not an option to treat other people like that. Actually peace could be accomplished with an attitude like, "This is your country and do with it whatever you wish. Look at your country, feel your country and experience your country any way you like. We will withdraw." As soon as interference has gone, so will war.

Elise: Are you suggesting that actually America draws dispute by their inference?

Isaak: Power, pure power. It has got nothing to do with human rights, it has got nothing to do with love, it is all about power. That is logical, isn't it? Paint your house purple, what difference would it make to me? It is your choice, your house and you using your free will. America does interfere with these countries saying, "The way you live is not a good way," but that is the way their mentality is and the way they wish to be. So if they want to kill each other, let them do so. Why go against it? Only more blood will be shed and that results in a snowball effect. One person kills, so the other one kills, and on it goes pending the full explosion.

Elise: I don't think America learned anything from it though.

Isaak: No, nothing at all. They felt they were treated unjustly, so they hit back. They hit back hard knowing they had the power. The others didn't stand a ghost of a chance. When an elephant steps on an ant, it is a certainty the ant will be killed. There was a lot of propaganda, a lot of propaganda. We think the situation was dealt with in the wrong way. Cause and effect. We are very sorry that this happened for we had a tremendous amount of work due to it. We can tell you that we had a great deal of work here as suddenly we had to receive countless people; and to this day we are still caring for many of the confused. The last word has not yet been uttered about the murdered people that are recovering here with us. They will have to see, feel and let go of their feelings, for it was not yet their time to die. They came to us too early, their life was taken and they had to leave their children behind, they had to leave their spouses behind, they had to leave their whole existence on Earth behind, purely because they were murdered.

Elise: Yes, it is horrible. Suicides that take the lives of others or people like Hitler for instance, they must carry an incredibly heavy karma; am I right? How many lives would it take to repay such a debt?

Isaak: They will fall back to the lowest level; there isn't any lower level than that here with us. They will sink to the bestial level purely in the animal form. They are monsters and they kill, they are ferocious and they will feel inhuman. It will take a very long time, centuries and centuries before they may become human again. The very thought causes me to sigh ...

Elise: In America an assassin killed a number of people, just like that. He was caught and since sentenced to death. That's not right either, is it? I mean, no matter how horrible his actions were, we humans cannot just decide on matters of life and death, can we?

Isaak: True, of course we are against the death penalty, for if somebody carries out a murder and is punished with the death penalty, he would not learn anything. It would be better to examine him to see if he is mentally disturbed or suffers from some disability. If so, you would have to lock him up, but if he acted this way because he felt hatred or he is emotionally imbalanced due to some kind of emotional shock, then it would be important to us that this person is awakened and that psychiatrists would try and help him understand his action. We do not say murderers should walk free, but that the opportunity should be available to walk the 'cause and effect' trail. Killers would then be able to see the effects of their actions. We are in favour of this method of handling it. You would not release a tiger in a residential area because it would be too dangerous, but if you put the tiger in a safe place it will not have to be put down. So we are against the death penalty, absolutely. The killer would learn nothing at all if he underwent the death penalty. When the killer is executed without going through a medical regime he will end up here in exactly the same state of mind as on Earth, and then we will have to deal with him. Furthermore, this person has an early death too, which is also murder.

Elise: Of course that's also murder and who is going to pay for it? It seems like a difficult matter to me..

Isaak: It is not literally in the hands of just one person, but then again all energy whether good or bad that is created in life will return to you.

Elise: So it will end up with you again?

Isaak: Often it boils down to a question of scruples. The 'higher power' that made the decision for the execution to take place, will at some time be stricken with guilt. It will be held against him. He is the one that made the decision, not the executioner. It will also depend on whether he is awake, consciously or unconsciously. Does he truly see it as his duty? Does he agree with the sentence, or is he just doing his job? This question also has many aspects to take into consideration.

Elise: Yes, I can imagine there are so many things to take into consideration.

Isaak: When you have to carry out an execution and actually watch somebody's life being taken you might think, "I am doing this because the killer did the same thing, so I have an excuse." But if you examine the situation more closely, you may wonder if it is actually the correct thing to do. Wouldn't it have been better if the killer had been medically examined for a mental disorder and given him the chance to get the condition under control? If he is mentally disturbed, nothing can be done; but an emotional disorder can be treated and solved. A killer has to undergo all the punishments awarded to him, but if released by death he will not carry his punishment any longer. He will arrive here with us and we will be saddled with someone who is closed and in a terrible mess, again adding lots of work to our already full workload. Humans are busy too, we understand that, but this would be an unnecessary death.

Elise: Being born handicapped, is that a choice as well?

Isaak: Absolutely.

Elise: Can it be karma?

Isaak: It can be, but it might also have to do with life experience. They decide to go through this life experience to see what it is like to be physically or mentally defenseless. So they decide for themselves how their life will be. If you decide that your present life is a good one, why not decide to have a bad life as well? You decide your own script. Remember that these people will come out stronger than the people who opt for an easy script, for they will grow and become aware much faster.

Elise: So you'll take bigger steps; is it also courageous?

Isaak: It is very courageous for you will have to depend completely on your inner self. You've got nothing else. If you are completely mentally paralyzed or mentally disturbed and you live your life like a plant or an ignorant being, then you will have to depend entirely on your inner self, entirely on your basic feelings. You can only communicate by feelings and not by thought and if you have only your feelings to depend on, these feelings will become more activate. When you miss the power of thought, you won't be restrained by it. These people are fairly happy actually, for they don't know any better and they do not realize that things could be different. Be aware though, being handicapped comes in many forms. There are people

knowing they are handicapped and finding it so unpleasant that they only have one wish - to be released from it. But it was a challenge they choose for themselves – it was their wish.

Elise: Does it mean that these people are quite far advanced in their evolution process, that they - how shall I phrase it - are working towards some kind of finale?

Isaak: Not a finale, no.

Elise: But it is a hard thing to do, and you have to be a strong person to be able to handle it.

Isaak:

Absolutely, absolutely. It is a brave thing to do. It might also be possible that at one time you killed, abused or mutilated someone, and now you find yourself in a similar situation. It is possible. So everyone has his own rules and you will always wonder, "What has happened to this person, why is he the way he is? Is he like this because he is so strong and chose to grow this way or is he so because he deserves to be?"

Elise: Then again, if it were a case of karma, because you have mutilated or abused someone, it is still your own choice.

Isaak: It would still be your own choice, for do not forget, when you wake up here from your deepest dreams, you look around and know exactly who you are. You look back and feel precisely what you have done to that other person. Then you will experience a great deal of pain going through your spiritual body. At that point you will only want one thing ...

Elise: To redeem?

Isaak: Yes, to make amends.

Elise: Say for instance you become handicapped in a later stage of your life. Might that be a learning process?

Isaak: Yes, it is possible you chose to live normally for the first part of your life, and then to fall back into helplessness.

Elise: That is even tougher to cope with.

Isaak: That is much harder, harder because you are used to using your body in a normal way. All of a sudden this is no longer possible and that is harder, much harder. If you are born like that, then you will grow into it, and you won't know any better. But if you do know better and suddenly it is gone, you will have to be very strong in order to bear it.

Elise: Yes, I learned this from an acquaintance of mine who worked in a home for severely physically handicapped people. People who were once able to use their body in a normal way, now have only their head and mind due to an accident. I know that for a long time a lot of them contemplated committing suicide thinking, "What am I doing here for Heaven's sake? What's the use of it all, now that I'm like this?" It must be a hard thing to endure plus the effort needed to create new meaning to your life.

Isaak: It is really hard. And remember you have to completely rely on your feelings because you have only your feelings to depend on. Once you were physically active so your experience was

energetic and maybe you did not even realize you had feelings. When you are no longer active because your vehicle is now a total loss, you will only have your inner self to fall back on. That is very hard to do and we do understand those people wanting to opt out of life deciding for euthanasia or wanting to commit suicide, but they might not be able to do it themselves. We do understand that, but if you can carry this heavy load, you will definitely come out stronger.

Elise: And say you do opt out of your life, in what kind of condition will you be in when you go over to the next world?

Isaak: At that moment you use your free will. You will be received here, you will disconnect from your material life and you will go into recovery. You will no longer be paralyzed or mentally ill because once you are freed from your physical body, you will not be bothered by it any more.

Elise: But if you step out of life prematurely by committing suicide or euthanasia, you might not have learnt enough then?

Isaak: You did learn something, but you did not learn the way in which you were supposed to. It is comparable to starting school and never finishing it. You learned something, but you did not learn it all. In general you will not choose the same kind of life again. Normally you will make this decision only once, so if a person were to say, "If you don't finish it, you will have to come back to finish it," it is not true. You will not choose for the same kind of life again, for you will know how hard it is.

Elise: Yes, and then you will find another way to evolve. What does alcohol do with the mind?

We were laughing so much about this subject. It's so great having a comical break every now and then. I can't of course show Isaak's mimicry on Tres's face but believe me you can really have a good time with Isaak.

Isaak chuckles: Is there anything that alcohol doesn't do to the mind? Alcohol makes you happy and alcohol makes you sad.

Elise: Alcohol intensifies your feelings, doesn't it?

Isaak: Exactly! What you are at that moment will be enhanced by alcohol. So if you are a depressed person, you will become even more depressed; so don't drink. If you are a happy person perhaps you will feel even more cheerful. On the other hand there is also a possibility that you are hiding somewhere inside yourself with all kinds of barriers preventing you from reaching your feelings. Alcohol can bring your feelings to the surface and that is why people often say it is the reason why a person who is drunk will speak the truth and show their feelings. They can suddenly start crying or suddenly feel so small or they can meet their own true self quite unexpectedly, all through alcohol. Alcohol by-passes the barriers and as your mind is temporarily switched off, feelings can arise. Alcohol is not always bad as long as you are careful with the quantity. So when you use it for recreation and pleasure for short periods of time - no problem. Enjoy it but be prepared to face the consequences tomorrow! If it has become an addiction, in the sense that you need it in order to exist, then we are against it, but it is indeed a fact that your body gets a real kick from alcohol. First of all because you are consuming a liquid that intoxicates the body, so recuperation time is needed for strengthening and regaining balance the following day. And secondly, your mental facilities have been given a real blow and the same recovery time is required before the job of running the 'motor' smoothly can begin

again. That is why you generally need a day's recuperation time to feel physically and mentally fit again, because chances are that you will feel a bit below the weather.

Elise: Well, you are talking about drinking more than a few then, aren't you? Not just when you are enjoying a glass of wine with your dinner?

Isaak: No, we are talking about real intoxication here.

Elise: Right. Ok, I understand.

Isaak: It does not hurt to have a glass of wine or a mug of beer for pleasure every now and then, but when you are intoxicating your mind, well, then you will definitely feel your stomach's queasy, plus the foul taste in the mouth etc. the next day.

We are laughing as we've all been there!

Isaak: We think it is hilarious because people suddenly become so sensitive and out of the blue all sorts of truths surface whereas normally we have to work really hard to get people to loosen up like that!

Elise smiling: Yep, pour in a bit from the bottle and off they go ...

Isaak smiles as well: Yes, give the bottle a twirl and everyone becomes sociable.

Elise: Often it is so funny to see the effects of a glass or two when surrounded by some of my loved ones. They suddenly have the courage to say, "I love you so much!" with such simple ease.

Isaak: Yes, that is true. Often people have regrets the next morning, "Oh, what did I say? What did I do? I'm so ashamed!" But you were being honest, for often you speak the real truth when drinking alcohol. Your mind is switched off so you don't stop and think, you just let it out, without lying or doing anything wrong. This is what we continuously try to encourage and stimulate, "Say what you are feeling, always." When we enter a hall or join a meeting where everybody is sitting all twisted and nervous, we often joke, "First let's give these people a drink!"

Elise: Yes, that's right; it does have a relaxing effect as well.

Isaak: It is relaxing.

Elise: Then it must also be that your emotions take the lead when your mind has been switched off while drinking because a happy drunk is actually cheerful, content and jolly, whereas an angry drunk will display his inner aggressiveness.

Isaak: Absolutely, absolutely.

Elise: Because the one lashing out ...

Isaak: Absolutely. O child, you can really see the true caliber of a person when he is intoxicated. His mind is confused and he is no longer the fake person but the emotional one displaying his true colors.

Elise: So there is something positive about alcohol then, but what about smoking and drug taking?

Isaak: We are not against alcohol. Smoking however, is purely an addiction. There are no benefits from it and furthermore it does not put you in touch with your emotions. You might think it is helping you to relax a little, but it is all between the ears. You think you will relax by smoking, so you sit slouched in your chair and indeed you will unwind, but it is purely an addiction. We have no empathy with people that smoke and it is very bad for you.

Elise: Yes, and it isn't good for your chakras either, is it?

Isaak: No, absolutely not. We never tolerate a smoky environment when the medium is working. Privately she may do as she pleases but we will not tolerate smoke. It is so bad and the intense odor affects our ability to smell and we feel as if our sight is impaired when walking in its shrouding mist. Smoking is an addiction and we advise people against it. If you smoke because you want to relax, we suggest taking a course in meditation and learn how to relax and rid yourself of your addiction. Does it provide any advantages whatsoever? No nothing at all.

Elise: I agree, it stinks and both your sense of taste and smell deteriorates.

Isaak: Everything will get worse; your sight will decline, your skin will deteriorate because the pores will clog up and a grayish hue will sheath your face. You will be soiling your aura and your insides - your lungs and your breathing will become superficial because soiled lungs are no longer flexible. There is literally nothing positive about it.

Elise: The same applies to drugs?

Isaak: Well, there are some drugs that are funny.

Elise with a smile: Oh, and he says it with a smile playing on his face! Perhaps we'd better leave this out?

Isaak: There are certain kinds of drugs like the mushroom that are simply natural products. You can pluck certain types of mushrooms right out of nature and hallucinate with it. Admittedly it can be fun if this natural product is used just once to test the consequences, but never let it develop into an addiction. We disapprove of any chemical products as they induce chemical reactions in the body. A product from nature is different matter and there are all kinds that are good for you containing healing qualities. Herbs and mushrooms also fall into this category. The medium used them once and fell into a state of ecstasy, but at a certain point we issued a warning as all your emotions are magnified a hundred fold. If you are afraid at the time of your experiment then you will become really terrified. Your hearing will amplify, and the colors you see will intensify and with your feelings so stimulated, you will laugh and cry. However, at the time it was good for our medium because it re-opened her senses.

Elise: In an earlier conversation you mentioned that some people have an affinity to cats, others to dogs and again others to trees. It made me think of Miranda.

Isaak pulls a doubtful face.

Isaak: Hmmm.

Elise: She has been busy writing books on this subject and has gained plenty of publicity with her work.

Isaak still has a doubtful look on his face: Ummmm.

Elise: What do you think about this?

We laugh.

Isaak sighs: We don't dare to look – what a load of rubbish.

Elise: It is all nonsense?

Isaak: It is all nonsense, but you have to keep yourself busy with something now don't you? Oh, what a nice life we have; we see such extraordinary human behaviour at times and we have to look upon it with 'amusement'. For example, we met someone yesterday who is very devoted to Sai Baba, you know her by the way. Together with some friends she went to a meeting to celebrate Sathya Sai Baba's Birthday. There were in total about 200 people attending, excellent, we are in favour of this. The people there claim to be totally devoted and dedicated to Sathya Sai Baba. This certainly was not true in some cases however as their more human side surfaced. Your acquaintance had bought something at that celebration and suddenly it was gone, stolen. What kind of love do you pretend to have for your fellow-man if you are capable of stealing from him? So yes, we often see things that are beside the truth.

We know Sathya Sai Baba is a really a good person who spreads love; he comes from love. The people surrounding him worship him, adore him, but love is in here, inside, Divinity is in you. Train that, train that, be love, radiate Divinity not with 'oh's and ah's' in adoration thinking, "If I try to get closer to you, I will come to feel what you feel." No, he proclaims it in the same way we do but it is something you have to achieve yourself. So the alleged people who sought amusement in that wonderful atmosphere were at that moment typically human, because the minute their eye fell on something they thought ... "Ummmmm, I can steal that."

Elise: Yes, yes, yes. Has he become something of an idol?

Isaak: Look at the world, some people need an idol – perhaps a pop singer, a good writer, a good sportsman or a football player. It seems everybody needs something to look up to, but we are not in favour of idolizing.

Elise: I can't remember ever having had an idol.

Isaak: Our opinion is that the person being idolized is there because you have put him there. He did not get there by himself, but you placed him on that high throne, on a pedestal. Yet what kind of connection do you have with that person? None, for he is on a totally different level to you. He sits there high on the throne with you beneath in isolation; you have got to be on the same level for communication. So if you want to learn from your master, you need to communicate. The master speaks but you have to be able to respond. Practice and carry it out. We do understand that a master with so many followers is not able to communicate with everybody, but maybe you can start communicating with each other. "What do you think of God?" "What can you do to make yourself happy?" But do not get any crazy ideas, stick to reality! Look, were I to tell you, "I am God and I'll stop by later with a Jaguar," then you would think, "No way." You are not a fool, are you? Stick to reality, that is so important. It is like

communicating with angels; some people claim they can talk with angels. High beings like them? If these people really attempted that, they would burn because you cannot endure the angel-light. You are tiny little creatures compared to them because they are so 'high'. It is possible though to communicate with animals and you can communicate with trees because it involves the connection of your feelings. Naturally it is possible to communicate with high spirits but do not strive at first to reach for the highest.

Elise: You have told us many a time to use our hands on others or on ourselves to energize our auras and our chakras. What precisely are our hands capable of?

Isaak: See your hands as a sort of link. As soon as you put your hand on your arm, you're connecting to the arm. Concentrate on this action and say, "I send you positive energy." Subconsciously you will open up your head chakra using the positive blue energy that emerges to help cure the ailment in the arm. It is a subtle action though, it is very subtle and it never comes in large quantities. Don't expect too much too soon like the quick cure of a paralyzed arm, but you can make yourself feel better. That is what it is all about. You are consciously taking action and through this action you will feel better. If you have a headache put your hand on your head until you feel a little better. Maybe your headache will not completely disappear, but it will help. Maybe you will feel calmer and more relaxed combined with an inner peace that will contribute to the arm healing, so when you are calmer, your arm will become calmer too. So you can actually heal, if you would like to call it that, with pure positive energy. It is pure positive energy and through your concentration your head chakra opens up and the energy starts flowing. Always visualize the colour blue, for the colour blue is the healing color. The robe that I wear is also blue ...

Elise: Oh how beautiful, what kind of blue? There are so many different shades of blue.

Isaak: It is a simple robe in azure blue. I hung my Indian attire in the wardrobe a long time ago as it is rather complicated to keep this Indian attire neat and tidy every day, plus the fact that it is very heavy.

Elise with a smile: And I have one of it's beautiful feathers hanging in my bedroom at home!

Isaak: Yes undeniably, but I did not get the robe out of the wardrobe at home and pluck a feather for you, but yes indeed we did give you the inspiration to draw it. The robes we wear are plain and we live simply without the need for possessions. Everybody wears a robe in the color that appeals to them, mine as I have said is azure blue because this is my choice. It is a beautiful color and suits my temperament.

Elise: Are there only blue colours or other colours as well?

Isaak: There are many colours here, many colours. Some wear white robes signifying purity. Mostly you wear what you like best and what suits you. We have magnificent parties here and then we definitely dress up.

Elise: You do?

Isaak: Yes, and then we place ourselves in the glory and when you wish to be in a different way, you want to put on a different robe. There are many categories to view here and you can emanate where you feel at home.

Elise: So you can see from his radiation where someone belongs?

Isaak: Yes, we all work, see and perceive only with feelings. As soon as I connect with you I can see precisely where you belong, what your category is and on which level you are. Do you belong here with us or belong to a lower level?

Elise: "All roads lead to Rome," does that count for religions too?

Isaak: Oh absolutely! There are many ways towards religion and often unexpected ways. Due to circumstances that have been created, sometimes people just have start to believing. Say someone you know falls ill and confronted with their illness there comes a time when you just have to start believing that this person will recover. As a result consciously or subconsciously you will send up prayers, "Please help this person to recover." You speak from your feelings and you really believe in the power of prayer otherwise you wouldn't be asking. There are so many ways leading to us and often you will see one that is unexpected, for instance when you are meeting other people indicating something or telling something which provokes a kind of question mark and makes you wonder. Because of this question mark you will be open to future happenings and you will end up having this ... what is the correct word - 'interaction?' No, that is not the right word.

Elise: It's some kind of trigger effect.

Isaak: Yes, that is the right word and then the way is initiated. Sometimes religion is instilled in you from birth and then it is possible to form an aversion to it turning yourself away until such a time when you meet someone that tells you exactly the right thing, at exactly the right time, which turns you around to believing again.

Elise: So a question mark is actually an opening as well?

Isaak: Question marks. We are very happy when question marks crop up for if you start questioning things, you will be open to us. When you are closed off, it means you are disinterested so we cannot mean anything to you. If you visit the medium either in a hall or in private and you are closed like an oyster, your jaws are tightly clenched and your arms are folded, then it would be better to stay at home. Also there are differences in beliefs. Some believe in the Hereafter, others believe in the infinite, and the next person has faith in Shiva, in Allah or in the Universe.

Elise: But actually it is all the same.

Isaak: It is all the same; it is all about the Universe, the Cosmos.

Elise tells: I have previously mentioned that I record all conversations with Isaak. The tape recorder stays on during our talks ensuring purity and first hand information for this book. Were I to take notes during these interviews or process them in any other way, then perhaps I would be giving my own interpretation to the text and therefore the information would be less pure. Some things need to be so precisely defined and I need to reproduce the correct intonation and choose the right words to portray his exact information, precisely as the words were meant by Isaak. Therefore recording the interviews is a necessity. However, as you know mechanical devices, just like people are not infallible, and the tape failed to record the last part of our dialogue. Tresi noticed shortly after we thought we had finished our conversation - right after Isaak had said, "Goodbye." Naturally we had to repeat a little bit, so Isaak returned.

Isaak smiles: So now I suppose we have to repeat everything? Fortunately we do not have these problems here in spirit. We work via thought transmission or feelings, but on Earth it has to be done in a mechanical way because your thoughts and feelings are not as clear as ours. So when we speak to each other up here it is brought over via telepathy and is absorbed by the other person. He feels it and then he knows it in every fiber of his being. When we talk up here, we transmit telepathically and it enters the feelings and the spirit people understand. They might not be able to translate it because no language is used but feelings do the talking. Here on your Earth it is all rather tiring as words must be formulated for both speech and for writing. However, you were asking about a sleeping-bag, so please repeat your question.

Elise: Once you mentioned a comparison between so called 'sleeping humans' and people who are awake. You compared them to a sleeping-bag of which the zipper was either closed or was a tiny bit open.

Isaak: Sleeping people are actually people that show very introvert behavior. We are talking about humans that retreat deeper and deeper into the darkness. He is one that loses himself and neither does he see, feel or experience the light anymore and he is no longer 'the light'. Consequently he feels locked up and goes through life sleeping because his instinctive feelings are inactive. It can take a very long time before he reaches the conclusion, "I don't want to be in this position." At this point he would actually need to open the zipper to let in the glow of love-light. After that he can continue growing. The sleeping human will not do this easily, he needs to realize, "I can trust again." Eventually the light will come to him enabling him to make progress again and take another step forward. But people who were asleep find it very hard to trust and that is why he clings onto his sleeping-bag. He will not let go of his sleeping bag until he arrives at a point in his life where he knows that he can trust both his own feelings and the people around him. That is the moment he can step out of it and rouse himself. Awakened people are different; they are more extrovert, "Here I am, this is me, I am fully open, I will tell everything I feel, I will blurt it all out, I'm awake, I believe in God, I believe in the Hereafter. I believe in humanity and I am well balanced." To us, these are the people that are awake.

Elise: Yes, I understand. However, you have used the same comparison of the sleeping-bag in connection with people being awake and open to you and those people who are very earthly, materialistic and completely closed off to everything that is just slightly spiritual, and whose sleeping-bag is completely zipped up.

Isaak: We are glad you pay such attention – you have been listening very carefully. People who do not believe in the Hereafter are literally closed. They do not believe in anything spiritual so they depend on themselves. Sometimes we compare them to an hour-glass; the sand runs down and then that's it, finito, nothing is left. They do not believe in life after death - they do not know any better. They do no research so actually they have no basis on which to base an opinion. These people will arrive at a lower level, not a dark level, but a lower level. You radiate what you are and you attract the same to yourself. Most of the time man will arrive at the earthly level and feel at home there. So when someone is not awake, but has done no wrong or anything criminal, he will arrive at the lower levels. There he will have to wake up. We will have to work even harder to stimulate these people, working with thought transmission via the feelings as we have previously explained, because they are hard to reach locked up in their sleeping-bags. People that have achieved the higher levels who have had a good, faithful and awakened life on earth, knowing they are twofold in body and spirit, be glad, for you will arrive here with us in the light and glory. These people are literally on a higher level than people who have no belief and are still in their sleeping-bags. Why do we compare it to a sleeping-bag? In a sleeping-bag it is warm,

safe and dark and it provides a hiding-place where only a little light can enter. But they do feel lonely and alone in the dark in what is literally the darkness and they are not happy.

Furthermore you had a question, Elise, about rising or uplifting. At this moment you are being lifted up by our feelings and emotions. As soon as you talk to us, you are lifted up into the medium's energy by us, and you feel one with us. When you walk through the door, you will go back to your own energy, but through your will, power and faith you can retain this energy and carry it with you. Often when someone has visited the medium they experience this same feeling. When you leave, it is up to you to carry it with you and it is up to you to take the plunge and think, "I want this, I will lift myself up and I must be brave." So often it is difficult, and lacking the courage you do nothing. Often man says, "I can't do it, I can't do it, I can't do it." If he says, "I can do it," then to our opinion he is being very courageous.

Elise: Sometimes I also feel elevated, for instance during meditation or praying, and feel so connected to you from the Divine World, the Cosmos, and all there is. But I have the same nice feelings on other occasions. When I hold one of my children the enjoyment I feel at that moment is one of such love embracing us. Is that special feeling also one of elevation?

Isaak: Absolutely! When you connect yourself to a plant or an animal or something which stimulates your feelings, you lift yourself. For instance when you cherish your child - after giving birth for instance, you suddenly feel the child so intensely that you are elevated. First of all you are no longer focused on the pain and secondly you are overwhelmed by the child. After awhile the feeling dies down to normal proportions but at that moment you are truly in ecstasy. You can experience this feeling of ecstasy, "I feel elevated, I feel happy" everyday, then it will fade to some extent and normal life will resume. You could not walk around with these feelings all the time as you would 'overflow', but you can have these feelings if you want them. It's all to do with connecting; when you connect to an animal, a child or another human being, suddenly you feel lifted. The medium is lifted as soon as she works with us and she literally becomes one with me in my glory. This is an ultimate pleasure for her, so to speak, however as soon as we disconnect, she is just a normal human again and she feels the difference between being a medium and a human being. It is important for her to be able to feel and know the difference, 'This could never be me' and 'This is undoubtedly me'. Often we notice other medium's inability to distinguish the difference between it being their turn and it being our turn. As soon as our medium is required to do something, she is actually a rather lazy person. She is not as powerful or as dedicated to developing her own personality as you are, but it doesn't matter that much. However when she works with us we can appreciate that at that moment she is overloaded. So when she prays we think she prays a little too fast, lacking the concentration and effort she normally displays when working, and the difference is evident.

Elise: Tresi told me that during one of the public evenings a famous medium, now deceased, came through via her. Although no longer alive, he once was a medium who wrote many books which are still being read. Tresi thought this was a very special experience. Why did he come? Can you tell me a bit more about this?

Isaak: This person is a higher being who literally comes from the light. He came down to possess the medium telling about himself, who he was, what he had previously done on Earth before he passed away and how he currently felt in the Hereafter. It had always been his wish to die. He had loved the experiences he'd had during his astral travels where he came into contact with the afterlife via his best friend and master. Throughout his life he was preparing for his departure and as he was so well-informed before he entered the Hereafter, he came back to talk about it.

It was a very special experience for the medium and she was lifted to his energy level. Although it was highly impressive, it took a lot out of her and when she returned to her own energy level, she switched herself off for a moment, needing time to recover. What did he come for? He came to tell who he was, what he did and what his wishes were.

Elise: So it was a special experience for the medium, but also a difficult one?

Isaak: Yes, it was a very tiring experience.

Elise: Was it so tiring due to the difference in their energy levels?

Isaak: Yes, she was literally lifted. Remember that when I connect with the medium we are one and we are so well attuned to each other that it doesn't take any energy. It is effortless, flexible and supple and immediate. As soon as a higher spirit uses the medium, it is a strange energy and she did not know this person. When his spirit came down and mingled with her energy, it required so much effort, especially in public and with a stranger. Every time somebody speaks via the medium, she has to be able to put her own thoughts aside, so they will not overpower theirs. Do not forget the medium is always present when she is in trance. She hears the whole story as she is still there even though someone else is speaking. Do you remember what we told you about the car? The medium is a passenger and somebody else is driving the car? It is hard to keep quiet when somebody is sitting next to you constantly talking. Do you understand? It is difficult not to interfere when somebody is sitting next to you in the car chatting. Fortunately the medium obeys and does not use her free will to break the connection, for she is capable of doing that. There is always co-operation between the medium and the one speaking, and there is always teamwork where I am concerned. It takes us a great deal of effort to find a medium prepared to be so open to us and always conforming to our wishes.

Elise: It's been previously discussed that words are a poor means of communication whereas feelings are the opposite because they are pure. How about body language, posture or the facial expressions us humans use?

Isaak: The pose of the physical human being tells you everything about his inner condition. When you have plenty of self-confidence, you radiate self-confidence. Automatically you hold your shoulders back, you push your chest forward, your heart chakra opens and your whole stance implies, "My heart is open to receive yours, my solar plexus is open, come to me." When you are timid you automatically shrink, literally watching people from the sidelines, and being timid means you are afraid. Body language reveals so much about the inner condition of the physical human being. It could be that if someone is cheating and you observe the person carefully and study their body language, you can actually see that he is lying or cheating. It is so obvious. Look deeply into someone's eyes, and the eyes will always tell you the truth.

Elise: Oh yes, that always works when looking into the eyes of my children.

Isaak: Let's discuss dominance. We can radiate dominance with gestures, power and with our hands. In countries like Italy speaking with their hands is common when they really want to stress something, "I'm speaking, so listen to me!" So there is a lot of dominance taking place when we gesture. We frequently use gestures when speaking to the medium, and she immediately translates them into her feelings with understanding. Radiation. What people send out is so important, so be aware of it. If someone is happy he has a nice air about him. If someone is depressed then his radiance is somber and it looks as if he has been smothered by a grayish glow.

Elise: Indeed, that's true.

Isaak: And when you see it from a spiritual point of view, being spiritually attuned you can literally see the grayish glow of energy that hovers over him illustrating that he is not happy, but locked up in himself.

Elise: Do dreams always have a meaning?

Isaak: No, dreams do not always have a meaning. There are three kinds of dreams, two of which are important. First of all there is the subconscious dream where your sub consciousness is trying to tell you something. Suppose you are concerned that your husband might be having an affair, then you could dream it. It is your sub-conscience speaking but it does not imply that it is true. Furthermore there are dreams we give you because we can speak to you through dreams. Let's imagine your grandmother wants to tell you something. She can show you something via a dream or you can visit a medium who can give you an interpretation of the dream. Lastly there is the third kind of dream which is pure fantasy with no hidden meaning, and is simply what it implies, a fantasy dream.

Elise: Is it also possible that we work through things in our dreams?

Isaak: Not in your dreams. In your sleep you work through things, but not in your dreams. Your sub-conscience tells you about things and they surface via the dream. It could scare you for instance if you dreamt that your husband is having an affair because you 'saw' it. Yet, you were not busy working on anything, it was just a dream. You can let go of tension and tiredness when you rest and when you have slept you are fit again in the morning. However when you are totally blocked, another form such as conscious meditation is needed for really getting a grip on a situation. So you have to consciously meditate, knowingly releasing things and you cannot do that while your subconscious is sleeping. Therefore when you undergo a healing you consciously experience it as at that moment you are processing it deliberately. Suppose you sit there crying, that is something that you are doing consciously, so when you wake, you will know that you cried. Many people find it strange and cannot understand that they stood on their heads completely powerless, or that they sat howling, coughing, spluttering, laughing or crying. They can acknowledge they were there but wonder at their actions. Well that is just the awakening, because if we would put you to sleep Elise, on awaking you would not know what you had experienced. If someone else were to say, "Elise you have experienced 'so and so,' you would not know anything about it. You would not have worked through anything consciously and you are here on Earth to live consciously. That is why our trainings were called 'Awakening and Growth'. It started with 'Stretch and Move', first feeling comfortable with your body and then proceeding to your mental condition. There is no such thing as coincidence.

Elise: That goes for last Saturday too?

Isaak: Absolutely. There is no such thing as coincidence.

Elise: No, I know, I know. I met someone last Saturday.

Isaak with a smile: So we heard.

Elise: Oh, you heard?

Isaak: Do not forget, we are connected with the medium, so all that ...

Elise: Yes, of course, only I don't know if you pick immediately up things or not?

Isaak still smiling: It is like you telling the medium something and its 'faxed' to us.

Elise still laughing: It sounds like you are checking your e-mail!

Isaak: Sure, we have to keep a very close eye on the medium's life. We need to be up-to-date, knowing what happens to the medium at any given time so that we experience it too.

Elise: So many people seem to be in some kind of straight-jacket, mostly by their own doing. Do you perhaps have some good advice to offer so that they can create a little more space in their lives, or is it better for them to attend a course or workshop?

Isaak: We would advise them to attend a course.

Elise: That's what I thought because there can't possibly be one certified advice for the many different types of people.

Isaak: Well, be more aware, have awareness, become aware. That is the only advice we can give to everyone. All our courses are about becoming more conscious. Often people really don't know what is wrong with them. See it like a soup. If you leave soup to cool down, the fat and the sediments come floating to the top. You can see the fat and skim it off and on further inspection you will see the soup quite clearly. Frequently man finds himself in the sediments and can't see clearly, so first remove any messy stuff and then see what really lies beneath.

That is why so many people are often self-imprisoned and locked away from their true selves. They have imprisoned themselves, for no-one is a victim. Nobody is a victim, for anyone can change his/her life by becoming aware. The chance to be happy is always there if you wish to take it. However you must dare to go further and take a step towards the future or a step into the present. Focus on today and tomorrow, leaving thoughts of yesterday behind, for if you keep looking back and focusing on yesterday's circumstances, it will deter your progress. So learn to be in the present, living life, enjoying life and learn to elevate yourself above yourself. That is so important. When people are not capable of elevation they become cramped and rigid. In this condition it is like they are zipped up to such an extent that they can hardly speak or get enough air, can hardly see, can just about hear, but are totally confined to this self-imprisoned state. Well, that is a shame but our advice would be to do something about it. Complain less. Complain less, as this energy can be put to better use for self-healing. Everyone experiences self-pity but when you reach rock bottom, the only way is up. When you have managed to clamber up and are on your feet again, do not allow yourself to slip back into a self-pitying attitude.

Elise: No, exactly, then you must take a step forward. In spite of the fact we are thought to be open-minded in the Netherlands, there is still much prejudice here. Take homosexuals for instance, it makes me think of the controversial homo-marriage or people who say with their hand firmly on the Bible that they should be allowed to be homo-sexual for they are God's creatures. However, they aren't allowed to practice it. Can you clarify this? For instance, is being born a homosexual a choice?

Isaak: Naturally it is a choice when you are open about the fact that you are a homosexual. When you say, "I'm gay" it is your free choice and you 'come out'. When a human feels attracted to another human, it is a feeling and a feeling is always pure. If you feel a special bond with men, that is fine. You are allowed to feel this bond with men and we disapprove of anyone saying that it is wrong, for every feeling is pure.

Elise: Yet, there is so much prejudice.

Isaak: As we have mentioned we are Divine Beings coming from the Divine World - just like you are a Divine Being, but you have not experienced your Divinity yet - and we say it is ok. We say being homosexual is ok, we think being a lesbian is ok because we think you are allowed to be anything you want to be. That is our opinion. We think you should never point your finger at another person, for you are not the other person. When someone has done something wrong, really bad like breaking someone, then you as an outsider are justified in saying, "You should be punished; you should pay for your crime."

However, it is not your place to ruin someone, but you are allowed to say, "That was wrong and you deserve to go to jail," because this is cause and effect - they carry the effect of the cause. But you as an outsider must never keep harping on reminding him of his fault saying, "You were wrong back then, so now you are wrong too." Perhaps having suffered the effects of his deed, he can live in peace again with a new chance and with any luck he will turn out to be an improved person, unless proven to the contrary. Always give people the benefit of the doubt. You do not have to get acquainted – that is something different, and when you think that a person is a criminal, drug addict or a prostitute, you do not need to have anything to do with them, we appreciate that too. So do not go over-board saying, "Hallelujah, let's hug, sleep with me, come and live with me!" No, indeed if you have the feeling that you do not want to do something, then just don't. But if you do, then that is fine by us because we do not judge, we never do that, we do not even know the word.

Elise sighs: No, but unfortunately a lot of people here on Earth do.

Isaak: The great master said, "Thou who art without sin cast the first stone." Well, there was no-one capable of throwing the stone, and it is true that nobody amongst you is without sin; everyone has something written on his slate.

Elise: Yes exactly, but fortunately we are here to learn.

Isaak: It is what we call 'school' and you are allowed to make mistakes.

Elise: I'm so glad I have learned that because it has released me from the heavy weight I carried on my shoulders. Now I can immediately think, "Ok, I've made a mistake, I will learn from it and go further." That is a good feeling because then I can dismiss the problem and finally put it behind me. It makes it so much easier.

Isaak: Yes, and it is so important for the physical human to know that you are allowed to make mistakes. Look, when you as a mother see your child doing something wrong - for instance hitting another child, you know it's not right. You will reprimand your child saying, "Hey! Stop that this minute, that's not nice; you don't treat another person like that!" But that does not imply that you love your child any the less. The love for your child is unconditional; you are just correcting him. We do the same. Our love for you humans is unconditional; we will correct you but still go on loving you just as much.

Elise: Yes and the love is very evident. Yes, indeed my mother used to say to me, "I never have to punish you, you punish yourself."

Isaak: And millions are the same as you, millions, my dear. So many people live their lives literally burdened with worries and it is a heavy weight when viewed in the cosmic sense.

Elise: It's like a big bag of stones.

Isaak: Indeed, they are pure black and are extra baggage. These people drag themselves through life. How can you ever enjoy life? How can you exist? How can you feel physically comfortable when you support the burden of such extra baggage? That is not freedom, is it? Then as a physical human you are no longer free to think, to enjoy, and to share as everything has gone. So 'be', dare to be. Dare to look at your life, at your mistakes, at what you said and at what you didn't say. Look also at what you did and didn't do. Dare to look at it and then say to yourself, "I will not let it become a burden; I'm going to forgive myself for that." If you are unhappy about something you should have done, but didn't do, just say, "Ok, I forgive myself." Just avoid stepping onto the merry-go-round of, "I should have, I should have, I should have."

Elise: No, it takes a lot of energy and it gets you nowhere.

Isaak: It gets you nowhere. And do not say, "I shouldn't have done this" or "I shouldn't have done that." What is the point in that? You can say, "From now on I will do it differently." And indeed praise yourself once in awhile saying, "I know I am doing my best." It is good to do this. But when we give such advice to the physical human, the physical human being often thinks, "That's a bit weird, isn't it?" Ok, even if it is weird, if it affects you in a positive way, then why not do it anyway?

Elise: Yes, why would you throw aside such advice?

Isaak: Well, yes, the physical human being is a pretty negative person. He lives on Earth's low vibration where there is a lot of negativity, so you are more quickly inclined to be a negative person than a positive one. So your negative vibration is actually caused by living on Earth and you have to gain the strength to lift yourself to achieve positivity instead. Being positive is not a typical quality but negativity has become one, so you have to keep on training yourself.

Elise: Please correct me if I'm wrong, but I have always been a very positive human being, haven't I?

Isaak: Yes, but where did it get you? All humans also get to see the other side of 'the coin'.

Elise: Oh yes, I'm sure of that.

Isaak: As a young child it is perfectly normal to be cheerful and to enjoy yourself. There comes a time when this same child will change to such an extent that the mother could think that the child is not the same child anymore. She has to learn and so do you Elise, because you have finished with a portion of your life and it is behind you now. So currently you are in a different phase of your life and this part is very complicated and hard because of what you went through and still remember so clearly. If you would have experienced that for only five years of your life, then what is happening now might be easier for you. Make the comparison to always having been rich and it was the norm for you to say, "I'm rich, I've got money, and I'm doing well." Then

at a certain time circumstances change and suddenly you become poor, poverty would then be very difficult for you and would hit you hard. But for someone who had never been rich in the first place this would not be such a hardship.

Elise: Right, whereas people around me always told me, "You always seem to have bad luck." or "It wasn't that rosy was it?" They obviously thought my life wasn't a bowl of cherries.

Isaak: Meaning you had suffered from bad luck?

Elise: Yes.

Isaak: We do not call it bad luck. You have been through enough; you have learned enough, you have been aware all these years. I feel that you have always been awake and aware with a positive attitude. You are a lively person with many ideas about life itself and now you find yourself in an entirely different phase. Actually you are in a milder phase than before.

Elise: Milder?

Isaak: When we use the word 'milder' we are reflecting on your private life. We are talking about pleasures and life itself which you now approach in a milder way. However this sense of mildness does not apply to your inner condition. Do you understand? We are talking about, "To be, or not to be." In the past your attitude was, "I'll go for it and see where it takes me; I will go through life and throw myself into everything." Now you are more serene, quieter and a little milder.

Elise: Oh yes, absolutely.

Isaak: But your inner condition dominates you right now and it burdens you.

Elise: Yes, it does.

Isaak: Back then you did not have an inner condition burdening you.

Elise: No, that is true.

Isaak: So evidently you have two lives; we clearly see your two lives. That was a different Elise from the present Elise. Yet, the present Elise and the past Elise are one. They belong together.

Elise: Hmmm, they belong together.

Isaak: You cannot view them separately. If you had not been 'that' Elise, then you would not have become 'this' Elise.

Elise: So it's exactly how it is supposed to be?

Isaak: It is perfect.

Elise with a smile: Oh, it is perfect?

Isaak: It is perfect, it is perfect. The outline is really, really good. Man goes through many stages in life. Often people do it the other way around. They start with a very quiet life then it gets a

little busier in puberty, followed by calmness, marriage and settling down quietly. Further on in time perhaps a change is necessary and their life becomes turbulent once more.

Elise: All very tiring, isn't it?

Isaak: But you divided it into two parts. A lot of people divide life in many parts.

Elise: Well, I am glad to be in this stage of my life, although I'd like to ... I'd like to ...

Isaak: ... your inner condition?

Elise: Yes, my inner condition.

Isaak: Your present lesson is to conquer your inner condition. Look, in the past you were unaware but mindful of earthly matters and living your life like a child, "I see and I live." That was the other Elise and now you are calmer, quieter and you have a somewhat 'duller' existence, but your inner condition prevails. You still have to conquer your inner condition. And you are supposed to have a 'dull' life to find your true self. It is so often that people who are constantly busy, lose themselves.

Elise: Yes, but that's not what I am doing, is it?

Isaak: No, but these people lose themselves in earthly pleasures. They need these diversions. Anyway, if you had not gone through that phase you would not have become milder.

Elise: And concerning my inner condition, what is the best thing to do? Yes meditate, I know, because during the Christmas holiday, I didn't allow myself the time for meditation and now I feel the consequences. Yet, how can I get myself to be more ...

Isaak: ... uplifted?

Elise: Yes, stronger and stable too. I need more inner peace for a better balance.

Isaak: It is all a question of time.

Elise: Um, time ... ok.

Isaak: It is all a question of time. You must not forget that what you formerly had or who you previously were, is gone. Instead there is an empty space and time fills up the void. It is purely a question of time. Time. Time. Carry on with your meditations and keep on working on your inner growth because it is important to stay awake and aware, keeping busy with your inner self and your happiness. And dare to Be! That is your biggest fear, to just dare to Be. You are still afraid that there are still some nasty entities around the corner watching you, ready to grab you at any moment. I want to emphasize this will not happen. You conjure up these feelings because of the things you remember from the past.

Elise: Yes, but that is so ...

Isaak: See it like someone who has experienced a raid or a trauma; you suffered a trauma and ...

Elise: Yes, yes, yes, it has to fade away.

Isaak: ... time, time, time. Look, when you are raped or someone enters your home and hurts you in any way, the moment the intruder is gone, he is gone. However your situation is still so very vivid, you still remember precisely what happened, and your fear is so apparent. It lingers on and you are still terrified that nastiness is awaiting you. Now, believe us, there are no negative entities around you, and we keep watch over you, keeping you safe. We want you to be happy in the true sense of the word thinking, "Wow, I really am human again and I am the person I want to be." But understand Elise that this all takes time.

Elise: So there isn't really anything else that I should be doing? I just have to live, Be, meditate and just be patient?

Isaak: Yes, but in a previous interview we discussed people who continuously mull over the past. You are doing it too.

Elise: What do you mean?

Isaak: Well, if you continue to be frightened that you will see entities then you are still living in the past because they belong to the past.

Elise: Yes, so what should I do? Let it go?

Isaak: Have faith. Just have faith that they will not bother you again and do not doubt us when we say it is finished. Be sure you can lie down quietly and meditate, you can even put your legs behind your head without being afraid that bad guys are influencing you and don't forget you still have your inner self, your subconscious.

Elise: Yes, yes, I told Tresi this just before we started this session.

Isaak: You have your subconscious, your inner voice. I have already explained about dreams portraying your hidden fears. Many people have a dream about something and later they think, "I am not afraid of that, so why did I dream about it?" But the answer does lie in your subconscious. People who dream about dying or drowning are not necessarily aware they are afraid of it, but somewhere in their subconscious they are. So often you just don't know. Now, say for instance you find yourself doing some kind of unfamiliar movement during meditation; it could just be that it comes from your higher-self, so subconsciously you would know that this exercise is good for you.

Elise: Yes, I mentioned to Tresi earlier that it is exactly what happened the other day. Normally when I start meditating the first thing I do is to sit down, but I didn't sit, I remained standing. I think we did the same exercise once in a workshop together? You make every effort to balance on your feet stretching yourself to the limit trying desperately not to fall over. Anyway, that is what I found myself doing and suddenly I became aware that I hadn't thought of doing this!

Isaak: Yes, but your subconscious told you so at that moment.

Elise: Ok, but you can understand that it scared me?

Isaak: Oh yes, but then you are still afraid of the entities. But now you must have trust in what you do because actually you were familiar with this exercise as it was already stored in your subconscious.

Elise: Yes, but I didn't realize it quickly enough. Suddenly I was caught off guard and thought, "Stop!"

Isaak: Suppose that while you are meditating you suddenly see a beautiful landscape with views over the water. It would not occur to you to sit suspiciously wondering where the image came from and why it came, now would it?

Elise: Ok, ok, but exercising is something totally different.

Isaak: Have faith, have faith.

Elise: Have faith, yes and now I know this, it does help. But remember I don't know how it all works, so it is very nice for me to hear your words of encouragement once in a while – things like, "It's fine child, just do it, you're doing fine, just fine."

Isaak: Just do it. Where does everything come from? Suddenly humans had inspiration and they did something unconsciously, just like with the discovery of the match for example. All that exists once came from somewhere. It can be that we may have given you something, that we gave you the inspiration, but it is also possible that you, as a higher spiritual being – we are all spiritual beings and you are all spiritual beings - made a discovery all by yourself from within. Actually you are not aware of these capabilities, but you do have them . I will even go deeper and reveal that you know everything we know.

Elise: We do?

Isaak: Yes!

Elise: Deep down, somewhere, all of us possess this knowledge?

Isaak: Yes, we are all spiritual. Except you are born through the veil of oblivion, so you ...

Elise: ... know nothing from previous lives?

Isaak: Exactly, once you were here. So at one time you have met us, you have seen us and you know how fantastic it is here. Once you also learned here, so you know how lovely it is here. You know so much but are unaware of your knowledge. There are people that are conscious and people who are not. There are people who know and there are people who do not know, and many people not knowing they know!

Elise laughing: Just to keep it simple?

Isaak with a smile on his face: And people who think they know, but don't know at all.

Elise laughing: Hm, they don't know anything at all.

Isaak laughing: You know - the loud mouths.

Elise: Yes, you can pick them out from a distance.

Isaak: How come then, my dear, that sometimes you open a book and think, "But I know this!" And then you wonder, "How can I know this?" Somewhere in your subconscious you have been 'touched'. We often work with your subconscious when we speak about your youth or your past and it causes your tears to flow. You have forgotten these things and your new awareness of the past is stimulated by the things we tell, because you remember what you already knew.

Elise: Yes, that's right.

Isaak: This is an interesting notion - people have thought that the medium might have developed herself to such an extent that she now possesses the gift to know 'things'. Well, that is impossible! If the medium told you things about yourself without our help, she would be a normal person actually shut off from the afterlife. Everything she told you would be her idea and would be very limited indeed.

Elise: Yes, of course.

Isaak: So that is impossible! It is impossible that the medium could pick up your thoughts and translate them into what you wish to hear because then she would only be fulfilling your wishful thoughts. Suppose you come to the medium with problem thinking, "This is the right thing to do." If the medium agrees with you, then she is fulfilling your wish. We often have a differing opinion to the people because we think the opposite and know they are wrong since our knowledge is greater than theirs. Suppose you are in a relationship and you tell us that you want a divorce. Our advice might be that you should stay together because you are the one in the wrong and not your partner. You are causing the problems and that is why the relationship is failing, but you are unaware of this.

Elise: No, and some people don't want to hear such news at all.

Isaak: No, they are the types that lay the blame on someone else, pointing a finger at others. People want to find an explanation for everything. The more you seek the more explanations you will receive, but not one explanation will be the constant one as we keep providing more and more evidence making this impossible. So investigations are good, but do the research realistically.

Elise: What do you mean?

Isaak: Look, we encourage you to research everything. You may research the truthfulness on the subject, "Does the Hereafter really exist?" This is a question often asked. Many people think that if they receive proof that deceased are still alive and able to talk, that maybe the medium feels their energy and can translate it for you. But if that would be the case the medium could not possibly tell so many quality details and so many relevant bits and pieces, that it is complete and perfect. She could not do it. Look, when I, Isaak, feel your energy, I know exactly who you're. However I would still need to translate the little details about you which have nothing to do with energy, but life experience. And these little details are mentioned too, details that come from other sources such as the collective energy you possess, like the small events, complaints, fears or emotions that you emit. By the way, emotions can also be engraved in your aura. Often we give other kinds of details such as what appeals to you, what you do, how many children you have and even your eating preferences, the small details and they are not visible in your aura.

People try to scientifically evaluate what is happening. Just as in the near-death phenomenon where they try to find some kind of disturbance, some kind of short-circuit or perhaps even brain damage explaining the beautiful things you see when you are near death. But it is hard to prove. It is hard to prove. Proof is possible when someone suddenly actually dies and we see no heartbeat, no brain impulses, nothing, and later the person recovers to tell in exact detail what was done to him during his 'death'. How can that be? Your scientific explanation won't hold water because if there was no heartbeat, no brain activity and the person later revealed what you said and did to him, it will definitely be null and void because the evidence is infallible. However the scientists are trying to gather evidence to prove that it is not true.

Elise: They are presumably hard to convince.

Isaak: They do not want to be convinced. Scientists are so focused on the idea that it is not true that they will not accept the truth. You can compare it to having a chat with a good friend where you are open to discussion, you agree with each other and then you start to think about it. But suppose you are engaged in an argument with a good friend, an acquaintance or a neighbour and you think, "We are having a quarrel and I do not agree with you," and your opponent is trying to reverse your views. But if you stubbornly persist with, "You are wrong," then you are only fixated on your vision and she can conjure up arguments which you will not even hear, and which would not reach you anyway as you are focused solely on what is true to you. The medium undeniably has the sensitive gift of feeling for people, but that would not give her the quality of mediumship.

Elise: No, she wouldn't be able to give the small or complex details. At best, she would be able to reflect emotions, like you indicated, or ...

Isaak: ... or indeed transfer thoughts, interpret your emotions or the way you feel. But the medium would not be able to tell you what you said to someone earlier. Whatever way you look at it, we do exist, there is life after death. I, Isaak, am a master, and I have studied all these years for this purpose and I know what I'm talking about.

Elise: Yes, it is clear to me, I was convinced a long time ago and hopefully others will follow. In a talk show the other day, I heard someone saying that lust is a sin. Yet lust is a feeling too, isn't it?

Isaak: Lust is blissful. You may have desires.

Elise: Yes, I thought so.

Isaak: You may desire an apple. Mmmmm, delicious! That is lust too.

Elise: Yes, actually it is.

Isaak: You may desire a person; you may desire anything and this can be glorious. However, you should not lose yourself wanting to become the 'apple.' You may eat it, you may touch it, you may taste it, but you may not get lost in it. If you are afraid that you might lose yourself, then make a conscious decision not to do so. If you make this decision, then it will not happen. But if you say casually, "I won't get lost", actually your intention is the reverse, and you will. Therefore decide to enjoy it, but to enjoy it without losing yourself. Many people are afraid that if they do not allow themselves to get lost in something that they will not be able to enjoy it to the full. But

this is a falsehood for you may taste the apple, and even eat the whole apple without becoming the apple yourself.

Elise: Then you just return to being your normal self, right?

Isaak: Then you would just say to yourself, "Apple consumed and I am 'me' again." This is so important.

Elise: Is it something you see happening to me? Does this apply to me?

Isaak: No, we are not speaking about individuals now, we are talking about lessons. Don't you think it is absolutely marvelous to have a conversation with a master?

Elise: Oh, absolutely, I'm enjoying every minute of it!

Isaak: We are too, but something that is important for man to know is that you can do anything at all without losing yourself. So you can be a mother without losing yourself. You can be a wife without losing yourself. You can be a working person or anything for that matter without losing yourself. But alas, the physical being loses himself in love because he is afraid. He is afraid that if he does not give it his everything, he will not fully enjoy it and he will not be open enough. He is concerned that this might be mutual and will perhaps lead to a split-up. However, this is not true. You are much more attractive to another when you do not lose yourself.

Elise: Yes, I think so too.

Isaak: Also you will be more confident, for you will have a different projection from the silly type of person who concerns herself wholly with her hairstyle because she will not give a particularly strong impression. When someone leaves you, you might find yourself feeling like an idiot and totally down knowing that you did not show your true self. But often people do not realize this until they look back because when you have been together for any length of time you might exclaim, "You used to be different!" But you should also consider whether you too, were different. You have experienced this once, you lost yourself completely.

Elise: Absolutely.

Isaak: Well, I imagine that was not a very nice feeling, was it?

Elise: No it wasn't, not at all.

Isaak: There was more to you than met the eye but you were afraid to speak. You didn't dare to speak because your words were mistaken and transformed you into an insecure adolescent child. It is important to know this.

Elise: Yes, but I do think I have matured since then and now I would see and recognize such feelings in time, reminding myself not to let it happen again but staying myself. If I decide not to lose myself, I am confident it should work.

I read an article in a newspaper and I quote, "Of course, the brain produces our thoughts and feelings." But I am wondering, is this so?

Isaak: It is true that the mind, the brain, is the motor of your physical body, the motor of your vehicle. All you experience physically comes from this motor. Do not forget though that you are also a spiritual creature and much later in your development you will become intuitively aware and will reason only from your feeling. But most human beings perceive everything through the mind. So they see something, a chair for instance, and they recognize it as a chair and know what it means. When you meet a person, instantly you know if you feel a connection with him or not. The first impulse reaches the mind and is transmitted into a feeling, the exception being when you are developed spiritually in such a way that you no longer think, but just feel.

Elise: Not many people can do this, can they?

Isaak: There are people who are developed to such an extent that they only use their feelings. The medium is a sensitive non-thinking being when she is at work as opposed to her behaviour in her private life. At work she does not think for one second about what we tell her, otherwise it would not be a truth anymore. She would start using her reasoning and the words would just become jumbled up. She does not think. We speak and she delivers what we tell her, which is the truth.

Elise: I have another question about going over to the next world. To what extent are we helped and what must we 'do' ourselves? Are we allowed to know or will we see when the time comes?

Isaak: We think this is a very good question. Of course there is help. Not a single deceased person is left to his 'fate'. We know when you are coming this way. We know what time you will die, to the hour, to the second. At that exact moment we are there to help you free yourself from your physical body. If you are dying in your bed then we literally come to free you from your body and take you with us. If for instance you die unexpectedly in an accident, it can be very harsh, so gently we knock you out and carry you while you sleep. If you are able to come on your own, then you will walk with us. You can be in shock from a devastating death so we are there to look after you. We will always help you in whichever way is appropriate, so if you are weak, then we will carry you. It can also happen that you go over unconsciously unaware that you are dead and wake up in what looks like a hospital bed. We, the white spiritual figures surround you and offer a special life-potion to drink and then we tell you the good news!

Elise: The good news, yes ...

Isaak: We explain, "You are born again in the Hereafter." This can come as a great shock and people react to this news in different ways. One might be furious, while another denies it.

Elise: Oh really? They stamp their feet, saying, "I do not want to be dead?!"

Isaak: Yes, yes, these people are in denial and they don't want to believe it. They look and listen and say, "But I'm still here, am I not?" This is because they can still see their own body looking physical in exactly the way it always has. Others surrender, nodding understandingly and ...

Elise: ... walk with you.

Isaak: Not yet, not yet. A beginning has been made, but it does take time to let go of your material body. You are linked to your material body when you go over to the next world and you have yet to let it go. This is only possible through willpower as the material body has been buried or cremated and has been dead for some time. But you can still feel your body and literally pinch it in the same way that you might right now. It requires your willpower in order to

let go, and whether it takes a long time or a short time, suddenly you will let go and you will feel free. It feels like you have been released, you feel free and you sense the freedom. Then you are ready to progress and you may walk in the spheres and you may re-acquaint yourself with the ones you love.

Elise: So there is always help, also while loosening yourself from your body?

Isaak: There is always help.

Elise: So you are not left alone to sit and wait?

Isaak: No, but sometimes it does happen that you are locked up inside yourself. So you feel locked up and stay in this locked up feeling preventing us from reaching you. It does not mean that we are not there, but you are imprisoned in this state and you feel the confinement. Do not forget that you go over with the same feelings as before you died. Suppose you committed suicide. You will feel the darkness. You will have felt consumed by the darkness when you committed the act, so you retain the feelings when you arrive here with us. We will not be able to help you, we will have to leave you be. The only thing we can do is talk to you positively in spirit and hope that you will awaken in a different frame of mind and dare to see. People carrying this darkness often do not dare to open their eyes and look around, but linger in their isolation for a really, really long time. This hurts us, it hurts us a lot.

Elise: Yes, I can understand that.

Isaak: But we cannot do anything for them. Just like here on Earth, we cannot do anything for dismal people. If you come to the medium asking for help then usually you are a little open. However, if you are gloomy and negative the medium could literally say anything she liked and it would fall on closed ears, you just wouldn't hear. It is easier to help a physical human being in need rather than a spiritual being in need because humans have physical ears. You are physical and spiritual, so you listen using your physical attributes and the information is processed in your mind. However, if the physical body is dead then you are only spiritual, you only have feelings and if your feelings are locked up, we cannot reach you. That is why we try to achieve as much as possible on Earth as it lightens the work-load here in the Hereafter.

There are also the dark levels which are very sinister, and you Elise have experienced how they felt. It feels really horrible and the people there are not conscious. They think they are happy and believe in whatever they are doing thinking they are doing it well. But in fact they are trying to destroy the earthly people with their force. So if you're a sensitive human being they can gather around your energy with the intention to become alive again through you. Through you they can feel again and that's a pleasant sensation. Don't forget that there are so many levels, seven up, three down and in-between these levels are even more levels. It is so well organized that everybody arrives at a certain level and stays where he feels at home. But if you feel the need to visit someone in a lower level it is possible to do so. You can go there, but it will be difficult for you to be there. "Will you always meet a loved one again?" The answer is, "No, you will not always meet your loved ones again." Often it is the case that you will not see them again just because there is no longer a love-bond. Once more you are in the glory and that is a wonderful feeling, but instinctively you just know that the other person has not reached this state of splendor and you won't want to go where they are.

Elise: No, naturally you won't want that anymore. Does it mean that there comes a time when you cease to think about visiting this person?

Isaak: No, in most cases you will decide to settle in first and feel comfortable before considering meeting up with someone else. You might want to help and decide so, but it is a difficult decision to have to make. It can be compared to you repeatedly visiting someone here on Earth who is regularly in and out of trouble. You continuously help, but if you see no progress the time will come when you will say, "I give up, I'm not going anymore."

Elise: Yes, that's right. The funny thing is that now I have reached this phase in my life with my changed attitude, I withdraw earlier. I always used to do my utmost best, but at a cost to myself. Now I have drawn a line: 'This far and no further'. I can't afford to waste energy on people who cannot be helped. Furthermore, I am comfortable here and I am happy so why should I bother with people like that?

Isaak: Yes, exactly and here it is even more profound. It is so wonderful when you are here, and when something is wonderful why settle for less than the best? It is a different case with children though. When you have a connection and a strong bond with your children, then you are prepared to go to any extremes because you will miss that child so much.

Elise: Yes, I understand. Can you help them in such a way that they can climb to a higher level?

Isaak: You can pray. You can pray and pray and pray. Such praying is pouring out sheer love and in this way you would be sending plenty of positive energy. However, if the child is in darkness then you will not be able to reach the child.

Elise: Then the child must have gone very wrong in this life on Earth, otherwise it wouldn't have ended up at this low level, would he?

Isaak: You could go and take a look in the juvenile detention centers, lots of children are there.

Elise: Oh, yes, of course.

Isaak: Go and have a look in prisons, there are enough killers to be found there. Let's consider what happens in far away countries. In American prisons there are countless juvenile criminals. They spent their days trying to survive in the ghettos, and some trying to survive are still so small. They do not know any better and when you do not know any better, you cannot do any better.

Elise: No, but then it is not held against them so severely, is that what you mean?

Isaak: Well, we will never hold anything against you nor are you condemned in the next world. But whether you are a minor criminal or a major criminal, you will carry around this energy. So if you have killed someone, then you are a murderer and you will end up in the lower levels, and even if as a mother you are a 'saint', you will lose your child. You could try your hardest but you will not reach your child. We have many of these scenarios. We have so much work to do here but fortunately we have more than enough masters, truly there are so many of them and they carry out the necessary work. These masters are not working on Earth but are welcoming the deceased and are helping them. I am a guide and I work both on Earth and in the Hereafter, but there are guides that only work up here.

Elise: So you work there as well?

Isaak: I work there in all matters concerning the Earth. However, I too have learned much in the spheres, otherwise I could not have become a guide. The function of a guide has so many responsibilities and you must know, and knowing means really knowing without question how to handle any situation. Just as important, you must also know when it is best to leave a situation alone. So we do not involve ourselves in situations we cannot handle. Because I have masters superior to me, I also have to account for my doings down here and report on my progress. This does not imply that they point a finger at me like 'shame on you'. No, it is just that we all want it to be alright and we want it to happen in harmony. Remember I have taken a much heavier load on my shoulders and that is the physical medium. I also have to keep her balanced, therefore whenever she needs me I have to make time to help her and take care of her. We cannot afford our medium to get lost in her thoughts, in her spirituality, or in her own self, so we have to make sure that she grows being her true self. We have to make sure that she will always have this perfect connection with me and not only as a physical human being. As soon as the medium speaks to me, I must reply immediately to prevent her from feeling deserted. We cannot afford to let this happen as her vibration level would instantly drop.

Elise: This question has probably been asked a thousand times, but I'm still going to ask it. Is there other life in the Universe on certain planets, and if so, are they people just like us?

Isaak: This question has obviously been asked before and the answer is, "Yes." There are numerous planets containing life. You being a physical human being will not reincarnate on other planets in the near future. You will reincarnate again and again in the circle of life, death, life, death, life, death. When you have finally freed yourself from the Earth and you have no more earthly ties whatsoever, then perhaps out of curiosity you could go and take a peek. However, we may not delve deeper into this subject.

Elise: Okay .

Isaak: However, there are plenty of planets where there is life.

Elise: But do they all belong to the Universe?

Isaak: Certainly they belong to the Universe and are also inhabited by the extraterrestrial creatures. There are very tall creatures and their appearance is completely different to yours. They do not look the same and since we are spiritual, we are able to travel to have a look, but we do not live there for it is their planet just as Earth is your planet and we visit here, but we do not live here. Our home is in the Hereafter, the spheres. So when people exclaim they have been taken away by one of the extraterrestrial creatures and we have attuned to their feelings, we can confirm their stories are true because extraterrestrial creatures really do exist. There is so much space here – it is such an incredibly big space.

Elise: Really?

Isaak: There is so much space. The Earth in comparison is just a tiny little bit of fluff .

Elise: So we are even more insignificant that we thought?

Isaak: The Earth is the lowest sphere, the lowest life sphere.

Elise: Is it?

Isaak: This planet has the lowest grade of vibration. You need oxygen and extraterrestrial creatures do not need oxygen.

Elise: Our brains are so small so it is very difficult for us to grasp this concept .

Isaak: It is terribly hard to understand and I can tell you that not even I have seen all the planets. It is incredible to know there is so much space. Our medium is also very curious about this subject and she often wonders, "Where do all the people go to?" But when you realize that you have always existed and there has always been a beginning and an end, it means that you will know that you live and you die but you are eternal, for there has always been a beginning and an end. Eventually there comes a time when you are in the glory and it is absolutely normal just to 'be'. This is how it should be, you will feel wonderful having freed yourself from everything that is earthly. You have freed yourself from everything that is physical. You just 'are' and that is amazing.

Elise: That must be miles away from us?

Isaak: Yes.

Elise: Does that mean that the growing process continues even after you have finished your training on Earth, like you; or will the learning process go on?

Isaak: Yes, then you will advance here. Coming from Earth you can only reach certain levels and there comes a time when you cannot advance anymore. Compare it to being awarded a particular number for your school report. Suppose that now you have died and your grade was worthy of the number '2'. You take this grade with you, and next you reach standard 3, followed by 4 which is the final one. After grade 4 you have finished on Earth and you may go further here.

Elise: Yes, and then you'll stay there comfortably?

Isaak: Yes, and when you reach level seven, you are in glory.

Elise: May I assume you have no regrets about never having returned to Earth because of the beauty over there?

Isaak: The Earth is difficult for you but even more so for me, for I know better than you. The injustice, the way you are so animal-like, the way you destroy each other, hurt each other, the way you treat each other and possess each other, makes life there unbearable to me now. But I can understand your feelings; I know how you experience life. It is your process so I do not judge, but I do feel it and it hurts.

Elise: It is painful, isn't it?

Isaak: Very painful and the helplessness that you have as an observer, is in itself, a process as you can only watch. Often we just monitor a person's progress, watching until he asks for help. And then you have the disasters, the wars, people dying, people destroying themselves and people destroying each other. We know about all these events beforehand so we form a sort of tribunal and receive you all here.

Elise: So you are waiting for us then?

Isaak: Yes, we are waiting to receive you, but you can understand now why I, Isaak, do not want another life here on Earth?

Elise: Yes, I understand. The fact we don't know any better is for our own good. I do want to mention though that not all of us are impassive about these things. There are so many things happening that touch me that are far away as well as nearby. We know so much nowadays through the television news and newspapers and it does leave its mark on you. But if you were to let it affect you personally, you would not have a normal life but instead would carry the burdens on your own shoulders. You can't live like that. However, we do have more than enough painful things to face, so we also get hurt.

Isaak: Yes, we observe while you are the ones caught up in it, whereas we are here and watch all the misery. We can focus on it as we are able to perceive everything and can feel every situation. When you as a unique person, can experience yourself and be happy and can even grow spiritually, then we are very proud and happy. The learning process that you are going through on Earth is the most difficult process because of its low vibration. When you pass over to the next world and you arrive on the earthly level, the vibration there will be the same. There is enough positive energy to be found here on Earth however, so just try and keep the negative things at bay. Never surround yourself with negative people. Be in positive energy, do your spiritual exercises, be aware, realizing that you are a physical human being with permission to be here for awhile and enjoy your stay! If you are born in war territory or in a poverty stricken area, there are two things you can do. You can fight it or you can accept it. This means that you could choose to accept the situation and make the best of it without rebellion. Just as with marriage, you can either fight against your marriage or accept it and experience it the way it is. Everything is as it is supposed to be and changes will come to the Earth.

Elise: Will our situation improve in the future?

Isaak: Yes, there will be changes.

Elise: Like the famine in the world, for instance?

Isaak: There will be changes, but for the time being there will be hunger. Wars will also continue but there will come a time when wars and hunger no longer exist.

Elise: And the rate of the world's population is escalating; it is growing enormously, isn't it?

Isaak: Yes, it is.

Elise: I'm not in a position to understand the full extent of the problems this will yield regarding the environment and the impact it'll have on the Earth.

Isaak: Yes, but it is in your hands and it is something that we can not change or do anything about; we can only inspire you to change it. We cannot change the population growth as you are allowed to have as many children as you like. We cannot do anything about pollution, for you as a physical human being are allowed to chuck everything out. However, we can help if you are willing to change. We can inspire science and provide solutions intuitively or through dreams so you will have the techniques for improvement. That we can do. Every technical device you have on Earth comes from us because we inspire you. There is also the possibility that you are a highly developed spirit, and through your reincarnations you have advanced

sufficiently and an inspiration is yours to claim. Perhaps you have grown and suddenly realize that you can lend a helping hand saving the population. Masters are constantly being born among you, so there are enough masters on your Earth who can just about prevent the threat of the Earth being wiped out in a full explosion.

Elise: Indeed, so life on Earth will not suddenly end.

Isaak: There are people who have a conscience. There are people who are aware. There are people who have tasks to perform. There are good-hearted people. There are people who really devote themselves to Greenpeace and similar organizations. They do not want the world to be destroyed; therefore these people are also receiving their inspiration from us.

Elise: I'm so glad about that. Luckily these people exist because if they didn't care, who would? And how can you as an individual person do something about it?

Isaak: If you throw a ball up in the air, people around you will look too and see how the ball sails through the air and comes down. If nobody throws up the ball, there is nothing to watch. There are people like those working for Greenpeace who really devote themselves to helping disaster victims or fight water pollution and other matters of importance, and there are the people that just observe. But they also have awareness and fear because they see or hear about Greenpeace fighting against all the malicious happenings, and appreciate their work. So there is some progress being made.

Elise: I'm happy about that, really happy about that.

The next subject is equally important to me. The newspapers are full of stories about many young people going off the rails. There is such little respect nowadays and this is so apparent on the streets and in the schools. We see a coarsening and a vulgarization of manners. How can we turn around this process?

Isaak: Give the children a good upbringing. Teach the children about the value of life. Educate children to do the right thing and to be kind to one another. Provide them with awareness, shake them up a bit and explain to them about the pain they inflict on others. Enlighten them. There are plenty of people who give seminars and speak at schools. For instance someone who suffers from aids can tell children how to protect themselves against this disease. If you think your neighbourhood is declining, speak up! Set a good example. Suppose the lack of manners etc. at your children's school bothers you, then intercede and perhaps arrange a voluntary discussion group. This is the sort of attitude that Greenpeace has, they do it from the heart, from their knowledge, because they know that it is bad. If you think that something is wrong, do something about it.

Elise: Yes, I pray and pass all of the above issues on to my children as it is part of their upbringing ...

Isaak: Don't only just pray, also involve yourself. Praying is a delightful form for us, but if you only pray then once more the ball is in our court. Take action too. Suppose your neighbourhood is hindered by a garbage dump, make sure the dump gets removed. If you think there is too much trash on the ground, take a bucket and spade and clean it up. Don't always complain but do something about it. If you set the ball rolling you'll find one by one others joining in and if you are dedicated, others will become dedicated. Each person will do a task and then it is like spring cleaning a house, it gets easier. "You do this part, I will do that part," and suddenly the problem

shrivels away. You are the one that has got to show perseverance then suddenly the problem will vanish.

Elise: Well, I agree with you and I can raise my own children in this way and I see it works. Sometimes I address individual children in the streets and persuade them to listen to me and usually they do, putting an end to whatever wrong doing they were busy with. This is on a small scale of course but every little bit helps. A neighbourhood network has also been established by a group of people involving themselves in children's lives. Schools are represented, kindergarten, police, GP's, childcare, social workers, you name it. These people meet to prevent problems like these from happening and I have already aired my worries in this respect. This network is still very young though, and will probably take some time before results show, but it's a start. Actually it all begins with the parents ...

Isaak: It begins with the human being. You don't have to be a parent in order to arbitrate, but as a parent you have the task to guide your children. Every human being has to realize that he is responsible for worldly progression. This may sound like a big thing, but it's true, the world's advancement is dependent on you. If you achieve something, it will lead to someone else achieving and vice versa, and it progresses due to your initial first step.

Elise: Yes, you have the responsibility of setting something in motion.

Isaak: The story of Jesus, famous throughout the world, is all about Jesus. Then the Christians came and after that all kinds of things happened because of Jesus. The whole world revolves around you. You are responsible for your world, so if you want to change something, you really have to think very carefully about what you as an individual can change. Maybe it is a good idea to set up a foundation, or maybe you can start a project. You might have to go knocking on doors to gather people who are able to help you to create a network of some kind, perhaps naming it 'together we are strong'. That is a nice expression - 'together we are strong'. The outcome will be changes in this village and perhaps in the next village too, all because of you. Certainly in America there are many projects of this kind.

Elise: Yes, I could of course take this personally and do the above, but it would take away a lot of time otherwise spent on this book, so I won't do it just now.

Isaak: Exactly.

Elise: But I understand what you mean, one has to be the first to start the ball rolling and that goes for everything, whatever the problem.

Isaak: There are many projects in America fighting against drugs and criminality. We have nothing against people being unemployed, but we do have something against people hanging around passively. If you are unemployed and spend days watching television, eating and drinking only minding your personal well-being, this is what we are against. The moment you 'opt out' of life you could remain in limbo until death claims you, and this is wasted time and wasted energy. We are not against the unemployed receiving social benefits, but do something useful with this free time. You have been given the opportunity to have this spare time by the authorities, by God, if you like, to experience so use the time in a positive way. First of all you will feel better about yourself, more so than when watching programs and stuffing yourself with food - which isn't very healthy anyway, and secondly, you can make a difference.

Elise: Yes.

Isaak: You have a job too.

Elise: Yes, indeed I have, I certainly see it that way. When my children have gone to school or are asleep, I write, write, and write.

Isaak: Luckily we got you back from that far away country.

Elise: Yes, and I'm so happy that you did! I am even glad the holidays are over now, for however much we enjoyed it, it was enough and now I am pleased to continue with work on the book again.

Isaak: Yes, but since we are on the subject of that far away country, we knew you would leave, but we knew you would return.

Elise: Yes, but I have come to the conclusion that you know everything, am I right?

Isaak: Yes, but do we enlighten you beforehand? No, because what we are about to discuss now is 'never telling too much'. There is a right time for everything. This also applies to raising children - never tell them too much at one time. Only tell them what they need to know and let them absorb it before offering the next piece of information. Were I to tell you everything at once, it would be like placing the world upon your shoulders for you to deal with. But when I only give you a little bit, you can absorb it and be ready for the next morsel. It is an art in itself! Many people meet someone at a party and in no-time tell their whole life-story and then? There's just an empty silence and you stare at each other. Nice ...

Elise: Yes, you think, "That was nice," but then there is nothing left.

Isaak: But you will not have taken in anything of their story.

Elise: No, indeed, you wouldn't have time to digest the information; it is better to discuss one subject at a time in detail and broach a different subject matter another time.

Isaak: That is really the best way.

Elise: Indeed it is. I have also heard you mention such several times, "It is the thought behind the thought that counts," also in the sessions with Evert, but I can not quite grasp this concept yet, so please can you explain it to me?

Isaak: Yes, suppose you think you want to be cured, so you tell yourself, "I want to be cured." However, the thought behind the thought is, "Actually I am not interested in being cured." That is your sub-conscience speaking. So actually you say, "Yes I want to be cured", but in fact you do not want to be cured at all, for you are still not making any attempt to help yourself. The thought behind the thought is something you do not know, whereas a normal thought is something you see and something you know about. The thought behind the thought is something you are unaware of.

Elise: So the person himself is unaware, it's a bit like a 'blind spot'?

Isaak: It is a blind spot, yes, but it is certainly present, and if you examine this you will find out you actually do know. Were you to declare, "Today I shall start losing weight," that is a thought,

but actually you have a little voice in your head saying, "Yes, but I won't succeed." So take away the thought, look at what remains - "I won't succeed anyway." So when you want to be cured you must say, "I will be, I will be, I will be." Evert says that he wants to be cured but in fact he wants to stay just the way he is. I commend your observance Elise.

Elise: Probably the thought behind the thought, the fact that he doesn't want to be cured, exists because then he would be in unfamiliar territory and it is safe and familiar for him to remain ill?

Isaak: Absolutely, absolutely true, because it is safe.

Elise: Yes, it is nice and secure because it is something he can relate to.

Isaak: He is afraid of getting better, for when he recovers he will have to think about what to do with the empty space in his life.

Elise: Yes, exactly.

Isaak: I have just explained that time heals and emptiness is filled. That is the thought behind the thought. And when we tell you, "Listen to the thought behind the thought," you will have to put it aside and then look at what is left. Many people keep saying, "I want, I want, I want." For instance they say they want to work but never seem to get work, maybe they are not really interested in being employed because if you sincerely want to work, something will turn up for you.

Elise: How can you get closer to understanding the thought behind the thought?

Isaak: Be conscious and be aware of what you are doing. For instance should Evert say, "I no longer want to be frightened of going outside," first he would have to overcome a situation that presented itself and say, "I really don't want this fear anymore." But when suddenly something blocks the positive attitude and the fear returns, what do you do then? You need to uplift yourself, throw away the fear and just do it! But if you say, "Yes, ok, but I can feel the fear returning," and immediately give up, then in your heart you really are not interested in change. So the thought behind the thought is when you say you want something, but you give up too easily, so it was not a sincere wish in the first place. With regards to smoking it is quite simple: you say you want to stop smoking, but in fact you don't in actual fact or you would have already done so. Your will is everything and when you want to recover, you will. Simple, isn't it? We are referring to mental illness rather than physical illness. If you say, "I have a wooden leg, but I wish I still had my own flesh," we do understand your point of view, but wood remains wood. But if you state, "I don't want to feel depressed anymore," you can heal yourself. Tell yourself not to be depressed anymore. Examine the source of your depression, sort it out and move on. Nobody needs to be depressed, but it can be that you have a genetic disorder that needs medication to maintain the balance. That is genetically determined so it is something that you have. There are people born this way, they have depressions from an early age and they can not do anything to help themselves. These people need medication. But if a 'normal' person suddenly has a down-period or is endlessly depressed, it is exhausting, so snap out of it.

Elise: Yes, I notice that in my own healing process, as soon as I get a little angry at myself I say, "I am not going to keep letting this bother me, I don't feel like it, I just don't want this," it immediately helps; it is obviously the resolve you put behind it.

Isaak: Yes, using your will and your power.

Elise: It is also the power that causes the anger and I say to myself, "I won't let it happen to me, no way, no way." Then I get a bit annoyed with myself, thinking, "I will not let it happen again. I created it myself, mind you!"

Isaak: Well, that is a clever observation; please pass this on to the people. Tell people not to settle for depression and dismiss it if they say, "But I have been dragged into it!" No, you drag yourself into depression because you are the one harbouring negative thoughts.

Elise: But it is hard to do, very hard, but I get so much help and so many explanations so it becomes easier for me and I am becoming more talented, so to speak. But it is difficult, and it is difficult to understand entirely how the mind works.

Isaak: Yes, so practice.

Elise: Yes, practice, endless practice.

Isaak: If I were to give you a mixer and tell you, "When you press that button, it will start turning," and you just sit around thinking, "But how can that be? How does it work? I press the button and the thing starts turning?!" Then nothing happens to the mixer itself, now does it.

Elise: No, you have to just do it. Press that button! Nice example. In my healing process there is no question of depression, it's more about fear and it is important to keep going through the fear time and time again to break through it, isn't it?

Isaak: Yes, yes, until suddenly all the fears have gone, you will have won. You are free.

Elise: I will still come up against other things, won't I?

Isaak: Yes.

Elise: But I think I'm still improving.

Isaak: Absolutely, absolutely!

Elise: It is not like going one step forward and two steps backwards, is it?

Isaak: It is true, sweetheart, that suddenly you will realize that your problems are dying down to one a day in place of three. Sometimes you will have a relapse, that's ok; a relapse is ok, as long as you do not stay down. Suppose you are really afraid of something, take for instance someone who is a hypochondriac. They are usually feeding their notion of illness and carry it around until such a time when they try and uplift themselves thinking, "I'm no longer ill, I have been examined." But subconsciously the fear hovers, "I won't be ill tomorrow, will I? I am fine at the moment, but maybe tomorrow I will be ill?" It is not a cause for concern when it is just a fleeting thought, but it must not become an obsession.

Elise: Exactly, exactly.

Isaak: This is a little the way you are.

Elise: Yes, but at a certain moment it does disappear.

Isaak: Yes, spiritual exercise is the only way to awareness. Be conscious and practice, practice, practice.

Elise: Shall I meditate as well?

Isaak: Yes, meditate as well, but also practice it in daily life. Look, meditation is a form in which you literally immerse yourself. But also during the day when you feel negatively creeping in, say to yourself, "No, I don't want to feel like this." Talk yourself out of it.

Elise: Yes, that is what I always do.

Isaak: So engage yourself in something that makes you feel happy. Find something that makes you really happy! Remember the laughing therapy we experienced once at the workshop? Or try messing about – it is wonderful to forget yourself once in a while.

Elise: Yes, I need to do that every now and then and I think, "I really feel like being stupid right now!"

Isaak: Yes, exactly.

Elise smiling: But the occasion doesn't arise very often that I have the opportunity to go a bit crazy, or I'd have to act foolishly here on my own.

Isaak: Just imagine ... now you are home and you think your mood is too serious, let your hair down, so to speak and be foolish! Shut the curtains for awhile and do something that perhaps you normally wouldn't do. Let go of your usual reasoning if you think, "I am feeling a bit low at the moment so I had better loosen up." Rise above your normal logic and act stupidly. Practice, practice, practice. If most of the depressed people spent time doing positive things, they could leave their depression behind. Most people spend time doing depressive things, looking at depressive programs and talking on the phone to other depressive people because they are looking to support their own feelings.

Elise: There are so many of them, aren't there? I come across so many of them with this attitude and I can spot them easily. In the past I seemed to attract people wanting to talk. It still happens sometimes but in the past I used to join in and nowadays I think, "Flounder in your misery if you must but then snap out of it." I always try and cheer them up and often they tell me that I make them happy. It makes me think, "That's all very well, but try and cheer yourself up!" It is true, isn't it? I'm fed up with it nowadays, but I do want to help, but not at the cost to myself.

Isaak: That means that you are conscious and you may pat yourself on the back for that. Now you think, "I don't want to join in their bitching."

Elise: Yes, because some of these people are happy to stay in their rut.

Isaak: Yes, they will still be there next year.

Elise: So yeah, I'd rather keep the energy for myself.

Isaak: If we advise these people to meditate, they will immediately tell us that they can not do that.

Elise: Yes, but they don't know anything about it.

Isaak: Yes, but they say straight away that they can't.

Elise: So they don't even give it a chance.

Isaak: They say, "I can't meditate." But our question is, "Have you tried?" They might reply, "Yes, I tried it once." So we say, "Okay, but if you haven't succeeded doing it on your own, have you ever tried it within a group – meditating together, strong together?" We get a nonchalant murmur.

Elise: Or, "Okay, okay but it's not for me." Or, "I hate having to go out in the evening." They will make up some excuse.

Isaak: So they are pleased with how they are.

Elise: I don't know, I don't know. Some people really seem to love rolling about in their misery.

Isaak smiling: Wonderful, isn't it?

Elise: I know lots of people who like to rake up the past over and over again. Do they enjoy doing it? I really don't understand the mentality.

Isaak: Well, then they've got something to chew on.

Elise: They keep on repeating stories about what has hurt them or caused them sorrow. It makes me realize that when they do this they are keeping their misfortunes alive. Live in the present, enjoy now and enjoy your children, your grandchildren, your work, the sun, spring. Enjoy all of life's pleasures.

Isaak: Yes, but here is something to mull over. If you scrutinize people when you are in company you will notice that they talk badly about others. In the past before you were spiritual, you might have also pricked up your ears and been interested in such conversations. That is over now and you can not tolerate it anymore. The minute people start talking that way you feel it directly in your heart chakra and your sensitivity chakra, "I don't want to hear this."

Elise: Yes, exactly.

Isaak: Well, these people enjoy talking about others because it prevents them from talking about themselves. So their gossiping is all about pulling you to bits rather than taking a really close look at themselves. There comes a time when you are so secure in yourself that picking someone to pieces is unacceptable and negative, and you will recoil from this nasty feeling.

Elise: Yes, it is a nasty feeling.

Isaak: It is an awful feeling to carry around, like the snail that has to carry around its veil, and if you have to carry a veil, it is not a nice feeling. If you say to this type of person, "I have met someone great and he is so talented!" such a person would look at you in confusion and jealousy at another's good fortune because they would rather pull someone to bits in a negative way than be positive. They like comparisons, but not in the positive sense as then they would

have to raise their standards, and because they are not doing as well as you, they are at a loss. This is something to think about and if you do, you deserve a little self-praise.

Elise: Indeed, it is something you feel straight away.

Isaak: If you burden someone in a mental way, the effect on yourself will be tiredness, a headache or tension headache and energy loss, all because you are being negative in the spiritual sense.

Elise: In another way I know people still wanting contact with me and yet I think, "Every time I see you, I feel very uncomfortable."

Isaak: It is being perfectly honest to confess this and we know that it would be quite a big step if you had to admit to someone, "Sorry, but I just do not feel right being with you ... "

Elise: But that is extremely difficult.

Isaak: ... and I don't know exactly what it is, but maybe it's because we are not compatible at the moment. But I just don't feel comfortable being with you." This person might feel hurt, but if they did want to understand they should examine the effect their behaviour has on you. Most of the time they would not bother and just let it go. But actually you are their mentor when you confess such a thing.

Isaak laughs: Alas, it is true that the majority of people would rather hide behind the door, "I'm not home."

Elise: That is why so many people have number recognition display nowadays because then they don't have to pick up!

Isaak: People are actually not being very fair in these situations.

Elise: That's very true.

Isaak: You can also act as mentor when overhearing tittle-tattle, for if you spoke out and said to the gossiping group, "Sorry, but I really don't like this, are you aware of what you are doing?" Would they respect you for it? Most likely you would be outnumbered and when you have uttered those comments they would look at you and think, "What the hell is she on about?" To which you could say, "You are dragging someone through the mud with your gossiping, why?" Immediately a silence would fall, and they would think about it.

Elise: Yes, I agree and I often find a solution although perhaps it is not the best one, but I can be rid of a situation by saying that I don't care what people do, I don't judge – it is their business.

Isaak: That is the easy way out, isn't it?

Elise: True, I admit. I'm rid of it, I have admitted this, and it is the easy way out.

Isaak: Then don't do it anymore. Be a master. We can all be masters, honestly. We can all be tutors, you and us, so be a tutor on Earth. If you want to have a healthy life in the spiritual sense, then share your beliefs with the people you meet. Speak of your truth, your honourable beliefs. What they do with it is of no concern to you, but tell them your truths. If everybody were

to tell in a positive manner what lies within them, then everyone would be giving their best to society. Otherwise it will not stop, one piece of gossip follows the next and more people get involved – more gossip – ten, fifteen, twenty rumors and no-one is trying to put a stop to it.

Elise: Well, I am not the sort of person to join in but maybe some of them will get the message if I tell them I couldn't care less what other people do. But you are right, it is better to break the chain of gossip by speaking out truthfully.

Isaak: Do you think if we were there we wouldn't say something?

Elise: Oh, I'm sure you would. Of course you would.

Isaak: We would throw the ball back again to give them a sense of consciousness. Then they would have something to think about.

Elise: The funny thing is that you can talk about someone and you can gossip about someone, but you can feel the difference.

Isaak: You do feel it.

Elise: You can talk about someone because you are worried about them. For instance when you talk about a mutual friend and you discuss her problems sincerely wanting to give her helpful advice, it comes straight from the heart and is certainly not gossip.

Isaak: Yes, absolutely. When you talk about someone nicely then there is a feeling of fairness, whereas gossiping is with wrong intent. You can feel in your heart straight away if you are enjoying someone being slated. It is a destructive energy.

Elise: I don't know where the turning point lies for someone else, but now, right now, I would not be able to do that, whereas in the past I might not have minded that much. Nowadays my reaction would certainly not be one of indifference.

Isaak: That is because you radiate what you are and receive the same in return, so you have become a better person. Suddenly you have grown so much spiritually that you know subconsciously or consciously that it isn't right.

Elise: It feels dirty, don't you think?

Isaak: Yes, it does and it takes a long time before you are able to discard it.

Elise: I have learnt from your teachings, and I now realize that when years of build up barriers live inside you, it's difficult to get in touch with your inner-self. And simply because you are not in touch with your inner-self you do many things incorrectly, am I right?

Isaak: It all stems from this, indeed.

Elise: I got that right then?

Isaak: Absolutely, absolutely.

Elise: I always used to adopt somebody else's opinion. Why? I think it was because I didn't seem to have an opinion to offer. When I look back it shames me deeply to think that I voiced another's opinion and made it my own. I know now for sure that it was not the true 'me', but I didn't know at the time, and as I have already said, I had no views to call my own.

Isaak: So you were empty inside. You must have been superficial in the past because there is not much division between the two ...

Elise: You think I'm superficial?

Isaak: Well, it sounds like you might have been. If you do not have an opinion of your own, then you are superficial. Look, it is 'you', right here in your abdominal area and everything here above is all the mess you have gathered and it sits on top. When you take from the bit on top you are being superficial. If the mess has been cleaned up though, you will find the true 'you' and you are no longer superficial, but have depth. Then you can judge yourself to be a thoughtful person.

Elise: Well, it was different in my situation then, and I must have given the wrong impression of myself, for I have always regarded myself as being thoughtful person. So in retrospect maybe I did have an opinion but I certainly didn't dare to share it.

Isaak laughs: Then you must have been a coward.

Elise: Yes, indeed. Yes, for that's related to wondering what people thought about me and my wanting to be loved by everyone.

Isaak: What you have just done is to examine yourself. Look, we tell you something and you must consider if it applies to you. So if you look for a mentor, he will not tell you your character but he will give you suggestions, then you ...

Elise: ... analyze, "How can I apply this to myself?"

Isaak: Yes, a good mentor will always let you walk freely. A good mentor, I repeat. This implies that should you decide today to get drunk, he will look the other way!

Elise laughing: Just turn your head the other way for a minute.

Isaak laughs: Ok, but I would keep a close eye on you. A good mentor might even cover you in a 'spiritual blanket' if he discovers you lying there blind drunk. A good mentor would not take away the bottle.

Elise: No, you would have to realize the consequences yourself.

Isaak: Yes, and a good mentor would ask you the next morning, "Did you enjoy that?"

Elise laughs: And you will answer with a sore head ...

Isaak: And then you will say, "If I'm honest I'm not exactly feeling wonderful." Then a good mentor will give you guidance. That is what a real master is like. If you meet someone who puts himself above you and orders you to do this and to do that, then you will feel insignificant and lose your sense of importance. This is known to happen frequently in sects: one adores

someone and lives by his truths and laws and forgets to examine oneself. That is why we always say, "Be careful, check, feel good, be yourself and search for a mentor who stimulates the growth of your true self. You may become a 'tree' alongside the bigger 'tree' that is your master. You may show your true character, alongside your master. You are not inferior to your master, but his tree has grown with time and your tree is still small. And a good master will give you a little protection. That is a good master.

Elise: Yes and only then will you become aware. If everything was handed to you on a plate without you having to think or investigate, it wouldn't get you far, would it?

Isaak: No, if you give instructions to one of your children and you say, "Hey Johnny, this is how to do this sum, but hey - let me do it for you ..."

Elise laughing: "Thanks Mum!" he would reply, but he wouldn't be much wiser.

Isaak: The child would not have learnt anything and definitely would suggest, "Mum that's cool, how about you doing my sums again tomorrow?" There comes a time when your tutor will leave your life and you will have to be your own master. Eventually it will fall upon you to be your children's teacher because this is how it works in the entire evolution process - students learning from masters and in turn becoming masters themselves. And that is wonderful. There are many masters but very few obedient students.

Elise with a smile: Well, I judge myself to be a rather dedicated student, what do you think? I am eager to learn.

Isaak laughs: We have met people eager to receive our wisdom but in addition thought it amusing to fight our wisdom.

Elise: Fight it?

Isaak: Yes, perhaps you as a student come to us asking for lessons. But you do not agree with our teachings because your lessons, the lessons you have throughout your life, you want to throw back in our faces. Nevertheless with love in our hearts we uncloak your point of view and try and enlighten you. If you still do not wish to see, we would say, "Ok, let's leave it."

Elise: Yes, I can imagine, then that's the end of it.

Isaak: As I have said, we will leave it at that, with plenty of love.

Elise: It is nice though when students are curious and put up a fight from time to time, keeping their eyes open with a manner like, "Oh yeah? Is that so? Why?"

Isaak: Oh yes! We adore an attitude like that. That is what we have just told you, we will not put ourselves above you, we will whisper, we will tell you, we will let you get drunk. We will look the other way and still keep an eye on you, but we will never judge, we are not strict in any way. Right, coming back to the subject of alcohol, have you got another question about it?

Elise: Yes, I have actually. I can't enjoy a glass of wine anymore. It went well for awhile and I enjoyed a nice Belgian beer playing a game of monopoly with the kids. But now I don't enjoy it anymore because I think I have convinced myself that drinking could be the cause of my imbalance if I am not totally in control of myself.

Isaak: Well, then once again you will have to instill in yourself that it is not the case. You can quite definitely be yourself without having to be afraid you will be possessed or whatever. You can still be yourself even if you have supplied your mind, head and body with alcohol. We have told you before what alcohol does to you; it switches you off somewhat, but you will still be yourself. If you are not an alcoholic, which is not the case here, there is no need to worry. Look, it is advisable that if you are engaged in a spiritual exercise, it is best at that moment not to drink ...

Elise: Naturally, that goes without saying.

Isaak: ... but if you take a drink in your spare time ... enjoy it, enjoy it. We think it is amusing to see the difference in people when they are sober and when they have been drinking. It does provide us with a lesson again because we can see that humans become wiser with drink than without it. Suddenly you know more. Why? Because you think less. So do not be afraid of it, but I think you should re-program yourself and say to yourself, "Cheers!" And as you hobble upstairs raise your glass again and say, "Cheers! I'm going to bed."

Elise: It's just that I had the feeling I was a bit shaky and unsteady, mentally rather than physically.

Isaak: Yes, you feel a bit wobbly in your feelings but still it has nothing to do with being possessed or anything.

Elise: No, I'm sure you are right, but this wobbly feeling causes uncertainty and because of this doubt, it is possible to get caught up in the whirlpool of those thoughts again.

Isaak: Yes, yes, it is what I have already explained - strength. Use your strength and overcome this fear. It is pure fear, so overcome this fear. Look, we know one thing that is an absolute certainty. There is nothing around you. We know it is not going to happen again. So, you get a free ticket - we say to you that you can have a drink, but this barrier, this fear ...

Elise: ... I have to go through it?

Isaak: Yes, exactly. You can also decide never to drink again, but then you would be choosing the easy way out.

Elise: Yes, I know that and that is why each time I do dare take a glass of wine, I think, "Go ahead, just try it," but I can't really savour it as the past still lingers in the background. So I didn't taste the wine and thought, "Why bother, it's pointless anyway," you know? There we were sitting at the table eating an especially nice dinner I had taken extra trouble with, I'd had my glass of wine and because I'd had that stupid wine, suddenly I felt horrible. My son Jeroen was telling me a story and his words were drifting further and further away. I couldn't listen anymore and I ended up in my whirlpool of thoughts. Everything around me became vague and I thought, "See! I was right, now it's all going to start happening again." It's not that I am always afraid of negative entities, but this is just me and my whirlpool of thoughts. If I can't prevent myself from falling apart when I have some alcohol, then it is just not worth it.

Isaak: Have you ever heard of an anxiety attack?

Elise: Yes, I've heard of it.

Isaak: Your experience is typical because when you experience an anxiety attack many things happen to you, and all at the same time. You start to feel dizzy and fear literally consumes you. What is happening to you at that moment is a panic attack plus a sense of dread. You are afraid that it might happen and that is the reason why it does. My advice is to be strong and say to yourself, "Elise, you know better than this, don't be afraid." Elevate yourself above this fear and conquer it otherwise it is here to stay. The medium also has a fear about driving in the rain. A horrible panic grips her, but she knows ...

Elise: ... they are groundless fears. She knows this deep down inside.

Isaak: She knows the origin of her fear because once she hit the crash barrier, so actually her fear is not entirely groundless.

Elise: No, I mean the fear in itself is groundless.

Isaak: The fear is groundless, but yes it might happen again and then again it might not if she's careful enough. She can do two things. She can say to herself, "I will never drive a car again," or "I will overcome this fear." Fortunately, up to now she has still been able to control this fear, and I think you should do the same. Just say to yourself, "I will get over this, no matter how petrified with fear I may be." I must admit we see the medium becoming rigid with fear, but she does overcome it. A little distraction at such a moment would be good for you – thinking only positive thoughts for instance.

Elise: Yes, yes, I understand and I have tried this. There once was a period when I could easily think, "What a lot of nonsense, it can't do much harm!" And then it did go well. Then I was with my brother for instance, and after drinking three or four glasses of wine, which is quite a lot for me, I still felt great and nothing was wrong. But then perhaps that's because you are socializing with nothing particular on your mind, and so nothing is in the least bit wrong.

Isaak: Instead you had created a distraction, yes. Do you have any more questions?

Elise: Please let me page through ...

Isaak: Well, we think that we are ready with this part of The Book.

We have found it delightful to talk to you and we do appreciate that you are an inquisitive student. Also we are very thankful that you are helping us. You do help us because your dedication towards us enables us to speak through you, and as a result we can tell our stories to the rest of humanity.

Please do appreciate that this is not something that the medium is capable of, so you are invaluable to us, and we would like you to know that we shall never let you down.

Thank you, Elise.

Elise: And thank you Isaak.

SESSIONS WITH A CLIENT

All these conversations and all these sessions were recorded and at a later stage transcribed by me, Elise. During these sessions Tresi was in the first trance form, so she was still 'behind the wheel steering the car', but she listened to what Isaak was whispering in her ear. This means that at the time Isaak's knowledge became her knowledge and the same applies to all her senses. Tresi is still fully present and can join in the conversation where need be and when the necessity arises. We would like to allocate part of this book to the conversations between Isaak and a client named Evert. He was a frequent visitor who came for therapeutic counselling as he was suffering from different kinds of phobias, including nosophobia which is a morbid fear of sickness.

Isaak: Welcome Evert. We would like to draw your attention to something that has to do with awareness. We have the feeling that where your emotions are concerned you are quite often covering things up and sweeping them under the carpet. You know they exist but you would rather ignore them. This means that you are in denial. Bring out all the problems and look at them for what they are by laying them on the 'table'. It is very important to speak up and to talk about your emotions and about your feelings - everything that you feel and experience, sweeping nothing away under the carpet. Then you will never be creating burdens and your life will run in a more natural way. People need to talk; they need to express all their feelings and emotions. Why are you so silent? Is it out of laziness or have you taught yourself to be like this? Do you behave like this on purpose?

Evert: Laziness is part of my character, so maybe it is self-taught.

Isaak: I think it is a combination of both. But being silent is not an admirable quality because you burden yourself with it. Look, if I give you a backpack and I fill it up stone by stone, it will make you to stoop more and more. It would be better for you to say immediately, "Hey, stop, get these stones out!" Then you would be putting a halt to it but you have the tendency to carry 'stones' for far too long. It seems to me that if you walk on until you are half dead with exhaustion and then finally open your mouth to object, that is not a good attitude.

Evert: Yes, but what should I do then?

Isaak: I have another example. Suppose there is something that you do not like – what do you do? Do you keep quiet or do you immediately intervene?

Evert: I keep quiet.

Isaak: And if you like something, what do you do?

Evert: Then I like it.

Isaak: Yes, but do you say so or do you keep quiet?

Evert: I keep quiet.

Isaak: What you are doing then is putting two opposites side by side but you are doing nothing constructive with them. You combine 'nice' and 'not nice' which melt into nothing significant. Life

is about emphasizing – emphasizing the beautiful things and things that are less beautiful. It is about experiencing things and opening up all the emotions that you possess and saying to yourself, “I like life and I am going to show it!”

Evert: Yes, there are lots of things I do not experience consciously. Many things happened perhaps five years ago that I just can’t seem to remember anymore.

Isaak: That is because you have adopted an attitude in life where you are just watching, silently thinking, “I am observing everything but I’m not really taking part.” What we would like to see happening is that you begin to speak up. Are you happy? Let’s see it! Are you angry? Show it. You have not been given these emotions without reason; these emotions have been gifted to you, so use them. Just suppose that you are presented with a gift that pleases you, put emphasis on it and say, “Thanks, I like it!” Practise this.

Evert: Train myself? But then it is not really being honest when I react with, “Oh, that’s wonderful!”

Isaak: No, it is speaking with honesty. You train yourself to do this so you learn how to change things. Many people do not know how to feel anymore. They are in a kind of state where there is no joy and no sorrow, so they flounder about somewhere in-between. So it is important that you wake yourself up again and say, “Hey, I really like that!” And the emotion will follow. See how it feels; try it out and possibly at first you will find it a bit silly and slightly fake. When someone starts laughing it is often infectious so you join in, don’t you? Then your laugh becomes a genuine laugh, doesn’t it? It is catching and that has nothing to do with being real or fake, but it is all about acceptance. It is a shame that you do not accept because as you have already stated, life passes you by. Now I hear you have been on holiday. But I bet you were sitting there thinking, “Isn’t my holiday over yet?”

Evert: Yes, indeed that is what happens, although I do think that I should be enjoying it - the lovely weather and my free time.

Isaak: So when you do find something you are enthusiastic about, give it your all and fully involve yourself in it. It would be such a shame if you reach the age of 60, 70 or 80 years old and it is time for you to die and you think, “Finally I have landed up here. I was given so much time to experience beautiful moments - but I let them slip away.”

Evert: But how can I do that?

Isaak: Teach it to yourself. You teach a child to show emotions, now don’t you?

Evert: I do?

Isaak: Yes, of course you do. You say, “Hey! Look at that, it’s remarkable! Beautiful, isn’t it?” You are giving the child signals. When you give the child something beautiful with the comment, “Yuck, this is nasty!” then you are teaching the child the wrong sort of emotion. You instruct the child in what is good and what is bad, so apply this to yourself as well.

Evert: Yes, but I am doing this, aren’t I? Only I’m not doing it correctly.

Isaak: You do it passively because you are a passive person. You know how to do things but you do not bother to do them properly.

Evert: Maybe it's my laziness again - actually I'm fed up with it.

Isaak: We know a lot of people like you. We know so many people who are fed up with their lives yet do nothing about it. But we can not work with this attitude because if you are fed up, do something about it. You can say, "I'm wearing a splendid outfit and it is making me feel great." But if you are wearing an outfit in which you feel extremely uncomfortable, then do something about it. Throw it away! Then consider what to do next and concentrate on that. Re-evaluate every new situation. So when you are lying in the swimming-pool or on holiday on the beach, then ask yourself, "Why am I not enjoying this?" Why don't you enjoy it, Evert?

Evert: It's because I am thinking about all sorts of other things. Worrying for instance that something is the matter with my heart.

Isaak: So actually you do not allow yourself the emotion of happiness.

Evert: So why don't I then?

Isaak: Because you are afraid.

Evert: Of enjoying myself?

Isaak: Yes, you are afraid of enjoying yourself. Say that eventually you do have something wrong with your heart; it would be wasted time if you had not enjoyed yourself when you could.

Evert: Exactly, that's what I mean; I had better enjoy myself now before my life comes to an end.

Isaak: Yes, but still you have given yourself the wrong impulse.

Evert: Yes, I do understand because I don't do it. I think to myself, "Go and have fun," but it doesn't work.

Isaak: No, because nothing works passively. You can say, "I'd like to have a change in my life, but indeed, I need to think about this in more depth." No, you have to change something actively; passively it will not work. So when you say, "I'm sitting by the pool but I can not enjoy this holiday," then ask yourself the question. "Evert, why is it that I can not enjoy this holiday?" You can't because you won't accept it. That is the only reason for not wanting to enjoy it. When you do really want to change then automatically your 'on' switch is re-set. Your personal switch has the tendency to be set on 'thunder' implying that things are not alright. Turn the switch so you dare to walk through life happily because when the switch is set on 'Good', often you are the one that turns it back manually.

Evert: Yes, indeed I think I do this as a sort of self- punishment.

Isaak: Yes, it is often something the human does mentally and it is a shame. You can enjoy life, you are in the prime of your life and you have many things to be happy about.

Evert: Yes, I do realize that, you're right.

Isaak: Do you know what life is about, Evert? Every day try and achieve the feeling of, "Yes, life is good." When there are days where things are not looking so good, try to restore them with a little meditation. Every human has natural mood fluctuations like the wonderful feeling of euphoria when something wonderful has happened, and after an argument for example, this feeling dissolves. It is important for each human being to know that he can retain an even temperament. You get your ups and downs but you can stay even-tempered by being in 'nowhere land' just relaxing in your own company, doing nothing, not thinking, not being busy, just being.

Evert: How can this be when a person has about 800 thoughts per minute?

Isaak: Yes, that is right, but you can let go of all the thoughts. When may you claim thoughts as your own? The moment you zoom in and focus on them making them your own, rather than the thoughts that are hazy without substance. But people like to focus on something and if it is not on thoughts, it is on outside events. When people have nothing much to do and nothing much to think about, often they become restless.

Evert: Well, according to me I have never experienced this.

Isaak: Not even in meditation?

Evert: Then I'm often concentrating on, "How many times I'm supposed to do this, and how many times am I supposed to do that?"

Isaak: And if you say, "Every thought that enters my head I shall just let go." Does that work?

Evert: I can try that.

Isaak: Evert, why haven't you ever allowed yourself the joys of elation?

Evert: I don't want it, I suppose.

Isaak: Why won't you, Evert? Tell me the first thought that comes to your mind?

Evert: If you are always feeling lousy, then it is not nice to feel good just for a little while and then go back to feeling horrible.

Isaak: Well, that is some revelation! So actually you are frightened of enjoying yourself because you are scared of a relapse? Is that it?

Evert: Maybe so.

Isaak: It certainly is. If I may be so bold as to say so, you are actually a coward to some degree. You choose to wallow in negativity rather than treating yourself to positivity because you are scared of a relapse. Therefore you are accepting no challenges whatsoever.

Evert: Yes, you are quite correct, but I don't want it to be like this.

Isaak: Yes, you do want it because if you talk to your subconscious all the time, your subconscious will tell you the truth. The truth is that you are actually choosing to stay on this path. It is the subconscious; it is the thought behind the thought that counts. And the thought is

... Evert says, "Yes I will." However, when I tell Evert, "Just do it" then Evert says, "Stop!" When I say, "Let your emotions show." "Stop!" "Show your love." "Stop!" So you are literally pulling yourself back every time as if you are holding tightly onto the reigns of a horse with such concentration in case you will lose it. This shows that you are afraid of life just by the fact that you are afraid of relapse; so you must try and break through this. Practice, immerse yourself in an emotion and yell it out; let yourself go and enjoy it. We will help you to break through the pattern. Go on holiday and enjoy the sunshine, the sound of the waves, the food and the drink, and enjoy walking on the sands with your wife and your child.

Contentment lies within you. People are constantly searching. So they purchase a house, buy a cat, you name it - they are always busy creating something to make them happy. But happiness lies within you. If you say, "I'm going to see to it that I'm happy and I will share it with others," then you will see this brings you happiness. There are two ingredients necessary for happiness – the first is knowing who you are, "This is me, this is Evert and I am ready to share myself." We have not been created to be alone in the world, or to sit alone in a corner. No, we are not made for this purpose. We are created so that we can share. A mother shares with her child, a husband shares with his wife. We all share. The moment that you yourself start to share and you receive a good response in return, what happens? Happiness!

Evert: Yes? Just by sharing?

Isaak: Of course. If I were to share with you - say I have a bar of chocolate and I share it with you and I see how you are relishing the taste - that would make me happy. Suppose that you have a problem and we share that problem, this would also bring happiness.

Evert: Yes, indeed that's right.

Isaak: You can also feel happy by having a conversation with someone, you recognize yourself and this also makes you feel good. They are all little pieces of happiness and the little pieces are giving you a sort of impulse, a kind of awareness that we have not been created to be alone. So do not place yourself in that position because it is something that you do too often. Aside from fulfilling all your obligations as a man and as a father, you retreat too much into your laziness. At the slightest opportunity, there you go again, plunging right into it.

Evert: Yes, that's me, that's who I am.

Isaak: Ok, but you can always re-programme yourself. There is always a new tuning available.

Evert: So it is not in my character then?

Isaak: It is quite funny that you ask this as it is in your character. But do you know what 'character' means? Character means power, your strength and we want you to show your power. At the present time you have too little strength, meaning that you show little of the strength that you possess.

Evert: I can't change it, or can I?

Isaak: Of course you can.

Evert: I'm not very powerful at the moment – that's a fact then, isn't it?

Isaak: That is a misunderstanding. Every person can change himself but how to make him achieve this? You must install the power in yourself, for when you have installed the power in yourself, then your character will change.

Evert: But isn't a character something that is established and is part of you since birth?

Isaak: Of course you can change your character because you are given a free will. No one else can change you, only you can change yourself if you are determined to. You hold the key to changing yourself, but you have to insert the power into yourself for the change to take effect and change your attitude. This is a truth. Think about it.

Evert: I am thinking about how I can insert this power into myself. Where can I find it?

Isaak: In your will. We will give you an example. If I say, "I will give you a difficult task to do today," I know you will think, "Where on earth shall I begin? It is really difficult." Then you can do two things. You can push it aside or you can say, "I'm going to put my back into whatever it takes to successfully complete the task." That is using your will. What should you do? Use plenty of power, show strength of character and accomplish the task. And if you put your will behind it, show your character and the power in your character, you will succeed. We know that God gave you the free will and you can change your life every day, you really can!

Evert: But are you allowed to? May you change things just like that? And how can you be sure if it was meant to be or not?

Isaak: You may change because you are still on your path of life. Were this not the case you would soon discover that you have reached a dead end. Just suppose that you think, "I'm going to live in Australia." If it is not supposed to be because it is not the correct life path for you, then you will be confronted on all sides with obstacles obscuring your plans and you will not succeed. But suppose everything goes smoothly, you make a few phone calls, get a bit of good advice and arrangements are made, then before you know it, there you are in Australia!

Tresi jumped into the conversation at this point joking that she didn't see Evert moving to Australia, but she merely had an image of 'old grandpa Evert', slouching on the sofa with his fat tummy watching the television!

Evert: Well, watching television isn't that bad, is it?

Isaak: It is bad.

Evert: Is that really so?

Isaak: Yes, it is extremely bad if you let your life pass you by. It is really bad to watch too much television.

Evert: Why do we all do it so much then? Probably because it is so convenient.

Isaak: It is just passive. Someone who sits in front of the television has a passive attitude. What is it that you actually do when watching television? You live a piece of life through the television. Lots of the stories from the television are recognizable of course. You actually live in a dream or fantasy and it is nice to look at people. Often people watch soap series because then they live in that part and so they experience it for awhile, "Where is my prince on the white horse? My bloke

has smelly feet and I bet he hasn't." This sort of assumption is creating their own discontentment. Look, people that are interested in the world will not waste time on soap series; they watch The News and The Discovery Channel and scientific programs. Do not overindulge in watching television, it is so bad for the spirit. It also tires you and your spirit becomes somewhat numb. The spirit receives nutrition, but cannot process it; it is only information, but useless data. You are downloading on your chip, thinking things over for future processing, but which are of no use to you. Much of it is useless information. For example there is plenty on the Internet to download that is just as entertaining, but useless to you. How you can benefit is by bringing out your own creativity and being busy with your own interests. There you have something that is worthwhile.

Evert: I always feel so exhilarated after visits here and go home with such good intentions. The next day they're less and the day after, nearly gone. Monday comes and I have lost it. That's my problem.

Isaak: Yes, but that is something we cannot do anything about. Your failure to be fully cured does not lie with us, but with you. We put all our efforts into doing what we can and shall continue to do so even if it takes ten years; but preferably we hope it is a bit sooner.

Evert: Yes, but I don't hold you responsible for that, but somehow without knowing the reason why, I just lose it.

Isaak: That is how you are. Consider the role of a victim. How often is a person not trapped within a role unable to get out? Is it because he can't escape or is it because he does not want to?

Evert: Well, you always can.

Isaak: Exactly, so you do not want to and you have all sorts of good reasons for not doing so.

Evert: Good reasons, yes, yes.

Isaak: Imagine a woman who is molested by her husband and she stays with him rather than going. Why does she do that? Indeed, she has her reasons to stay in the situation.

Evert: Karma?

Isaak: No, no, not everything is karma; we need to make that clear. If she chooses to stay in that role she may, but then she must not complain, but must receive the assaults with dignity and say, "Yes, this is what I choose." That is cause and effect. If I were to start an argument with you then I must bear the consequences and accept anything you throw in my face, for I started it. I must not complain, no, but carry myself with dignity. That is the law of cause and effect. You Evert, are dissatisfied with a certain part of your life, well, then change it or deal with the effect without protest. Sometimes people react in a passive way to anything new that we offer. It is just like a film, you watch the film and it fascinates you and you feel it, but it is just a film. When we manage to involve you in the film, then you will experience the film with me and it will work on you more intensely. We tell you what you need to know the moment you need to know it. We also do the same in any first consultation; the things that are of relevance to you, we will tell you. When someone comes to us for therapy on the basis that he wants to be cured, then we will draw him into the world of film. Do you understand that?

Evert: Just a bit. So at present I'm in the film?

Isaak: You do experience it, don't you? When I tell you something you will feel it in exactly the same way. Are you prepared to try this? We want so much to draw you into this conversation and not have you just sitting there passively listening and nodding. We want you to open up and ask questions. When you have a conversation with a person and he does not react, then it is just a monologue. You must participate in the conversation for it to become a dialogue. Join in this conversation without being passive and without showing me your lazy side thinking, "Just get a move on, snap your fingers, I will be cured." No, you must help yourself to get well and we will reach out to you assisting you, but you must make yourself better. You must be aware of your life and how your life works. Like we have previously said, you don't need to remain ill. You have made yourself like this, so make yourself better.

Evert: Yes.

Isaak: Yes. Now what would you like to hear from us? "You're doing alright," is this the thing you wish to hear? We know you through and through and we do think that you have grown. Each time we could play the same old tune to you, but that will not help you with your evolution. The most important thing to us is that you heal, so if we have to bring other things into the equation to get your co-operation then we will because we so want you to be cured. When you are cured then we will feel that we have done a good job. Look, you do want to change, but you do not put in the effort. We believe in the ability of your mind, we have trust, we do have that trust.

Evert: Me too!

Isaak: Good, we are very glad to hear that.

Suddenly there's just silence.

Evert: I am going on a holiday soon.

Isaak: Off to the sun?

Evert: Yes.

Isaak: That will be good for you. You are one of the many people that are influenced by the weather and are easily tired. As soon as the weather gets better, you buck up. Actually, being attuned to the weather is a bad quality.

Evert: What can one do to change it?

Isaak: Try and surround yourself with warmth. You can also create warmth and it does not necessarily mean going on holiday. You can create warmth perhaps with a solarium, an open fire-place, a pleasant atmosphere, lighting and colour at home. You can create warmth in your own surroundings.

Evert: Yes, I know that it does influence me because when it's raining the whole day it doesn't exactly cheer me, whereas the sun does. But everyone has this, or nearly everyone does.

Isaak: No, they are people who are not well attuned, for why should the weather bother them? So you are only looking outside the window when you must also look inside yourself. Why does

the weather bother you? As soon as people only look outside and view the weather negatively, "Oh! It's so dark outside," then they are actually bringing the darkness upon themselves, and this is tiring. This is truly logical. In a happy surrounding you are less fatigued than in a somber surrounding. True or not? So the moment the weather is bad, you are tired quicker. People in warm lands do not retire as early as they are less tired and their 'batteries' last longer. Here there are many people already tired at 6 o'clock in the evening, whereas people in the summer around this time are fine. And indeed there are quite a number of people that allow themselves to be influenced by the weather and that's because they actually let the weather enter them.

Evert: What is your advice on this, how should you change it?

Isaak: What difference does it make if it is dark or not? Pull back your shoulders and think, "So be it." The weather is a reflection and if you are feeling alright then the weather should not influence you in the least.

Evert: No, that's true.

Isaak: The moment that you think, "I'm not feeling very happy at the moment, and now I am looking outside and letting the weather reflect on me," it will. You cannot change it, if it rains, then it rains, but you can change your mood. You can change your reflection - colours, happiness and music can all help with this. Do you know what is also good for you? The sauna. There are saunas that work with colour therapy; colours heal your chakras. It also works as a very good spiritual pick-you-up – colours work. Grant yourself plenty of time for this because sauna gives the spirit a certain relaxing stimulant. It is very good for you physically as a good sweat cleanses and rids the body of waste and it is relaxing.

Evert: If someone dies young, has he chosen this for himself then?

Isaak: Everybody passes over in the manner in which they choose with the exception of murder or suicide. This also applies to mass deaths caused by disasters – and they are not coincidental either.

Evert: No? So when a plane goes down ...

Isaak: That is not a coincidence, it is just meant to be.

Evert: But suppose there is one person that is supposed to survive?

Isaak: No, if there was one amongst them, he would not be on the plane at that moment; or he would be a survivor. No, I mean this; you have absolutely no idea the lengths we have to go to so that circumstances fit together. You think of these things as coincidences, but there are so many helpers and so many guides who do nothing else but influence the physical beings. How do we do that? With impulses. Today you receive the impulse to go on holiday. The impulse gets stronger and stronger until you can no longer drive it out of your thoughts and you go and book the trip. And you will die no matter what and you will go over at the correct time. We make the impulse so strong that the choice is no longer yours.

Evert: It appeals to me to go to sleep and just not wake up in the morning.

Isaak: Yes, but that is not the best way. The best way is when you have had time for farewells. Imagine that you have enjoyed a long and splendid holiday and made new friends and

unexpectedly I come out of no-where and say, "Come on, we are going now." And you say, "Ok, but I want to say farewell." I reply, "No, you are coming with me now." That would not be easy would it? Your heart chakra would suffer because with your feelings - with your heart you need to say goodbye. So the best way to die is a death having said your farewells. Most people are afraid of death ... including you.

Evert: Precisely.

Isaak: Most of the people committing suicide are also afraid of death. But they carry it out in a moment of insanity. They do it at that moment when they are not conscious of their action, while their thinking and reality are impaired. Often they are sorry, but yes, then it is too late.

There is silence.

Isaak: Now, what else can we do to make you happy?

Isaak gives Evert a stone made of 'tiger- eye'

Isaak: When you are holding this stone it will give you power. Do you know how this works though?

Evert: Through belief?

Isaak: Precisely, through the belief and because you believe that this stone is good for you it will give you power. Power strengthens you; it gives you the power because you believe in it. That is why we say to every physical person, "Believe in yourself, as you are strengthening yourself." So, believe in your abilities, believe that you can be a happy fellow, believe that you can give, and believe that you can take. Belief strengthens you, and without belief you are nowhere, and then you are weak. If you do not believe that you are unique, if you do not believe that you are God, if you do not believe that you can achieve, then you will always stay in the same place. So often we gift something symbolic; we are giving you this stone because it is good for you and will fortify your power. Stones absorb energy, they absorb negative energy which stays in them, but stones also give positive energy. This 'tiger eye' signifies wisdom, the wisdom you need to have in your heart.

Evert: When someone asks me a question how can I be sure that I can give the correct answer?

Isaak: If you mean what you say and if you feel it to be the right answer.

Evert: But sometimes you say things in a hurry.

Isaak: Yes, but your first instinct is the best one.

Evert: Yes, but then later you think ...

Isaak: Thinking is wrong.

Evert: Is it?

Isaak: You do what you think is right. If I surprise you with something, you react instinctively to my surprise with joy, so you are revealing what you feel at that second. If you think too much

then you start manipulating your feelings to what you consider to be appropriate - on second thoughts. Suppose you pay your father a surprise visit; your father does not know that you are coming, and when you open the door, you can immediately see on his face if he is happily surprised or not. If you call him in advance, then you are preparing yourself by building up energy and thinking, "Soon I had better start programming myself to show contentment and joy because later I will see him." Beforehand you do not feel this way so you start manipulating yourself.

Evert: Then I would think, "What will be, will be." That is my way at such a moment, yeah; this is the way it ought to be.

Isaak: This is not correct because you have the use of your free will. If you wish you can change a little piece of your future. You can give another twist to a piece of your life's path by the use of your free will. Suppose that you have lots of different paths before you. Today you are on a path and you can see what is ahead. I, Isaak am just like a 'Peeping Tom', I see your life's path. At a given moment, you, Evert think; "Weeeee, I can jump three paths further!" And again I am the 'Peeping Tom' and I read the path once more. But the moment you change, we must ... we are always reviewing, so if you come and see us again, I will evaluate your situation.

Evert: What is changed since my last visit then? In the last session you didn't advise any courses and now here you are saying to do them. What has changed in-between then and now?

Isaak: You have grown in strength. Do not forget they are all flash shots. It is just like a film-role, they are all scenes, bits of film.

Evert: Yes, ok if that's so, but if you could look ahead to about one and a half years time, then maybe I should not do the course because I would be on another path.

Isaak: Listen, when you make a film, it is all in bits and pieces but eventually it is all fitted together with precision. The film-role is your life and no mistakes are made. Once in a while it can happen that you go slightly off-track, but that is mostly corrected.

Evert: That's what I mean now, because if you use your free will at that moment, it was meant to be.

Isaak: Then the film carries on because the film must all fit, and the next piece must follow on. So if you choose today to make a shoot, then you would think, "Oh dear! I don't know what the outcome of this film will be." You are looking at the film and you know precisely what the ending shall be, then suddenly a wrong turn appears, a new turn occurs, and you will see that it fits perfectly well with the next part. It must fit otherwise the film is worthless. Your whole life fits perfectly because the choice you make in the next stage fits in with the previous one, and the first piece of film is compatible with the ending. That's how it works – there are no mistakes. So if you choose that path, once again we see to it that it continues precisely the way it should.

Evert: What I mean is that when you use your free will or make the choice you make, then again it was meant to be all along, isn't that right? The piece of film suddenly taking the different turn and everything following on - here a path, there a path, you have many directions to take in the film and that is the choice that you make, and that's the way it was meant to be then?

Isaak: Yes, that is right, because coincidences do not exist. But you are seeing it now in a very black and white way, looking at the black and white film, whereas we look at the same film in

colour. Let's look at the same film now. Coincidence does not exist and you also have the helpers, angels, and so on, so at a certain moment you receive intuition, the feeling, and the feeling encourages you to do something. So you think, "I have used my free will, I create the turns in my life," but it can also be that it is steered from above. But if you say a definite 'no' to a situation, then it will feel awful. Suppose you choose to go against us, it will feel bad, so at the right time we give you nasty feelings, so that you take the correct turn. That is how it works. Look, before you were born you asked, "Help me to walk my path." Therefore you have an agreement with us, with the helpers and the angels, you pleaded, "Help me, help me. This is my film and I want to walk my path; but I'm just like a pawn placed in the maze and maybe I won't know the way anymore." We sit 'upstairs' and look down into the maze and say, "Evert, go left, go right," so you really are steered.

Evert: It would be nice to know it all.

Isaak: It would be very tedious.

Evert: Because then you would know what is coming next.

Isaak: Correct, but if you know the whole film beforehand, then it is not so intense or interesting anymore knowing precisely the next scene, and you would have nothing more to learn. So there lies the secret.

Evert: But if you were to remember the deal made about, "You're going to help me," that would create trust – not necessarily all the stuff you are supposed to be doing, but it would supply a person with a bit of faith.

Isaak: Yes, but that trust you must create during your existence on Earth as that is also your task. Trust in God, trust in yourself and work on achieving more trust in God and in yourself. Ask yourself questions – "Who is God?" God is the almighty. He is everything. He is love. Etc. etc. Work on it then. Many people seem to be 'dead' - seeming not to know that they are alive; just like many of the really dead people do not know that they are dead. So, when you are someone on the Earth with common sense, someone who thinks about things and is capable of conducting an investigation here on Earth, then you can discover that we do exist.

Evert: What do you mean?

Isaak: If you, as a healthy, intelligent person investigates, then you will find out that we, the Divine World exists. We are not hidden away, we are indeed invisible to you, but we are here and we present ourselves via mediums and via miracles. How do you find out if something exists? By investigating, by attending a meeting, by reading a book or through a television program. If I were to tell you that elephants exist and you think, "I don't believe it," you should do some research before saying that you do not believe, then you would come to realise, hey, they do exist.

Evert: Yes, but you would have to have that sort of personality.

Isaak: Yes, but if you do not feel the need to research, then you are not ready to do so. Many people are alive without really knowing it, because, hey, you are not only physical.

Evert: But it is meant to be like that, isn't it?

Isaak: Now it is a fact that they get many opportunities in their lives to investigate, but do not want to. Again, that is your free will.

Evert: Everyone knows that people say, "That is not true, it is nonsense."

Isaak: They do not investigate, because when you do it properly you will find out that we exist.

Evert: I agree and naturally I'm convinced because you have told so much about me that you couldn't possibly have known. But if I tell this to some other people, they do not believe it yet.

Isaak: Then they are just plain stupid because if I, as a medium tell you this and that which we could not possibly have known and you still do not believe, then it would be because you did not want to believe.

Tresi: Every day we prove to the people that there is more, that the Hereafter exists, through proof, small details that only you can know, or through speaking with someone deceased. Like last time in the hall in Limburg when Isaak walked over to a woman and began to tell her how her husband had died in the Hospital. But the beauty of it was that her husband came through and told that at Christmas his wife had received a watch from their much loved son who was also there with her in the hall. These are beautiful gifts often forming evidence for these people.

Evert: Yes, because you can never know such details about people.

Tresi: No, I can not know it, and this is how I work daily in the halls. Look, now we are therapeutically busy - what we are doing together is therapeutic. It is different from your coming here for clairvoyance with photos because then I would be contacting the deceased, talking to them, giving proof. Often names come through.

Evert: That is difficult, isn't it?

Tresi: Names are difficult, yes. Names are difficult because the deceased work with thoughts; it is just as if you think hard, and I receive the thoughts. But for example, once a woman was here in consultation and her deceased mother came through. The mother knew her daughter had just bought a new house and in one of the rooms she sighed, saying, "I wish mother was here." Now, better evidence you won't get, the moment belonged to her alone. My client was actually very un-religious and in the past, together with her mother they had attended a clairvoyant evening somewhere else and the evening was a total flop. Therefore the mother said that she was very happy that she would come to us in spite of the fact that she did not believe in this material anymore. It is the little things that prove that they keep an eye on us. I get proof too because I am also sceptical disliking fantasy illusions. Although I may have seen thousands of people, I remain with two feet on the ground. I really have to concentrate because if I don't listen attentively, I will not pick up the signals. One comes through better than another, depending on the person, how clearly the person speaks, and depending on how much power the person has. But if you continue searching, just like me, then you will discover that they do really exist. Look, talking to Isaak for me is not difficult because we are one, but when deceased people speak, I have more difficulty because I do not know them. I must pick up the thought signals. You communicate by transferring your thoughts to me, so you have to really concentrate on one thing that I can pick up.

Evert: What, like now?

Tresi: No, if I am talking to deceased people. At the moment your thoughts mean nothing to me, and I don't want to know your thoughts; I don't want to express your thoughts. Right now I am 'reading' you. It is like opening up a book and I read you.

Evert: But surely ones thoughts are also there?

Tresi: No, I delve behind your thoughts, because if I would read your thoughts, then I would express your beliefs which are irrelevant to me because if you continuously do things without results, what's the use of reading your thoughts? I know them, but I mustn't bring them across. I could do, but it would not be our advice. We give you deeper insight. For example, I think it is wonderful to go and see a certain American medium because I learn a lot from her. In her presence I cry sometimes; I come over all emotional because as an outsider, I can observe. When I am working I do not see it as I am the intermediary. I also learn because when I see her using names, I have told Isaak that I would love to do this too, and he will train me so I get the thoughts and associations needed for forming names. I am not nearly as experienced as her with names, and you can not compare mediums with each other, but in this instance, I value her as a master. Last week I received the signal to go to Baarle-Nassau. So I went to Baarle-Nassau and walked around without knowing what for!

Evert: "Go to Baarle-Nassau," is that the only thing you heard? And then off you go?

Tresi: Yes, immediately. Once again because coincidences do not exist, I trusted that I would be guided to the correct shop. Sure enough, I came across a Book shop I felt myself being drawn to, yet thought, "What am I doing here?" But it was just like dying to go to the loo, you can not stop it, so in I went. First I went to the magazines to see if an interview with me was placed in the Avant-Garde, then I felt myself being pulled to the back of the shop and laying there I saw the American medium's book. Her name repeatedly came through. I am not a great reader but yesterday afternoon at home I devoured the book for hours and hours. She had nothing to tell that I don't already know, that is why I may read it. I just loved reading it and I'd got the green light to do so, because it doesn't influence and contains nothing new to me. Her beliefs are the same as Isaak's and with so many similarities - so it is good. It's pure because she tells the same things that Isaak does.

Evert: What if someone films you one evening?

Tresi: I wouldn't want to see it, it would be awful. I have done it once when I was five months pregnant with Angel. I just found it scary to see it - my voice, how I come over, the clarity, the power radiating from me, I think it is just weird to see myself like this. At a certain point I picked up an object and I felt the pull to go to a woman at the back of the hall. Isaak began to speak about her grief and I actually went with my pregnant belly to sit on her lap to comfort her. Next I heard, "We are going into another phase." This was repeated a few times, but naturally I didn't know what was going to happen. A spirit came, her deceased husband, he got angry with her but that was of course, via me. He said, "You must let me go - you don't let me go, do you want to be where I am?" But I still thought, "What on Earth is happening here?" But I can not stop it, it just pops out. I was so ashamed I wanted to die; don't forget I was in the beginning stage of my mediumship and the man was so angry he went screaming through the hall. At last the woman said, "Ok, I will let you go" and he held her tightly and began to cry with so much emotion and then reared up leaping against the wall, but in my body, pregnant and all thank you, and there I lay against the wall half unconscious.

Evert: Unconscious?

Tresi: Well, you are sort of there, but your body is jelly. That is the only time that I allowed filming. But, yes, that's already two years ago. Naturally I have grown in my profession; practice makes perfect. You get better and better, but I always say to people, "You need Isaak, not me, I can not do anything, and I can not read anybody without Isaak. Isaak must read you. There is often such fantastic proof such as what happened in the east of the country. There was a man in the room that Isaak went to and he began over a forthcoming eye operation and in the meantime I felt energy – and as usual I felt it coming – the spirit combining with me. This boy came through, very vital, very spontaneous, and he said, "I died from an accident. It was an accident on the job, I fell in a hole, and there is an ongoing lawsuit." It was all so clear and he involved the whole family and it so happened that his mother and brother were also in the room. He told such concrete things, he certainly hit home. He also told that during his funeral he had tapped his best friend on the shoulder, and that was true to his friend because he had felt it and even told those around him. "That was me," said the deceased boy. It was so terrific; at such a time you must believe in life after death. Previously I had not believed that there was life after death, I also had to search. When I am busy in working as an instrument, it does not automatically mean that my personality disappears and that I believe, it is all about investigation and research. Don't just believe it to be, know it to be. How could a medium stay in work if there was no essence of truth? Then it would not have the right to exist, would it? How could my Diary remain full when I depend exclusively on mouth to mouth advertising? Recently someone from Paris was also here due to mouth to mouth advertising.

Evert: What are twin souls?

Isaak: There are people that say, "I have met my twin soul." A twin soul is subject to several explanations, it is your equal, like saying that you have found your equal. But you remain unique, because no-one is your match. Suppose that we were connected in a past life and linked again in this life and meet again, then people often say, "I have met my equal, we have so much in common, we also may have gone through the same lessons in life, we are well attuned to each other, so your story almost becomes my story."

Evert: That would be easy.

Isaak: What do you mean?

Evert: If you have that every time with the same person.

Tresi: Listen, Isaak once introduced two people to each other from this practice. They were two strangers, but they were twin souls, real 'soul mates', nice as that sounds. Yes, that was beautiful.

Evert: I think it would be swell, each time together again, doing the same things – easy.

Isaak: No, that is not at all easy.

Evert: Why not? You would be so compatible.

Isaak: A twin soul is something extra. Mostly you are with many more like-minded people, not just with one person alone. Look, you come from an enormous Universe, you are a tiny piece and you are split, and when the time is right you will have your own energy and can say, "Yes, this is mine." You receive your personality and you receive a body, and also karma and other

stuff you carry with you in your back-pack and off you go, down! Mostly you are with your equals, but it could be that you are extremely negative, attracting only negative people to yourself. It can be that you are a very positive person, and then you attract positive things – it is entirely how you are. You receive what you radiate. That is so true. Suppose that today you think, “Boy, oh boy, I’m having a rotten day,” then bad luck will follow you around. Misery follows misery because the energy is such that it continues until the chain is broken. The moment you choose to be born, you do not choose to be born in a place where you would know no-one from previous lives. You still have karma, the back-pack that has to be un-loaded – the laws of cause and effect. For this reason, you often choose to stay in the same circle of people. Yes, there will always be new ones so that you will always have like-minded people surrounding you.

Evert: Yes, I have also experienced this, not with a twin soul, but the feeling of the right people surrounding me.

Isaak: Absolutely, you choose them yourself. Take a look at the junkies; they do not associate with the rich, maybe for getting their drugs, but not for compatibility. Their rapport is mostly with the same sort of people, just as people with the same standard of schooling have the same sort of people in their midst. Paranoiac people have exactly the same. People who are spiritually active with their heads a little in the clouds also look for like-minded people with whom to share their stories. The same goes for criminals. People leading a normal ‘house-garden-animal’ sort of life, also are drawn to each other because that energy fits with them. You would feel a great difference confronted by a junkie, you would think, “We don’t fit together, your vibration is really not the same as mine,” and you would definitely feel the difference of the incompatibility. You also have that with relationships, but you can outgrow one another. So people come together when they are compatible, but if one person works harder and grows in his life and the other does not, then there will come a time when their relationship deteriorates. Then it is time for saying ‘good bye’, and certainly not for hanging on. For your vibration is higher and you could say, “I will stay with you,” but you will not have the same happiness. Irritation creeps in, and then misery and you will not feel nice. So always carry on with your own vibration. If people simply wait for their life to pass them by, thinking they will reach the age of 80 anyway and their like-minded partner does the same, then indeed you stay the same. One thing is for sure, in whatever relationship, man to man, woman to woman, mother to daughter, you must always have respect for each other – always. That is the only great law in a relationship – respect, because without this respect you will destroy. Suppose that you have no respect for your father anymore, then you destroy. The same applies to a man/woman relationship. If the respect has gone, they will do nasty things to each other, destroying each others’ dignity. That is so wrong, in such a case it would be better to say, “Our vibrations are not compatible any more, let’s split up.”

Evert: Yes, logical actually.

Isaak: No, that is not so logical, take a look around you.

Evert: Precisely, it should happen, but it doesn’t.

Isaak: Another example is in The Primary School. At that time of their lives, all the children have about the same vibration, and they play splendidly with a tea-spoon or a wooden block. Twenty five years later they come together for a reunion and they will have a different vibration. At first they were all the same and then absolutely not. One has developed here, the other there, forming the great differences in people. At the start they all had the same interests, and then

later, all this changed. That is the process of growing – the evolution that makes life so beautiful and if you stop and think about it, it is quite superb.

Evert: What do you mean by that? What you experience?

Isaak: Knowing how you evolve. At first, you were an energy or spirit, sitting 'up there'. Then somewhere a man and woman couple and fertilization takes place, you are a little wisp of a thing. The tiny person grows and contained in that tiny person is everything essential. The character traits are present, the perseverance, temperament, everything is already in there and through the process of evolution, the person becomes what he is destined to be. However in the course of this achievement, so many things can happen that failure is a possibility. Suppose a child is destined to become a professor, for instance it was his aim to become a professor here on Earth; but he constantly came across people in his evolution process that broke him. Then the child could go two different ways. He could become defiant saying, "No, I am going to achieve this, and I know for sure I am going to succeed," or he can use his ears and listen to the person giving him the negative impulses, and then the 'little professor' will become pitiful. Then he would feel disillusioned that life had passed him by and he had got nothing out of it. Such people become depressed, because they constantly have the feeling that they have missed out. Actually, you miss yourself.

Evert: I recognize that. Maybe I am easily pleased, could be, but I don't think it's that.

Isaak: Yes, but that is because you never step out of line. You are too neat – not meaning that you must do weird things, but life is just 'being'.

Evert: Yes, but how can we just 'be'?

Isaak: It means that you take things as they come. Here you sit, so you take what is here, that's being. "I am" is actually the same – I am. But lots of people who suppress themselves feel a sort of break during the process, resulting in feeling, "Is this all there is?" What do they suppress? Maybe they suppress their own personalities or perhaps their own wishes, or maybe they repress their own goals. Think about the professor story, and shake yourself up a bit. But if someone is passive, yet at the same time thinks to himself that he wants to experience different things, then he is repressing himself. You had better get out of your box as then you will get yourself out of this state of mind and follow whatever your emotions tell you. Many people do the same as you do now, asking themselves the question, "Is this it?" But mostly they take no action, they just nag and complain but do nothing about it. You have another sort of person that thinks, "I'm fed up" and they jump right out of the box freeing themselves and experiencing the difference. For example: Suppose you always dreamed that you so badly want to ride a motor bike, and you constantly suppress this thought for the fear of maybe dying – well, these are negative fears. The longing remains ok for now, but it will keep cropping up. Then you say, "I'll go for it anyway and maybe it is not what I had hoped it would be, but never mind." But then the longing is gone, the need is gone, and you are normal once more. Do you understand that?

Evert: Yes, but this does not apply to me. I have no real inclination to become anything.

Isaak: Yes, I know.

Evert: But sometimes I think that every day I go off to work, and that is fine, but I haven't got the feeling that this is all there is. But I can't say, "Yes! That is what I want to do."

Isaak: I do not know either, otherwise we would have told you long ago. But what do you suppress?

Evert: Well, it could be that I suppress 'being', that I do certain things I am not supposed to do, or don't have to do.

Isaak: Well maybe it is you who pressures yourself a bit, not letting yourself do crazy things without feeling guilty or whatever. Jump out of your box. Running fast is also jumping out of your box. Loosen up a bit or just get cross, so that you are not always so correct, towing the line. If you are respectable, then you will stay respectable, but sometimes we need to give in to our impulses. If I feel the need to do a little dance right here, then that is an impulse. If you would reply, "No, I can't do that," then you would suppress the impulse, do you understand? There are many kinds of impulses, and in you, I do not see an enormous suppression, because you are keeping pretty much to your correct path in life, with the exception of your illness.

Evert: But doesn't my illness have a specific meaning?

Isaak: It can be. It could be that you redeem karma through your illness.

Evert: But that's not the case?

Isaak: No, I do not see that with you.

Evert: No, but it does have a reason, doesn't it?

Isaak: Yes, to make a break-through. To become stronger than the neurotic behaviour.

Evert: And what if that happens?

Isaak: Then once more you have to trust that you can fill up your time in another way, because this is the challenge, to let go and wait until something new unfolds. If you were always used to having a cigarette and then you stop, for awhile you would think, "Hey, where is my cigarette?" So what must you do? You must fill in the time in a more positive manner. For you it is just a case of waiting, what are you going to do then, what impulses will you receive, what do you feel like doing? Listen to your feelings because you have plenty of creativity. You have to develop, that is all and what I think is the most important thing concerning you, the key to it all, is recognition. We have often said, "Recognize yourself." Recognize your beauty, how splendid you actually are as a soul, as a spirit, as a person, as a father, as a husband, as a colleague, as a son; how great you are in that process. And then you could acknowledge, "Ok, I'm great; I do fill up my time in a very positive manner, my manner and to the best of my ability."

Evert: Now that is weird, you say, "You are a good father in your way, yes, in your own manner," that makes me feel stupid straight away.

Isaak: But, what would you have me say then, "In someone else's manner?"

Evert:

No, I don't know; I don't really know what you must say. But I just get this funny feeling, 'you do your best, yeah right, but in your own manner'.

Isaak laughing:

But it is your manner, Dear Evert!

Evert laughs: Yes, I know it is really. But I get such a weird feeling, you know? Yes, "In your manner"... you know? It certainly is my manner, but the idea of, "In your manner"...

Isaak: Yes, it sounds funny, it sounds funny, but it is also true.

Evert: One does one's best, eh?

Isaak: If you look at your beauty as a human being and give it due recognition, saying, "I am a good father in my own manner," then you would think, "Yes!" Supposedly you do your daily work and you do it in your manner because no-one can do the work the same as you. Even if they did do it exactly the same, it would always be in their own manner. You look at it differently, you do it differently, you experience differently, you operate differently, you have other energy and a different radiation to anyone else's and each person has their own energy. If you look at it this way, you would work to the best of your ability. Suppose you are at work and you achieve nothing, then you will get a scolding from us. You would not be fulfilling your obligations, you would be wasting your time or you would be dwindling your time away. That is no good, but if you give 100% of your ability, then there is nothing wrong.

Evert: Work to the best of your ability?

Isaak: Yes, to the best of your ability.

Evert: Yes, that's right.

Tresi: I have to be 100% correct in my work, and if I gave it 99.9%, then I would feel horrible. Why? Because I have this huge sense of responsibility, and I never compare myself to somebody else; it would destroy me. Therefore, if I compared my mediumship to someone else's, then I would be mirroring myself to that medium. But because I am unique, and everyone is unique, there will not be two the same, each works to a different standard. No-one works as I work, and I can never work like someone else - it would go wrong if I tried to work like someone else. I must do it my way, in the way that I can, in the way that they taught me. That is why one must never compare oneself to others.

Evert: Don't look up to someone else.

Isaak: You must not do that, you would destroy yourself – but it often happens. There are many envious people and envy creates the green-eyed jealousy, jealousy creates destruction, which creates nothing, absolutely nothing. It just destroys. So just live normally, rising, eating, drinking, observing, experiencing a little, and if you so wish, play, and if you do not feel like playing, then don't. Life is this simple. Simple, breathe in and breathe out and let go, because there will come a time when you will have to leave your physical body behind. When you become a spirit, you will think, "Why did I worry so much?" You have this already when you have to do something; you stay awake beforehand the entire night before a party or a birthday, thinking, "I still have to do this, and I still have to do that, or I will not make it." Then you cannot sleep anymore and you panic and you see invisible demons and positivity at that moment is far far away. But when the party is over you think "Silly me! Why did I worry so much?" Therefore, do not write your scenario beforehand, write it afterwards, and make a resume. Make the report later, not in advance.

Evert: I think many people do that.

Isaak: People who are afraid of letting go, conjure it up beforehand. What is destined to come will come. You cannot say to everyone that comes in, "Voila, here is the script, this is the way I expect you to behave." If you get visitors, you do not tell them how to behave, and you do not admit that you spent the whole night awake, or say, "Keep to my script or you are messing up my plans!" That would not be right. But, nevertheless, we are mentally making up the script all the time. You are not alone, think about the interaction.

Evert: Later all the others come in with their own scripts, and they have also been awake half the night!

Isaak: It would be a nut-house, everyone running around with no purpose, no realism, only chaos plus panic. So just let things happen.

Isaak: Do you know what your higher-self is?

Evert: What you are before you came here, perhaps? Your spirit, your soul?

Isaak: Your higher-self is you in the purest form. Actually how you truly are, not restricted by your thoughts, not limited through your physical pain and emotions and all that is bound by your physical self. If you could as such rise up, ridding yourself of your body, then you would become your actual self. Your Divineness, your spirit, your soul – you are pure love. So if you can become your higher-self, you will know it. Through meditation you can let go of your physical self, not making decisions caused by pain and thoughts but making decisions out of what is authentic. That is your higher-self and it takes a long time to get there.

When you come here to us, you abandon your physical body and you become your higher-self. Not directly because first you must abandon your physical body releasing the burden of it. Through the process of evolution, eventually you can become so pure that you will never doubt again.

Evert: That's what I would want.

Isaak: We are telling this because you are becoming more conscious, more conscious about yourself, about your humanity, and how everything fits together. When you become conscious you receive spiritual feeding, and through this spiritual feeding, you gain insight, and insight gives healing ... and freedom, and enlightenment, to name but a few.

Evert: Yeah, I've got lots of ideas about stuff, how things should go for instance, but I have trouble carrying them through.

Isaak: Practise.

Evert: Yes, but also with other things. I have learnt for example not to look at others, it will not make you happy. You know it only too well and you do try to handle things accordingly, but you do not always think about it, you do not always succeed.

Isaak: But you know how it should be done.

Evert: If you know where the fault lies, then you know what you must do.

Isaak: So it is a question of programming, programming your insight; "I must not do 'so and so', it bears no fruit, it will destroy me. Why do I look at the destructive side when I could look at the positive side?" Just like we advise you, breathe in and breathe out, it does you good. It just takes a bit of trouble because you need strength and energy behind breathing in and out, but you gain relief because it loosens blockages. You yawn and they are released.

Evert, yawning: Always yawning.

Tresi: Yawning is expressing oneself. You loosen the withheld energies in this way. That's why I sit and yawn. When I'm holding you, I am bound to you, and we 'yawn it out' together. You get relief somewhere in the unconscious, in the spirit, and there is room again, more space again.

Evert: What if you do this the whole day long?

Isaak: No, it is not good to do all day long. It is good to do it in the morning because you release the sleeping energy and let go of the multiple impressions you had during the night. In the evening, at the end of the day, if you think, "Now I'm tired," then it is good; breathe in and out, if only for ten minutes. It works extremely well. Everyone has to yawn, literally everyone, so it does work. In return, you will feel heavy and sleepy and think, "Hey, I've been liberated."

Evert: Where does the soul come from?

Isaak: It is a very difficult question; I shall try to explain it.

Suppose that this is the basis, the basis from where you came from. You would see a great big surface, the surface being something that you know about, that exists. But if you look very carefully at the surface, you would notice that it contains many many structures and looking deeper still into the structure, you will see whole tiny cores, and we call this the souls. So the whole surface we name The Universe, which is a structured collection also containing souls. Souls live in peace and that means that there is only peace and harmony, nothing else. There is bliss, nothing more; it is good. But suddenly, souls split and they are loosened, like a small break and the break is the evolution. They evolve and say, "I'm in heaven, but I want badly to experience myself so I will make the decision to loosen myself from this state of wonderful bliss." Then you become an individual soul. But the soul needs to have a body, because without a body, you cannot go and experience. Then you go and enter the process of reincarnation.

Evert: So they were all sitting up there together?

Isaak: We are discussing the very beginning. The soul wants to reincarnate and will receive a physical body. The Higher Powers give you permission to go down, and you choose an earthly physical body or one is chosen for you. Then you go to the appropriate womb, fertilization takes place and the soul has reincarnated and when the time is right, you as a child are born. This first trauma is the hardest that you will ever encounter. You come from the bliss ...

Evert: Then you land up in all the misery.

Isaak: Yes, quite literally, yes. It is such an enormous contrast, from bliss to chill. There was still some warmth in the mother's tummy, but that is over now.

Evert: Yes, that is the very first time then. Is your destination planned for you the first time?

Isaak: Yes, that is determined by Divine Power.

Evert: But they do not say, "Let's not make it too difficult for everyone that's new"?

Isaak: You get precisely what you can handle.

Evert: Yes, but aren't we all the same then?

Isaak: No, that is not so, it goes deeper. Because the soul reincarnates and you return to the evolution process, your destination is specifically where you need to be to evolve. As I have said before, there is structure in this; therefore you belong to one of the evolution processes.

Evert: Oh Yes, it doesn't make any difference what you do in your first life then, as the next life will come later on sometime.

Isaak: Man evolves himself. You must actually see it as a sort of snowball effect. First you have the tiny flakes of snow and they become bigger and bigger and change to become a big snowball. Because the snowball is thrown along, the roll-effect occurs and eventually it rolls all by itself. The evolution process means reincarnation, going over, reincarnation, going over until you go over as a fully grown person. Then you can look in your Book of Life, pointing out to yourself, "This, this and this I have learnt," but you can learn much more.

Evert: And if you don't want to?

Isaak: Then you do not have to come.

Evert: Do you go back happily and sit in heaven?

Isaak: No, you do not come back straight away into the glory because that was your first little grain, your first snow and once you have been a ball you cannot return to being a small drop. So you continue with the next page and this is how you make your Book of Life. But yes, you are physical, therefore you are also very foolish, and so you make mistakes. The laws of cause and effect mean that you get a back-pack to wear again, and therefore you go from one life process to the next to redeem. So beside the page that says: 'I have this to learn', you get a page saying: 'This I have to redeem.' That is why you need so many lives.

Evert: And is it mostly the bad you must redeem?

Isaak: No, you are adequately rewarded; otherwise life would not be realistic. Supposing that you have been one of the murderers or rapists that are amongst you, you would not be able to redeem yourself in just one life-time. So, in spite of being a murderer, you can also enjoy happy times. A murderer is not someone who only has bad experiences. Often the murderer becomes a father of a family and has good moments. You will receive a sort of evolution process in which you must repay, and you also have things that you must learn. Karma is also something that is very good.

Evert: Surely you can redeem some things up there?

Isaak: No, you cannot redeem anything up there. You can only awaken up there. It is good that you ask that question. But no, you can not say upstairs, "I shall go and find someone in another sphere, someone I have wronged, and say 'sorry'." You can only do that in the earthly life

because you sink back into the situation where it once all started. Difficult, hey, it is so complicated, and yet what we tell you is only a small piece of the puzzle.

Evert: In any case, I do understand where it all began.

Isaak: Yes, that is the basis.

Evert: And me, have I just begun? No, eh?

Isaak: No, you have had umpteen lives. You will meet many people in this life you have had a spiritual affinity with, because you originated from the same source. So you will often meet lots of people in this life that you already know and think, "Hey, I know you from somewhere!" That is also a revealing moment where you have lifted up the veil of oblivion. You are born with the veil of oblivion, that is why you do not know anything from previous lives, but then for just a moment, you lift up the veil. Then you experience a déjà-vu, or a glimpse of recognition.

Evert: I once read a book about someone who lies on a table, completely relaxes, and then goes astral travelling, or something.

Isaak: Withdrawal, rising above yourself, you can disengage yourself from the physical body, but that costs such surrender and trust, but what lingers by these people is the feeling of, "Is this really realistic?" You are still bound to Earth so you must not think that you would wander around beautiful gardens, no, you would live it all in feelings and go through the experience or emotion. Leaving your physical life behind requires a lot of effort. It is also quite frightening.

Evert: I can really relate to that, not because I have never done it, but the idea alone.

Isaak: First of all it is dangerous too; let's get this straight right from the start. During an exercise where you leave your body, it is like leaving a car with the keys in, and anyone can drive away with your car.

Evert: Is that so?

Isaak: Yes, yes. Then you have lost your vehicle and you could literally become possessed because consciously, you had brought yourself elsewhere. Understand that there are low entities that are knowledgeable and it is dangerous. See it like leaving your bicycle outside unattended for five minutes, thinking it will be fine. However, it is like the thieves are just hanging about around the corner waiting, and they see and gone is your bike.

Evert: And then?

Isaak: The one possessing your body must be driven out. It can be dangerous in another way. You could also travel so far away that your astral cord would be totally broken preventing you from coming back.

Evert: That is not the intention.

Isaak: No, that is not the intention, so you must never try experimenting with this sort of thing.

Evert: And how about the person I have read about in the book?

Isaak: Yes, maybe he did it with the guidance of his guide or helpers, and that is fine.

Evert: Yes, and then someone can not go off with his body?

Isaak: No, because the body is literally being protected and guarded by the helpers. Mostly there are only a limited number of people who are allowed to astral travel. But you all do it to a certain extent.

Evert: When we sleep?

Isaak: Yes, for awhile.

Evert: So you can get the rest you need?

Isaak: Yes, your spirit needs to rest. You go on a little trip, an astral trip, but you do not remember anything about it.

Evert: How can you still be tired when you get up then? You should be sufficiently rested, that's why you go astral travelling, isn't it?

Isaak: That has nothing to do with astral travelling. Mostly people are tired because they do not rest properly at night. If you are restless during the day and feel restless in your body, do you really think it will go away at night? You are just as restless in your sleep and you are actually fighting whereas you need to calm down to enter a sleeping rhythm, otherwise you will not rest. Sleep is pure submission and if you can put aside your worries, then you will sleep well. Sleep means rest, nice rest, close your eyes.

Evert: So someone able to do this has enough with four hours sleep?

Isaak: Oh no, the physical person needs more than four hours.

Evert: I've heard someone say ...

Isaak: Yes, but that will not last long. Maybe these people can live for the time being off their charged-up batteries, but on the face of it, they need more sleep than only four hours. It is true when people get somewhat older that they need less sleep, but this has to do with time, because they actually feel the time ticking away.

Evert: I also have that feeling sometimes. For twelve years I have been doing stupid things and I have a phobia, and that's a shame. Or maybe not, as you learn from it.

Isaak: On the surface, it is a shame if you start inventing excuses, but we do not find anything to be a shame.

Evert: Also because these are precisely the years in which one does a lot of crazy things.

Isaak: Yes, but in these twelve years, as you call them, you have not been obsessively busy with this process, so you have still got lots to experience.

Evert: Yes, I understand that I shouldn't see it this way, because it is probably not for nothing that I have a phobia. Maybe you should have it from the age of seventy to eighty, but that's a bit daft, you wouldn't want that either.

Isaak: No one wants to waste time because everyone has an inner clock that regulates their time efficiently.

Evert: How do I find out what it is then? How do I know when I'm doing ok?

Isaak: You are being busy in a good way when you are at peace with yourself, you know that. There are people who are never satisfied, never satisfied even owning the most expensive cars, they are still restless. They have no inner happiness and want external things to make them happy. Suppose that at a given moment you say, "It's good, I am at peace, it is as it is, full stop." Then you would not resist, you would not battle anymore, for everything would be alright, and if you have the feeling that it's ok, it is ok. You must have peace - peace of mind about who you are, peace knowing that you might experience negative things, peace that you may become ill, peace that you may die, just peace, peace, peace. There are many many unhappy and restless people who keep on seeking. Maybe they do a meditation course and become more themselves and realize, "Ok, it wasn't all about the expensive car outside, it was about me." We see relationships where people point a finger at one another. It does not lie with your partner, it lies with you and if you can not find peace within yourself, you will not find happiness in the relationship. Quite possibly you think the kids are no good, whereas it is you that is at fault. You can tell if people are at peace by their facial expressions. You can see it with children - they sleep so peacefully, succumbing in bed, and you think, "He lies there so peacefully." You also have people who frown when they sleep - they are certainly not at peace. You can tell in many different ways if someone is or isn't balanced. You can tell when they have had some alcohol, as that is mostly when the truth surfaces.

Evert: Why is it that some people don't actually eat fish or meat, and don't drink or smoke?

Isaak: Often it is about paranoia.

Evert: Paranoia? But the monks for example?

Isaak: It can be paranoia. They think. Paranoia is something that you think. Therefore they think, "If I don't eat meat or fish, or I don't do this and I don't do that, then it is better for me - for my spiritual self and my physical self." It can be, it can, but it does not have to be, eh?

Evert: Why can it then?

Isaak: Well now, concerning meat, in meat there is a lot of negative energy. It is not that the whole population should never eat meat anymore. This is also something that has to do with karma; maybe you really need the meat. Meat has a specific energy and maybe you need this meat-energy to maintain your balance.

Evert: Is that so with me?

Isaak: I do not have the feeling that you should give up meat. Not everyone should give up meat. But if someone says, "I don't want it anymore," then there are always two sides to the question, one being paranoia because you have seen or heard something, and think it is correct, or it really is so.

Evert: Yes, if you have seen or heard something, then you can't eat anything, because vegetables are also sprayed, to give another example.

Isaak: Yes, do you eat meat in a purposeful way or do you eat meat because you think, "It suits me to eat meat"?

Evert: I don't know any better.

Isaak: Exactly, then it suits you. In a purposeful way you are fixated on that piece and that bends towards paranoia.

Evert: I don't find it either to be good or bad, but I understand the significance of smoking.

Isaak: That is indeed bad, but you digest the meat and it goes away.

Evert: So we keep on going. If you eat 'this' you get cancer, and it is always when things are examined that they find something.

Isaak: Absolutely, but you do know that analysis leads to new investigation?

Evert: Yes, precisely and one time they say 'this', and next time 'that'. It is the same with babies, one time they advise laying the baby on its back and another time you must lay him on his side.

Isaak: I shall tell you a rather dismal story.

Evert with a laugh: Must you?

Isaak: It can not hurt. If children are supposed to die a cot death, suddenly their life ceases and their astral body is lifted up and taken away. Look at it like this, I, as an angel, pick you up and take you too another sphere. Suddenly you are nearly there and you are shaken awake and given the kind of resuscitation one gives a baby because they want you to live and return to the physical body. It is actually a fact that your physical body had already broken. The detachment had just begun and your physical body was not in a state to stay yours any longer; it did not suit you anymore. Just like a pair of trousers that are too tight, they still fit, but they are not comfortable anymore. What happens to such a child? Often they do not return nice and healthy and it would have been better to have let the child go without waking it up or without resuscitation.

Evert: Yes, but how do you know that at such a moment?

Isaak: Yes, it is difficult in this earthly life to say, "Go on, and go."

Evert: Sure, but you don't know, do you?

Isaak: There are children that are brought back during a cot death and are reanimated in time, and the child is put back in the body, but it is just too late. The result is you get a sort of spastic child, shall we say, no longer in balance and these are not healthy children.

Evert: Then it would have been better if the child had gone over.

Isaak: Yes, and now you can not say, "That was his course in life." No, his course was to have gone over, back to the spheres. But due to the free will that people have, he was brought back to the body. That is why karma is so complicated and free will so complicated, it is complicated material.

Evert: Does the child's life become rather ...

Isaak: A dismal life – the spirit was in most cases 'a little bit dead', but when the moment comes that he is brought back, the spirit is revived so he wakes up. But at the time the spirit re-enters the child, he was literally dead.

Evert: But he doesn't know all this, does he?

Isaak: He just exists.

Evert: So they really understand how to just 'be'?

Isaak: Yes, but consciousness goes hand in hand with understanding. I mean, if I were to take away all your senses and you just 'are' and I look at you, I cannot really speak of your 'being', can I?

Evert: No, that's true, there are so many considerations. Such a life is really a life that is quite worthless; for nothing.

Isaak: No, it is not for nothing because we see nothing as lost, but we term it to be 'a waste of time'.

Evert: But time here is different from time there?

Isaak: Exactly, and so often you waste your time.

Evert: But in another way.

Isaak: Yes, so often. You go down so many side-streets.

Evert: But doesn't that belong to your learning process?

Isaak: These side-streets are the free will. An example: You are meant to be happy, but you decide to enter the world of drugs; in which case, we can not really stop you. It is a side-street, but you often return because it is nothing for you really, and then you continue with your life's path. But then in reality you begin where you left off, but with more baggage in your back-pack. You have gained an extra stone that you will have to cope with, plus the guilty feelings of, "What have I done?" So all this you will have to throw away before going further.

Evert: So it is not necessarily part of it?

Isaak: No, naturally not. You are champions in time-wasting, eh?! But that is why the evolution process exists, you have so much time. Supposing that you have to go through ten more lives and you think that with ten lives you will not make it, then you can easily get an additional five lives from us.

Evert: From 'us'?

Isaak: From us, from 'upstairs'.

Evert: Yes, but the ones getting the lives belong there too, don't they?

Isaak: Yes, if you say, "I won't make it in ten lives, I want an extra five," then we certainly will not say, "No, you can't have them."

Evert: But in the end the person thinking he won't make it in ten, will go back again to 'us'? Who are 'us' then, don't they have to reincarnate?

Isaak: 'Us' - they are the high spirits.

Evert: They aren't souls?

Isaak: They are all souls, it begins with the soul. At the time of your death you are not alone, you have co-ordination and structure above. There are people arranging things, people with a higher standard of education than you who arrange things, so mostly you ask advice.

Evert: The ones that are there, are they the ones that incarnated first?

Isaak: They are already somewhat further than you, let's say.

Evert: But how was that started, was there one that thought, "I want to go off?"

Isaak: Haven't we explained that? We have just explained that it begun with the structure, the little grain.

Evert: Yes, but there is a little one that thought, "I'm going away." But he was all on his tod, or do ten thousand all go at the same time, or something?

Isaak: You say the Big Bang begun it all, but we don't name it as such. It was just an awakening, so they split themselves, "I don't want to stay in heaven, I also want to incarnate," and the possibility was there.

Evert: So they all sat together and then suddenly they took action?

Isaak: Have you ever thought about the existence of God? That you are God - that means that you belong to the glory, your knowledge as in, "I can move myself in every form, and if I decide, I can leave." Previously you were in heaven, and you were not lifeless material and you moved to where you wanted to go.

Evert: You go out as a spirit to learn, to evolve and really all the time you are seeking the same glory, for that's what you want again.

Isaak: Yes, that is right.

Evert: Aren't you mad then if you go?

Isaak: No, it is not madness that you go because you return to the schools. Supposing that you have a good life, you are at home, you get food, you get drink, you don't have to do anything, nothing the whole day and you just have to exist. You feel alright, there is nothing the matter. But all of a sudden you get the feeling: No, there must be more to experience. Maybe you decide to just open the door so you can look outside. "Oh, I see the nature, the trees, and the light." You see everything, and you love it and you think, "Maybe it's a good idea to go outside so I can participate in full." But then you will think, "If I literally go out and taste the world, then I won't be able to go back to just sitting around again. Why? Because I want to experience, I really want to learn," and at a given moment, you will get the feeling, "I chose this." And then you exchange places to experience another sort of glory and you stay physical and do not return to your original form.

Evert: The ones that begun their first incarnation, how were they guided? Guidance was not available yet, was it?

Isaak: There has always been guidance, because actually you guide yourself, in whatever form, you always guide yourself. You are also guiding yourself here and now on Earth, aren't you? You do not need constant guiding. You are not a solitary individual in the whole wide world. Look at the great people up here, loneliness was not an issue.

Long silence.

Isaak: Difficult, eh?

Evert: What I do not understand is how it was with the very first souls. Didn't they receive any guidance? They were the first and they didn't receive guidance from you like we do, did they? There was still nothing at all.

Isaak: Who said that there was nothing?

Evert: It must have begun somewhere?

Isaak: The glory was there.

Evert: Yes, but the ones that incarnate now also have that, but they get extra help.

Isaak: Yes, but the evolution process has long begun, and when somewhere an angel is born, a young spirit, you are really born where you feel comfortable. There has always been protection.

Evert: Yes, but from what?

Isaak: From God! Do you know what God is?

Evert: Yes, everything.

Isaak: Yes.

Evert: So the very first people that went were still joined together in the glory.

Silence.

Evert: I think it goes too far, and I just don't understand it.

Isaak: No, you do not understand it any more. We have tried so hard to explain it, and now you are pulling it all into very little pieces and then it becomes very complicated. We have already explained to you that you will never process the intelligence to understand. Supposing that either we or someone else were to show you a difficult 'sum', we could not tell you how the first person came to fathom out the answer. We could not tell you why he did it, and how he came upon the idea of working out the answer to the difficult sum. Then you would certainly have to delve deeply into the material. But if you just believe that the person received inspiration and in the possibility of the difficult sum being worked out, then it is good. See it like a telephone. Someone knew all of a sudden, if you make something like 'that', then you can phone. That would be unbelievable for someone coming from the jungle, for instance, who understands nothing of your luxuries. So you can not mentally understand the basics, but we know that bliss has always existed and shall remain so in whatever form. We want to tell you that you were once a very young someone in a very large cosmos and you became lost and took on a personality. You choose this, cause and effect. You carry the effects of the decision of going to Earth, and yes you are disappointed. Later your heirs come to you as you are physical and you will evolve on Earth. Your heirs come and do the same, cause and effect. This has been going on for centuries. And what did we do? We, the saints as you name them, the high spirits, we try to help, to stimulate the nicer things in your life.

Evert: Who are these 'people-on-high'? Don't they leave?

Isaak: They are the ones that stayed, yes.

Evert: I understand.

Isaak: Not everyone feels the forceful pull of attraction or the desire to go down here.

Evert: And not everyone goes to the Earth?

Isaak: There are many that remain where they are, and it is the same with your schooling when you think, "I'm ok here, why should I experience new things?" But you do have separation, and this separation happens to all of us and we become unique. Unique individual creatures.

Evert: But that was already the case, only you all sat around together.

Isaak: We sat in the heavenly glory, which means we literally lived off this glorious energy. Now you have descended, you have a personality and quite suddenly you and everyone becomes unique. First one person did something, then all the others followed and now we are all unique. It is just like a ball; we were a whole ball and sat in the glory. Now the ball has disintegrated and we are just parts of it.

Evert: But you are still the glory, if only a small piece of it.

Isaak: But you do not experience it as such. Something is missing. Somewhere in your conscious, deep inside yourself you know, "I am glorious and I can feel intense love, I am love, because that is what it's all about." You were literally a fountain of love, and you think, "I want to repeat this fountain of love." So you seek it and you cannot find it here among the people because the people are bound firmly to the physical and to material things. People give out of greed, they do not give out of free will, they give out of greed - they give in order to receive. You

will find that here with us you do not have that. We give out of love, pure love, unconditionally; do you do something with it? Then do something with it – do nothing with it, then it is also fine by us, but that attitude saddens our hearts, but again that is your free will. Do something with it or do nothing with it.

Silence.

Isaak: Speak out loud.

Evert: If everyone had remained sitting there comfortably ...

Isaak: No, because then you would learn nothing.

Evert: You have already learned everything.

Isaak: No, no, no, you still would not know how it was to be here on Earth. You would only know from experiencing the school.

Evert: No-one?

Isaak: No, the Earth was not yet populated. The Solar system was always there, it was a very dark uninhabited system.

Evert: Was it always like this?

Isaak: Yes.

Evert: Where did it come from?

Isaak: Yes, where did it come from?

Evert: And no-one knows, or no-one is allowed to know. If no-one is allowed to know, then that's that, but then we will never know.

Isaak: We do not think that this is relevant. It has always been there. It has always been there. It is probably hard for you to understand because you have always been here as long as time – but do you know that? No. You do not know that you have always existed, only that you are here now. But you have always existed because there is no beginning and there is no end. You are not a molecule that suddenly took on a form. No, you are a spirit that chose for the physical. You have always existed because you are God, and that means that you are love. There is no God there, you are God, you are a piece of it, and that piece needs food, must be given water, must be allowed to grow until you return to your true form in the glory. That's it.

Evert: And then?

Isaak: And then? Then you are in glory.

Evert: Hey, where you could have stayed in the first place!

Isaak: Do you regret the specific schooling you have experienced here on Earth? Do you regret that you went to the kindergarten, or the Secondary or Grammar School? What do you think you

get out of it?

Evert: It makes you into what you are now.

Isaak: Exactly, the correct answer. What you got out of going back to the Earth repeatedly, makes you what you are today. That's it, finally. So, if you wonder "Why?" - It makes you into what you are now. You are now wiser than you were ten years ago.

Evert: Yes, let's hope so!

Isaak: And you are wiser than you were a hundred years ago. And you are wiser than a toddler, and a toddler is wiser than a baby. You become wiser, that's what it is all about, you become wiser. It is absolutely not frightening to die, it is absolutely not frightening to leave the physical behind and it is absolutely not frightening to be born. Do you know what is frightening? Not knowing. That is frightening, not knowing. So now in the physical, you transfer yourself in thought to the past or in the future or somewhere else unobtainable – so you really do want to know things. That is why the physical person walks around with questions, "Why this? Why am I here? Why do I do that?" He does not know the answers, he does not know why. Therefore when we tell you that you are here because you are in the evolution process, you should say, "Now, I can acknowledge that."

Evert: But then you would still want to know more, isn't that the evolution process?

Isaak: Precisely, the more you know, the more you want to know. You can learn endlessly, but you must also believe that it is the truth. Believe in your knowledge.

Evert: What do I know?

Isaak: Not much, yet.

Evert: What should I believe then?

Isaak: Believe in that which we tell you, and you will know.

Evert: I do believe that now.

Isaak: Ok then, so now this becomes your knowledge. If I were to say to you, "These are white socks" and you have never seen white socks and I say, "Evert, these are white socks," this becomes your knowledge. Do you understand? You acknowledge it, and it is a pity that most of the physical people do not acknowledge. They are frightened to acknowledge. Why is this? It is because they are ignorant, and because of this it makes us somber occasionally.

Evert: You don't get somber, do you?

Isaak: It really does hurt but we do not let it affect us to such an extent that it breaks us. But naturally we empathize; feeling is good, pity is not. We become somber if we continuously reach out to the physical human being and he ignores us; of course this saddens us. But we can get over it easily enough and once again we let it go. There are so many spirits like you, but each one is unique, isn't that beautiful?

Evert: Yes, it is.

Isaak: If you are walking along in a busy shopping street and you think, "Oh, am I just one of the many?" then your belief relapses. Also if you walk in the shopping street with the idea that you are just a small being among the millions in the big mass, then your belief relapses. Believe that you are unique.

Evert: That is not something you stop to think about, that you are unique.

Isaak: Well, actually you should, because it is wonderful to know that you are unique. And on this point, we would like to end this session.

THE EVENING LESSONS

Elise tells: I cherish such good memories of the evening lessons. Each and every time they were wonderful, special and extremely educational. There are a few that I really want to share with you to illuminate their special character.

Please appreciate that you are not strangers to each other, a bond exists even though you do not know one another well. You have things in common, but you are there for yourself, for your own development, to work on your blockages or to break through the patterns in your life and for inner and spiritual growth. If you have something in common, then you form a band with the other students.

We were in total 12 people that came together for these evenings, and the theme for the evening, dictated by Isaak, would be intuitive drawing and painting. Intriguing. We always began the evening with relaxation, meditating a little; going back to the basics, going back to yourself, your true self, to your feelings.

Isaak: Unload. You load yourself up the whole day long with all these impulses; consequently, you are fully loaded. Then you start thinking about things, contemplating things, bringing memories to the surface. The moment you look inside yourself, you unwind. You breathe in and you breathe in life. You breathe out and you let go. All thoughts collected in your head, must leave your body. The more you breathe in and out, the more you will release and unwind. Perhaps you will yawn; maybe you will release your emotions, maybe your throat chakra or your heart chakra will open. Through meditation, everything that you suppress will surface. You might cry, feel angry, tired or happy, just let it happen, it has to be freed. Be well earthed with two feet on the ground, open your crown chakra, close your eyes and say to yourself, "I am." Silence cleanses.

We sat in a circle, holding hands and let the positive energy flow. We all relaxed and Isaak's words led us into a deeper meditation towards visualization. In thought we had to ask ourselves questions and look for answers, but most importantly about the images we received. We had to speak of the images and later reproduce them in the drawing. I received an image of my inner self. I saw a beautiful, restful, peaceful, pleasant empty space, clearly lit, without shadows, without sharp corners; the core of myself, my core, strong as steel, solid as a rock; powerful. I received the feelings of trust and belief in myself. My core was the only thing there was and the only thing that mattered and it was a pleasant feeling.

Isaak's explanation of this drawing was that I had reached the core within myself, in the colour blue, the Divine colour in which I had found so much support in this difficult period. The basis is small because I have only depended on myself for a short time; I mean the short time in which I have lived alone without parents or partners. The right and left paths stand for my two marriages that both ended in nothing. The space inside of me is clear and light but somewhat troubled with light blue clouds and swirling veils, which signifies there are things needing to be cleared up.

Another woman had drawn a thick line on the paper, which split up, the straight line ending in nothing and the other one bending to the right. There were balls on the paper in different formats and every ball had a tiny door. During the visualization exercise she had looked in every ball but they were all empty and there came a time when she didn't want to take the trouble to look any longer, for she assumed they would be empty anyway.

Isaak explained that the thick lines represented her life's path, the balls being the disappointments she'd had in her life – big and small disappointments. The path leaned towards the right signifying that she had chosen for changes in her life, so she had now chosen another direction, a positive direction because right is positive.

One of the men had made an exquisite drawing of a bird with a surrounding fan, feathers, lines, whirlwinds, spirals and other graceful forms in different colours. The transparent bird was himself. Transparent because he considered himself to be so empty, "I never feel anything" is what he told us several times. The bird's claws were prominently drawn which means that he wanted to have a grip on life, but he had not yet succeeded for the claws he had drawn grasped at nothing. The dark spiral on the bottom left hand corner was the dark period which he had mostly left behind. All the beautiful forms, lines and colours were explained as spiritual growth but also confusion and emptiness, and so this man received a story that was clear and plain.

The last story that I have to tell is about a woman. She had drawn herself lying naked. The surface she lay upon was multi-coloured and drawn diagonally. The message for her was that above all she must look for the beauty within herself. She was lying on her life's path. She must not do nothing and just lie on her life's path, but make something of her life. The beautiful blue eyes represented her clear outlook she would now have on her life. She lay with one leg in a green and yellow surface, the colour yellow standing for Divinity and the green was the green for growth and her flourishing. The diagonal stripes symbolized the family she should take more distance from, particularly from the abuse of a family member years ago. Everything that causes interference, you have to sweep away.

These were extraordinary words - they were true explanations of the drawings relating solely to you and touching you with their truth, supporting or giving you a push in the right direction. Afterwards we continued with writing, intuitive writing.

Now everyone had to choose a partner and concentrate on him, and intuitively you had to write something about the person.

Beautiful stories were written, personal descriptions, warm words, sometimes in poetry, too many to share with you. The funny thing was that the story that you had written about your partner was in retrospect entirely about yourself! Coincidence does not exist and intuitively we had selected a partner in which we shared this similarity. They continuously surprise us!

Although the group was comprised of the same people, we changed the composition of people with each lesson. The lesson is perfectly attuned to the attendance so an absentee missed nothing of significant to them. Once again, coincidence does not exist.

This particular evening was attended again by 12 people and at eight o'clock the room filled up with many people obviously from the other sphere. As always Tresi went into a trance and was guided by Isaak during the coming hours. Once again it would be a very special evening because the many present from other spheres were not of course here without reason; it would be a healing evening.

First we were asked to resume an easy posture for meditating and encouraged to enjoy the silence and the joyful feelings which the invisible, yet very tangible people bestowed on us. We were invited to express a wish in our minds, whether an experience or confrontation, or another learning process we wanted to undergo, and we would get help with this from above. Many thoughts went through me; I wanted to be more courageous, powerful and strong in my shoes. Oh yes, I have already worked on being more carefree, but I wanted to be more playful and live

my life as a more light-hearted person, because I am so serious and have been my whole life. But I felt it as intensely as a storm coming on that I should play around a bit, be childish, play games or something, and I certainly didn't want to! I have never done that, don't want to, don't want to try either, definitely not, it was too shameful, no not for the love of money! But there was no escape, it lingered in my head, be playful, be playful, be playful. "Indeed," offered Isaak, "You are already brave, your strength will grow, and you stand sturdy in your energy." I must become playful, something I had never been, not even in my youth - so it was about time. Reluctantly but laughing, I went with another girl with the same lack of playfulness in her character, into the corner to make up games!

We thought it was terrifying, we had never wanted to play in the past and now we still didn't dare. But help was at hand and we loosened up and the shameful feelings dissolved and we got the giggles like little girls and succeeded with our games. We played at pantomime, clapped our hands, did a bit of acting, and went off to the loo laughing. We were doubled over with laughter with all our tomfoolery, including hiding our fellow students' shoes, to name but one!

So everyone got their wish, their realization, or their confrontation. One of the guys was so bogged down with thoughts in his head that he had to go into the middle of the circle, symbolically stepping into the middle of his life. He had to try and let these thoughts slide down to his feet, to the earth, so that the energy would stream again and feelings would have a chance to flow. Another needed comforting, crying floods and found practical soothing from a good natured, rather large breasted student. One lady also wanted to 'feel' something, "Because it seems that my fellow students are always feeling more of the things that are going on around us." She seized up and spontaneously received a healing. Her head continued to rotate and this was fine as she had neck and shoulder complaints; her muscles were made flexible and supple, but maybe still more importantly, at the same time it gave her an awareness to be more flexible in her life.

The most impressive and beautiful healing was received by the lady next to me who was unbelievably knotted up with sadness. She had to go and stand in the corner facing the wall to come to terms with her feelings. It didn't work; she wasn't in contact with her feelings so her grief could not surface. "Bang your fists against the wall, throw it out, scream it out!" But her banging the wall was only quiet polite thumps, and the screaming had hardly any volume. It didn't work. Then something remarkable happened, she was taken over by the medium Tresi. Not everyone understood what was happening, but I could see immediately; Tresi sat and cried, sobbing it out and could hardly speak. Her feelings between the sniffs began to emerge, "She's so mean," boo hoe, "She doesn't want me, she suppresses me," boo hoe. "What have I done to you that I deserve this, why won't you hear me? She wants nothing to do with me." In the meantime everyone realized what was happening. The group began to encourage the lady to embrace her feelings, being Tresi at that moment. "Hold her tightly, gather her in your arms, see how she is now and comfort her." The lady still resisted. "I am not going to do it, I can't do it here, not in the group - I will do it quietly at home." The group began to work on her feelings, but she didn't want to be comforted and so she wasn't. But eventually she co-operated and she could not resist our consoling words and encouragement and she choose to get closer. She took Tresi in her arms, accepting her and comforting her and promising from now on to listen to her. So she learnt that in future she must listen to her feelings, not be ashamed of them and certainly not to suppress them. Now she could release her sorrow, let it come to the surface, look at it, feel it and let it go.

The next evening lesson was about the less attractive qualities of the human being. Previously we had dealt with the good qualities. Everyone had to make a list of their good qualities which was naturally a nice boost; it's nice to emphasize ones' good qualities and to receive a tap on the shoulder. The lesser qualities or simply the bad qualities are of course much nicer to deal

with as they are not only more interesting, but certainly more useful. The lesser qualities you can change, if you really want to, that is. Why would you want to change them? Negative qualities can actually destroy a person. Self criticism is very stressful, so look carefully and question, are the negative qualities really so bad? Take a good look at everything, feel it and let it go. You must become conscious otherwise each time you will only bump your head again with the same. If you do not think about it then you will not become aware. That is in reality how awareness works. So look at it, feel it and let go of the bad quality and each time this quality shows up, think, "Here it is again," acknowledge it and let it go again. It is good to work on this. We paired up and wrote down our bad qualities, one thinking up the bad quality and the other writing it down. Each list was worked through, and the quality judged by Isaak and the person in question as to whether it should be termed a bad quality. Sometimes 'upstairs' there is a whole difference of opinion from ours 'downstairs'. I'll give you an example. Many people are quick to think of pity as something noble, whereas the pain is someone else's pain, it belongs to another. It is not yours, so don't concern yourself with it, do not interfere. Compassion is something else. You feel another's pain only for a limited time, but you give it back again, you do not keep it. You can decide to help, but you can let it go. Here is my own list.

Elise: I am quickly irritated by sounds, a yapping dog, people smacking their lips, false teeth clapping, leaking taps, etc. etc. It affects me to such an extent that you could practically call it painful the way the anger gets under my skin. It is a horrible quality.

Isaak: But keep this quality.

Elise: Excuse me? I don't understand.

Isaak: Yes, share your problems with the people that irritate you and try to solve them in this way; but keep hold of the quality because it is your intuition telling you that this person or noise isn't allowed to draw you out of your energy or your own little world. Your body says, "I can't stand this." It is purely a violation, so do something about it. Leaking tap? Close it. People smacking their lips? Move out of their energy field. So open your mouth Elise, you hold things in for too long and that is why they get under your skin. Take action!

Elise: I don't make enough time for myself and if I do it is too little time that I grant myself.

Isaak: That is a bad quality. "I want to be first in-line, I want to be in the fore," that sounds rude, but you may come up for your true self. And if they are giving away flowers up front, use a bit of elbow nudging to place yourself in the fore. You must not stay in the background. There has been much improvement; you have clearly experienced the awakening. Take care that you establish your 'I' and that is what we long for from the people on Earth. But we think that you are doing well, so it is not something to have to let go of any longer.

Elise: I am having difficulty making choices.

Isaak: We think that you are strong enough intuitively to make choices, "I think this is alright and that is not."

Elise: I am a perfectionist.

Isaak: Hold on to that. One person has it, another does not. If you change this, what then? Do you want to live in a shambles? No, keep it.

Elise: I feel guilty quite quickly.

Isaak: This is a definite minus quality, it has to be said that this is a terrible quality. This is a self-destructive quality. But please explain.

Elise: I hardly ever dare to express my opinion or say something to or about someone. I am afraid to hurt someone, because then these guilty feelings immediately come flooding in.

Isaak: That is so bad, because you are never yourself. It is very obstructing, because if you do not speak then your throat chakra becomes blocked. Yes, blocked, liberate yourself. You know that you are a good person. It is the same as when we say something to you, something confrontational; we do it out of love and not to destroy you. We do it only to show you something, something to reach for, voila! Do something with it. The same applies to you. If you give something to the physical person it's because it is good, not to break them. If there is negativity with a reaction such as, "I won't grant you that," then it is something different, but you don't have that.

Elise: I always wrap up my words; I don't want to judge, so I present it very carefully so that everyone is convinced of my good intentions.

Isaak: Very tiring.

Elise: Yes, very tiring.

Isaak: Therefore you must learn how to speak all over again, how to express your opinion and to recognize that you are doing it well. Look at it, feel it and let it go.

Elise: Making time for meditation ... I keep postponing it.

Isaak: Yes.

Elise: It has got to do with having guts, and with daring.

Isaak: Yes, you are afraid, aren't you?

Elise: Yes, if you had asked me two years ago to spend a lot of time in meditation, then probably I would have been an absolute star. I have always been happy to be alone, happy with silence and not afraid for myself. But during the nasty times these last years, I'm afraid I have lost that.

Isaak: Therefore you must let it go.

Elise: I must look at it, feel it and let it go.

Isaak: You must work on these two things.

It's so important to utter these words, "I will look at it, I will feel it and I will let it go." Afterwards breathe in through your nose, and breathe out powerfully through your mouth because that's how you let it go.

Here are some other examples from my fellow students. The names of these people are fictitious to protect their privacy.

Raymond: I don't have much patience with others. I often think that I understand certain things before others do and so I get annoyed.

Isaak: Yes, it is important to appreciate people for who they are, let it go.

Raymond: I must look at it, feel it and let it go.

He sighs.

Raymond: I do not have much discipline in my daily life.

Isaak: Your problem seems to be with regularity, but also with aims. If you have an aim then you need discipline, also with the less important ones, ok, so take care of these and automatically you will have discipline. You do not have a negative quality here; but you must take care to carry out your projects.

Raymond: I'm lousy at clearing up. I am a real fusspot about throwing things away. I have got boxes lying about for so long that I simply must go through, but I see it as a mountain of work.

Isaak: You could make it easier by doing it intuitively. Sit down comfortably and decide intuitively, "I need this and not that." Once you give your attention to something you lose yourself in it completely, very tiring; you know this about yourself and therefore you push it aside. So, look, feel and let go. You have trouble with letting go and difficulty with partings. Do not put so much energy into small details, do not think so much, go with your feelings and organize yourself. When we clear up we create space and if we do not clear up we get bogged under. So, look at it, feel it and let it go.

Raymond: I'm not much good with money.

Isaak: You are a not waster and you are not a compulsive buyer – it is just that sometimes more goes out than comes in; there is just a small margin. What's not there, is not there! That is how it is, but it is not a bad quality.

Raymond: I am often grouchy.

Isaak: Simple, look at it, feel it and let it go.

Raymond: I'm a worrier.

Isaak: The same, look at it, feel it and let it go.

Raymond: I am so indecisive.

Isaak: A bad quality so, let it go.

Anne: I can be rather bitchy. But on second thoughts, I think I'll keep this!

Isaak: We think it rather suits you.

Anne: I am curious.

Isaak: We find this a good quality - keep it because if you are curious then you are open. When you are no longer curious you do not learn anything anymore, but when you show curiosity you get to experience things; and these too are additional things to let go of. So keep your curiosity.

Anne: I am conceited.

Isaak: Conceit is not good if used in the context of, "I place myself before another; I place myself higher than another, Here I Am." But you don't do that, so keep it.

Anne: I can be very bad tempered.

Isaak: Why are you bad tempered?

Anne: People annoy me.

Isaak: Yes, your body emits, 'Leave me alone', and you do this because of your bad temper. That is coming up for yourself. I do not think it is a bad quality because it projects, 'Leave me alone in my little world', and that is not so bad.

Anne: I take out my frustrations mostly on the people surrounding me, the people I love.

Isaak: That is a bad quality, you do this and you deserve a slap! Why do you do it?

Anne: Because it is easy, they, my parents, will always love me.

Isaak: Yes, this is the result of being a bit spoilt and pampered. It was permitted, so you get the law of cause and effect. Actually your dear ones should make you aware of your behaviour. Look at it, feel it and let it go."

Anne: I am hesitant.

Isaak: A hesitant attitude is a bad thing, let it go.

Anne: I am lazy.

Isaak: Laziness is a bad quality, let it go.

Anne: I am quick to shut myself off from people.

Isaak: To shut yourself off from people certain people can be good, keep it.

Anne: I interfere. If I think that I can do better then I say so.

Isaak: Do you do it out of the goodness of your heart?

Anne: Yes.

Isaak: Then it is not a bad quality.

Anne: I can not release things properly or not well enough. For instance if I feel sad I think, "No, not now, I will cry about it sometime next week."

Isaak: That is a bad quality, because you will block your chakras, let go.

Anne: I am either extremely patient or not at all. Sometimes my patience just runs out and I can not take any more, it's finished.

Isaak: You do have enough patience, but there is a limit and this applies to everyone, because if you were always patient, it would be a heavy load to carry. Keep it.

Will: I am too easy-going.

Isaak: Yes, it is a bad quality for you use it when it suits you. To be easy-going is not so bad if you want to be flippant for awhile, but if you think, "I should do this, but I will postpone it," then it is more a case of being pig-headed. Try concentrating on improving this quality and let it go.

Will: I am heavy handed.

Isaak: Oh dear, that is always wrong, so look at it, feel it and let it go.

Will: I am quickly irritated.

Isaak: Same goes for this.

Will: I look at it, I feel it and I let it go. I am very precise.

Isaak: We like this quality so keep it.

Will: I am too persistent and go harping on.

Isaak: In theory persistence is not a bad quality; I think that you must find more balance with this. The nearer you come to being yourself the more you will know and the more insight you will have in general, and you will handle things from feelings. The balance follows on, and through this you will become stronger. If you have to gain strength from your mind, not much comes out, eh? But from within, it is much more powerful. Do it with feeling, not with intellect.

Will: I am forgetful.

Isaak: This has to do with hearing, and you do not want to listen. It does not get through to you, because in theory you have a good memory, but you do not listen. If I am talking to you and you are chattering away in your own head, you will not hear me. Actually you should meditate in such a way that you lower your head to your stomach, because then you are creating space in your head and where there is space, information can enter.

Karin: I am very stubborn.

Isaak: Yes, you are stubborn, and determined to hold onto a specific idea. This is innocent, it suits you, it belongs to you, and it is in you. It keeps things a little more exciting, keep it.

Karin: Sometimes I let people suck me dry.

Isaak: A bad quality and very tiring – you are too polite to say, “No!” Think in terms of, “You stay there, and I will stay here.” Keep the separation. Look at it, feel it and let it go.

Karin: I’ve got a washing phobia. I get home and pull off my clothes for immediate washing. I can’t wait until the washing basket is full; so it is always empty.

Isaak: So you wash every piece of clothing immediately?

Karin: Yes.

Isaak: Mostly this behaviour has a reason like being afraid of getting soiled or dirty. If you go somewhere you are afraid of getting soiled in case something sticks to you. So if you go home and wash your clothes straight away then immediately you feel a bit better, a bit cleaner. It is also a bit of a farce because it is not true. If you are in a particular place, you should not be afraid that something will attach itself to you. Look energy will stick to you at that moment, but it goes away by itself. It is a subconscious fear; you are constantly afraid of being soiled so you keep your surroundings squeaky clean. It is equivalent to drinking or the urge to eat sweets or gorge on food. It is a craving and it is difficult to get out of the habit. The only thing you can do is not give in to the urge and once again think ... “I will look at it, I will feel it and I will let it go. I won’t do it.” If necessary go outside for awhile, take a little walk. It’s the same as stopping smoking, “I’m getting the urge,” ups and downs and with the ‘downs’, you must be strong until the need decreases. It is when things reach a peak that most people begin smoking or drinking or whatever. You can overcome it, but it is hard work. Where this is concerned, you are stubborn enough, so keep the stubbornness and utilize it in this battle of yours. Typically this sort of phobia, these tendencies are the result of sexual abuse and this leads up to a person’s fear of being soiled. Look at it, feel it and let it go.

Karin: My problem is gluttony.

Isaak: Yes, around the time of your menstruation, yup, so you cannot do anything about it. But you do not necessarily have to suppress the urge. It is a question of hormones; it is not that you want to stuff yourself every day. We do not have the feeling that you have to lose this, it is part of you.

Karin: Sometimes I let myself be dragged along. I am talking in a negative way about someone while simultaneously I’m thinking, “You should leave his dignity intact,” but I let myself be dragged along. I join in the slating and it feels horrible.

Isaak: Yes, it is a bad quality, but nearly everyone does it. It is difficult for the physical human to stay firm. Everyone wants to retain their dignity, the speaker too, and therefore they let themselves be dragged along but they try and strike the happy medium by taking the middle path. But it is easy to let this go, from tomorrow onwards, just stay out of such talk. Look at it, feel it, and let it go.

Thea: I am so uncertain.

Isaak: That is a very negative quality and there is no reason for it because if we look for reasons then we are looking at an empty space. Therefore the uncertainty comes from an empty space,

"I am looking for something but I don't know what I'm looking for," then you are actually creating uncertainty about everything. You really must let this go. Look at it, feel it and let it go.

Thea: I have a negative image of myself.

Isaak: I can only repeat, look at it ... Keep looking, feeling and letting go. Constantly apply this advice to yourself, you must work at it.

Thea: I have so many negative thoughts.

Isaak: Time and time again let them go.

Thea: I get so frightened. I'm just not comfortable within myself. For example suppose I have got to go to a Birthday party, the whole day long I can occupy myself with negative thoughts and negative things and then I am frightened and not at ease at the celebration.

Isaak: It is important not to jump to conclusions. You often worry prematurely, you should ease up a bit and see how things turn out, see what comes. The way you carry on you are restricting yourself enormously because when you worry prematurely you are destructing yourself. So do not pre-judge. Suppose you get a telephone call today, it will catch you by surprise and immediately you will start worrying. If you thought beforehand, "Oh, oh, oh, later someone is going to phone me," then just the very idea of it would cause you to hyperventilate. Actually, in advance you already begin to devise the scenario rather than waiting to see the outcome. All of you should work on this – you really all should do this daily and really break the habit. "I should not judge but let it be and I will see what comes of it." Life is one big surprise! You cannot look into your Book of Life; you can not read up on your film-script, it remains a surprise, so you can never guess a scenario. Look at it, feel it and let it to.

Thea: I keep on worrying:

Isaak: Look at it, feel it and let it go

Thea: Doubts, doubts, doubts.

Isaak: All the things you name are actually all related, aren't they? Doubts, uncertainty, lack of trust. Once again, look, feel and let it go.

Thea: I can't come up for myself properly.

Isaak: You can come up for yourself properly; can you say, "No"?

Thea: Yes, I'm getting better and better at saying 'no', but then I get a reaction which causes me to self-doubt again and for a long time this is how I walk about.

Isaak:

Yes, that is often what the physical human being does. He walks about the whole day collecting, collecting, collecting, and shoving everything in to the back-pack and at the end of the day he opens it up and examines the contents all over again. All very tiring. Let it go!

Thea: I'm quickly jealous. Not in a greedy way, but where my husband is concerned, I am frightened of his feelings towards me. I think that he doesn't want me anymore – he has had enough of me. I'm afraid I might lose him.

Isaak: This is because of your own self-image. If you have a negative self-image, how can you project a positive image of yourself? This is your reasoning. Look, if you don't think that you are great, then you will not understand why he thinks you are great! The moment you think, "Here I am, I know what I am and I know why my partner is with me," then the jealousy will evaporate ... it is gone. Look at it ...

Thea: I swallow my anger and my sadness.

Isaak: You keep silent about your present feelings. You swallow and you swallow, but eventually you explode, and then someone is the victim of your anger because your buildup anger is aimed at them. So this person has every right to think, "Yes, but hey, wait a minute; perhaps I deserve a telling off, but not this gigantic outburst!" For you it was the last straw and your wrath was directed unjustifiably at the other person. So, talk, talk, talk! Look at it, feel it, and let it go.

Thea: I can't let go in every single situation.

Isaak: It is so tiring for you. You keep on falling back into the same old patterns. You work hard. Compare this with trying to lose weight. You eat a little for 10 days and whoops ... you go back to your old habits – all that work is for nothing. So you must persevere, always carry on, carry on, carry on, until you succeed. It's like if you drive to Portugal, boy oh boy, what a long way. Great, you are in Spain with 200 km to go, but you stop and you go back. No, carry on! Always carry on until the very end. Look at it ...

Lisa: I can't lose my inhibitions, for example I can't cry within the group.

Isaak: Is it a case of can't do it, or don't want to do it?

Lisa: I don't want to do it in the group.

Isaak: Then that is the end of that; what else can we do? We can not do anything for you if you say, "I don't want to." God has given you the free will and if you use it saying, "I don't want to," then we can not help you; we can not do anything for you. It is also quite a contradiction because you wrote down this quality but simultaneously you say, "I can't lose my inhibitions in the group."

Lisa: Maybe I want to conquer this.

Isaak: No, you do not want to because if you did want to conquer this, you would, and then you would say, "I will cry, and I will get cross" and you may, but you have to want to. You feel a lump in your throat, but you stifle it, you just let it get bigger. When the time comes that you can say, "I give in," then you will cry. Everyone can laugh, everyone can cry too. If you do not want to, then it will not happen.

Lisa: In principal, I do want to conquer this.

Isaak: It is a contradiction. It would be a real victory if you would just let it happen, here in the middle of the group. It would be a great victory. Actually this grumpiness of yours is worthless; you are so much more attractive when you show your tenderness. No-one warms to a person with perfect make-up, every hair in place and not a crease visible on their clothing. When there is softness and someone endearingly lets you see his emotions, then we warm to them and tears fill our eyes. Sweet child, it is actually because you are always telling yourself to be strong. But you do not grant it to yourself and it would be such a victory and a relief if you changed. We feel a bit at a loss here. What more can we pass on to you to encourage you to listen to the words, "Sweetheart, look after yourself." The care that you can give yourself is the care that you wish others to give you. Therefore the wishes you have for others you should apply to yourself. So if you wish to be thought of as 'nice', then you have to think of yourself as 'nice'! If you think, "I want people to cherish me and hold me," hold yourself. "I want them to find me worthy," find yourself worthy. You don't do this. You are a bit of a dog's body where everybody else is concerned, but you do not take care of yourself. You still have it in you, but you haven't used it for a long time. You totally ignore your own needs. So if you want them to love you, first love yourself; so if you feel the need to cry, say to yourself, "I'm going to cry." You suppress emotions, happiness, and sadness. You first examine your emotions and it prohibits you being your true-self. You test everything, first it goes via your head, it must first pass your test and then you give yourself permission to show the emotion, or not to. But this just doesn't help! You do not give in to your emotions, you save them up for a rainy day and then you watch a miserable film crying along with the story and in self-pity.

Elise: Does such crying help, does it clear it up?

Isaak: No, it does not help, spontaneity is important. Suppose that you are happy right now and you say, "I will show it later," then later on you would have to revive these feelings. Emotions give you a signal, they are not there for nothing; it is a sense that you have, an impulse. Give into what comes and look at it, feel it and let it go. We do understand that situations crop up where you must suppress your emotions, but not all the time. We always look at the child in you because this specifies your needs and it is sensible to restrict any suppression to an absolute minimum. Free your emotions spontaneously. If you do not show your emotions they can make you very ill – an ulcer, a heart attack, you name it. You have the power of control in your own hands, therefore, if you want to do it, you will. Look at it, feel it and let it go.

Lisa: My posture is wrong.

Isaak: This can be corrected, can't it? Just give some attention to your posture, help yourself and hold your shoulders back otherwise they will seize up. It is not so surprising that you have this posture because you go through life doubled-up and it shows in your posture. Do you feel good? Then you will immediately stand with self-assurance. Do you feel bad? Then your shoulders will droop. You radiate what you are.

Lisa: Too often I place myself last.

Isaak: One can be helpful but do not let it become a duty; it must not be a sacrifice. Let it go.

Lisa: I'm not letting out my anger regarding my ex-husband.

Isaak: Yes, but you should, that would be great – that would be such a great relief. That would be a huge gift to yourself. So do not think about it, just open your mouth and let blast and then slam the door in his face! You have given your life away, not thrown it away, but you gave it

away and that is a heavy load to carry on your shoulders. Let it out, get angry with him. You are afraid of the consequences and that is why you hold back, afraid of being left with a bag of rotten apples. How often does the physical human being do this, hold back afraid of the consequences, afraid to say, "I don't want you anymore." She is afraid that he will get cross, but he has been away more than a year, more than a year with another woman. He has broken her. She can not get angry with him because she is scared of what he will do. He has all the control over her life, and he literally determines what she may and may not have, even from a distance, he still decides and it is always been this way. When the time comes that she can say, "No," then everything will fall away from the last years, it will dissolve and in one clap she will become independent. You actually say two different things – "I don't want him back" and that is for sure, but you also do not want to lose him! So he still has power over you. She does not want him back, but she is afraid to lose him. So actually you still love him. Turn around and begin again; you stall, we call that torture, but you are thrashing yourself; you remain in the same old pattern, you do not break through, you sit waiting in the past. And what for? Don't look down at the shit below from the last years, look up! Don't stagnate in the past; you have seen that film ten times over, so begin anew. The minute we see that there is still hope between two people to make a success of the relationship, we do say so. But when the scenario alters, yes it is a shame - let a tear fall, but then letting go is essential. Actually you have pressed the pause button, so in actual fact nothing happens. How can you do this to yourself? You are such a nice person, why do you do this to yourself? Stop this writing to him; stop this talking to him, engage in nothing with him except what is business. Go forward! Chose for yourself, pick up the thread, free yourself, and step into the present. Express the strength that you have inside you and Go!

We had to recover from this powerful story and at this moment we were told to breathe in deeply. Please appreciate that our dedication to the group was very strong. We participated in the discussions and wished the best for each other from our hearts. We thought together and we searched together stimulating each other to break through. We knew this woman's story and wished so passionately that she would take this to heart and actively do something with it freeing herself to continue her life's journey.

Isaak: That is what you must learn. You are a human, but also a spiritual being. Letting go is so important. People do not dare to let go. Take the normal things that you find uncomfortable. You find something that you don't like and you shove it aside. If you don't want the emotion, let it go. People fritter their lives away. You shove things aside that should be dealt with. First it was a small pile but then suddenly it becomes mountainous growing before your very eyes. People do not dare to let go because if they let go of something then there is a hole ... and then? A new space is created, the space can once more be filled and thus a place is made for something new. New things start a new learning process and you can advance further. Parting is progress.

Anne: I am inclined to interfere too much. Actually I have just realized that I am sitting here writing too many negative things which years ago I had found positive, but the people surrounding me have labeled them as negative. In these last years I have also grown to see them as such, but now I am discovering that I don't think so any more.

Isaak: Immediately you have experienced an awakening, great. This was an awakening, wasn't it? Keep it. Your interference is a good interference.

Anne: I am too honest sometimes – too blunt. People I associate with say that I should keep it in and be careful what I say.

Isaak: You have a certain spontaneity about you, keep it.

Anne: I want to make others happy at the expense of myself.

Isaak: We think this is a bad quality because your intuition says, "Hold on, until here and no further," but you ignore this and then you go overboard and that isn't good. Look at it, feel it and let it go.

Anne: I don't let people see the real 'me', except the people that I know really well.

Isaak: That is for protection too, hey? You do not have to throw that away.

Anne: That is probably the meaning of this whole exercise. The moment you think it, write it down and read it, you wonder, "Is that actually a bad quality?"

Isaak: That is the meaning, to receive awareness.

Anne: I have difficulty with saying 'no'. I can say 'no', but then afterwards I have a nasty feeling.

Isaak: Then keep to the 'no' and relieve yourself of the feeling because you are still a good person when you say 'no'. Think about this and look at it, feel it and let it go.

Anne: One way or another I attract people who want to tell me all their problems.

Isaak: Yes, and here you could actually say 'no' to these people.

Anne: On the one hand I feel honoured that they give me their trust, but on the other hand I lay awake at night and I do not always feel like being involved in other people's mess. But it is also that I do not dare to send them away.

Isaak: When you go home let everything go. Then you are being open, but you are not burdening yourself afterwards. Look at it, feel it and let it go.

Anne: I am untidy.

Isaak: Creature habits.

Anne: At work I am extremely precise, at home untidy.

Isaak: Are you uncomfortable with this? No? Then keep it.

Anne: I am also beginning to feel a bit uncomfortable when someone thinks that my shoes are in the way, when I don't think they are! I say, "You put them aside then; the shoes don't bother me!"

Isaak: This is how you are, don't change.

Then a new exercise begins.

Isaak: We need to make a circle with our feet on the ground. What we are about to do is to let go of all the impulses that we find tiring and breathe in and breathe out. We have heard a great deal from which the spirit can get tired, let it go. Think, "I am only going to keep the things that I

want to keep, that are valuable to me, things that matter and everything else I am going to let flow out of my physical body. I do not need them. I am happy with the awareness." Breathe in and breathe out. "I am happy with myself" and breathe in and breathe out. "I am going to make myself a promise – I am going to promise to change." Breathe in and breathe out. "Everything that I desire I am going to create for myself. I want to be another person in certain respects and I am going to work on these aspects." Breathe in and breathe out. "And I am not frightened of something new, I will enjoy and embrace something new," breathe in and breathe out. Remember that each of you is here on Earth to learn and you remain learning until you return once more to us. You can only learn when you take the decision to do so. "I want this," breathe in and breathe out. Thank yourself for the commitment to yourself and to the commitment that you have given to the others. Let the past remain in the past and say to yourself, "I will let the past go." Breathe in and breathe out. And, "I will be in the present." Breathe in and breathe out.

Thank you.

The Divine world is happy with curious people, curious people learn and they progress. Naturally everyone sits with questions, questions about life, about existence and personal questions. These questions we can now deal with in the question-time.

Karin: We are very concentrated on ourselves during these evening lesson – are we growing?

Isaak: Absolutely, and you know that. At a certain moment you grow accustomed to it and it feels like a personal characteristic. First it becomes a habit and when you break out of the habit, something new will come. At first there is a habit but breaking out of the habit creates space for something new. We first let you view the old picture that you will need to let go of, and then we show a different way of making a new life for yourself, until it becomes a quality. You change the pattern of doing things and this is actually the meaning of these lessons. You become aware of the pattern, of the picture that you have been carrying with you all these years, and we try to change it in a positive way. So yes, absolutely there is growth and everyone that is been here for awhile following the evening lesson has changed. Do you know something? You hardly realize it as it happens so gradually, so unnoticeably, until it is just a fact. It is just like gaining weight. Quite suddenly it is there, like growing up, it creeps up gradually and you do not realize it. The same goes for spiritual growth, you grow unconsciously until suddenly you are aware of it and think, "Hey, I've grown." Suppose that you once had a problem with being happy and you can now experience happiness; or first you had a problem with rest and now there are moments of rest in your life. So you have changed.

It is not sensible to take big steps all at once because this causes a shock effect. The best way is just gradually. Frequently as we grow, something changes and our sub-conscious restricts us, we get a sort of shock effect and that is why we would rather do it carefully. What we do 'to get you on our side' is to win your trust. We do this providing evidence, and this we do with love. We win over your trust and slowly you 'come over to our side' and we change you in a very positive manner. We can not succeed without your co-operation because if you call out, "No!" then we cannot do anything and actually, we would not want to either.

Will: I talk my head off, just like an un-guided missile without a destination. What can I do about it?

Isaak: This has to do with rest, you are restless. Just now you had an assignment which you had to perform and to explain the meaning of 'Being.' You know it very well in your head, but to

execute it is something else. As soon as you have to make time for yourself you become restless, you have difficulty with 'being', you have difficulty with existence and because of this you seek diversion. You need this diversion to be yourself. To be able to 'be'. You are a determined seeker, just here, just there, then this, then that, you are restless. You have difficulty with the daily flow. "Today I am, I enjoy all that I see, from the nature, from the people and all that is good." You are always short of time and this has something to do with it. When you come to us to learn you have made a decision and as soon as this decision has been taken the process commences immediately. And if you haven't made the decision, then nothing happens. Therefore we are continuously saying to the physical people, "Ask! Ask!" Go home and sit down and make a list if need be, hold up this list and say, "I've made my list and I am going to ask!" So do not be too careful with questions. Your target is 'to be' – without external diversions. Just 'be', enjoy your family, enjoy yourself and enjoy everything that comes your way. The rest is extra, it is just icing on the cake. If you are in balance with yourself then you will discover that it is wonderful to be in contact with these people and time is unimportant. In your case it is often the case that when you are in contact you are happy, you begin to build up something and when it lessens you lose interest. Here the unrest creeps in and it is not nice anymore. So in future, when you are no longer interested, go home, take a good look at yourself, your inner-self and say, "Why don't I like it anymore?" Because at that particular moment you had the feeling, "It is final, I'm wasting my time," then it is alright to recognize them. If you think, "Finished is finished," let it go and give yourself some time to rest and do not go looking for the next project straight away!

Will: But I have difficulty with obligations such as coming home at a certain time etc.

Isaak: An appointment is important, keep an appointment. If you do not honour your appointment, then the other person will not know what to make of you. If you tell me, "I am going to be with you at such and such a time," ... and you do not come, then the difference between the said time and your appearance is intolerably long. So just be accommodating and think, "I made the appointment."

My dear Elise, now I see you have a whole list of questions?

Elise: Yes, I have a whole list, but I want to grant the others their chance.

Isaak: Let me tell you one thing - be greedy! Why? Because otherwise you are placing yourself in the third row, something you always do and we want you to be in the foreground, we want you to take the initiative for your own well being, "I want to be happy, so I shall take care of my happiness." Still, you are learning to do so. "I am curious so I am going to gather everything possible to satisfy my curiosity." Suppose that you are now by the baker and you say, "Go before me, go before me, go before me", then you will eventually arrive at the counter and say, "Oh dear, it's sold out, there is no more, what shall I do now?" So do not let everyone go before you, first you, and then the rest. It is important.

Elise: It is also a question of politeness. I have more opportunity through writing this book to ask questions in the interviews, so I also want to give the others a chance.

Isaak: Yes, so in the meantime you sit there all nervous in your politeness which actually signifies that you want to be in the fore, so recognize that feeling.

Elise laughing: Ok, ok, ok. What actually happens when we die?

Isaak: One arrives at the Gateway but then everything proceeds under guidance. When people 'go over', first there is a period of rest, of recovery and finding yourself. Afterwards you take your Book of Life and you look to see how you have done in this last life. In nearly every circumstance there follows a period of grieving, "If only I was... , if only I had..." but also the positive things are illuminated. Then you proceed onto the happy period of meetings, the reunion with all your family, friends or acquaintances that made this journey before you. Only when the group you lived with on Earth – children, but also other family members and friends – is complete and 'upstairs', then you will lay all the Books next to each other. You do this because often the people you were living with on Earth, are the people involved in your karma, and the very same you had the appointment to solve something with, both positive and negative. If for instance in this life you have done something exceptional for another, then certainly in one of your following lives this will be paid back by the recipient; something will be done in return by this person. That is the Cosmic Law, what you radiate returns to you, both the positive and the negative. Another example: The heaviest karma that you can build up in life is that of murder. Taking away somebody's life, thus taking away somebody's free will, is the worst thing that you can do. It could be that the murderer has a great and wonderful time in his next life. But the following life shall be extra difficult with extra baggage. The reason is to make it as difficult as possible for the murderer; first a great life followed by a rotten life, as the difference is then all the more harrowing.

Rick: Are you coming back to the Earth?

Isaak: No, I have finished with Earth.

Elise: Do we always reincarnate to the planet Earth?

Isaak: Yes, though there is other life on the planets in the Cosmos but we always reincarnate to Earth. You people from the Western world will not reincarnate for instance in Africa, you've had that.

Elise: We have previously touched on the subject of ending one's life – pulling out the plug. What is your opinion concerning euthanasia? Certainly it is permitted in The Netherlands by law for helpless and unendurable cases.

Isaak: That is free will. Euthanasia is free will and at that moment you decide yourself to make an end to your agony.

Elise: Is this looked upon as suicide?

Isaak: No, it is seen as free will. It is making an end to a situation that at the time seems endless. We have rules here, but also rules between the rules. When we see that a person is 'so far', we can show compassion. You would not have to do that time over again; you would be guilt-free. By suicide you are not free of guilt and you are burdened with it, an on-going burden. You have burdened yourself and other people - that is karma. There is no karma built up by ending your life by means of euthanasia, because the people surrounding you know of your intentions in advance and they are prepared. By committing suicide you are putting a burden on others because mostly this is carried out without their help or knowledge. So it is a bombshell and a burden. So we are absolutely against suicide, it is absolutely the biggest crime; it is the same as committing a murder. We know that the medical care in your society allows euthanasia but it is not carried out lightly.

Will: Suppose that you are so mentally messed up - such as with Julio. I think he had so much pain that he couldn't stand it anymore; is this still thought of as suicide?

Isaak: Absolutely. Every person that physically murders does that because he is not well, otherwise he does not do it. At the time the situation seems hopeless. This person, yes, he killed himself, that is how we review it. Throughout his life he killed himself little by little because he found life so hard. So with every misuse, drugs, alcohol, sex, everything you need as an extra stimulus is a misuse and a manner of fighting existence. You are scared of existing and that is why you do that, you have difficulty with existence. We say ... solve it! Go to your inner-self and ask, "Why do I have difficulty with existence?" Do you need external things to amuse yourself with or can you find an alternative way of cleansing yourself? No-one is an exception to us, everyone is equal. If you can accept the challenge of existing, then so can he or she too, except if you are mentally in such a muddle that you need medical help. Obviously he needed this as his life was one big chaos and he had not worked on it, he just carried on with trying to survive and not with living.

Elise: But doesn't existence just stay the same after going over?

Isaak: Absolutely, absolutely.

Elise: Aren't you once again confronted with the same problems? You continue wrestling?

Isaak: Precisely, when you go over in that condition, thus in the spiritual form, then here by us you are just as chaotic. You lose your physical body but not your feelings! Just like we always teach in our lessons, you are the feeling, not the vehicle. Suppose that your car is outside, are you the car? No, you use the car to transport yourself, so if you are outside the car, in reality you still exist. That is the way to look at it. Here in the spheres we heal these people. We could say that it is easier to get through to you there on Earth than to get through to a person here in his spiritual form. We have to connect ourselves to his feeling, but if he has shut down his feeling, how can we do this? He does not receive the insight and he lives surrounded by the earth's feel because if his zest is earthly, then his zest isn't spiritual as his spirituality had not been nurtured.

Ronald: He had made numerous paintings.

Isaak: Yes, and we see chaos in his paintings, all the colours through each other, here a dot, there a dot! But because he was a well known person his paintings are valuable. These paintings would not have been so valuable had it not been for his fame. And that is actually how it is. Go to the people and allow the people to work with colour and the more you practice the more pictures or colours will be accentuated. We do not like his pictures much as we see the chaos in this energy, because everything is energy and what you are you radiate. How can you suddenly radiate so much spiritual energy if at that moment you are so far from it? We hope that you can accept these words.

Elise: I've got another question fastened to my papers ... interfering in nature is something we humans so often do. Then I think for instance about fertility techniques such as IVF, but also of abortion and genetic manipulation. Is this not going against the will of God? I mean God has created nature.

Isaak: No, if it actually were to be so, then it would not exist. Let me enlighten you by saying that we are so happy with these modern techniques such as IVF because the child chooses you. But

supposing that your vehicle is not capable then we are very happy that the medical world is so far advanced that this reincarnation shall take place, nevertheless. So the child has picked you out but you cannot give birth to him, then we are delighted with these techniques. And by the way, each technique within your possession, you have us to thank for!

Karin: What are your views on abortion?

Isaak: Abortion is murder. Do you know when reincarnation takes place? During the fertilization. During the copulation there is already a soul, already alive. If it is deprived of life, it cannot grow. This is a fact.

Will: What if the mother were to be confronted with danger?

Isaak: Yes, as we have earlier explained, we have laws and we have more laws between these laws. But we know that in the general law if you abort it is murder because you are using your free will to end something. Suppose that you were to avoid this, you would bare a splendid child. Suppose that you are pregnant and at that time you are perhaps incapable, yes, then we can understand an intervention, but we would know that it had to do with karma. So, not everything is so easy to explain because of the laws within the laws.

Elaine: Why do children sometimes die?

Isaak: It's not a mistake. It is not a mistake. You must see it actually as a small vehicle out of which the child steps. We know for certain that every death is just natural and is supposed to happen. It is difficult to understand, but it is destined to be. There can be many reasons. It can be that you had chosen to be a short time on Earth. A miscarriage can occur just because a soul wanted to experience the wonders of being in the womb for awhile. Maybe you wanted to experience growing up in the spheres as opposed to the Earth? Maybe you cannot take the Earth's energy and you choose in favour to grow up in the spheres because if you die when you are so small, then you are carried to the other side and there you grow up among the other children. So your life continues and you grow to become a fully fledged adult. Many proceed to the adult sphere at about 12 years of age, but some need longer as they are emotionally immature and still need room to play. The sphere where you reside is always the sphere where you feel yourself to be at home. So when you know you are a good person, do not worry, you will come to the right place; you will come to a glorious place. If you do not feel well, take care and try and make yourself feel better.

Will: But just suppose that you already have four or five children and can scarcely cope, but a sixth is on the way and the mother enters a daunting physiological state and decides for abortion.

Isaak: Well yes, but nowadays, for so many years already they are products to prevent pregnancy. But understand us well; even if you have committed ten abortions, we still love you just as much. We will not judge you, but you do judge yourself. Often you do that already here on Earth, it is a sort of reproach and you think, "What have I done? I'm not too sure if it was the right thing to do." We say since you have inquired about our laws, that this is the law of cause and effect. You have done 'it', so carry the consequences of it and know that there will always be a solution. Many people who have considered abortion and haven't gone through with it are in retrospect very happy that they didn't do so, because they actually see the valuable child that they have. Do not forget that the child has chosen you; the child has picked you out knowing that you are the best master for him and with you he can learn what he actually needs to learn.

This makes you unique for the child and we are not talking about good or bad, we are talking about, "You are the person with whom I wish to learn".

Elise: I just don't understand that they are so many people having problems with their parents.

Isaak: This was the correct training. Most people have trouble with their parents, but it was the correct training. If you come off too easily, what is there to learn, yes, receiving maybe? Yes, with the one parent with whom you give and take, you are a gift. So if you have this fantastic interaction, the child has chosen you and gives you positive karma, then your child is a gift. It is so complicated, all of this, isn't it? For example. You have to go to school again. Are you going to the kindergarten? Would you choose to go to the kindergarten? No, you would seek something higher, you would seek the level where you think it is difficult but you can just about cope. It is the same as with parents. You choose your parents knowing that it may be difficult, but put in a bit of effort and you will succeed. You do not get more to do than you can cope with, not more than you can carry. Supposing that a parent robs you of your life, we also know that it is tied up with a specific life-line. It could also be karma; it is all so complicated.

Elise: You choose for your parents, but how is it with the rest of the family - brothers, sisters, uncles and aunts. How important are they in this earthly life?

Isaak: Sure they are important, but the further down the line, the less important they are. The longer the line is, the greater the distance will be. Compare it to throwing a stone in the water. You are the stone and the first circle is close to your aura, the further it goes, the further away from your aura it is. Often the previous generation is very important. Thus, the grannies and granddads are important. Frequently it is a fact that you look like one of the grannies or granddads. You also see people that actually love their grandchildren more than their own children and that is because they do not have the responsibility of the constant caring, enabling them to give unconditional love. You don't have to think, "Oh, oh, oh, oh," you do not have to worry. Don't forget that the parents usually are burdened by fear, fears like, "Am I doing it well? Will this turn out to be a worthwhile child? Can I manage?" But being a granny or a granddad, that can be pure giving, can't it? "I give and I want nothing in return, just love." The love energy can flow easier and that is why it is so very hard to be a young mother, it is very difficult when a child carries a child. The older you are the more balanced you are and the more open you become. Grannies and granddads usually emit the restful presence of, 'I exist' and children feel this and feel comfortable with them so are attracted to them as bees to honey.

Karin: I had a shortage of oxygen during my birth, was that also of my own choosing?

Isaak: It is different with everyone, but with you, it was your own choice. With a shortage of oxygen during the birth, brain cells die and it makes life easier for you. Your life is difficult as it is, so what would it have been like with more brain capacity? It was your choice.

Then Isaak turns to a very young student.

Isaak: You may also ask questions, in general, something about life, about existence or yourself.

Young student: I don't have any questions.

Isaak: Why don't you have any questions?

Young student: I don't know.

Isaak: And why don't you know?

Young student: Perhaps I am not smart enough.

Isaak: You are smart enough, you have enough brain power! Why is it then? Because you are not searching. You do not investigate anything and you let nearly everything pass you by. Suppose you see here a pile of gold for the taking. Then you would say, "No thanks"

Young student: No, I would take it.

Isaak: Why?

Young student: Because I could use the money quite nicely!

Isaak: These lessons will also do you a lot of good. As a physical person, knowing how you are put together, however small you are, investigating 'who am I?' would do you good. You would learn to be more open to yourself, for your emotions, for your feelings and your very existence. Then you could start to enjoy your existence. Look, you have been burdened with a huge karma and that is your existence. From the very moment of your birth, you were born into a situation that was not prosperous in more ways than one. So the first part of your life was not an easy part, not for you and not for your parents, but the burden did not start then, it started before your birth. Your birth was actually the solution for you to free yourself from your past. You did not want to be born and you resisted your birth; something to which your mother can verify. So the first phase of your life consisted only of fighting, fighting against life. There were many tears, sadness and anger, you carried so much anger with you without any real reason; it was just a feeling that lingered with you. Then suddenly the fighting was over and you started collecting, gathering up all your emotions and you still do this. So if you are expected to speak, you think, "Oh yeah, why should I speak, I will store it all up and in my introvert way, I will solve it." But we will tell you one thing and that is that this is not the meaning of your existence. The meaning was actually to end up here, from a previous life. You have never been informed that you had a very hard time in your last life - you were murdered. That is why you are afraid of death, that is why you are afraid of existence in general. That is why you are careful with giving and taking. Our question to you is, "Do you want to break this vicious circle and enjoy your life?" There are many capabilities within you so don't suppress them. Give and receive. Dare to give, dare to approach someone, look at him or her and say, "I think you're great!" Dare to show your love to your mother, your step-father and to your brothers and sister. It is so important for this child to learn to accept. His whole youth was spent in a stride, the stride with his inner self. He has problems with emotions, letting out emotions, problems with enjoyment in general; he is living on the edge of wanting to and not wanting to. He is extremely introvert, he saves it all up and is rather alone than with company. What we want to tell this child is that he must do just the opposite to what he has been doing, thus breaking through all he is now and learn to express himself, and how to just 'be'. That is his karma, his course in life.

Elise: What happens when we sleep, when we dream?

Isaak: That is on another level, another energy, so you rise and you leave the physical body to some extent and you enter the world of fantasy. Dreams can be a fantasy or you go deeper still and you enter the realms of reality. Here you find yourself in your subconscious, your subconscious talks to you. It can go one step further still, that you open up and the other side

communicates with you. They give images or information in your dreams and maybe you receive predictions, or you hear from your granny or someone else dear to you. It is like being able to tap into the 'other side' when you get information from us in this manner. It depends on how sensitive you are; are you open or are you closed? Often people remember their dreams, often experiencing them in the subconscious. People who do not remember their dreams often are frightened of reality, scared of existence because most of the time a dream tells you what is really going on. The subconscious comes to the fore. Suppose that you always dream that you are flying, this means that you badly want to flee. "I want to go! I want to go!"

Elise: Many times in the past I have had a repetitive dream - sometimes five, sometimes six or seven times.

Isaak: Yes, it happens often that we process things during the dream. You are then in the half-awake condition, not really dreaming and not really sleeping. At that moment you are very sensitive because you are so alert, meaning that you are allowed to hear it consciously and be involved. Your consciousness and your subconscious are at that time very close together. Sleepwalking is not something that we can clarify.

Ria: On which sphere does Isaak live?

Isaak: This is a question that is often asked and we prefer to evade the answer because then we are creating differences, so we leave it up in the air, unanswered. We provide evidence with our words and with our deeds and a person may decide for himself to take it to heart, or not. We work only with the high spheres.

Ria: It is also an interaction between the medium and Isaak.

Isaak: The medium is an intermediary who stands open but has no power to do something that we disapprove of. So the medium helps us not in the guiding sense; but the medium is just one thing - and that is 'the medium' - the person that we can use. Please don't forget for one moment that sensitivity is extremely important to us and the more successful she is in this aspect, the easier it is for us. Why? Because her vibration rises surpassing all the negative spheres which she left behind long ago and she taps into the knowledge that only comes from the highest of sources. The medium is attuned to my sphere, but we need her energy, her fluid. When her vibration falls we have to pull her up again just like elastic, the more we pull, the thinner the cord becomes making it more difficult to listen, to hear and to observe. The closer she is to us the clearer it is – the sounds are clearer and more powerful.

Lisa: What happens when I go over and one of my loved ones is on another level?

Isaak: Those that are higher are permitted to go below, but those that are below are not allowed to go higher. So, if you are on the third sphere you may visit those spheres below you, the first or the second, with the exception of the lower spheres where you would not want to go. Not the other way round though, because they are not attuned to your sphere and you can not endure this sphere. If you want to see loved ones that are above you, you can only send out thoughts such as 'I want to see you', which are received and then they could come and find you.

Elise: Is transferring in the spheres just as difficult as your coming down to Earth?

Isaak: Interaction between the spheres is easier than going down to Earth. On Earth the vibration is very low and when you go down and you see the planet Earth, the energy becomes

increasingly compact and you have to be very strong. Compare it to a space shuttle returning; it has to be very powerful to break through to arrive here. This is the reason that we bring the people to avoid them getting lost. So when you come over and want to go down again, you are accompanied by someone above you who is more powerful than you are. It can happen that you have not yet reached 'the light', you are not quite there and you are still suspended in the Earth's atmosphere. There are cases where people die and do not go on to the spheres. These people have never gone over; they have experienced the death process, but not with the free will and stay hanging in limbo. They do not have to do anything to go down, they are already there. Whenever we have some sort of gathering, no matter what, we select the people we want present; leaders but also the students as we also have people here that want to progress. They may come to the gathering with a view to learn. We bring them in and we close the circle. The moment we close the circle it excludes negative impulses because when such a gathering is taking place other energies could intervene. That is why we close the circle preventing wrong information from coming in-between. They can link up but the higher up the medium is the more difficult it is for them to do this. Therefore always take care of your mental well-being in whatever sort of work you do in this area. Take extra care of your mental well-being otherwise when receiving impulses how can you be sure from which side they are coming? No. You hear what you are supposed to hear or feel and automatically know that it shall be alright. First your vibration must rise – go beyond all the negative spheres, including the Earth's sphere and unite only with the Divine World. That is a fault often associated with many mediums and concerns their mental well-being. Their vibration is low and they are not cleansed and pure and every good medium knows that he must meditate, stay pure and keep his life well balanced. Food is important, spiritual food and physical food. Stay well balanced, never making misuse of drugs, drink or sex in any form what-so-ever. Staying in balance is not so easy though.

Karin: What's it like at a show, a paranormal fair?

Isaak: There are many people working that have a particular talent, but must see to it that this talent grows in such a way that the talent is not only a talent, but is an opening. Develop yourself. We are also happy when you work for us, but we are so sad when you get it wrong. Develop yourself and keep on developing yourself. If you have the feeling and you know 'I have the talent', take care that the channel stays open, develop yourself, rise, go beyond your humanity and dare to surrender yourself completely. If you are involved in this sort of work, you have to free yourself of thought. If you think, how do you know if it is you thinking, or us thinking for you; it could get muddled up. You must listen unconditionally and wait until we are ready and not think beforehand 'the story is heading this way', and then fill in something of your own. So where are they? Are they on the right track? In time we see the reaction from the people, that their thinking overrules and they are on the wrong track and then we stand so powerless. We can say just say one thing, "We are opting out. We will not work with you if you have lost it," then we withdraw. But when you have already walked this path for awhile and you have reached so many hearts, then it is so difficult for these people to say, "Sorry, I've lost it." Do not be tempted to play tricks, tricks are dangerous. With certain knowledge of human nature you could manipulate but we say, "You are not pulling this off; you can't do it anymore because you are becoming ill." We do not let this happen, we make you ill and we see to it that you fall off your chair because we will not tolerate that you mess up all that we have accomplished over the years. You break human lives with incorrect impulses and busying yourself with incorrect predictions. We are against predictions. You may pass out information, not predict. You may never say this or that is waiting for you. You may say that so and so is going to happen if you do this or that, and it is your free will either to act upon it or not. Stay far away from predictions. The medium always works from out of the past – from the past to the future because you are walking on your life's path. You are proceeding along the path and we can read from the past and so

progress, but we say if you want to divert, it is your free will to do so, but it will not come out. If we say, "We see that a child is coming" then this is true as we actually see the waiting child, but we also add, "It is your free will if you let that child come or not." Do not be afraid to say, "I don't know" when you constantly get people wanting to suck you dry, say, "Sorry, but my guide is no longer giving information." If you think you should carry out a certain expectation and you feel you have to equal this in order to obtain a good result, that is the wrong way to go about it. You would be letting your thoughts overrule those of your guide, and every medium knows this. Every medium knows this to be true and if she does not abide by the rules then she would lose her mediumship. Every medium also knows that it is from the Divine spark they have tasted and they do not want to lose it, so they stick to the rules. We have seen so many people that have the sensitivity and were on the right path, along the right lines, but the path was too narrow. If they fall off this path and make their own way then we discontinue. Mediumship is no easy task and we know this, but you must remember this and not think that you possess the glory because you do not possess the glory – we give it to you. You are not exceptional, you are special through us, but you yourself are not special.

Elise: In one of our previous workshops the topic of dementia came up; you actually begin a new circle of life again, but has this got a meaning, an aim? Is it contained in families?

Isaak: Yes, it has an aim, a meaning. And yes, everything is contained in families, the construction is within the family; brains, mediumship, talent, illness, everything stems from families and you chose it. Go out from the point of view that at the time it is best for that person and do not ask why something happens to a person, but be convinced that it is for his well-being.

Anne: Are people changing their beliefs?

Isaak: Yes, people change. People become wiser and do not believe only in an image any more. People do not believe quite so easily anymore, they want to be convinced, not through a priest but rather through their own feeling – through what they feel, what they perceive. Nowadays people are not as gullible as before. Take a child; now the child believes you, but perhaps not in the future as he becomes wiser and knows that Daddy doesn't know everything! In the past people thought about a priest or another who was an academic, like this, "He knows about it, he is Divine." No, he is certainly not Divine but is just a physical person who has chosen that profession. Alas, we have to say that it is true that these people have often trodden in the wrong place because of the power given by the people. You have to stand very sturdy in your shoes not to take advantage of these people lying at your feet. What sort of schooling did the physical person receive from the Church? He got a book called 'The Bible' and someone told of its contents because the contents were too difficult for the simple soul, so the people believed without question. We declare the contents to be good but the translation was often very wrong. Consider Joan of Arc whom we know to have spoken the truth. She also had a guide and she knew better, but she was stamped as a heretic and ended up at the stake. Joan of Arc did a great deal for humanity, she was a good soul, a good soul, but do not forget that she did go through that endless fire. She was really burnt, the flames claimed her and just at the moment that the flames reached her, we freed her. People are always declared later to be saints.

Anne: Why is Christianity so consumed with Jesus?

Isaak: Jesus proclaimed but one belief, the belief in love and brother-ship. "Be good to humanity." The translation came later, and through interpretation everything changed when a division between good and bad was introduced. Do you belong to the good or do you belong to

the bad? The highest master was Jesus and now we have many more masters. But when he died he brought about something that shall never disappear, never. His life was in fact an offering to us and when you meet people and they speak in the name of Jesus such as, "I hear Jesus in my head, I know what Jesus means," then say "Goodbye," because no physical human can endure the Light of Jesus or can speak in the name of Jesus, and this applies to mediums too, ok?

Anne: There are indeed people that claim to hear messages from Jesus.

Isaak: Say, "Goodbye!" These people are really trying to rise above their status because the Light of Jesus is intolerable. Jesus is everlasting, everlasting love, pure love.

Anne: Has he merged with God?

Isaak: Yes, he has merged with God, just like you. Everyone is God, ok. How could you endure endless love if you are still so narrow minded, so wrapped up in thoughts and still in your simple existence? Wait for the centuries to pass until you are so far. He is a great master.

Anne: But can you pray to him?

Isaak: Pray to God. Pray to God.

Anne: As I am religious and have been brought up within the Church, these evening lessons where I have been confronted with you and the Divine world were difficult for me. Now it is like I am serving another God or something.

Isaak: No, there is only one God, the God of love and you believe in that God. Sai Baba speaks in the name of love, he says, "Be a better person than you are; be God." He longs for humans to be God, so see yourself as God, but also be God because you are me and I am you. Also right now you have God in your midst, the Divine energy and your Divine side which must also rise. It is really true that you have so many masters still among you here on Earth.

Anne: How do you know if someone means you well or not?

Isaak: You feel it. If someone is pure you feel it in your heart chakra. You feel it without doubt, you feel and you know it and you accept them. If you can't feel this it is because you are closed. If you are Divine then you radiate it as an endless beam of light, and you emit love and softness and you feel this has influence on your energy-field. This you feel from each other.

We must close.

We wish you much patience.

We wish you much strength in developing your feelings.

We wish passionately that you believe in yourself and your Divine existence.

We wish you overflowing love, love that you have and can send to every physical person. Further we wish you everything that you would wish for yourself.

Thank you.

Elise tells: Oh, dear people, this is our last evening. What a shame, what a shame! I shall miss my weekly trip with Tresi to Breda to record the wise lessons from Isaak and the Divine world. It is so nice to set aside time for yourself, (I have learned that in these evening lessons by the

way) to work on yourself, to grow and invest in yourself. Yes, I shall miss it! But for sure, I shall quite definitely take in all the valuable information, all the knowledge gathered, everything that has emotionally and spiritually touched me, in my back-pack for further journeys in my life.

This last evening lesson was just like all the lessons, exceptional. The atmosphere was warm, loving and patient as if time didn't exist. I also mustn't forget how funny it was at times! I didn't always write about the amusing things, but they often happened. Did you know that 'upstairs' they possess so much humour? I have experienced this and am so glad as now I know that it just can't be at all gloomy there - do you know what I mean? As with everything in these evenings, it is perfectly balanced. It is serious work but also a time to laugh, to relax and to unload. I think that a summary of this evening deserves a place in this book and I hope that you can relate to certain situations and that it will initiate a beginning to thinking about yourself. Listen to Isaak's wise words and let them influence you.

Isaak: Ladies and gentleman, we welcome you and are very pleased that you are here this evening. We know that it is not easy to fully devote time to yourself, to work on yourself, to open up to yourself and know your true self. That it is no easy task but we know well that every task that you achieve is a revelation and that is why we are so pleased that you have been busy with yourselves lately. We appreciate that it was not easy during the evening lessons to be confronted once again with yourself and your existence and therefore, we thank you.

We want to ask you something, we want to ask you to go and consider what you have learnt in this time, what have these evenings meant to you? We want you to communicate with your true self and not be ashamed to be open-hearted, to tell your own truth here in this company. We listen. We do not judge. But before we are going to do this, first we are going to relax.

You are conscious of your breathing ... and you let the energy flow ... and do that with your thoughts as well ... "The positive energy is flowing through me ... I am becoming me ... my true self" ... and this is also a positive thought ... you are not afraid of yourself, because you are you ... and you breathe in and you breathe out ... you say to yourself, "This moment here with myself is a valuable moment" ... be conscious this is so, that this moment in the silence with yourself is a valuable moment ... and in thought you stimulate the circulation of this circle ... the only thing that you do is to think about this task ... "I help draw positivity for us all" ... and you let it flow through you and through the circle ... and you are still silent or in silence ... your inner silence ... you let yourself tire and this you also do with your thoughts ... you say to yourself ... "I'm becoming weary" ... and feel yourself falling ... still further, still further ... you feel it working in your body ... and you see the energy receding and it is good ... "I'm getting tired" and repeat these words ... "I'm getting tired" ... and then you slump ... and your eyes are getting tired and you let them ... and your arms are heavy and you let them be ... you glance at the feeling and you say to the feeling, "You may also rest" ... and you breathe in and out and you open your eyes.

What we have just done you can also do at home, but do it for longer, it is termed 'the mental sleep'. Thus, you let yourself drift, you let yourself sag and you let yourself be in silence, feeling your body become heavy. This means that you are not so physical anymore but you are just yourself. You give yourself the task of bringing your feeling to a standstill and you rest. We call this mental sleep, just sleep but not in the physical sense because you are still awake, but mentally. This is the way in which we sleep because we are no longer physical, but we have a mental state and we tire because we are alive. We do not get as tired as you because we have no physical body, so we do not need 8 hours sleep. We settle in a comfortable position and subside. We join up with everybody, to the Cosmos where we dwell but also to the far planets in

the Cosmos, to where there is light, to where there is life and with everything that exists; also to the Earth and that which lies under us, from which we have risen above, as we are no longer of the Earth because we no longer live there. But we look on and of course we can bond with the earthly life and we do this on a daily basis, otherwise we could not perform our work. When we come back from our journey to the Earth, we are tired because your impressions are too coarse for us and this coarseness you have belongs to the material. Because we are sensitive, it is too much for us. So what do we do? We let it go, and you can do that too, every day let the coarse impressions go.

Isaak: Ladies and gentlemen, what is light?

The group: Purity, the sun, your feeling.

Isaak: That is your inner-self. You can place your inner-self in the light or in the darkness. You decide the tuning of your inner self; are you a light creature or are you a dark creature?

Isaak: What is God?

The group: All of us, everything, love, everything that lives.

Isaak: You have listened well. Indeed God is love, indeed God is everything, so your feelings were correct.

Isaak: What is the human?

The group: A spirit in the physical body, a human is a part of the All.

Isaak: Please feel free to speak, you are all so careful; I am not giving you marks! A human is mortal, a person is physically active and a person is temporary. A human is complicated, being a person is your life and you as a person inhabit the person, you are that person. You and the person are one. You are the perfectly tailored coat of yourself. You are here on Earth in the form of a person, simple, isn't it? In what other form would you have rather been? In the spiritual form? If you were here in the spiritual form, how would you have been able to learn how a person is, what it is to be a person? How could you have learned to be less human and more spiritual? Because you are human you are here on Earth. You are born as a human, again and again and you remain human and you will not have any other form during your reincarnation process. But you are mortal. In another time-period you become another being again in another person. Hopefully a better creature, a better person. Every school, every life is an acquired life and this means wisdom. We believe that a person becomes wiser through the evolution of reincarnation. We believe in this because we know, and we know through the fact that you as a person have the possibility to learn and to experience and to separate so that you climb higher. We understand because once we were also people. Through our humanity we also made mistakes and we felt less comfortable than we do now, because we were human, but we became wiser because we evolved and the same shall happen to you. That is the truth. When you eventually come here to us and you look back at your simple lives, then you are going to have a jolly good laugh! "For God's sake why did I make it so complicated, why did I do that?" And regret will follow because you are perfection, easier obtainable as a spirit, but harder as a person. But never mind, so many opportunities will still be offered to each of you because you come back. Each of you present here will reincarnate; everybody. Something to look forward to, don't you agree?

Elise: I think so, nevertheless when I hear how lovely it is with you, to have finished here is perhaps the ultimate thing too long for? So in actuality, I can't really make up my mind.

Ronald: Yes.

Anne: I am actually just beginning to delve a little into the concept of reincarnation; previously I was not aware of its existence. It seems to me to be something to look forward to, but I'm not totally convinced.

Elaine: On the one side I think it's great, but on the other side I would rather not think about all the things one has to go through again. In spite of what I have learned up to now, I think it is all quite painful.

Lisa: I would like it if the next life were to be better than this one!

Isaak: It is a splendid thought for everyone to be allowed to come back. It gives you the possibility once more of evolution and the chance for improvement. We think that when the moment arrives that you know, "I am ready," you will personally know it. You know, "I am ready," and this feeling of being ready is a wonderful feeling. But that is still far away for all of you. And why do we reveal this to you? Because we want to shake you awake! We want you to understand all that you have and that it is all associated with your decision. You decide to come back, the choice being yours because you know, "I can do better and I must go back because I have things to pay off. But also I want to go back to redeem."

Isaak: What have you learnt from these gatherings?

Elise: I think that the most important thing for me is that you can definitely let go of things if you really want to actually free yourself of them. You are doing yourself an unbelievable favour by letting go of your emotions and all the little things you come up against. And it does work! For me it has been a 180 degree turn for the better and an unbelievable improvement in the quality of my life – that is the most wonderful thing that I have learnt.

Ronald: What I have learnt is that running parallel with life on Earth there is a spiritual life, and that positive thoughts have a positive effect.

Anne: Above all, what I have learnt is that all that I experience or am busy with has been of my own choosing - that I can decide all this for myself.

Lisa: For me, it's that I can be myself, that I can pull myself up, that I can meditate. I have learnt so much from the wise lessons from 'upstairs'.

Elaine: The most wonderful thing is that I have always felt that God existed. That God is love seemed to sink in at a certain point. Now the fact that God really exists is not just a belief, it is knowing and that for me is a wonderful gift.

Elise: Beautifully put.

Elaine: I feel I've been helped enormously, but there are some more valuable things such as the meditation, drawings and also all the presents in the differing forms that we have received.

Elise: Oh yes, the discovery of your true self is also very important, that at last you can look within your inner self; that for me had completely gone. But there are still hundreds more things if you take into consideration the length of the whole evening.

Elaine: I don't deem to really know my true self, I don't know who I am – I know my name and I know that I am sitting here.

Isaak: Sweet child, your 'me' is your personality. "I am." You are your personality because you wear your name and your name fits exactly with your character. But you are not your personality; you are the person behind the personality. You have a character and this character is what remains and you go over with the same personality traits. You have feelings and these feelings are what remains and you go over with these feelings. You have thoughts and these thoughts are those which you leave behind and when you cease thinking, then you begin to feel – true or not? You feel yourself so you know who you are, you know totality who you are. You know without thinking how to describe yourself, you feel it and a feeling is the purest form. You feel sad, it is pure. You feel happy, it is pure. You feel love, it is pure. A feeling is purity, be sure to remember this. Your feelings, alas, along with so many others, are suppressed and with this suppression not much is left over. Just the physical. You have to think about it and that is what drives you. Your thoughts. Your thoughts are earthly happenings which you do not have under control. You have a thought which you evade thinking about, "I don't want the thought, I want to feel it" and the feeling surfaces and begins to take priority over the thought. The more often you carry out these trainings, the more often the feeling will speak for you. That is why you have people that are very sensitive and you have people that listen only to their feelings and they are intuitive. Truthfully, every one of you can feel.

Elise: Feeling and intuition, are very closely related to each other then?

Isaak: It is the same. Your feelings tell you the way; your intuition tells you the way. Give it a name. God speaks to your feeling, to your intuition. We have heard once or twice here on your Earth the proverb – 'I feel it in my water'.

Everyone burst out laughing!

Isaak with a smile: We haven't found out exactly what you mean by it. No, listen to yourself because you have feelings. The baby in the crib is the feeling, you as the mother bind yourself to him and you are the feeling. You bind yourself to your partner and you feel the partner, true or not? Or you do not bind properly if you feel nothing. Who does not feel connected to his partner?

Everyone could relate to this feeling with the exception of Anne.

Anne: Not me, no.

Isaak: Why not?

Anne: He is a closed book; he seldom or never opens up.

Isaak: Isn't this tiresome?

Anne: Yes.

Isaak: Have you talked about it?

Anne: Yes.

Isaak: What does he say?

Anne: He says that he knows the reason and it doesn't bother him and that is just how he is.

Isaak: Easy, hey? That is so easy. We find that a weakness. How can you grow old in this manner? How can you walk through life with this suffocating attitude?

Anne: I couldn't do so and I wouldn't want to.

Isaak: Can he be helped?

Anne: I think so.

Isaak: But he doesn't want help?

Anne: He declines; he thinks it is just fine.

Isaak: Alas, then it shall stay that way. And how are you going to cope?

Anne: I don't know yet, I do not know if I can grow old with such a person.

Isaak: I shall tell you something ... the moment that you become feeling, then you can not age with someone like this, because then you will miss something. If you stay closed, there's nothing the matter with this, because then you do not want to have the connection, so that is fine. But if you want to really know a person, in their heart, in their soul, then you will want the connection. Tell him in all honesty and maybe this will help, but you have said that he already knows this and that you are not the only one that can do this for him?

Anne: No, absolutely not.

Isaak: Poor child.

Is there anybody here that can connect with his partner or ex partner, if that is the case?

Ronald: My experience is that it steadily improves and I am happy about that.

Isaak: We too, but that is because you have changed and when you change, you open up. If you have a positive person in your life during this change, then you open up more and if you have a negative person in your life, you close again. The change must first become your quality as a change always takes getting used to – it must still sprout roots. It is never easy to change and we shall never maintain that it is, but it is so rewarding to change, in a positive manner that is. You are a good person.

Ronald: Thank you.

Isaak: We are happy that you have cast off your harness. We know that the harness is still there, 'on the side' in a manner of speaking and during difficult times such as confrontations, the

harness can quickly be retrieved - and that we call protection. But we advise you, "Don't put it on anymore."

Ronald: I will throw it away.

Isaak: Look at it occasionally but be happy that you can look at it without wanting to put it on again, for that requires power and courage. It is wonderful to connect with others and if you can not connect with your partner, then you have got nothing with that partner anymore. We hope you all can understand this. If you can not connect with life, then what is the use of it? And you?

Elaine: Yes, I could connect very well with my ex-partner.

Isaak: And how was that?

Elaine: Yes, fantastic and I hope that I shall have the same with someone else.

Isaak: Dear child, if you don't really want someone else, then it will not happen, if you keep falling back on the memories then ultimately these memories will gain the upper hand. Will you please remember this? Do not talk as such over the past if you know that the past will limit you, only talk about the past as a happy memory and concentrate on the happiness of the present. Do not ever 'be' the past and do not ever 'be' the future, but 'be' today. Teach yourself this. If you hear that you keep falling back into the past and keep on talking about the past, because it is your only nourishment for today, then stop with this talking! Say to yourself, "I have today, and what shall I say about today?" Oh, oops, you have to think about that because it is a habit, a habit to keep thinking back, because if you take a look at today, at now this very moment, then you do not actually have anything concrete. But you can fill up today with what you wish. Now, obviously we fill that in with positivity and the day smiles upon you!

Have you learnt to relax during these meetings? Is it going well? Do you listen to your breathing, is it shallow?

Anne: Yes:

Isaak: You are tense.

Anne: Yes.

Isaak: What do you do then?

Anne: Abdominal respiration.

Isaak: And let go. Yes, so if you are tense and your breathing is shallow then you determine to stay tense, otherwise, "I would have to let go." "No, I will not," she says "I will hold on to it." You may, but if you think, "I want to loosen up and later on become all tense again," that is fine too. You also have difficulty with relaxation, don't you?

Elaine: Yes.

Isaak: It is because you are too busy with your thoughts. So you try, every day?

Elaine laughing: No, it's all much too difficult!

Isaak: How many hours are there in a day? A day is long, isn't it? How many times do you have to breathe in and to breathe out before you become dizzy? It could be 5 minutes, 10, maybe 15, shorter than 24 hours! It would be more beneficial that doing nothing. Pull back, dear child if you think it is not within your reach, if it is all a bit too much. Alternatively you could say to yourself, "Yes, I am going to do it." Breathe in and breathe out deeper if need be until you become dizzy and reach your real self. Then get up and laugh at yourself and say, "Good girl, I'm happy again!" Do you believe in this?

We proclaim this every time because breathing in and out is the basis of yourself. Breathe in, you breathe in life, breathe out and you let go, you breathe in and take in life and you breathe out and you let go. And so you carry on like this. How does that sound? Sounds like circulation doesn't it? Breathe in and out, breathe in and out and breathe in and out. You almost do it just by speaking about it. Perhaps the love for yourself is too trivial to receive this gift. Who loves himself?

Elaine: I don't.

Isaak: Why don't you love yourself?

Elaine: Because I tackle things in a stupid way and I don't have any self-confidence.

Isaak repeats: You don't have confidence in yourself.

Elaine: I am always thinking that others should make me happy.

Isaak: You always think that others should make you happy, anything else?

Elaine: I don't have a very high opinion of myself.

Isaak: You don't have a very high opinion of yourself, anything else?

Elaine: There is always something else, there is always something negative happening and I don't like it. I always criticize myself.

Isaak: Make positive lists for comparison and when you have these, lay them together and say, "I am this." Dear child, these two qualities, the positive and the negative, this is you. The more you work on yourself, the longer the list of things on the positive side will grow. The more negatively you think, the smaller the list on the positive side will be. Thus, we say to you, you are the two lists, but we believe that every physical person can change. So you can make the negative things on your list fade away. The moment that you take the decision with what you just called 'the negative qualities', really judging them to be negative qualities and making your existence difficult, you had better get cracking and change them. You can say to yourself, "I know what to do, but I can't be bothered" – then nothing will happen. But you can also say, "I know what to do, and from today onwards I am prepared to change." You would then confront your negative side every day because you would be keeping an eye on it. When you are further, it will be like it never existed. It goes away. If you work on yourself, it goes away, this guarantee we give you, but you must do it, you brought it up, so you recognize it, so get working on it!

Elaine: I shall try but it is very difficult.

Isaak: It is very tiring, but later you have the victory. You must be able to say to yourself, "I love myself." You must just say it.

Does anyone else love himself or not love himself?

Lisa: Not me.

Isaak: Not you.

Lisa: No, oh no, I have absolutely no trust in myself and so I don't love myself.

Isaak: All these lessons and it still has not happened?

Lisa: No, I have the idea that I shall fail and that is why I do not love myself.

Isaak sighs with a smile: "I shall fail and that is why I do not love myself." But that is why you fail, because you do not love yourself!

Lisa: Is that so?

Isaak: Yes, what you are you radiate and you draw back to yourself, so love yourself, shoulders back and the energy will radiate, the heart will open, and all the feeling chakras will open. You will become a positive person and love yourself more because you are so positive. That is why. To love is simple. It is not difficult, it is simple. What is so difficult about it, come on, tell us.

Elise: I wouldn't know, my whole life I have been happy with myself. I am very happy that I am 'me'.

Anne: I can identify with that and it is the only thing that keeps me going - that I am happy with myself; it certainly makes you strong.

Elise: Yes, that makes you strong and you have something to fall back on, but also you are able to take on more as you can rely on yourself. So I haven't got an answer as to why loving yourself is so difficult. I really do not understand it and I am amazed that the people honestly have difficulty with this.

Anne: I find it easier to love myself than another.

Isaak: More rewarding too.

Elise: It starts here because if you don't love yourself, it is very difficult to love someone else.

Anne: I have also noticed that if you love yourself then no matter what comes along your path of life, you will always survive it and that makes you very strong.

Elise: Yes, I have noticed that too, you feel it inside; you feel that you are so powerful that you can deal with anything, and you can take anything on.

Isaak: Those are all very nice words.

Elise: That's how it feels.

Isaak: This is how it is, because when you love yourself, then no-one can break you, no-one. You won't let them. You love yourself in such a way that you look down on someone wanting to do this, thinking, "You? Break me? Who are you to break me? Who are you? Are you 'more' than me? I do not need you, I have myself, and I am my best friend. Are you happy with me? Stay! Are you unhappy with me? Go!" Straight away you will feel better in your energy because you won't be afraid anymore. You do not have to be afraid that someone will deceive you. The moment that person deceives you, he can leave and you can let it go. "Have you deceived me? Go then." You do not have to be afraid of the loss, "I love myself, therefore I still have myself." Your whole life can change through that one decision, "I love myself." And if you come over to the spheres with the feeling of, "I am nothing, I have never been anything and they deserted me" – it is an inferiority complex, or the feeling of not counting, then you will have to sort yourself out here. This feeling is not possible to extract here; here you will have to conquer it just like you would have to do on Earth. So, miracles do not exist, not in that sense of the word. So here you are and you go and crawl into the corner feeling lonely because you have no-one. What happens? Confinement, that is what happens. Also here you live, not a physical life, but a spiritual life. The spiritual life is very pleasant for the ones that come to us fully open with the words, "I love myself." That makes us very happy. You shine and when you are so radiant you look for company because you want to share the radiance. You also know, "I feel good and I want to share it with somebody." You do not want to crawl into the corner in loneliness, you want to share and you want to renew your acquaintance with your friends and family that came over before you. You are happy and you are really happy because your inner self is attuned as such. It is all a bit exhausting, eh? Difficult stuff? Who believes in the Hereafter?

Everyone present agrees.

Isaak: Luckily so, at least we have achieved that . And we are very happy about this as this is our target, to wake up the people. We think that we have succeeded if we have achieved this during the evening lessons. We don not ask for much, but just for belief.

Belief in the afterlife.

Belief in yourself.

Belief in God.

Belief in The Trinity.

We hope that you never let go of the belief that you are eternal, that you are the afterlife. You can go through life thinking, "Great, I've got centuries, great, time enough!" Then it is all a little bit easier, isn't it?

Elise: If it doesn't happen in this life, then it could in the next.

Isaak: You become more casual when you have more time, the stress diminishes and the time-clock and the hourglass suddenly do not exist. "I still have so much to do, plenty of time, plenty of time, what relief, endless time."

Why have we decided to end these gatherings? Because the medium must progress and she will be sent out to reach more people. There will be lectures and we want to stay proclaiming our beliefs because that is our aim, to convince. The medium will always continue with lessons, but not on such a small scale or for a restricted time. The medium shall be placed where she can reach more people through longer hours - the workshops. The intensity of these days is directed to the inner self, they are growing experiences and if people learn continuously in the

allotted time, then the chance that they retain the knowledge is greater. This is because realization after realization occurs and the physical human picks it up. If man is presented with subject matter in a short period of time, he goes home again and the physical person has to let it sink in and put it into practice. But, alas we so often see that the physical human falls straight back into his old patterns. It does not get digested but stays lingering, shoved aside for tomorrow and then perhaps the next day. We are generalizing because luckily we have seen many people changing and this makes us happy. But, alas we have also seen people not changing and falling back concerned only with their daily worries. So if you want to go further with your spiritual development, see yourself as a big egg – an egg with no beginning and no end. You turn the egg around with the thicker side on top, you cut the egg open and it is just like you want it. Underneath you have the smaller side and that symbolizes funneling back to the Earth. You have the surrounding protection and you can open up the protection and let yourself come out and reveal yourself. You can take yourself in your own hands and with this attitude you can honour yourself. You can meditate with music, with silence, with relaxation, with trust and with surrender. But keep an eye on the egg because you are the egg and you can place yourself into your feeling, close the egg on the upper or lower side, either side and you will come completely to yourself again. An egg is a fertile creature just as you are a fertile creature. An egg has plenty of protection, not on the outside, but inside the egg. The egg has a core, your core. An egg must never be handled concealing the open space, so open your hand. You can let the egg drop and it will break, but you can also press the egg to yourself saying, “I am”, in the symbolic sense. You should think about this symbolic story until you know who you are and until you can explain these symbols. How come that we are compared with an egg? Think about it. Why do we compare you to an egg?

Elaine: We are delicate and fragile.

Elise: There is no beginning and there is no end, we are eternal. The core, we have a core. The fertility, we are the fertile creatures.

Isaak: The transformation. An egg transforms. And why? The mother, Mother Earth, attaches herself to the egg, gives her whole self to the egg and out of the egg comes a ‘New Me’. It is the same with the Earth, you attach yourself to the Earth, giving yourself to the Earth and you are born. Beautiful, don’t you agree?

After the pause.

Isaak: Ronald, have you experienced energies around you?

Ronald: Well, There is not much to tell; the only thing that I have had for a long time now are what I think of as energies, but I don’t know for sure and this happens with a certain light, a movement, but I can’t place it.

Isaak: You don’t have to.

Ronald: No, I don’t have to.

Isaak: Here is something that we can confirm. Energies are in our presence always, the whole day long. The whole day long the energies are among us, taking a look - it does not hurt. As long as you do not disturb them and they do not disturb you, there is nothing the matter with it. The energies come among you to learn as they are very keen to grow and become conscious how the human being is put together. And they come in your midst out of their free will and the

other way round too. If you as a physical person attach yourself to the energy, then you can observe or feel it. It can happen that an image flashes past you, but mostly you reason and think, "It's just windy here," and close the window. But that is not true, we are here daily and we want the physical people to know this because at that moment you can ask us questions – be careful here, we are talking about in the form of praying. Pray and say, "Yes, I really want to learn that still and I want to experience." Those that are attached to you will pick it up and bring the request to those that are specialized in it. If it states in your Book of Life that you may be helped, then you are. If you are not heard that does not mean that we are not here, but just that you are not going to receive help with this specific question. What you can do though if you are tired and you have a headache, or something else physically wrong, then you can always ask for an energizing treatment. You can go to your neighbour and ask, "Please will you energize me?" chances are the neighbour thinks, "Hey, what on earth is this about?" But you do not get that from us, we immediately say, "Yes." we don't doubt, not for one moment, we get on with it without wasting a second and start the treatment. You ask and we give because we hear you, how else could we know information about you, how can we know you? Through study as we have followed your progress for awhile, we have looked in your Book and we have been in contact with the other helpers that have guided you for some time, because everything is noted. Your Book of Life exists. So yes, you have seen spirits, energies. Because you are busy with these energies and if you have a positive attitude in your life and are working on improving your development, you will be more open to receive them and if you are open, you might see something. That was it!

Elaine: How can you attach yourself?

Isaak: How can you attach yourself to an entity? You must not join with an entity, you must just ask. We say that if you can join with them you can observe them, but you must not attach yourself, you must just let them be and if they are positive entities, they will connect with you.

Ronald: And the bad ones?

Isaak: The bad ones too, but if you are not open to them they can not reach you. If you are a positive person they cannot come in, only if you are negative; each seeks their own sort. So if you are very sad or down through drugs or alcohol or anxiety, these are the negative energies that you are open to. It is also possible that you invited them in, eh? If you invite them, you are open to them because you have literally invited them in. So do not ever link-up with them. What you can do is pray, sending out positive thoughts and say whatever you want to tell us, opening and airing your heart and the positive spirits will pick it up. Do not be afraid of negativity, negativity cannot do a thing with you if you do not want it.

Anne: If I get up in the morning and after an hour I realize I'm still extremely moody, sometimes I think, "This isn't me!" But I want to fathom it out and I want to know why I feel this way and little by little the grouchiness goes and I cheer up. Am I doing this to myself or are the surrounding energies doing it?

Isaak: It is you. You decide at that moment to cast away the negative and let in the positive; you do this. If you still suffer from tiredness and ask, "Can you possibly give me renewed energy?", and you receive energy, this energy you receive from above. Hence you ask and you immediately receive it. Everyone may ask in the following manner, "God, I am missing things in my life and I ask because it stands written in the Bible that I may ask." So ask what you long for. Don't forget to give thanks and be humble and always say, "I thank you for today, I thank you for myself and I thank you for being there." So always thank. Ask and thank. Which of you prays?

Everyone prays with the exception of Anne.

Anne: No, I have never missed it.

Isaak: You are not conscious of it.

Anne: Probably not.

Isaak: If you pray for love, soothing and harmony, only then will you feel it. But if you think, "I have love, soothing and harmony in myself", then you don't need to ask. But you can also pray for simple things, you can say, "Today I only want to pray because I have had such a happy day. I want to pray because my friend is so sad and maybe my prayer can reach you to send her love. I think it is terrible what is happening in the world and I want to pray for all the people in need."

Anne: Yes, I do say to myself that I hope that it goes a bit better with ... whatever is appropriate at the time.

Isaak: That is also praying. Praying is talking. You talk to your higher self, so you speak, you speak out loud and the words go out to the Universe. Do you pray?

Ronald: I do nowadays, but it is not something I grew up with.

Isaak: If you give a performance, do you pray for success?

Ronald: Yes, then I do.

Isaak: Excellent!

Elaine: Yes, that has been evident a few times during the evening lessons. "Pray, showing who you are and ask, be clear and ask, because if you don't ask anything, how can we know what you long for?"

Isaak: Precisely, pray for success in everything, also financially and many people do not understand this – "How can I pray for wealth?" Why not, why may you not pray for wealth? You need it! So you may pray for wealth, as we have just explained, but you only get it if it stands in your Book of Life. But at least you have something to hold onto, "I am praying for wealth and maybe I will be rich!" Instantaneously you will feel a little better. If you pray unconditionally so to speak, you will get it if it is due to you and you will not be bitter if it is not.

Elaine: But you won't be punished for asking this then?

Isaak: Never.

Elaine: I think that is what many people assume.

Isaak: No, never. During prayer, also ask for forgiveness. Say, "I am praying for forgiveness. Forgive me for the thoughts, words and deeds that I have sent out into the world. Let me forgive myself and help me with this so that I do not keep pointing the finger at myself, punishing

myself, but become softer in my heart, in my feeling, for myself and for others. Help me with my choices, show me the way." A simple prayer.

Elaine: And it really works.

Isaak: Absolutely, absolutely.

Isaak: A prayer helps but only if you are sincere in your prayer. Prayer does not help if you send it out while watching television or phoning because then your thoughts are not focused. You would not mean one single word, there is no energy there, no power and no worth, so it will not reach us. Always pray with an open heart and with belief – believe that your prayer will be heard, believe it. We say this as this is the reality. Pray and ask. The most beautiful form of prayer is when at the end of the day you send out a prayer before you sleep. You end the day with love and in the morning you open your eyes and say, "Here I am again."

Elise: I think it is also marvelous to begin the day in such a way.

Isaak: That is good too; really it is, but be sure to end your day with a prayer. Throughout the day you may send out your prayers. You are also entitled to get cross with us; we will not hold it against you. We know you and if you have a set-back and look up to the heavens with a swear word, it hurts us if you have tainted us in God's name. Never swear in God's name if you are angry. Please don't do it, it hurts. But look above and speak up as we understand the subject matter and know that it is caused by an emotion. But do not use God's name, because when you use God's name in the negative sense, then you are actually contaminating yourself. You are hurting yourself and naturally us too because you are God, which means love, energy and you lower your Divinity. It is painful.

Elise: Eternity, infinity and the Hereafter are concepts difficult for us earthly people to understand, difficult for us to imagine. When you go over to the afterlife, is it all quite suddenly clear then?

Isaak: When you go over to the afterlife, frequently a person thinks, "Am I seeing the afterlife?" The physical person cannot see the afterlife with the physical eye, but he can feel it. When going over, you go over in your feeling, so it is not visible to the eye but in your feeling. Thus, you have there precisely the same as here, where you are attuned. It is just as if you feel how yesterday was, then in reality it is for you yesterday. If you go over and you realize you are there, then that is for you a complete reality. So, when you tell people that they are God – you are God, which means love, you are the Universe and you return to the Universe – there will always be people with questions, uncomprehending because they are not sufficiently developed yet. But speak the truth in whatever form you like, that God exists, that there is eternity, that there is an afterlife, that you come back to another dimension and that you change from body to spirit; tell it! Tell it and what people do with it is up to them. You can not tell a child of five what I am telling you, he will not understand, but when he is older then he will understand, so give it time, the evolution.

Anne: I am not quite sure if this is a question. Previously we have talked about anger and until my thirties I had been a real spitfire and it did give me some liberation. In my present relationship I often think, "Why do I bother?" And little by little I started thinking that it was not that important. But I miss my anger and I want to be bothered about the damn chair if I feel so inclined!

Isaak: Yes, that is who you are.

Anne: But in this relationship I have learnt not to do it and I miss it terribly – I miss the moments of anger where you blurt out more than usual, and other things are laid out on the table. But I do not want to hurt people or frighten them away.

Isaak: If you remain silent you hurt yourself. You put yourself in a straitjacket and boil inside – it cannot escape and it must. You have this characteristic where you blab and throw everything out, but if you rid yourself of this trait and lay it aside, then you are actually creating a hollow in yourself. It would always be in you, but unused. So we advise you to pick it up and put it back and be yourself, because if you are silent to please your partner, then you do yourself an injustice.

Anne: It isn't to please my partner, not anymore, it has become a characteristic and I had also said that from now on I would show my anger when necessary, but it is not working any more.

Isaak: Practice it, practice, get cross. Practice it because if you have kept silent all these years it will remain in your subconscious and the association is to clam up in order to keep your relationship stable. Throw it out, because when the anger has subsided you are calm again. You are not the sort of person to be silent and how you are is just fine.

Elise: Coincidence does not exist, so names also aren't a coincidence?

Isaak: No.

Elise: Parents think up a name. Is this via their intuition sent from above? Take my youngest daughter for instance, I knew right from the very first moment in the pregnancy, "This is Rose," that was absolutely undisputed. How am I to interpret this?

Isaak: Many people hold the child after birth in their arms and say, "You are called 'so and so'."

Elise: Yes, because with my eldest daughter I really didn't know what name I would give her. Awhile later when she was drinking from my breast, I suddenly knew, "This is Eva." But what happens to people who do not listen to their intuition?

Isaak: Each child receives the name that suits him, and parents have children suited to them. Everyone has intuition, thus everyone also receives the inspiration. Many a time people think that it comes from them, but it comes from us.

Lisa: What can I do to alter my daughters' character so that things go better?

Isaak: Nothing. You can do absolutely nothing for her wellbeing because she is completely closed to improvement and flares up with the attitude like, "I know it all," and "I can do it myself." That is her free will and she is completely closed – everything is closed. All her chakras are closed, no openness, nothing. So you cannot do a thing. It is comparable to a cork topping a bottle, it is sealed. Where could you insert anything, where? Accept her as she is and keep your distance in times of need. You must be tougher with her too because she uses you and you let her. So correct her behaviour, do not be afraid to speak out, be honest and correct her. Draw a line, 'you can come until here, and over this line is forbidden'. She needs this, because if there is no line, then she will walk all over the place. You as the mother must take the initiative to draw the line. If you don't do this, then you will get a child that literally walks all over you and this

is not a good upbringing from the mother to her child. It is so true that children must have respect for their parents. The other way round too, parents must show respect for their children, but the child stands here and you stand there, higher thus and as long as the child does not yet have equality, he should talk to you with respect. If this has diminished, how can it ever be rectified? She must literally be placed elsewhere and this does not mean leaving home, but, "This is your place and this is my place, my territory. If you come into my territory I use my rules, if we are in your territory then your rules apply." But if the child takes large strides into your territory and declares, "This is my territory!" Do you think this is alright? What sort of child would she turn into? Values are so important for further progress in life. Without values you would think that life revolved around you and that you were so important and that is not true. You are a part of a whole, but you are not the whole. So, dear child, listen to what I say, draw the lines, speak out, throw it out and get cross. Get cross if you are angry and fly into a rage saying, "It's time we get something straight; I have had quite enough of this." She will be shocked, but she will open up and realize that Mama means it, which will lead to her thinking, "I realize that I had better behave otherwise Mama and I will have a serious fall out." You have got to point it out and if necessary, let her walk away because if you have a love-bond with your child, she will return to you – it is just like elastic and she will be back. But it is a child where your patience will need to be endless.

Lisa: My patience has run out.

Isaak: Yes, she has said so much to you where your reaction was just silence. As a mother you must step in at once and look the child in the eye and ask, "Hey, come on, what's the matter?" A child's reaction will be to think, "Oh shit, what's all this about, do I like where this is heading?" This we call 'bringing up'.

Isaak: Elise, we want to know something about you. We heard there was in fact something you had concerning your son?

I need to explain something before going further. It is indeed true that I had something to share about my son Jeroen. His parents divorcing hit him hard, not only for him, but also it was difficult for the girls to get used to the new situation. A divorce, new house, new neighborhood, new school and new friends, are an enormous amount for a child to have quite suddenly on his plate. But Eva and Rose can show their feelings more freely; if they are sad, they cry and when something is wrong, they talk about it. Luckily Jeroen is open with me but I had the feeling that he tried to spare me his grief, pushing it aside and not daring to confront his feelings, escaping them by playing with his friends. He was no longer a child anymore, trying perhaps to take on the role of 'father'. He was discontent and he no longer had an inner rest. I discussed it with Isaak who confirmed my feelings and advised me to work with him, whereby drawings were to play an important factor. Isaak inquired about Jeroen's first drawing which was about Halloween, and as you will shortly read, many of the feelings Jeroen experienced came to the surface.

Isaak: The title in itself is alright, isn't it? "For Papa, from Jeroen." Dark clouds above the house - that means that darkness prevails over the house - in his view he is the house. "It doesn't feel nice to me." There is also an opening because the clouds are literally drawn above the chimney. "It is all affecting me, it touches my feeling. I want to be happy, look I am putting on a happy face! But there is this skull hanging above my head. This means change - change that I have to go through. If I go through the change I will heal the core of myself and then I will be happy again. The departure of who is to be shown the door hurts me. The person hanging here is him and the person shown the door, is Papa. So that chokes me. I haven't come down to Earth yet

and this means that my new life hasn't taken shape or been established, so this is why I feel unsettled. Am I in the right place now?" Luckily he has also drawn a door meaning that it is his place, but he has yet to go through it, to go through the door, hey, the realization.

Elise: This was the first drawing since following your advice to start working on him. After that luckily he produced more drawings, for example with trees, flowers, blue skies and birds. Also I spoke to him extensively in an open, honest and restful manner suitable to children of his age, and according to me he is now less busy with thoughts and shows more of his feelings. He wanted his fluffy animals again and said, "Mama, it's super to be a child!" He had wanted to take on the father-role, thinking about everything, steering his younger sisters and I have the feeling that he has given this back to me.

Isaak: Indeed, this is true as the moment that you, as a child completely engross yourself in drawing or painting, you create from your feelings and emotions. Just as with this book that is called, "*Look at it, Feel it and Let it go*," feel it and let it go. It is much easier for children to do as they give themselves completely. This is why physiologists and therapists always let a child draw; a drawing always reveals the truth because the blockage has already been freed. So first Jeroen drew the things that were bothering him from his feelings, things that were hanging over his head so to speak, and then he could take the next step towards retrieving his true self.

I can assure you, it's going very well with both Jeroen and his sisters.

Isaak: We shall remain seated in a circle, holding each other's hands, passing on and sharing the glory with each another just like we always do. Say in your thoughts, "I spread love to the person on my right-hand side." Concentrate intensely on the person feeling connected to the person and say, "I give you love." And you give and you give, it is endless what you have to give. And you breathe out. And you speak in thought words of love to the person and send positive feelings to the other, quite unconditionally. And breathe out. And let it flow continuously and everything you give will come back to you in return, and say to this positive energy, "Find your way into me." And the positive energy goes through you and reaches the right place. And breathe out. And now you are influencing yourself, you are opening your heart chakra and you see a ray of yellow sunlight coming from your heart chakra, and the sun enters this circle. And the rays of this sun reach every one of us, also to you, and if you have heartache, it will soften your heartache. So allow yourself to feel it then you can let go of the pain. You feel the pressure for a moment in your heart chakra. Maybe you know of another physical problem. Then ask this energy, this powerful energy, to accumulate and go to where it is needed. And you breathe in and out and you ask God if He will give you the power, and you give yourself permission to be totally happy and joyful. And let this happiness and joyfulness do its work, and breathe out again. And ask for rest, inner peace, and take the stress away from me, the pressures or other worries. And you breathe out again and then you recover.

I thank you for your dedication and for your devotion.

Take yourselves home and be God.

THE WORKSHOPS

The workshops are a wonderful experience. They are impressive, sometimes very intense but most of all they are extremely instructive. You feel all the love and the happiness streaming from yourself to another and from yourself to the Divine world, and what you give you receive many times in return. The love that you feel streaming back from the Divine world and from the others to yourself is truly overwhelming.

On a Saturday morning twelve of us arrived at the monastery at 10 a.m. and after introducing ourselves we immediately got started.

We sat on stools in a circle; Isaak welcomed us and asked us to hold hands so that we formed a chain. Isaak asked us to breathe in and breathe out; our flow of ideas was brought to rest and with the help of his words he led us through meditation into another consciousness. Led by his voice we opened ourselves up to the Divine world. One by one our chakras were opened, first the crown chakra so that the connection with the above could be made, then going down to the third eye, and via the throat chakra to the heart chakra, and from the heart chakra to the plexus solaris chakra and then to the feeling chakra. Lastly the earth chakra opened so that at the same time we were connected to Mother Earth.

When we were allowed to open our eyes again Isaak asked us to introduce ourselves to the group and to explain our reasons for doing the workshop. One wanted to become closer to herself and her feelings and another needed more self-confidence. Mostly the people wanted to grow spiritually or to be helped with something they were involved in. Some came out of curiosity hoping to learn something.

The subject of happiness arose with the question, "What do I need to be happy?" Should you look for it within yourself or do you need external motivation to be happy? Happiness is contained within, but what other things or other outside inspirations are necessary for feeling good? For example one person might smoke; another might seek comfort in overeating, sweets or alcohol. But also there are the less obvious ways such as imagining yourself in another world while watching a film, a soap-series or reading a book. To what extent do you need that in order to be happy? Or do you lose yourself within another, or do you hide behind your family leaning on the happiness of your children? "As long as the children are happy, I'm fine thanks." No, that's not your happiness, that happiness belongs to your children. No, happiness must be sought for in yourself, without the need of outside influences.

I had come to realize this because being a simple person who enjoys the small things, I don't need much to be happy. A beautifully formed cloud or the intensity of a rainbow evokes in me feelings of happiness, contentment and joy. I don't eat sweets or overeat or drink to excess, neither do I smoke and I look at films and read books in moderation. But yes, children I can relate to. I so enjoy my children who are so precious to me, but that doesn't mean they have to provide my happiness, naturally I must do this for myself! If you think, "Yes, yes, yes, that is true, I do this," and you see it and recognize it, then the first step has been made. I don't love my children even a teeny weenie bit less because of this knowledge, I am just as close to them and they are just as precious, so precious, but happiness I must find within myself. I must tidy up my own affairs, walk through my own evolution process fortified by my own strength and grant my children their own roles. After this we had to choose a partner and as I always try hard to use my intuition, my feelings led me to Peter.

We had to tell our partners what realization had surfaced and how we intended to go forward creating solutions. The other had to listen, stimulate and react where necessary to arrive at agreed solutions. Peter also told his story and so we helped each other, and for awhile we were each other's mirror image.

After these explanations we stood in a circle and loosened up with movements which were necessary to become closer to our feelings and power. Together we used the ohm note, the primitive note from the Comprehensive, the All. Within a group it's not difficult as togetherness actually creates a bond, a conjugation which provides strength. Afterwards we had to do it one at a time, which was a quite a step causing us to feel more than a little exposed before the whole group. It might sound a bit silly but it takes a lot of courage to give yourself in this way, and speaking for myself, I found it quite confrontational.

Some of the group achieved this sound the first time; a wonderful deep sound from their very core, from their feeling. However, Isaak said to me, "You have a beautiful voice, splendid, but now from your core, show your strength and let your strength be heard." So I had to do it again and then it was a considerable improvement. There were others that had to try for a second or third time, but a lady called Annie couldn't produce any sound at all! She had stumbled upon her first blockage. Isaak repeatedly asked her to try again – so she tried, but then she burst into tears. But crying causes the blockage to become free, the sadness and the pain surfaces and you receive images so you can look at it. You feel it and you have to go through that too, to be able to let go later; you make the decision to let it go. In this manner you come closer to yourself.

After lunch we were invited to lie down on the mats and were helped under the eyes of the invisible helpers to go into a trance. You feel quite unmistakably that you are being helped. You feel the support, the stimulus and the motivation. There is a feeling of light-headedness as a result of the powerful breathing in and out. You experience a tingly feeling as you go into a trance and this enables you to reach your feelings. Now it is possible to recognize your blockages, and to confront old issues which need working on. With great sensitivity we were given aid by the helpers that came especially for us to the Earth, and to stand by us during this experience. In this manner you can work through a great deal, whereby you become closer and closer to reaching your core. We call this re-birth, or to be born anew.

Everyone was busy with his own experience. I was too busy with myself to take much notice of the others and my experience was extremely intense. So much of my sadness surfaced and I lay sobbing letting the tears flow freely. After some time I became somewhat calmer and I recovered a bit, although I realized that it was not over yet. Once more I began to breathe in and out faster, and a wave of sadness engulfed me. This time I received images and screamed out the nastiness. Isaak came to me and pressed his hand deeply against my stomach, in line with my feeling chakra, the plexus solaris, allowing the extreme emotion to escape. I pressed out as much as I possibly could and continued crying. At a certain moment Isaak said that we must come out of the trance, open our eyes and sit up straight. I was a little calmer but I realized that I was still stuck in this state of misery. The pain in my feeling chakra remained and I could not stop crying. Isaak saw that I needed help and said, "Come here." Tresi pressed her body against mine, my plexus against hers and she took over my feeling. This sadness, this blockage was too big; so huge that I couldn't get through it on my own. Then the medium took over the blockage and in this manner she worked it away. So Isaak and the helpers assisted the medium to rid me of these blockages.

Some of the other students also had intense experiences and I must admit, we all sat in silence during dinner. We were happy and indeed relieved, but we were also greatly impressed and still the experience needed to be digested.

After dinner we returned to the lessons and Tresi 'blew', that is to say that the student's channels were blown open. Tresi actually blasted open the channels in the crown and the palm. This drew so much energy from the medium, but once done the channels stay open; therefore with some of us it wasn't necessary as it had previously taken place. Now we were ready to energize each other. This isn't the same as the healing that the medium does, but as earthly people we all have the possibility to give cosmic energy. Observe how instinctively a mother strokes her hand over the place her child has been injured. What do you do to yourself if you knock your knee for instance? You lay your hand on it because our hands contain energy that we can use. We spent that evening energizing each other, intuitively energizing. Where are your hands drawn to? Which chakras do you lay your hands upon intuitively? The nice thing is that everyone likes the experience and also it is very satisfying to apply your hands to help another. It is given out of love, unselfishly, and therefore without wishing for something in return. And that feels good!

Isaak closed the evening with thanks for all our efforts, and as students our endeavours were worthy of his praise. Actually we agreed with him! We were tired now having reached the end of the evening, tired, but happy.

Having spent the night in a double room, Isaak expected us at seven o'clock in the morning to return in silence for some gymnastic exercises. These exercises were to drive out the sleep from the body and spirit and to re-energize in order to be physically comfortable. Next was breakfast followed by the opportunity to walk in the woods surrounding the monastery. Glorious!

At 11 a.m. we were present again for the next lesson. This time a 'simple spirit' from a high sphere entered Tresi. A 'simple spirit' named with the kindest of intentions - 'simple' because it had never incarnated, which means the spirit had no thoughts but only feelings. This spirit came to give us a lesson; we had to learn to laugh and to experience what a good vibration this is. It can bring such relief when you laugh and aren't thinking about anything at all. This spirit gave us laughing therapy and he sat in the middle of the circle. With this spirit in her, Tresi looked first my way and I got a fit of the giggles! Screaming with laughter I lay rolling about on the carpet and it was wonderful. But not everyone could laugh with such abandon, so the spirit took us all separately into the circle and succeeded in making nearly everyone laugh. Some laughed with more gusto than others, but it was triumphant because somehow he could feel the exact string to pull by each person to make them laugh. However he did not succeed with the last woman, she just couldn't laugh; there was just sadness. We all found ourselves with tears in our eyes as we could all feel her grief and all see the small child in her crying from distress. But then we saw Tresi with the laughing spirit inside her taking over her sadness, and it was beautiful, so very beautiful.

After lunch, intuitive drawing was scheduled. Sitting round the table we had to meditate altogether and during this meditation open ourselves to receive images, and intuitively set on paper the first thing that sprung to mind.

I glimpsed a feather, the image flittering by so quickly that I almost doubted its presence. But I cast that thought aside and began to choose my colours. With bold strokes a feather began to take shape on my paper. In the meantime I sat thinking about what I would draw after this, because you have the feeling that something besides this is expected of you, and you are so

keen to do well. They sent me a restful feeling and the message was that I should perfect this feather and that nothing else was expected of me. So happily I perfected the feather by creating more depth in the drawing and accentuating where extra colours were needed.

The drawings were wonderful but the accompanying explanations from Isaak were brilliant. The feather was a gift from Isaak to me, and don't forget that he was an Indian and the award of a feather is something very personal, the plume - a gift from him to me. I was unbelievably happy and still am. With tears in my eyes I listened to Isaak's explanation, he couldn't have given me a more beautiful present. The feather was in the Divine colour blue and the pink representing spirituality. Apart from the feather, the paper was blank meaning that you have all the space in the world – that life lays at your feet. Why this gift, this token of appreciation, this gesture of, "You are doing well, you are on the right path." Why this encouragement to move forward - to put behind me the horror of the past years and to wipe out the tracks? I can tell you why.

Isaak and the Divine world knew how difficult my past had been and how much effort I must still put in, now and previously in order to live a normal life on Earth. Up to this very day I still receive plenty of help from up above, but don't forget that I have to continue working hard on myself because if one stays passive, nothing happens. But I am improving and the trusting, believing and the strength are all growing with each passing day.

After tea, Tresi played Indian music, stirring music and we felt moved to dance and sing or otherwise just make sounds, dancing for the Divine world and in thanks to the Divine world. This was followed by a word of thanks to Mother Earth, Mother Earth who bestows on us so many gifts, yet we are so quick to blame her for our troubles. So ask forgiveness of Mother Earth, ask yourself for forgiveness and say to yourself that you will never blame her. I burst into tears lying there on the floor, thrown down on Mother Earth and let my tears run freely.

Then we thanked one another because we were a triad, yet we were one - The Divine World, Mother Earth and the human. We are all one; we are all a piece of God. We thanked each other intensely, one at a time, holding on tightly and letting the love from our hearts spread to one another, because love is what makes the world go around. It brought to memory the words of Sathy Sai Baba, the high spirit who came to the Earth in the form of a man to spread his love and whose words carry so much wisdom.

There is just one religion, that of love,
There is just one race, the human race.
There is just one language, that of the heart.
There is just one God, and he is omnipresent.
Begin the day with Love.
Live the day through with Love.
Fill the day with Love.
End the day with Love.
This is the way to God.

Following this beautiful expression of Love there was a reading and then "Question Time with Isaak." Now was the time the participants had the opportunity to ask questions and to offer their reactions about the workshop.

Near the end Tresi turned into Ethan, a little boy of about six or seven years who came to bring some flowers. Wim had brought flowers for Tresi, and Isaak had asked Wim's permission for Ethan to hand out these roses to us students. This took place as he chose a rose, walked to one of the students and presented the rose with a very personal message. Tears of emotions

flowed over our cheeks that such a small child from the spheres could spread so much love, a love that we here on Earth cannot imagine.

It touched our hearts with such purity that one can perhaps describe it by saying that it hurt. Still now, now as I write this I can feel there is a lump in my throat as I recall this intense love.

After Isaak's concluding words and his departure, the whole group remained sitting. We didn't want to go, we didn't want to go home and we didn't want to go back to the hum-drum of earthly life. No, we were reluctant to leave this wonderful ambience for we wanted to hold onto the feelings born from all our beautiful experiences. We wanted to keep these feelings alive and bring Isaak's teachings into practice because only then would we be one step closer to becoming ourselves - our higher selves and a little nearer to God.

I think it is emphasized in this book that meditation is a very important quality for spiritual growth. As well as for inner peace and release it becomes easier to be yourself and to listen to your feelings, knowing what you really want, and being capable of making the right decisions. In short, making life simple and more pleasant is a worthwhile process. One form of meditation has already been described in this book but during the last evening lesson, Isaak guided us with his voice and his words. It is also possible to use this as a guide at home.

Isaak:

There are many forms of meditation.

Breathe in and you breathe in life.

Breathe out and you let things go.

Breathe in deeply, hold it in and breathe it out, repeat this increasing the power while quickening the speed, becoming lightheaded, but don't let it matter. You become more yourself, closer to your emotions, closer to your true self.

Meditating this way ensures your energy is good, your power is good and your balances are restored. You can come closer to being yourself hearing your own voice making the ohm sound for example. There are many forms of meditation including the active meditation that is a physical meditation. This is very good for the people that can not sit still to meditate, but can do a physical meditation to connect with their inner selves.

Elise:

But, (*I'm actually muttering to myself*) will I be able to describe this 'physical meditation', so that the people really understand what they should do? Oh well, I will just try.

Isaak:

You are a good writer and we have realized that you can phrase anything and we are proud of this, we really are. We have noticed that you have a great talent for writing, and we knew this right from the very first time we spoke with you. Although at that time neither you nor the medium were aware of it because it was not yet a reality as you were not actively writing then. But I do want to say that you have a great writing talent.

I laughed at this 'pat on the head' and received his praise with blushing cheeks, but thankful too for the confirmation that I was on the right path. Consequently this resulted in both extra motivation and drive. I admit that everyone appreciates a bit of flattery and I was extremely pleased with the compliment.

Well then, I will now try and describe the active form of meditation so that you can try the exercises out at home. I have done them myself during one of the workshops, and they are as follows:

Start by stepping out with your right foot forward, momentarily place your weight on the right foot and at the same time push away something imaginary with your right hand.
Step back to the starting position.

Step out with the left foot forward, momentarily place your weight on the left foot and at the same time push away something imaginary with your left hand.
Step back to starting position

Turning your torso, step out with your left foot, once again briefly place your weight on this foot and push away something imaginary with your left hand.
Step back to the starting position.

Now step out to the right with the right foot, turning face and foot to the right, placing the weight for a moment on this foot and push with the right hand.
Step back to the starting position.

Step out to the left with the left foot, turn your face and foot to the left, placing the weight for a moment on this foot, and now push with the left hand.
Step back to starting position.

Step backwards turning your body 180 degrees to the right and at the same time place your weight on your right foot for a moment and push your right hand.
Step back to starting position.

Step backwards turning your body 180 degrees to the left and at the same time place your weight on your left foot for a moment and push your left hand.
Step back to starting position.

Start all over again.

It is just like the four points of the compass, north, south, east and west. With each jab of the hand you exhale some air, just like if you would puff air on a window creating condensation to help wipe away a stain. Begin slowly until you have a routine and then try gradually to increase the tempo so you achieve a deeper meditation.

REACTIONS FROM CLIENTS

I came to visit Tresi in Isaak's practice after a tip from one of my friends, and she's healed me. She and her guide Isaak helped me to find the true 'me' back again.

I went along there somewhat skeptical, but she radiated warmth that induced feelings of rest and the willingness to submit. Without preamble she took my hand and told me my problems. It choked her because she could feel my sadness and see so much blackness. She spoke about my youth, my girlfriend and my parents without any prior information and then I knew that she must be more than special. The healing was indescribable and it granted me a complete release and a trip back in time to my childhood emotions. All the old hidden frustrations and emotions came out and this was an enormous relief. I heard from Isaak where I should look for the solutions and that I should not be afraid of forgetting how to do it. After the release and the 'coming down to earth', there followed a blissful mood and everything fell into place like a puzzle.

It didn't stop with just the one secession as in the week's in-between I worked on the new path that had been mapped out for me. Good conversations followed with my girlfriend and my parents; I confronted issues, and I began to accept. Feelings and experiences were discussed whereby respect and love for each other topped the list. I was also made aware of the fact that I must accept myself, show my emotions and should give love, but that I should also be able to receive love.

Life is a great lesson and a growing process and I had needed preceding experiences to arrive at where I stand now. Naturally you must be open for healing and work on yourself otherwise you can never grow, but if you really want to achieve something, you will! Through this experience I have become more alert to eventual pitfalls, but never again will I let it come so far. I dare to allege that it will never happen again.

If I come across people with problems or the same sort of experiences, I tell them they should be open to the spiritual world. All sorts of friends, acquaintances and family members have found the right way via Tresi, and are grateful for her help. She's an ordinary woman with the gift to contact 'the unknown' and is prepared together with you to solve your problems. Do not be afraid to open yourself, the rewards in return will be plentiful.

I thank Isaak, Tresi and her family for their strength and help.
Martin

I am a young woman, 25 years of age and up until a few months ago, I was completely lost in a depression which dragged on and I had an enormous inferiority complex. The day after my second visit to the medium Tresi, I literally saw 'the light'.

I had heard about Tresi through a friend whose brother had received a healing and once again he embraced his life and everything surrounding him. Out of desperation I chose to grasp at this last straw. Once inside the practice, quite soon I felt that I could trust it in there. Tresi took my watch and held it in her hands, concentrated on it and put precisely into words how I had felt inside all these years. That alone was a relief, that at last someone could understand me, and feel what I felt.

Three months have elapsed and still I'm noticing that it is improving a little all the time. I am beginning to remember my old self again and I am no longer surprised if someone's nice to me or if I receive a compliment regarding my work. The better I feel, the harder it is to see when people are heading towards my 'old situation'.

Naturally most people are ignorant of the fact that this woman is a medium and that her spiritual guide can talk to us through her. It is also difficult to follow when you are in there. Naturally you would prefer that euphoric feeling of liberation straight away, but it certainly requires time and effort on your part. Eventually the healing is something that you must also do for yourself. When I neglect myself I am quick to feel 'down'- I'm just human.

Since I review life wearing my 'Tresi glasses', everything is much easier to accept. Have trust, it brings rewards!

Isabel

The following passage was not taped and is therefore not an exact account of Isaak's words. It is written by Bert as he recalls Isaak's words in answer to his question. His question was: "What is Humanity?"

Bert:

I have tried as hard as possible to remember and to express in the following account what Isaak from the Divine world said using Tresí's voice. I thought it to be a conversation worthy of reflection and one to work on.

Imagine that on all sides there is a wall and covering the wall there are pin-points of light. These pin-points of light are the souls and they reside in the glory. The soul may decide to take on an earthly life as a human and write down his own assignments. He enters into the world by way of his chosen mother and due to unknowing, has no access to the assignments he had written himself. He must follow a path in this earthly life in order to learn his lessons. There are no coincidences and he or she shall face predictable situations or ones that are necessary to experience.

There are many things happening in this world that seem important, but we are doing ourselves short on finding ourselves, our inner selves and granting ourselves happiness. What is happiness? Spontaneous behaviour is often stifled by being concerned of what another shall say or think. Man destroys his own happiness just by thinking this! It is a destroyer of happiness. So work with the inspiration that is given to you, with unpretentious and with spontaneity, without questioning what you might get in return, or what another might think. Your heart is the motor of your material body and equally important, the spirit is the intellect, both transient, but it all revolves around your soul. Learn to find yourself in silence, and then you will experience and understand things in a very different way. In silence. So many of us are afraid of silence, whereas in silence we can come to ourselves and we ask our questions. Indeed we seldom ask. Our aid comes by means of the helpers that are always there ready to guide us in our wishes and needs. When we ask, each of us is offered help with our questions through guides or helpers, and you will see that what is right is what will happen.

Our presence here this evening is not coincidental either and we are here to ask for help and to question Isaak via Tresi. For example: You go to the doctor when you need him. The doctor will not phone you to ask if you have need of his services.

With thanks and appreciation,
Bert.

The Lost Son. (Lukas 15)

I was nearly at the end of my tether, totally lost after year upon year of taking alcohol, drugs and medicine such as anti-psychotic depressants prescribed from The Mental Health Care Centre. I declined a proposition from them that I should be admitted to a psychiatric hospital because I believed that there was something else wrong with me. I judged that they would not be able to help me. It felt as though I was possessed by something and when looking in the mirror, I saw someone else. I also had the feeling that there were strange energies with me, so I began to pray for God's help and forgiveness for my unsavory past deeds. I couldn't take it anymore and told my girlfriend that I wanted to leave this Earth. Then via another girlfriend I received Tresi's telephone number – she said that maybe Tresi could help me. After ringing many times I eventually got Tresi on the phone and we made an appointment.

It was on a Saturday that I had an appointment with Tresi at 4 p.m., but come that day, everything was working against me. The busses weren't running, I could not withdraw any money, and it seemed that everything held me up. Eventually at 7 p.m., thus three hours too late, I was picked up at the station in Bergen op Zoom. It was dark and raining and we drove along the polders and along deserted farms and eventually arrived at Tresi's home. I was greeted by a highly pregnant lady, at last ... Tresi.

She could tell that I had completely 'lost it'. She was my last straw. I had done everything to silence all the voices and the total madness in my head. For years I had lived in darkness and now I saw the lady that represented the light. She explained that Isaak was her guide and that he would be communicating with me.

Tresi asked for my watch and felt what I feel and the shock for her was violent. Then she asked if I wanted 'them' to go as everything is done with your free will. I said, "Yes." Now I had to lie on the table in her practice where she treated me for half an hour. I worried about her but at the same time I saw her power and felt myself becoming lighter. After half an hour had passed she asked me to get off the table. Tresi told me that I had eight entities inside me attacking day and night. The first had made his entrance when I was fifteen. These low entities wanted a body and when my parents were divorcing I was weak and my aura stood open, enabling the first one to enter me. Tresi informed me that I would be cleansed. I experienced what seemed to be something like an epileptic fit. It's so difficult to find the words to describe precisely what happened, but I realized that what religion is to most people, for me had become an actuality. Everything that I had read about religion, my years of looking for God, and everything that I had felt inside, was true. I had been to other mediums, but this surpassed all my expectations. I felt the negative energies that I had sensed every day, dissolving.

I thanked Tresi warmly and her husband brought me back to Bergen op Zoom. I experienced one vibration after another and knew that I had experienced something great, whereby my life would never be the same again.

Metaphorically speaking, if my spirit is a house, then that house, along with the foundations had been wrecked. I think that I had literally seen hell and that is not a pretty place. I needed to return a second and third time to Tresi and Isaak for support. I bade my excuses to God for what I had done in the past. Tresi told me that I had been punished enough and that I no longer had to feel guilty, "Let it be a hard lesson."

But I still felt an enormous pain, so I visited Tresi a forth time. She told me that I spoke to little or not at all, and that is why I clutched onto my feelings of pain. My stomach and throat chakra were closed and should be opened again. Once more I had to lie on the table and she warned that it would hurt when I screamed out all the pain, and the hurt from past lives. I heard Tresi's voice from the other side of the room, yet I felt that someone held down my legs, then both my arms one on either side of the table were pinned down. I felt something enter my stomach and I have never in my entire life screamed so loudly. Everything was literally being squeezed out, but even so I could think, "How is all this possible?" The first meeting with Tresi was like a dream, but now I realized that it had all actually happened.

Naturally you can understand that I am eternally grateful to Tresi and Isaak. If it is ever possible either in this life or in a future life to do something for them, I certainly will. They saved my life. Thank you, thank you and thank you once more. No longer am I in a downward spiral and now I must learn how to let go. If I look at myself, (*metaphorically speaking*) I see myself like a hamster caught up in a vicious circle. He is running about but if he were to surrender, there would be a moment of fear, but then he would realize that he could just walk out. I am very hard of learning and stubborn, but slowly and surely I'm daring to surrender, daring to experience new things and let go of what happened; this namely being the pain and fear and the question of why the entities were in me; plus the question of guilt. Thanks to Tresi I can now say that coincidence does not exist and that everything is done with a free will. I had brought it upon myself. You reap what you sow and I got to know the law of cause and effect. There are no coincidences, you really do decide your own fate and my lesson had been a hard one. During my eternal life I shall never walk in the darkness again. I made a comparison to the 'lost son' and Tresi said, "Now you are the son returned!"

Tresi and Isaak showed me how to view the world from a different perspective. They showed me quite rightly to see the beauty in life - the love in everything. Isaak has given many answers to my philosophical questions. My life is worthwhile and I am grateful that I live. I thank God that He gave me the chance to meet Tresi and that He has gifted me a new life. I thank God that I live. I could have been a stone with totally no consciousness. The most beautiful gift from God to us is, I think, life itself. There might have been nothing, but there is everything.

When I'm standing by the lake that is close to my neighbourhood, I look with wonder at all the beauty. I see the sky, the cloudscape and the colour perspectives. When I witness a group of swans landing on the lake, I realize that this living painting is too beautiful to be true.

With friendly greetings,

The son returned

THE BIOGRAPHY

Isaak tells:

Before the medium could reincarnate and go back to the Earth, she had to say goodbye to what was most precious to her, the afterlife and the spheres. She also had to take leave of me, Isaak, her very good friend. Together we had formulated a pact and I promised her, "I shall always be with you in spirit and I shall always guide you on your pathway there on Earth and you will never be alone. Although at times you might feel alone, in fact you will not be because I shall be with you." For both of us the sorrow was enormous because you know that it is a parting for a long duration and therefore we would not see each other in the spirit form for quite some time. She came into her mother's womb and hence, she was born.

The medium was born into a family that was strictly Catholic with an extremely dominant father, a man without an understanding for his fellow human; his rules were Law. Her mother had a submissive role to play and she loved her children very much but she couldn't show her love because her husband would not let her. Her father restricted her feelings; he beat her and terrorized the whole family purely because of his lack of power. He wanted this power so badly and he demanded to be heard, and he demanded to be respected. But he was also so lonely receiving no love, not from his wife and not from his children. So he was emotionally underfed, also knowing no love in his own childhood – nothing at all. He failed to know what love was. However, love is within each one of us but you must want to seek to find it.

The medium was not actually supposed to be born at all, she was an accident and was told so her whole life; her father telling her many times how unwanted she was. Also her brother, the first born was unwanted and a few days after his birth, he died. His parents had no idea what to do with a baby and his father made a big mistake. When there was a deficiency of breast milk, the father gave the baby raw cow's milk. Cow's milk contains too much fat and is bad for a baby and in his stinginess the father consulted the doctor too late and her brother died. His father put the baby in a cardboard box and delivered it to the pastor. He was buried in unconsecrated ground as the baby had not yet been christened. The sorrow was overwhelming, certainly for the mother. Until this very day the family doesn't know where her brother lies. Luckily the medium knows now that every child continues growing in the spheres and that he too will have received a home and that now he is a fully grown man. Had her brother not have died, certainly the medium would not have been born as her father did not like children and didn't want many. The medium was the fourth child and he already thought two more than enough. How could a fourth ever be born? There was the chance of an abortion but we created circumstances so as to fulfill the wishes of the medium who certainly wanted to go 'down'.

Even as a baby she had a dislike towards her father, she was mediumistic, something which comes with birth and she felt that this man was no good. But there was something else to contend with; she also had karma with her father. This was one of the reasons that she choose this family in which to be born. In the first place it was because of the religion, this aspect being of exceptional importance within the family and in spite of all the trouble, she kept her faith throughout this difficult period in her life. Secondly, the karma, the karma that she had with her father. Karma is the redemption of faults existing from previous lives. So if you make mistakes during your life and you don't redeem them during that lifetime, then you build up karma. Karma always comes back your way; it is unavoidable and returns until you do redeem it, whether in

the following life or in the next, it will keep returning until you resolve it. This is a Cosmic Law. What goes around comes around.

In that former life, Tresi was a powerful man. Now her father is also powerful in the sense that people are afraid of the man he is now. In that previous life everyone was scared of the man that Tresi was. Her father was then the foreman and 'she' was a rich man owning many properties and had plentiful lands with slaves that worked for her father. Tresi was however a man totally without principals and one day she publically humiliated the foreman (now her father) before the eyes of the slaves. The humiliation was extensive but her father's rebellion matched it and she was killed by this group; but it was the foreman who was the one responsible for the deadly blow to the back of her head, and she died by his hands. When her spirit left her body 'she' felt a great sorrow and the realization that came to the surface was, "No-one loves me" because still 'she' was kicked and beaten as 'she' lay there, dead ...

She actually got what she deserved, but know that the moment that one person kills another, negative karma builds up. In this life she was allowed to do it all again. This means that her father has caused her negative energy and she must withstand this without violence. In another life her father will have to do it over again, so everything that he dished up and is still dishing up, he will have to collect. That is cause and effect, the law of karma.

Tresi tells: My father was so often violent. For a simple incident he could explode and out came the thick rope with which to strike a few blows. Imagine my horror when my white rabbit ended up in the frying pan. I cried and cried when I saw the wet patch of earth in the garden knowing that he had drowned my dog and buried him there. I was in shock when he killed my Babsy, my darling hamster, before my very eyes.

I had to sit at the table for as long as it took to drink my soup even though it had gone cold. My father suddenly came storming in, irritated with the noise from us children unable to hear The News. My hamster was with me at the table and in rage he gave it a clap with his slipper. I was shocked and my brother picked up the dazed animal which was still alive. My father grabbed Babsy out of his hands and tossed the poor beast into the multi-burner. For years I couldn't allow myself to become attached to any kind of animal frightened that once again it could happen. Much later, with help from Isaak I could release myself from these feelings.

Isaak continues: Her youth was spent chiefly in loneliness. She had homesickness which she could not place, but it was homesickness for the spheres, the longing to go back there. As a baby, she cried a lot without the doctors knowing why, she just cried and cried, but it stemmed from this homesickness. She did not want to be born even though she had chosen this for herself. In her early youth, she was often given a beating as she was considered complicated and because of the crying. So she disappeared into herself and into her own thoughts and notwithstanding the fact that the word 'autistic' was not actually uttered, it was considered. The medium grew up in a family where there was no love but where a very strong religion resided and each week the family attended the church. Faith for her was an extremely important issue and she helped in the church and she sung in the church; she helped with the communions and baptizing and she honestly thought that if a day passed whereby she had not prayed, she would forgo her place in heaven. Every evening before retiring she prayed, "Forgive me my thoughts, my words and my deeds. Make me as pure as snow and save a place for me in paradise."

A friend of the medium brought her in contact with two older men living further up in the village. The father was rather a repulsive man, an invalid possessing a mangled up body and was also housebound. He was a dirty neglected uncared for person with only one tooth in his mouth and

he smelled awful! Each time that she saw him, a wave of repulsion swept through her body. The son Norbert was also ill and as he had undergone different operations he walked with a stick. So truly it was not a pleasure to go there, and yet it was. She was given sweets, toys and money and she could go with them to the Fairground, but most of all she received attention, the attention that she so desperately yearned for. But the other side of the story was that both 'gentlemen', independently from each other required payment, so involved her in games of a sexual nature. She was not the only one, because her friend also let herself be 'felt' and her two sisters regularly visited them at their home. In the village it was speculated over the happenings in this house but no-one took the initiative to investigate.

The internal conflict in her life was enormous. She did not want this 'relationship' but nevertheless she was drawn to them. She knew it to be wrong but she could not resist this attention, the love and the gifts she could not tear herself lose from. "Forgive me my thoughts, my words and my deeds. Make me as pure as snow. Save me a place in paradise."

The number 5 is an important number in her life and this number keeps reoccurring. After five years she ended the visits to this dirty house with these dirty men and eventually with our help, she could break free. It was done. It was over. She can vividly remember lying in the hospital for a hip operation and the recovery period was a long one. She lay in a room with another girl and this girl received so much attention and she truly had a constant stream of visitors. Every second day the parents of the medium turned up with clean pajamas but within ten minutes they were gone and not a word was spoken! So she turned round in her bed and cried herself to sleep because she did not want to whine and did not want anyone to see her unhappiness. Her parents had never showed her love and it continued to be that way. She had always had the feeling that she was the least important within the family; even her mother had a preference for the other children. She had no place in this family and once again this was confirmed. She was twelve years old and the loneliness was big, in fact it was immense.

It was there in the hospital that the medium knew for definite that she could break free of her habit of calling on Norbert and his father. Norbert wanted to visit her at the hospital and she did everything in her power to prevent this, but he came anyway. Then she made the decision never to go back there. After her release from the hospital she needed a long time for recovery and they thought, "She'll be back," as often she had said, "I'm not coming anymore," and so often she had. But her shame was immense and she hardly dared to show her face in the street; she felt the stares and knew they talked about her.

But the medium had made the decision and she stuck to her decision. This was not easy as she had been rewarded with gifts. One of the other girls had received a new bike from the 'gentlemen' and her parents, brother and sister said, "Why don't you go anymore? They spoil you, don't they? Maybe you will also get a bike!" But she did not waver from her final decision. Once she had so nearly revealed, "Do you know what they do to me?" But she held her tongue. The secret was just too big, so big that she confided in her brother. Her brother was the one that she loved the most; she loved him so much and had such admiration for him, he meant the world to her. She had put her trust in him and he was the first one to break her heart. She had borrowed his bike to get to the doctor and she saw no harm in it - they were the best of mates, weren't they? He came to find her at the Doctor's and inquired as to why she had taken the bike. Her reply was that she had thought that he would not mind in the least. Shortly afterwards in the middle of the street he shouted out of rage and yelled through the streets so that everyone could hear, "Go back to the old men and let yourself be misused again, you filthy little whore!" She just wanted to die and now the whole community knew that the one she loved the

most had betrayed her. She was twelve years old and she decided to get the hell out as quickly as possible.

The most difficult thing would be to leave her mother behind. She had so much love for her mother, she loved her so very much, she still does, and yet, she could never show it because an invisible wall stood between herself and her mother. Her mother had built up this wall, her parents, not she. She could detect it, she could feel it and that is why she stood her distance. And it was all the result of cause and effect. The causes are there and the consequences have to be carried and she too had to bear the consequences of her deeds.

The medium was also a very angry child. She was cross so often because she had no idea how to handle her emotions so she expressed herself in the wrong way. She hit children, terrorizing them and forcing money or sweets from them. Here the conflict within her came to the fore, she liked doing it, but she despised it at the same time, and that hurt. It was all out of weakness, she had no idea how to cope with her true self. She would have to find herself and learn the difference between good and bad.

It was a long experimental journey to understand her feelings and emotions. When the medium looks back to this time, she does not see it all as only nasty experiences; she also sees the positive within as it had positive consequences. She sees it as a growing process that she needed to experience to be where she is today. She now knows the difference between thoughts and feelings, physical needs, emotional needs and all these feelings she had to experience herself to understand them. It also gave her more understanding of the fellow human being in the sense that she now feels things in the exactly the right way. She knows what it is to be misused, she knows how it feels to be beaten, she knows what it is like to be alone, she knows how it is to be bad and she knows what it is like to be good. She remembers it all and therefore she shall never pass judgment or be surprised about anything.

The medium was 16 years old when she finally, finally could vacate her parent's house. She had a relationship with a Dutchman eleven years her senior, a man from The Netherlands who had been posted to Luxemburg for six months. He was her saviour. One day - after her father had beaten her again, she could not cope anymore and she wanted to leave this life for good. That was the moment the Dutchman chose for her, left his house and his job and together they ran off. They emptied the house, took her savings out of the bank, hired a van and left the country the very same day. Her case had stood waiting from a very young age and now the time had come for her escape.

During the first few years of her new life she was extremely sad, because she was homesick - not for Luxemburg or her parent's house but for the familiar things from which she had to detach herself; she had to let go. She lived a somewhat drifting existence; living here and there, with no regular income and sometimes had nothing to eat. They were hiding from the authorities because they were sought after, she was after all under age and a warrant had been issued. They drifted once more through France and after being assaulted violently, decided to return. It was a turbulent time that made her long for the relatively safe life that she'd had before, because apart from the abuse and her father's beatings, it had been a natural simple life consisting of school and home. But she did not go back. He was the first man in her life and she had two children with him during the five years she spent with him; again the number five and then she felt that it was long enough. She had always known that this man would not be the man with whom she would spend the rest of her life.

So she went with her children and entered another uncertain existence, but by then she had found the power and had faith and trust. She had nothing, no money, no education, no job but she gained experience, and if you really want something, anything is possible. She wanted to go back to school again. At first she was refused but was eventually accepted. But nothing fulfilled her, nothing satisfied her that had to do with the earthly matter and this was due to us, the Divine World because we didn't want her to develop in an earthly way, because our wish was that she should develop spiritually. The medium followed her sense of intuition and she got a job working in sales for an insurance branch. Although she had no preparation or training in this she was good at it and knew instinctively what she should say, 'this is good and that is not good', purely out of instinct. So don't be put off if someone says to you, "You can't do it," if you believe that you can; see to it that you do. "Where there's a will, there's a way," and that really is so true.

For five years, again the five, she worked in this branch and this was a good exercise at adjusting her feelings towards others, something that had to be done individually with each client. She wanted to sell, but was unable to do so intellectually. Often she had no understanding of what it was all about, but because of her intuition she was able to sell.

The medium was even proclaimed to be the best sales person in the whole firm and through this she won a luxury trip to Sweden; however she could not enjoy it as she placed no value on material things such as an expensive flight or a whole day partying because her life had always been lived from within herself. She always knew deep down inside, "This happiness is only temporary because it is external happiness" and that external happiness was only an addition. She needed to look for inner happiness, happiness that comes from your inner self, and this she had not been able to reach, she was not happy. She suffered extensively from depressive moods and anxiety attacks, worried about everything and also relationships did not work out, as this too is an external happiness. It was also a lesson, to know that she must heal herself from within and that she must see to it that the emptiness inside would be filled.

Truly her whole life was an education for her future practice as a medium, but those five years by the insurance branch was a period whereby with help from us, the Divine World, she began to develop spiritually. The first prediction took place at a work's barbeque. Here she met a woman who was a palm reader. She did not believe in it for the life of her, she is a down-to-earth person but her curiosity was aroused and the woman read her hand. The palm reader took the medium aside and told her, "You are highly gifted in the paranormal and after five years you will be ready." She knew only too well that she saw things, knew things and felt things, but surely, everyone was capable of this? Anyway, how do you make use of such a thing? It was there, but in the beginning stages and still needed to be sharpened. The woman had left with the words, "You are a delicate flower." She had completely forgotten these words, until now. They were the exact words I, Isaak, had used. Only I had ever spoken to her with these words. We let this woman say these exact words.

The medium got the feeling that she should flick through the local paper and her eye fell on an advertisement for a Paranormal Evening and she felt a strong urge to attend. So she followed her feelings and went. At the beginning of the evening everyone could place an object on the table and she did this too. The person who was leading the evening picked up the object that she had put down and said, "This person who has placed this object could just as well be here in my place because she is exceedingly gifted in the paranormal." Once again there was the confirmation! We, the Divine world wanted her to be convinced. But then, how do you use something like this; what do you do with it? She decided not to pay too much attention to these

words. However, she felt very cheerful and happy inside when she heard this and went home coveting this happy feeling.

Some time later she was sitting in someone's home in a working capacity, and within a short time these ladies became extremely close. So all talk concerning the insurance was dropped, the lap-top remained closed and they spoke about emotions because for the umpteenth time the medium had been disappointed in love. This woman informed her that she had been to a man who could neutralize blockages and that maybe this could be good for her too? The medium did not even know what blockages were and thought of going to such a man terrifying. She thought, "Soon he will be saying strange things that will confirm all my fears." She really thought that she possessed all kinds of things as she had built up so many phobias and fears over the years. But she gathered up all her courage and she visited the man. Within two minutes he told her precisely how she was put together and where her troubles lay. She sat shaking like a leaf and when she left she thought that she would never go back to 'that creep'.

However when her relationship began to break up she decided eventually to talk about her past and the abuse. With a referral from her Doctor, she sat opposite a psychologist and instinctively she thought, "What am I doing here with this woman, I don't belong here." She did not continue seeing the psychologist but decided to return to the physic healer. He treated her six times to clear up the blockages and it worked. She had numerous flashbacks. The sessions were every second month and in the intervening time she had the chance to work through it all. The sessions revealed the traumas of her childhood and naturally this was all to do with letting go. See it, feel it and let it go. It was intense and she cried so much as so many emotions were freed, but with him she could 're-charge her batteries'. After six months she was ready, she felt that it was enough. Shortly after this she got another urge. This time it was to go to the library and she went straight to the row where her eye fell on a book by a famous Dutch medium. Every time she felt a powerful impulse it was our way of helping to lead her, to steer her. She read the book in one stretch and the very same week she sat opposite the Dutch medium!

Tresi entered the room and felt the energy there. She began to cry as soon as she was seated, and as if glued to her seat she received a healing. It was a very special experience for her. This was her second step and this medium helped her a great deal. The aftermath of that first meeting was so all-embracing; there really is more between heaven and earth and she became aware that it was all true.

Once more she felt the pull towards the medium and went full of expectations, but nothing occurred and she was a little disappointed having thought that something exciting would take place. She was so hopeful of a happening. But nothing happened until she could detect a smell, the fragrance of a flower, a rose perfume and she asked the other people sitting there, "Do you smell that too, the smell of a flower?" No-one could smell the flower, but intuitively she felt that it had originated from her brother - the brother that had died as a baby had come here to greet her! She was happy and touched.

Notwithstanding the fact that all sorts of things happened when she went to the medium, she had still not been directly spoken to. Just once she had received an answer to a question she had previously written down and placed in the round bowl. She had written a question with regard to her relationship. This man had been some time in her life and the relationship was so laborious and his life was in a mess, what should she do now? Again the number five came up and the medium declared, "With the number five, you will get your answer." When the relationship ended it was at this time that she realized that it was the fifth of September. Five, five, five, a number that time after time came back. In the past, she was the fifth family member and she was born in May which is the fifth month.

Once again at a later date due to the familiar urge, she visited the medium and this time it was a revelation to her. She went with a friend and before she knew it she vacated her chair and had acted out her whole youth! She stood up on the podium and showed her new dress to a few thousand people, dancing and laughing. She walked about giggling innocently and then she became angry and sad and punched the walls in helplessness and anger. She went from one emotion to another, excusing herself repeatedly but she could not stop. She was conscious of everything happening and this was good because if things happen when in a sort of trance and afterwards you know nothing about it, then you would not be able to see, feel and let go of the realization. It took two hours for all these emotions to transfuse through her body and afterwards she felt liberated. She felt a new happiness streaming through her, joy at long last and when she left she felt herself to be re-born. So her experience with the medium was one of such importance, she is an instrument. Her energy, her fluid was sufficient enough to enable the spirits from the spheres to work on the people via her.

There followed a period of rest during which she had to let everything sink in properly, but of course there was a sequel.

Tresi was given a magazine about a paranormal festival. This festival lasted a few days and you could enroll yourself for the workshops that interested you. She met a man there. Together they did an exercise which lasted a few minutes but they just 'clicked' straight away. On the following day there was walk over the fire and she had given in her name for this. It was a tremendous victory for her and she did it so full of enthusiasm and afterwards she went to others who showed an interest and told them how great it was. Suddenly there was Jan standing face to face with her and he laid his hand on her heart chakra. She stopped in her tracks and felt peace stream through her body. Later they had a talk and once more said their 'goodbyes', but for the whole of the next day she felt the need to see him again. But then at such a huge festival with so many people it is not easy finding each other. At the Ending Ceremonial they bumped into each other again and once more felt the connection. She went home having forgotten to ask for his address or telephone number and she was really sorry. She only knew his first name and nothing else. The following day however she phoned the festival's organization and although it was against the rules to hand out address or telephone numbers, they made an exception. The very same evening she stood outside Jan's door! They felt so close that at first she fancied herself in love, but luckily they realized soon enough that what they felt was a pure bond. Although they did not see each other so often, a solid friendship grew.

Jan was a real nature-lover and brought the nature closer to her and they walked and talked a lot about themselves and the things that bothered them. He was the first person that brought her into a trance; he had Divine hands and when he saw that she was out of balance he offered her an energy treatment. The medium felt it so intensely but had minimal control over her body. She did all sorts of exercises and it was a whole new perception for her that it existed at all, that human hands could be used, could energize - could give energy, cosmic energy that really worked. They always spoke about the Divine World and they spoke intuitively with one another and she could perceive things without knowing it, and he could prove his medical powers. The first time that in the presence of Jan an entity entered her, she had advanced quite considerably and was close to mediumship. Jan was visiting and they were once again having a nice time and he energized her. She had troubles with her love-life again and she needed this help. She began to shake violently. Jan went and sat opposite her and she began to talk instinctively, at least that is what she thought. But it was not her at all but a higher spirit making use of her physical body. She was in a trance and someone else was using her vocal cords to communicate with Jan. She found this sensation strange, talking to Jan in this strict tone of voice, for he was her friend, wasn't he? She thought that it was herself speaking these wise

words to him but she had no control at all over what was being said. Later Jan fell into a kind of trance and now she treated him, but when she recovered she only wanted to eat and drink and be silent. She did not want to talk about it anymore; she thought it peculiar and she found it frightening. She did not want to hear any more on the subject.

Months later the medium returned to Jan and once more walked in the woods and again they talked and they had a great time together. When it was time to go she thought, "Maybe I'm mistaken, nothing is going to happen this time." But Jan waved his hand over her body and she fell directly into a trance. Once more she did exercises on the ground which took a very long time. At a certain moment when still in a trance, she was led to a type of throne where the ambience was only of light and glory. Mentally she began to cry because she had regret, regret because she knew in her subconscious that she had done something that she should not have done. It was the denial, the denial of her mediumship. She cried and asked for forgiveness and then she heard for the first time the words that would become so important to her: **Listen, believe, trust, surrender and obedience.**

The medium was definitely impressed by all of this. We wanted to convince her – she Must listen. We made her clap her hands and simultaneously say the words: "Listen ... believe ... trust ... surrender ... obedience ... listen ... believe ... trust ... surrender ... obedience ..., clap with us, clap with us, listen ... believe ... trust ..., continuously for just as long as it took for her to remember all five. We wanted it to penetrate right there and then that she was a medium. Then we let her see The Light. The light and the glory surrounded her, entered her and she felt only the love. And this is what we are, the Divine world is light and is love; we are The Light.

Also we let her see two other things. We let her see a piece of negativity because she would always come across negativity and people that would be influenced in a negative way; but we also showed her that she would be protected against this and so there was no need to be afraid. We let her see the people who were waiting, they come forth from the blue energy, the spirituality, and they sit and wait. They are waiting for the time when she would be ready as a medium, so that they may be helped. She inquired, "Where is my Guide?" These words had also been placed in her mouth. She was turned around and she stood face to face with me, her Guide, Isaak. She was permitted to feel me, touch me but she was not allowed to see me from the earth's energy but only from the spiritual energy. This made her angry and sad. She cried and said, "Let me see you, or go away." She did not trust the situation and thought, "I'm going mad," still she assumed that it was a rare illusion. "There is something wrong in my head - I'm going mad," and she added, "Go away!"

She sat down and suddenly she felt the power. And that is just what it is, feel and if you can feel, you cannot declare yourself insane! She felt the power of the person entering her and that was me, Isaak. Then the dialogue began and she fired questions and calmly I answered them all. We sat there for a very long time. I said, "Jan was the link until this moment and from today onwards this is no longer necessary as we have created the bond and we are One. Fierce emotions swept through her, she cried and she felt joy enveloping her. Then the picture for her was complete. Filled with happiness, she went home. She was ready, she was a medium, it had taken 28 years, but we were connected; now we could begin, now that she was a medium.

The medium received a visit from the sister of the young man pictured above. He was just in his twenties when he went missing, but he had died. He came through to comfort his sister who was so sad and had such difficulty with letting him go. You can see very clearly on this photo the handprint of the medium Tresi Barros. The positive energy that the Divine World sends us, and also goes through the medium, is very visible on the photo. The handprint on this photo was a gift from his sister.

FROM LEARNING PERIOD TO PRACTICE

Isaak: Now Tresi was a medium but not quite qualified! There followed a period of a year when she had to practice in all sorts of ways, so that the raw diamond could be crafted and everything sharpened and refined.

But eventually she came home and naturally she had to explain everything to her partner, her husband at the time. He was also introduced to Isaak and he was invited to feel his energy and was encouraged to ask all kinds of questions. Notwithstanding the fact that it was all very new to her husband, he was also convinced. At a later date he experienced treatments that provided him with the evidence that it was all true. The same evening Isaak told Tresi that she would begin a practice and both Tresi and her husband took this to mean that they could start immediately.

Her husband got going without delay, rebuilding the shed into a practice, which he completed within a week. He installed a radiator in the practice as it was extremely cold in there. But she was not actually ready because she had just met me and she would need a year's practice period. However she had placed a sizable advertisement in a newspaper costing quite a lot of money. It was a stupid thing to do because she had ceased to listen to me and she also enrolled herself into "The Paranormal Foundation". It gained practically no interest although the Foundation did refer a man to her who came all the way from Maastricht. However she felt the fear and that was due to me; I wanted to make clear to her, "You are not ready yet." I had installed the fear; I put the fear into her because it is possible for me to influence the medium in any way I think necessary. She was so frightened that she took a drink thinking it would help her to pluck up the courage to speak! She thought, "If I'm not so nervous, then I will make a better job of this." But let me tell you; the whole incident was one big flop. The man went home disappointed and the medium sunk into a depression. But this was part of her learning process, the distinction between, "What can I do and what can't I do?" One very important rule is - Stay away from alcohol! They closed down the Practice now knowing that she wasn't yet ready.

There were plenty of people in her neighbourhood on which to practice clairvoyance and laying on of hands, but I was always present. The incident with the man from Maastricht, the advertisement being placed in the paper and the enrollment in the Foundation, she had handled on her own. She had thought, "I'm a strong woman, that's me and I will arrange everything - I can do this, I can do anything." Nonsense, she could do nothing and she needed to learn that she could do nothing because she is only an instrument and she had to wait for me; she had to wait until I was prepared to give and until I would bring the people to her. So it was a disappointing experience for her and it took a whole year before The Practice opened its doors again.

Thus, in that one year so much was discussed and she practiced diligently. She practiced at home on her family, her husband and her children and in this way she came to learn that she could energize, that she was clairvoyant and she possessed the gift. Now her curiosity was unstoppable! Her questions kept on coming because she wanted proof upon proof that all that I was telling was true. In retrospect she has to laugh at herself, but patiently we answered all her questions.

There were examples at home where her family came into contact with her mediumship, one instance being her husband who was then her boy-friend. He wasn't in the least religious but

was open to it, although more in theory than in practice. The first treatment he received from us was to his chest as he had difficulty with breathing. In the past he had suffered from asthma attacks and bronchitis. He felt pressure on his chest and as he was pushed backwards, he could actively feel that something was happening from the 'other side'. Another time he fell into a deep sleep anaesthetized by us and we treated the knee that he had damaged playing football in his youth. We know no time here, but if I take note of what the medium says, a whole week had passed when a second time he fell into a deep sleep and was treated while sitting next to her in the car. Since that time his knee has been free of pain.

The medium had purchased a brace to exercise with in the hope of strengthening her body. However, she had neither the power nor the strength to persevere with physical exercise. But she gave it a try and found it most unpleasant and within two minutes of wrestling with it, she asked me, "Isaak, please could you help me?" All of a sudden I took her over, enabling her to work hard for one and a half hours. After the exercise she felt herself to be totally re-born and re-joined her family downstairs. So we exercised more frequently in the lounge with her husband and children joining in. At this time it was possible to cram the medium with knowledge to bring her completely in balance and at the same time she learnt our gestures and how to translate our symbols into words for her children, something that she now does daily in the halls. Every day she has to consider what gestures are we giving her and which symbols we are showing, and quick as lightening she is able to translate.

This sort of tangible evidence helped the medium enormously to trust in us, the Divine world and to find her own inner depths. Remember that when a medium comes into contact with her particular gift, the battle of truth or falsehood commences. So first of all she had to collect as much proof as possible on her home-front and with her circle of friends and then the faith in her ability was established. When a person achieves trust in his ability, he will radiate this talent.

She experienced a few disappointing happenings that entered her life but that was all part of it. It has to do with faith, the faith that you need to continue believing in your talent. You must not forget that if there comes a time when you lose your faith, you make everything futile again and consequently you could temporarily lose the power of your mediumship. But if your belief is ignited again then you can return to your true self and to the Divine World, and only then can we give what we need to give.

The medium also took part in a number of workshops at a paranormal fair during that year. There she had many experiences and there was a great deal to learn. She came in touch with positive energies and in regression therapy she was allowed to behold her previous life with her father. She attended these festivals for five years and she learnt many new things from them. The last time she attended was with her partner and she felt the pull to go to the sweat-house. A sweat-house is like a sauna but things are done in a spiritual way. It has a connection with the four points of the compass and the Indians are called up as it is a shamanism ritual - it was a shamanism sweat-house ritual. For her it was quite a victory to enter if only because she had to do so naked. But together with her partner she went and at a certain moment she could make a wish as that was the ritual. They listened to beautiful singing and everything felt positive. She scooped up some earth with her hand and next she had a feeling like worms coming out of her stomach, from her feeling chakra, so it seemed for her at that moment, that is. The feeling at first was only one of slight panic but as her panic increased she cried out and screamed. The scream she emitted was the sound produced from the process of being healed; it was at this moment that we, the Divine World took it all away. We rid her of her fears, of all her uncertainties, of all the nastiness from her past, of the sadness, of all the associations, of all the misfortunes and everything that had influenced her negatively. We took all this away. She was

truly free and she felt the glory and she felt exalted. Still naked and with the earth in her hand she went outside. It was cold and a very cold wind was blowing but she continued and went over to a tree where she knelt and prayed and prayed, "I want to return this to the earth, it doesn't belong to me." These words were given to her and she opened her hand and gave back the earth. Tresi lay on her back and felt such an enormous freedom. She also needed this to become a usable, pure instrument.

In the regression therapy sessions she was permitted to observe more of her previous lives, such as the life she had with me, Isaak, here on Earth. We lived in the year 1230 in North America and were Indians. At this time, Tresi was the son of the chief of the tribe and I was her good and trusting friend. One day we were involved in the fighting between the white people and the Indians concerning the boundaries of the land. Tresi was struck in the chest and fell from his horse, dead, and he went to the other sphere. Suddenly he saw me, Isaak, there and we were so happy to be re-united. Again she was to enter another phase and that was the farewell before her return to the Earth. She did not want to go, the farewell was difficult but she knew this had to be. The next thing she knew was that she was in her mother's womb. I, Isaak, promised her that I would always be with her and that she should not be frightened. Her birth was not a pleasant experience as she felt as if she was choking and the next moment she would recollect the chilly hospital. She felt sad and alone and felt her brother and sister looking at her, but also felt the rigid glances from her father. She cried continuously already missing what had been her home in the spheres. She got to view another life again and this was a previous life that she'd had with her husband at the time. She was the daughter of an Officer in the French Army and he was the son of a farmer owning a vast amount of land. He was 19 and she was 16 but as she was not allowed to see him, they met each other in secret. They exchanged kisses and were very much in-love. Now for the sake of more land, he had to yield to his father's wishes and marry someone else. It broke his heart but he had to submit to this parental pressure. Her husband at the time was also allowed to observe this lifetime. Back then he was weighted down by his family and had listened to them instead of his own feelings. So they had something to complete in this life-time. Actually the same sort of circumstances were carried over into this life-time as his family had no understanding of his love for Tresi, and would preferably have seen him with a woman without a past or the children that came with her. But in spite of all the attempts they made at changing his mind, he was persistent and stayed with his decision choosing to be with her. In this present life they were allowed to finish off their relationship by marrying and having a child together. But it was not easy for us to arrange their meeting and subsequently their getting together and also their great age difference wasn't to our advantage. But eventually we were successful as she belongs to him and together they have karma to redeem and both of them need to put matters straight.

The medium made one more visit to the festival but not to participate. She was ready and had no more need of the workshops. This time she went as a medium! She had felt the urge to go, enrolled herself and went in the camper with her whole family to participate in the section where healing was to take place. The medium received the ultimate proof here, because people stood in queues to see her and the word circulated, "You must go and see the little woman; she's such a good medium!" This was a wonderful reward.

Sometimes we steer her in a certain direction and give her the familiar urge. For example, she went to a place where a psychic had arranged an evening of healing. She took her place in the hall and because she possesses such psychic powers, she was directly taken over by a small girl.

This girl was lost and the psychic spoke to the child within Tresi and informed her that she was actually in the wrong body and that she should go to The Light. She was an easy child and so she left by the door. Mostly they exit through the door as they are still connected to the earth and are used to leaving in this manner. Only in emergencies would they choose to go through a wall. But it went well and the girl left. The medium began to feel uncomfortable when the psychic said the girl had returned with a bunch of flowers, for this is impossible. The moment someone goes to The Light they are really 'gone', so how was it possible that she re-appeared ten minutes later?

This was a lesson for our medium to investigate and to discover. Yes, the psychic had done his job well because the child was taken into The Light, but he should not muddle things up and interpret the situation himself. He thought, "This is an easy one, I'll just say that she has come back with a bunch of flowers in gratitude", which was not the case at all but something he had made up.

Another time Tresi was taken over by a child, a simple soul, and in this case the child had probably experienced an earthly life. But in her last life she had died young and therefore she now knew little of earthly matters. She did not know how to sit on a stool as she had never physically learnt how to use her body. She began to giggle and whisper and asked, "Why is everyone so serious?" She found it so gloomy here on Earth. This child had been granted permission to walk away from the children's sphere otherwise she would not have been present. The child had come bearing a message, "Why do you take everything so seriously?" It was a rare phenomenon for a child such as this to come from the light spheres and feel the gloominess and the heavy pressure that is so foreign to them. It was all part of her training for her mediumship which we named her 'learning period', and was a training prior to carrying out her work.

As we have previously mentioned, she did get the chance to practice on her friends. She received a message from a man called Ron on her answering machine who sounded somewhat panicky. At different times of the day she phoned him back and suddenly she heard a woman's voice on the end of the line. She had an croaky old voice and told her very vaguely that the person Ron did not live there and she hung up. The medium was angry thinking that Ron was making a fool of her. She pressed the repeat button on the phone so she could try once more and this time Ron picked up. She asked Ron why he was behaving so strangely and why was he disguising his voice? His reply was that just now he had been lying asleep and was awoken by someone wrenching his arm. He told her that his bedroom always felt really oppressive so the medium promised him a visit. When she arrived, immediately she felt the pressure and oppressiveness and was thrown against the wall. Someone was trying to possess her body but instinctively she knew to deny them access. She suggested that Ron would look for help elsewhere and she left. That help came in the form of a psychic and his student and as the medium felt that she should be present, we saw to it that she had no work appointments on that day. The psychic went to the corner of the room and waved his arms in a circular movement bringing the spirit within the pre-formed circle. He named it the 'circle of light' and told them this was the way for spirits to leave. Indeed, if only it were that simple. The medium sat on the bed and felt ill at ease as the spirit entered her body. She heard my voice saying that she should not resist and she complied. The psychic thought that he had completed his job but then noticed that something was wrong with the medium. She told him that she did not feel well. The struggle had begun and becoming totally wild she started screaming, "Leave me alone, I belong here with Ron." Obviously the spirit felt at home here. The psychic tried to calm her down but she was having a very difficult time feeling so tired and oppressed, and not wanting to leave. The psychic said, "Give me your hand and straight away your tiredness will lessen." He was right,

she did calm down but when he began talking about the people waiting for her and advising her to go with them, she continued to yell and scream. However, the white figures came for her and she had to leave. She was drawn along but still she refused and uttered the magic words, "I will not!" Still screaming she eventually had to submit and she disappeared through the bedroom wall. The medium slumped to the floor like a sack of potatoes jerking spasmodically until eventually coming to. She regained her positive energy and the negative energies that were left over in the body had to be released. Her energy level was very low at that moment but we were able to replenish it straight away with our concentration. The psychic and his student wanted to 'earth' the medium, but she wanted just one thing and that was to leave. Thus, she departed.

Another exceptional story was about a young boy that had died, a child that had never been born due to having being aborted. It was still during the time that the medium was learning so it took place in private. The mother of this young boy had come to the medium and we would like to add that she did not know the age of the child for clearly there was some sort of taboo here. She knew that the child had been aborted but the mother had come for help concerning a problem in her relationship and not specifically in connection with the child. In the beginning of her mediumship, she was always as careful as possible and the person would first of all be asked to lie down. She would encircle the person energizing them for half an hour before continuing with something else. This took place in a small primitively furnished shed behind the house and it was so cold that the radiator was constantly on. Suddenly she had contact with a child who said he was named Juliano and twelve years ago he had gone over. So he was now 12 years old and explained that his mother should not feel guilty about aborting him because he had chosen this for himself. It had been his choice not to stay any longer here on Earth as the first born child. The mother had been heavily burdened with feelings of guilt because of her faith, but also because she knew that she did not want a child at that time as her relationship was not stable enough. When people are continuously thinking about something, most of the time they become totally wrapped up in it and it plays on their minds. This had happened to her and the child literally began to worry about the parents and apparently had kept an eye on them. He told her of situations going on in their home, how it was and how the mother could protect herself in these certain circumstances. He also advised her about the upbringing of her two other children living there and offered guidance about becoming a better mother. This was very moving for the mother but you know yourself that people attach little importance to words alone and she wanted to feel the child. We told her, "Lay your hand on the table and then open it." The child gave her a hand. Spontaneously she began to cry because undeniably she could feel her child's vibration and the warmth surrounding her.

The medium had a friend whose young daughter had a fibroid on her thigh that was bruised and swollen. The medium had planned a weekend away and decided to take the child with her. Repeatedly she would take this child aside and lay her hands on the afflicted thigh and she saw within a few days how the fibroid had decreased in size. By the time the child returned to her mother there was only a tiny piece left and this disappeared a few days later. The medium had attempted to heal in this manner and had succeeded; otherwise the child would have needed an operation. It was for her the evidence that with the laying on of hands energy is freed and that such a treatment can be successful. Often the mother was treated for psychological complaints as well as physical ailments as there were many things worrying her. The medium also supported her with her problems.

All these experiences were very positive for the medium and slowly she was convinced that it was all true and that she was not mad. We had to be very patient and not offer too much at a time because then she could still lose her way. So every now and then we left her alone, then

we began again, very subtly, and then we left her to rest for awhile. She had to finish the training gradually.

She had to be patient and she had to wait even though she didn't want to; she wanted to go further, but we told her that first she had to move house, that a daughter would be born to her and that everything is planned to perfection here by us. She had never expected to do this job, she had never expected that she would be successful at it, just as she had never expected that you could make it your career actually earning your bread and butter with this work.

Elise: The above examples took place in the so called 'practice period,' the period before Tresi could actually work using her gift. Now I would now like to share a few examples from Isaak's practice with you. I myself can listen to them for hours because they are all special and unique, just like every person on Earth is special and unique. Some of the stories are touching or moving, sometimes the stories are overwhelming and others are simply shocking.

A lovely example to begin with is a story about a woman called Lotte who came to Tresi, a woman who had recently lost her husband.

Isaak: Lotte came to a clairvoyant evening and when it was her turn with the medium she began to talk about her daughter. The medium then became her daughter who was actually a nasty little kid who had difficulties because her father had recently died. We showed them our observations just to present ourselves. At the end of the session the child received a lily, a flower from the deceased. Now the medium had no idea what kind of flower it was and she described it by saying that it had the form of a vagina – she really had no other description! The woman Lotte burst out laughing because the same kind of flowers were in her husband's Funeral Book, these being his favorite flowers. Simultaneously the woman received a very short message - her husband had not really come through but just wanted to say, "Give her a flower from me." At a later date Lotte came again to the same sort of evening and sat at the back of the room. The medium at that time was heavily pregnant and went to her and sat on her lap. She told Lotte she understood how she felt - she was swaying backwards and forwards from emotion to emotion. She had problems with her life because her husband had died and she had not been able to say 'goodbye' and was not yet ready to let him go. It was the behaviour of a small child and that is why the medium took her into her arms and rocked her back and forth to comfort her. Suddenly the medium changed, she stood a meter away from Lotte and told her, "We are going to another phase; we are going to another phase." The medium kept on repeating these words recognizing that her own behaviour was strange and wondering why she was acting in this way. Suddenly the deceased man entered Tresi's body.

He was very angry and he began to tell his wife that she should let him go as he could not go further with his life due to the fact that she still held him firmly to her. His love for her was immense and he understood her pain, her inner situation, how she, her children, his own child and his step-children all felt but he found it very difficult to go further to The Light; so he remained suspended between the spheres. He walked to the end of the room and screamed at her, "Please let me go, let me go!" She replied, "Yes, I will." But he did not believe her and said, "You won't do it, you're still holding onto me, you are constantly pulling me back to you and you can't let go of me." The talking continued back and forth between Lotte and her husband until she finally declared, "Yes, I will let you go!" He felt that she meant it this time so he went over to her and held her and began to cry - the farewell was close at hand, he was saying 'goodbye'. At such moments the medium goes along with the man's energy and she began to shake and cry. Then Lotte released her and the husband went to stand in the middle of the room. It was a public evening and the room was full. Usually such intense happenings are avoided because most of the time people do not understand what is happening and it could seriously shock them. Afterwards the man was taken to The Light and was very confused because it is a big

transformation leaving the earthly energy to go over to the cosmic energy. He looked upwards and suddenly his face literally radiated and he left the room via the wall. The medium collapsed but later recovered.

Lotte had such admiration for the medium that she continued seeing her in private consultations and she also became one of the medium's students. It happened that her husband wanted to come back too often as he now had difficulty with letting go and could not get on with his new life. In spite of the fact that he had gone to The Light, he was a strong and rather cocky man and he kept on coming back to Lotte. She often felt him at home as he frequently came to visit and once when they had taken birthday photographs, his energy was clear to see on the photo. This certainly proved the intensity of his presence.

There is also a story to share about his ashes. He had been cremated and Lotte had brought a vase for the ashes when suddenly she could feel the room cooling. This is a phenomenon that often occurs when a deceased returns; they create the chilly air as a way of bringing your attention to their presence. They were busy transferring the ashes from the container to the beautiful vase that she had purchased. It was a splendid vase, a Chinese vase picturing a person standing on a bird as if saying, "We want to fly away." Symbolically the outside of the vase contained many messages. But coincidences do not exist, she was drawn to buy this vase from a certain place in The Netherlands and this was not a coincidence. All of a sudden they saw in a small amount of the ash inside the container, the complete image of the outer picture on the vase and also clearly her husband's fingerprints. It was a very emotional moment as he was reluctant to release her, in spite of his having been brought to The Light. They had been so happy together and he just didn't want to go and neither could Lotte stop feeling immersed in her sorrow. We examined the vase and realized the above to be true as was the authenticity of the photos. Eventually we had had enough, he was not allowed to come again - we forbade him because he was repeatedly upsetting their everyday lives and not one day passed without his presence. So we forbid him to come for awhile, but nevertheless Lotte attended evenings with the hope of getting a message from him, but as he wasn't there, the medium couldn't deliver a message. After a few months Lotte was so depressed that she asked, "Why don't I hear from him anymore?" Naturally the medium could not answer this unless we supplied the answer. She had asked Tresi the question in private as they knew each other personally now that she was her student. In one of the evening lessons we went to her and felt her inner condition and understood the sorrow she suffered and we said, "We are going to make you smile today!" These words were spoken by the medium, but at the time she did not understand them. Two hours later in your time, the medium went up to Lotte, knelt down in front of her and the man was again allowed to make use of her physical body. Don't forget that the medium is not to keen on our actually borrowing her body for the purpose of letting in a spirit as it is painful for her. In the first place it is frightening and in the second place she has to surrender completely and make herself totally available. Remember that she is still 'there' observing and feeling as if from a distance. She needs to loosen herself from her physical frame. Lotte felt her husband's presence and hugged him and they both cried from emotion but he did not like these meetings very much. He had read about such happenings but had never experienced them himself. He looked around fully alert suggesting that he had got used to being back again on Earth and felt so alive in the medium's frame. Fully present, he sat next to Lotte and began to whistle. Unexpectedly he looked at his step-child and spoke to her and she also recognized his energy and his mode of speech. They hugged and cried together and then he looked towards Lotte's sister and said, "What shall we do with you now?" These were the same words that he had always used reminiscent of, "Oh dear, whatever shall we do with her?" So this woman who had been skeptical also received evidence that he really was there. After half an hour he still was not ready to go and feeling so content and alive, he decided to stay. Of course this could not be

permitted because when the medium's energy declines she has to re-enter her body within a certain period of time. The white figures came to collect him but still he was still reluctant saying, "No, I won't go." He began to shake and cry which caused the medium to collapse. We were very shocked and frightened as the medium had entered a phase in which her body could be damaged, which was now the case. She was on the ground and she was paralytic. Eventually the man left her body but the medium was having difficulty reclaiming it. She could not move as only her spirit was alive, her body had died. She could not feel her legs anymore and the only thing we heard was her desperately begging for help. Luckily with the help of the students she regained consciousness, but she could not open her eyes or move anything. Slowly, very slowly life re-entered her body and she could open her eyes but it took some time before she could move again. One of the students began to pick her up supporting her under her arms to try and induce life back into her legs so that she could walk. It was very distressing for the medium not being able to feel her legs, plus she had also fallen backwards when the man exited her body. She had fallen badly and her back hurt, but luckily it all ended well and shortly she came to. We talked about this incident until deep into the night. The medium had undergone the same death experience the man had when he had been swimming and had died of a heart attack. With difficulty he had climbed out of the pool and he had fallen over backwards and died just as the medium had. While swimming he had not been able to breathe and had suffered a heart attack. It was just too rough for the medium that she had to experience all of these things as well.

Elise: Did she really have to experience all this - the suffocating and the heart attack?

Isaak: No, if he had gone voluntarily, then he would have left just the way that he came. But he did not want to go as he was still so attached to the Earth. Also because of the fact he thought himself to be so 'alive' at that particular moment, he went through his whole death process again.

Elise: Whereas he had previously asked Lotte, "Let me go, let me go, I want to go further." So inside he was definitely torn in two.

Isaak: Yes.

Elise: But afterwards, could he finally let go then?

Isaak: In reality, we brought him back and gave him the wisdom that he needed to know on how you should 'use' a medium. You may never say 'no' as the departure from the body must be voluntary and you must not ignore this otherwise the medium is at risk of being seriously damaged. She knew this and when he did not want to give her body back again, the medium had understandably panicked.

Elise: He really stepped out of line then!

Isaak: Yes.

Elise: Do they know that beforehand, or not?

Isaak: No, he did not know that because he was still so earth-bound. He had come back so many times, and so often was given the opportunity to talk to his loved one, that up to this moment he is the one that has come through the most often – previously we haven't let someone come back so frequently. We allowed him to because his death was so gripping and so abrupt, and also because he was leaving a six year old behind. The child was totally

distraught having had such an intense bond with her father. It was all so twofold, at first he wanted to go, but he could not go yet. You must see it like this; you leave someone but when you have gone, you miss that person so much that you just want to be with him. He came back one more time and as you can understand, the medium was totally through with this person!

Elise laughing: Yes, I can well imagine.

Isaak: The medium said to him, "No, you may never have use of my body again." The medium was invited to Lotte's house for the celebration of her child, his step child's 18th Birthday. Suddenly she felt the vibrations of someone from the other side; the air became cold and she could feel the use of her fluid but the medium totally ignored it. He was constantly trying to contact Tresi but she was not listening and persistently she carried on chatting with the others that were present. However, she couldn't keep it up, her energy level went down and she felt sick, restless and turned white.

Elise: And you can't interrupt at such a moment?

Isaak: We had allowed it to happen, but at that time we could not reach the medium since she wanted to be unavailable. She was using her free will, she had stated, "I'm here for a nice time, I'm not here as a medium." So it took us a long time and by then she was feeling so weak that she went into the hall. On her return everyone could see that something was wrong. She could not take it any longer but we know what we are doing. She left the room again and collapsed as her legs were so weak. She lay there on the ground and suddenly she gave herself over to my voice, and heard me speaking as I said to her, "Surrender to it." There was a temporary inner battle but she did as I asked and gave herself over. The husband entered her body once again and she went with closed eyes to the child whose birthday it was and said, "I'm just in time!" She replied, "Have you got permission to come?" The child was familiar with the story. He said "Yes" but we did not know if the medium would allow it. It was exactly five minutes before twelve, thus the child's birthday was nearly over. He cried yet again and said what he wanted to say and as usual the reunion with his wife was so intense. This all took place in a small room separate from the party and precisely at twelve o'clock he departed, the medium fell, and then recovered in her usual way. So this time, it was a correct entry and a correct exit. We forcefully warned him against ever doing this again for we didn't want the medium damaged; so actually we had given him plenty of latitude. One morning the medium woke up with a strong feeling that a spirit stood next to her bed and knew immediately who it was. She heard repeatedly, "Go and buy flowers. Go and buy flowers!" As you know the medium is not such a pushover and she replied, "Go and buy them yourself!"

Together we laugh.

Isaak: The whole day long he followed Tresi saying, "Buy flowers, go and buy flowers." Eventually she went and bought the flowers at the market near to where Lotte lived. He had pointed out the flowers saying, "These are the flowers that I would like you to buy" and they were again the lilies. We can tell you that the medium was not very nice to him and actually she considered it to be an invasion of her privacy. However she did do it because it was necessary in her function as a professional medium. But she thought, "You are pestering me again on my day off and I have to buy flowers." The medium went to deliver the flowers but alas, the wife was not at home. But coincidences do not exist and that evening there was a clairvoyant meeting and Lotte was there. It was their Wedding Anniversary and her husband had come especially to give her the flowers and she had come especially to bring him a rose. The evening had just started when Tresi became anxious and could not keep her nerves under control, so she said,

"Sorry, but before I begin I had better tell you what's going on." She told them the whole story, that since that morning he had been asking her to buy flowers - that she had been to her house to deliver the flowers and had brought them along this evening to give them to Lotte. This man was still so in love with his wife even after so many years.

Again the story does not end there. Lotte came to an evening session made up of a small group of people for a combination of clairvoyance and healing. First the clairvoyance took place followed by the healings. Lotte was asked to stand up and the medium saw that her 'dead' husband stood opposite her. The medium was instructed to say to Lotte, "Stand where you can look him straight in the eye." The medium had to connect with the husband by lending her mediumship and fluid to Lotte, so that the man could enter her body. Naturally the concentration of the medium is of the utmost importance and she must have the ability to retain the connection, because Lotte was not a medium. Under normal circumstances this can only be achieved by a medium. Lotte felt her husband's entry and nearly fell over backwards, wow, she felt him and she hugged him and they laughed together and had a full ten minutes pleasure with each other. Sadly they had to part again and he went out through Lotte's back; she could actually feel him leaving. She had personally felt how it was to have a spirit in her body and she appreciated what a wonderful gift she had received.

Lotte remained a student until the medium discontinued lessons in her area, and her adult children also visited the medium in the evenings. Lotte also introduced other people so that they could also benefit from this belief. Once Lotte brought along her sister-in-law whom the medium did not know. It was the 'dead' man's sister and she had not believed in life after death. There came a time when her brother came through and when he had finished what he had wanted to say, asked her, "Do you believe me now, sister?" They screamed and cried happily, holding each other tight, yelling, "See, he lives, he lives!"

Then there are the shocking experiences such as the girl that came through who had died much too soon. Tresi repeatedly saw the word 'murder'. She was shocked as it was the first time that she was faced with such a thing and she hesitated to use the word. But Tresi's trust in us is substantial and she began to tell the whole story. The girl had been involved for years in the drug circuit and had been murdered by a former friend. She had put up considerable resistance and had fought hard but eventually she had lost. She could describe the murderer well and the whole story caused much turmoil and emotion to the family and to the other people in the living room, including the medium. However, it also brought about peace of mind to the ones left behind knowing that the girl lives on in the afterlife and the true facts had been revealed.

Quite frequently animals come from the other side to the medium. Not so long ago at the end of an evening a person came into the room. The medium had joked saying, "Get a new watch, the time is nearly up!" But the person was granted a turn and was told about her illness which happened to be an eating disorder; she didn't dare to eat. Her mental and physical issues were explained and also the situation at home. All at once the person opened up and began to let go, weeping profusely.

Later she decided to visit the medium privately and having been seated, contact was made with a deceased animal. The animal came to the medium and began to explain his physical appearance. He was a large plush animal and showed her his long tongue. The medium was literally taken over by the animal and they talked to each other. The medium was astounded that speech could occur between an animal and a physical human. Only a few days previously she had been wondering if dialogue was, or would be possible with an animal. An animal can make himself be known, but she had queried whether thoughts could be transferred. Now she got her

answer, yes, it is possible to transfer information telepathically, also with animals. The animal also has memories for he mentioned that he was often taken to the beach. He also told her about his food, that it was a particular brand and over and over again how nicely he had been looked after by her. He told of the small things in detail and could do this telepathically with the medium. He mentioned that he had a crippled paw and then he told that eventually he had been put to sleep by a vet and that he did not mind. He gave these small details because he wanted for her go further with her life without the guilty feeling that she had about having him put down. He added that she now had another pet and he wanted her to love it as much as he had been loved.

Elise: Can a reunion take place in the afterlife if the bond is strong enough?

Isaak: Yes, when you are over too and a love bond exists, you may go and look up your loved ones. There are many animals, cats and birds here that came from the Earth and stories are told specifically about birds. Everything is possible, I want to emphasize, everything is possible. Every creature that lives has a soul, and the soul is energy, the Atma. Your soul lives on after you have gone over, and if there is a love bond with an animal, you may claim it to be with you again. People wonder sometimes, "Are all the things that a medium does purely suggestive? Is it something like telepathy?" But surely with animals this is impossible, they cannot be influenced. When you energize an animal it will lie down for you, quite at ease, and it will feel the splendor, so any idea of suggestiveness can be ruled out.

Another example is the story that took place one evening at someone's home where the hostess requested a healing for her cats. As you may know the medium has an aversion to cats, so at first she thought, "Oh dear, but if I have to surrender, then I will because it will happen anyway." At the end of the evening she did link up with the cat without actually touching it as it walked through the room. The cat could clearly feel that it was connected to the medium and kept on coming over to her and allowed a spiritual treatment. Then the medium took over the cat's complaints and unexpectedly she lay on the ground – she was clearly the cat. The people looked on in astonishment as this was not an everyday occurrence! But this too is possible as the medium can connect with every creature and when this happens with a cat, she becomes the cat and she sees through the cat's eyes. At that moment a healing took place.

Another happening took place, again with the same cat. A funny thing is that in her normal life as Tresi, the cat would usually keep its distance, but when Tresi is a medium, the cat clearly sits and waits until she is spiritually treated and enjoys it so much. Another time the medium took over a rabbit and as with the cat, she became one with the rabbit and felt its complaints purely because the connection had been made.

It is the same with children. A 6 year old child experiencing mental problems came to Tresi. He was very intelligent, but had difficulty with his life and fitting into society. His parents had given him a normal upbringing, caring for him adequately and had provided him with healthy food suitable to a child's growth. When he came to the medium and she had explained who Isaak was, the child replied, "Oh, Isaak from the Bible?" We left this question unanswered and explained in simple language what was about to happen. He was told that he had difficulty at school and had problems with concentration although he was intelligent for his age. Next we went over to healing and he slumped down and slept. Before half an hour had passed he awoke up saying, "Amazing, fantastic, when can I come again?" The child had more healings which did him so much good, but there came a time when the medium told him that no future appointments would be made. The boy and his mother were disappointed and asked if they

could come again in the future? “No, let’s leave it here. Good is good.” Tresi reassured them that should help be necessary at a future date, they would be welcome to come back.

So children have also felt our energy and another example took place during the afternoon sessions for children. One of the children could hardly sit still on a chair but after the child had been energized, he sat still for the first time. The other people present were surprised, “Look, the child is quiet and is sitting still!” These children receive too many impulses and the medium can extract them, so you can see that energizing helps to calm these very active children and they regain their correct balance.

Elise: Tresi told me such a lovely story from the practice while we were in a restaurant, so I quickly made a note on a serviette. It was about a young woman that had found a kitten that had in fact, been put in her path for her to find by her grandfather. How did it go again?

Isaak: Yes, the woman was struggling with many emotional problems and in addition she was not yet over the loss of her grandfather. This much-loved grandfather had designs on making himself visible. So he created the circumstances whereby she would find the kitten. She felt clearly that she ought to keep the cat but reality crept in and she ignored the feeling and she and her partner took it to an animal shelter. The cat was not reclaimed and it remained sitting in the shelter. The woman was told by the grandfather that the cat that she had found and taken to the shelter had purposefully been put in her path by him for her to have as consolation for his death. This revelation was so revealing she now understood why she had felt so strongly at the time that the cat had been meant for her, “I knew it; I knew that it was meant for me.” Often we see people being in denial. His feelings tell him ‘so and so’ and because man is a physical human being with the habit of thinking rather than feeling, he thinks, “No, this is not possible.” But it is! The spirits can also assist from this side creating circumstances to help or healings that make it more pleasant for the physical humans. This time help had come in the form of the little cat.

Elise: Yes, this was beautiful. I had also scribbled on the same serviette something about an unborn child that had come through to tell his future father, “Open up your heart to Mama, otherwise I shall not be born.” I think this is an exceptional story.

Isaak: That was a very special experience and to all the people present including the medium and myself. We were deeply impressed because at that moment a spiritual child came. The child spoke to the father. The child spoke to him of the problems between him and his partner, the lady who was to become its future mother. The child also told its father of problems around its future grandparent’s denial of his girlfriend. This made its future mother uncomfortable and caused her such sorrow, and also she spoke about his inability to take sides in the conflict. He could not choose between his dominant mother and his beloved partner. He stayed safely on the sidelines leaving the two ladies to fight it out. That was not fair so the child came to prevent it happening. The child was very upset and said that it did not want them to split up. The mother would not accept his girlfriend and as he could not choose between them, there was a very real danger that the girlfriend would settle the whole affair and choose to leave. The child was aware of this and that is why she came through to warn him, “Don’t be so petty, open yourself up for my future mother otherwise I shall not be born.” But luckily it all ended satisfactorily because at this moment they are still happily together, and after he had told the truth at home, their relationship considerably improved.

Elise: A lovely story. Has the child been born since then or may I not ask that?

Isaak: Not yet, not yet, it will be some time before its arrival. The child was also brought in for a second reason. Its future mother had problems with her ovaries and had stomach cramps in the area by her womb. The doctors had no idea what was causing the persistent pain, therefore she remained in pain. But the moment you know that you will bear a child one day, straight away your worries are gone because you know that in spite of all the pain, in the end you will become a mother.

Elise: That was naturally a great relief for the mother.

Isaak: Yes. Don't forget that when the child has such a connection with the medium, it is also an overwhelming experience for her. The medium is still physically present so she also experiences very intense feelings when a pure being manifests itself.

Elise: Another nice example: The medium was invited to a 'ladies only party' consisting of eleven sisters. Once a year this group of eleven sisters did something nice together and had done so for many years. Now there was one sister less this time as one of them, a mogul, had died earlier in the year. But she was there! She had crept into the medium's body and everyone present recognized her immediately. She could not speak because she had not spoken either in her earthly life, but her movements, her mimics and all her ways were exactly the same as the sister who had died. It was a delightful reunion.

Isaak: We have another experience about going over to tell which was also extremely meaningful for the medium. It took place when the practice was first established and she was telephoned by a woman whose husband had cancer. The woman said she was worried and an appointment was set up. The man entered the practice and as usual at the beginning of a consultation, we explained his situation and then we went further with the treatment. He was always good at being open and the treatment did him good both psychologically and mentally, and it helped him to brighten up. In all this time we had never been permitted to actually tell a client what would happen, so it was left unspoken as to whether a healing would take place or not.

But the treatment continued and the results were clear to see as he became calmer and could handle his situation better. He used to cry a lot and was afraid of dying, and being an earthly person rather than a materialistic person, he didn't know if life after death existed or not. His wife was also present at the sessions and witnessed many incidents between her husband and the medium. So she became more at peace as well and felt that the treatments were also having a calming effect on her. She'd had to sit by and watch her husband's illness as it had progressed and now she could feel the stress fading a little in spite of the fact that it was a frightening time for her as well. We looked after her as well. But yes, his end was approaching. The medium received a telephone call asking if she could be fetched and naturally we agreed. The man's brother came to pick her up and he took her to his home to do a healing on his brother because his condition had deteriorated. Each time he'd had a chemotherapy treatment, everything was destroyed. All our work was lost. We lifted him up and the chemotherapy brought him down again. The situation was helpless, also for us. His quality of life might have been better if he had not undergone chemotherapy at all, but his time of death stood firm. A course in chemotherapy means to destroy and with that treatment the good is destroyed as well as the bad. Often it can be beneficial if the bad is destroyed and you can recover and regain your strength, but not if it is so far gone that there is no more hope and the chances of survival are minimal. In cases like these we are against chemotherapy, not that we would reveal this, we are not allowed to influence, but in our hearts we are against it because it hastens the process of going over because the physical is destroyed.

Elise: And when you are in this situation and ask for an honest answer, you would still refuse a reply?

Isaak: We give an honest answer taking the circumstances into consideration, but we leave any choice to the person being treated.

Elise: So you don't give advice?

Isaak: We are not permitted to do that; we may not keep you away from the medical help.

Elise: No, I understand that.

Isaak: We may tell you what chemotherapy as a treatment does, but the choice remains with you. You have an objective view concerning the treatment and having looked at all the pros and cons, you must decide what to do. That's what we do, just like we did in the above story.

Going back to the story, the man deteriorated quite rapidly and the medium went to him. On the way the brother expressed his thanks for all her help and modestly the medium said, "I don't know if it will be beneficial or if I can do anything." His reply was, "We see the benefits, not physical gain but he calms down and he heals psychologically, so spiritually you do so much for us." To hear this was like a gift to the medium.

A short time later she received a call cancelling an appointment with the man because his condition had deteriorated so much. It was thought that any further help was pointless and that his end was near. Up to this time they had apparently been under the impression that he might recover, but he could not go on, it was nearly over. The medium had one desire and that was her wish to say 'goodbye' to him. She was in tears at the thought and we heard her grief.

It was the first time that she had been so closely involved in a death and in the guidance given with a passing over. Coupled with the fact that she had just started her work, it was very significant for her. She prayed and she cried and as she had earlier asked for a photograph of him, she tried to give him absent healing. Then we gave the medium the urge to telephone, this being our way when we want patient-contact to come from her. She heard the news on the phone that he was deteriorating, so suddenly we had to hurry because we wanted so badly to establish the link. So we had to influence his wife so that in her heart she couldn't refuse the presence of the medium or me, Isaak. We managed to influence her and she said, "You are not family, but I can't refuse you, please come." The medium was greeted at the door by his crying wife who herself was under medication. Luckily during the last session that had taken place at the house, we had infused all their medicines with positive energy. It was quite wonderful that he was already so far away and he was actually living partly in the spheres. Quickly we let the medium hear and observe that they were waiting for him. The medium could hear angels singing and exclaimed, "Oh! The angels are singing!" It was a wonderful moment for the medium, for us and everyone who witnessed it. The medium, as persona Tresi, said to the dying man, "If you can hear me, give me a sign." He responded by moving his eyebrows and she said, "Let me know how you are getting on when you are there and come and visit me."

His wife and everyone present could take part in this wonderful occasion, observing him being partly with them and yet partly in the spheres. However we still needed to speak to his wife because he was still holding on to his life-line purely for her, for his family and his loved ones. We told her, "Let him go," but she screamed "No!" This is something that must not happen during the process transience. The fading person can hear it and he heard her scream. When the physical and spiritual body refuses to let go, transience can be shocking and painful. Fortunately the

medium was able to calm her down and she was allowed to say her “goodbyes” and he left feeling peaceful and contented.

These are splendid cases but this story is not quite finished. As you know, every year the medium goes to another medium to honour the saints and everything here above. She went to the medium with an open heart and an open attitude. Instinctively during her journey she had bought some flowers. The moment she heard that she should go forward, she got up onto the podium and she knew that she was speaking to the man that had recently died. At such times as these we influence her to speak the correct words. Up on the podium she stated that the number 10 was important. She had with her 10 roses; he had been born on the 10th day of the month and died on the 10th and had been exactly 10 times to the medium. So eventually it was not him that had made contact with her, but she made the contact with him and that was the departure.

Elise: That was wonderful and quite exceptional. The journey from here to the spheres can either be easy or difficult. Does that depend entirely on each individual person, on how easily they can let go? Or are there other factors which contribute to how easy or difficult it will be?

Isaak: The principal factor is being able to let go. If you can let go then you will step out of your physical body and come with us. Simple. That is the key - to be able to let go. If you do not dare to let go and you really want to remain physical, you may. Then you remain in the physical and experience what happens to you physically. So mentally you are alive, but you stay physical and cannot go further even though you are dead. It is not possible for you to enter the spheres and that is why we practice with physical beings saying, “Let go, go further, you are not physical, you are spiritual so free yourself from the physical.” That is the major factor. The second factor concerns the people surrounding you. If these people will not let you go, then you cannot go. It is impossible. If you have so much love for the people and you hear their sobbing, their sadness and their pleas, then you stay earthly and you stay in the physical. That is why it is so important for you to be prepared and to have guidance when telling family and loved ones to let you go and not to hang onto you.

Say to your family, “When it is time for me to go over, I will want to go over and I won’t want you to hold me back. Don’t shed tears while I’m still alive but talk to me saying, “Go to The Light, don’t be afraid and tell me how much I have meant to you.” If you are granted the time, talk to the dying person, but only in a positive way because you cannot escape death - that is impossible.

Elise: You mean just before his dying breath?

Isaak: During the process.

Elise: Do you mean we should say things like you have just suggested during the process of dying?

Isaak: Say, “It’s alright to go; you have completed your task here. We love you and we shall always love you.” Keep hold of the love-bond because when you do, you will meet your loved ones again in the afterlife, thus there will only be a temporary separation, not a parting. It is not a real farewell because the person in the after-life can come and look you up by the time you have entered the spheres. They are present and they can come and look and feel your vibration and your inner self. So if they are there they have come of their free will for you.

Elise: As an onlooker can you feel that the time has come for the dying person to go? Suppose that someone’s taking a long time to die, you wouldn’t be speaking to them like that if there was still hope, would you? Do you feel when the right time is right?

Isaak: When you know that someone is dying, you become drawn into the passageway of transience and think, "I shall say goodbye to my loved one and I shall prepare myself and I shall also prepare my loved one." You can also say goodbye to the ones you love right now. You could say, "If I die today, there is no need to be sad for me because I am going to the spheres, and I am not afraid of death because I have faith. I shall be absolutely sure when I'm there of course, but I believe that there is more among the spheres. I have done my research and have gained my proof, which is more than can be said for those who have not investigated, so have no evidence. My faith is solid so if I pass over today, know that I am still here." Thus you could even say farewell today and prepare for your future departure because not everyone has the opportunity to experience a death-bed.

Elise: That's true. Yes, my daughter Eva often asks, "Mama, what will happen if you die? I wouldn't know what to do without you!" Then I pass on these things, although possibly not using the same words, but with the same comforting message that we go somewhere else, but are not truly gone because you see each other again.

Isaak: We have another example of a death-bed story:

It is about a woman who, as in most cases, had heard from someone else that our medium was a valuable person. The woman had come to an open evening but we had cancelled it. We had thought that the evening should not take place and we always have our reasons for cancelling. People were rather persistent trying to convince the medium, but again we told them it had been called off. However the medium gave the woman a folder containing all the information about her practice and told her she could always have a private consultation, and with that, the medium left the room.

A little later the woman visited the medium for a private consultation. The medium told her that she had breast cancer and also spoke to her about other complaints that were being transferred from the woman to her, including the continuous pain she had in her head. The woman's confusion and fear of dying was obvious. But the medium was not allowed to say to the woman, "Madam, your time is nearly up, you are going to die." We are not allowed to reveal news that will bring about shock, but we do have to be honest.

The medium began to give the woman further information about her family, her children and her husband. She had relationship problems because her husband was having an affair. The woman sat wondering whether or not to end her marriage and asked the medium if she should ask for a divorce - yes or no? The medium advised her against divorce and said that she should try and hold the marriage together. However we knew from that moment she was going to die, although the medium was ignorant of the fact. The medium explained that one of her children had already taken over the 'mother role' so she need not worry about her family because they would be fine. We were in fact actually preparing her spiritually.

Then she asked a direct question – she inquired, "Can I be cured physically?" And we answered, "Not physically, but spiritually you can be." We did not say any more, we didn't expand, it was fine like this. The session came to an end and we gave her comforting words. The woman told us that she would like to come for healings but the medium said, "We can't do anything more for you." The woman left although she was still puzzled about what the medium had said about headaches

A short time afterwards she was scanned and it was revealed that she had numerous head tumors, and a few weeks later she died. In the meantime she had visited the medium in a hall

and was advised to hold onto her relationship. The woman had asked, "Is he trustworthy? How can I trust him?" And we said, "By doing it ... have trust."

Why did we speak to her in this way? First of all, because we knew that the woman did not have long to live and secondly because we wanted to minimize the effect that an eventual divorce would have on the children. We wanted to avoid all the emotional upheavals that a divorce would bring as the woman, still loving her husband as much as she did, would not be able to cope with them. Splitting up would have been another blow for her and why would we encourage this when it could be avoided? At the time it was very difficult to know what to tell her having taken into consideration all the many different circumstances. First of all we had to avoid hurting or damaging her, while at the same time, still be clear and honest. Secondly we must not give hope where no hope exists, so we have to find other means of explaining the differing situations. So we said positive things about their relationship, about the past, about their togetherness and about the children; plus it was our job to take away her fear of dying.

Every person suffering from cancer knows there is a possibility that they may not pull through. We were able to alleviate her fear about her children by telling her how they would cope in her absence. We had to reassure her that the family would be able to manage after she had gone. It is also complicated for us having to explain things in such a way that are both acceptable and honest. If she had been healthy then we would have spoken to her in quite a different way.

We also have positive stories to tell. One is about a person that received a spirit operation during a healing session. This act of spiritual healing does actually exist and we can operate in a spiritual sense. For years this person had a benign tumor which physicians do not treat unless it becomes malignant or if it's in the way.

In our opinion if there is something foreign in your body it is better to have it taken out otherwise it can bring disharmony. It is comparable to a spot - it irritates you, doesn't it? You do not want it and your body does not want it. So we took the patient's tumor away but unfortunately she lay stationary on table for hours and even though she needed to go to the toilet, she couldn't move.

Three months later she went for a scan which revealed that the tumor had totally disappeared. The physicians were astonished as according to all the reports this person had a benign tumor for many years, and tumors don't just suddenly disappear. The woman told them that she had been to a paranormal healer. Well, the physicians were not ready to believe that and the disappearance remained a puzzle to them.

If only the physicians could admit, "Maybe, just maybe there is something between heaven and earth," then it would be much easier for us and also for them. It works both ways. We could help the physicians with their diagnosis and then they could embark on a suitable treatment. Often we cannot do anything as the person is a physical being and an operation is needed; it is out of our hands. So a spiritual operation is not an everyday occurrence and often people react by shrugging their shoulders and tossing away the possibility. People have little time for each other and the medical world has gone steadily backwards where openness and human compassion are concerned, so that you as a physical being often feel that you do not count anymore.

Elise: You feel like a number rather than an individual, a person.

Isaak: We try to be the complete opposite for you, taking your needs into consideration so when we are working with you, nothing matters except you. If we can accomplish this form of contact with you and you believe that we are there for you, then there is trust and when there is trust,

much has already been accomplished. If you have to go to a physician without trust in him, an unharmonious relationship between you and him will always linger. He could operate on you or treat you medically, but there would be nothing personal about it. It would remain an unemotional event, can you understand that?

Elise: Sure. What I can't understand is that there are so many doctors that are not open to this phenomenon. They have also had a calling and when you have a calling you practice with compassion, don't you? You would expect them to wonder when sometimes they must have a hunch that every so often they are being helped from above.

Isaak: It is true that there are some physicians who are instruments; they have a gift and are also working from their feelings. We know for sure that there are scientists, physicians, painters and musicians, to name just a few on our list of people that are inspired by us. But, alas, there is competition in the medical world. The one doctor is a rival to another and the moment this happens you are not helping from your spirituality but from yourself as a person. We do not know rivalry here in the spheres, because we seek help from others. If we do not know something, we seek the information with someone else. There is no jealousy here with us; there is no rivalry here with us. With us there is only one important issue and that is you. With doctors, virtue, money and time also have a role to play. In the beginning the student is enthusiastic about becoming a doctor. He stands firmly behind his decision that he wants to help people, but then suddenly he becomes materialistic and starts thinking like a human again. He will do the operation to the best of his ability, he is a good physician but he's not so concerned about the human touch anymore. We are generalizing now of course, because luckily there are still doctors that we use, absolutely! Go to a spiritual land where we are busy every day because, day after day, we are asked to help there. Praying takes place before an operation and our help is requested. How often does a medical doctor here pray for help before he operates on a physical person?

Elise: Indeed, probably not very often. Nevertheless I saw a program on television about a lady who is often in the operating room and she replied, "Yes, I pray for every patient; I pray before every operation."

Isaak: We are very happy to hear this, but there are other sides to it and faults are made. The patient can feel this and is somewhat afraid. During an operation you have to give yourself over completely and you have no say in matters; your physical resistance is low, and there is no way out! You have been delivered to a third party who decides your fate, whether it be good or bad. In the future we hope to create a unity with the medical profession whereby they can approach us and we them.

Luckily the medium does sometimes have contact with the medical side - we are speaking about the people that help mentally like psychologists and psychiatrists. There is a man who comes regularly to the medium for advice about his personal life. How did he get to know of the medium? Via a recommendation from one of his patients! Often people go to a therapist or psychiatrist week after week and receive some sort of medication but still the psychiatrist fails to figure out the patient's problem. This is because the psychiatrist has not got the sensitivity to be able to look inside the person or see through the raw material to the true person. So as a consequence he only takes into consideration what has been written down in the notes, or what the person has revealed about himself. The psychiatrist is searching and searching for the cause of the problem, and luckily there are some good ones that really do want to find the answers. But only too often the psychiatrist is somewhat weary of other people's life experiences, so is in fact, of little help.

Elise: I can remember that years ago I saw a well known medium on television making a plea for physicians and the Divine World to work together. I think she was very courageous to speak in the broadcast they had named, "The Black Sheep." She was facing a public that were against her faith, so she had to defend herself against a huge disbelief. It is very brave and it is very difficult to stand up to a whole crowd of people who are resolutely closed to this phenomenon.

Isaak: Absolutely! If a scientist had the chance to investigate you as a medium, he would want to prove you wrong, not right. So we prevent our medium from coming into contact with the scientific world; certainly not with a scientist with a negative attitude, given that they so often try to destroy. The scientist does not want to show the medium in a good light, only in a harmful one, so we keep them as far away as possible. In reality our wish is to create openness between people so there are no barriers between people of different status, whether high or low, and everyone understanding that we are equal. One person has more brain capacity than another, one has studied more than another, one is actually more involved in life than another, but there is no difference, there it truly no difference.

Elise: Yes, I agree. Just recently I explained this to my children. Everyone is equal because if the dustman doesn't come along then the streets will turn into a shambles and without Doctors where would you go when you are ill? So everyone is equal and has their own function, their own contribution to make in this world.

Isaak: Absolutely, absolutely and we would like every physical person to be able to declare, "I am mortal, I am only here for a short time and I shall make the best of my temporary existence, not in the sense of personal gain, but in giving." It is unnecessary always to be compassionate, to feel obliged to entertain people in your house the whole day long or to be available for everybody, but you can still be a good person. "I am a good person; I know that I am a good person and I will do no harm." That is the difference and if it ever happens that the physical beings change from thinking to feeling, then your Earth will be a great Earth. However you will have to wait a very long time, alas, but luckily you have eternity, so you have everlasting time.

Elise: That is such a comfort. It's quite something to know as it can change your life so much. When you are aware that this is the way it works, it's quite amazing. Naturally we humans have a notion that there is more, or we feel that there is more between Heaven and Earth. But to receive confirmation in the way I did by experiencing all aspects of the paranormal world was certainly life-changing. The knowledge is such a comfort and I feel so privileged. As a result my life has become so much more pleasurable and my attitude and opinions towards life have changed significantly. I see everything in a different light, do you understand that?

Isaak: Absolutely.

Click! The cassette recorder tape was full. I just want to add something amusing. Keeping Isaak waiting, I diligently went looking for an empty tape, but couldn't find one. Eventually I found a tape filled with songs and funny things that my kids had recorded. I had thought, "Nice for later," you know, but I needed the tape! Isaak had no knowledge of what was on the tape and neither had Tresi, but he said, "Difficult decision, but a good decision to use that tape" I burst out laughing! Naturally he can pick up my thoughts, so I responded, "Yes, it's a difficult decision, but I can always record the children again."

We resumed the interview.

Isaak: If you are a good person then your whole life is different, and there will be certain things that you will never do again. If in reality you are a good person in the sense of, "I know that I am a good person," then your whole life will change. You will gain an enhanced existence and you will gain inner peace. You will not be so concerned about things that used to concern you because you will know that things are fine the way they are. "I am here now, and not there, or where I was." So you are not in the past, you are not in the future; you are only in the here and now. Most people are so concerned, worrying about life itself, making a fuss over nothing, when in actual fact possessions are worth nothing.

So if you are not feeling good about this day, just think of it as being a 'snapshot in time' and do not allow it worry you; look at it and let it go. Maybe tomorrow it will feel different or maybe it will not, but then tomorrow another snapshot will be in the making. If you are a good person, your whole existence will change. Work at being truly in balance, accepting your own worth, "This is me and I truly enjoy my cup of coffee, I enjoy my children, I enjoy my friends and I'm enjoying everything in my life." Then you are truly growing. When you grow you rise above earthly day-to-day worries, they become insignificant and the misgivings of the past lose their impact. When you rise you leave below the earthly energy and become a better human being with an attitude that has changed, you will think, "I will not fill my days with trivia; I just need to exist, me, now." If you find yourself crying then just cry and enjoy your tears. If something amuses you then laugh and enjoy your laughter. But do not destroy yourself stating, "I this" and "I that" and "This is so" and "That is so." By doing that you are supplying yourself with negative impulses. Say to yourself, "This is the new me!" And enjoy yourself!

THE EPILOGUE

Elise: The spirit world is still helping me every single day of my life. While walking my Path of Life, I am still being helped with experiences and teachings. Each day I am receiving help so that the process of my recovery can come to a successful end. Every day I pray to God thanking Him again for all the guidance, support and healing that I receive and I pray to become a better person. I would like to give you an example:

Last summer while working on this book I suddenly had a revelation. Suddenly I knew the origin of my escapist behaviour. How many times had I moved house in my life? 17 times, 24 times? I've lost count, maybe it's more. It kept happening to me again - this urge to leave and live somewhere else kept returning. Why? Because it still bothered me what other people thought of me. I yearned to be liked. I queried every trifle no matter how small and I thought I had better pack it all in and look elsewhere to improve my welfare. When I assumed that people thought I was weird for whatever reason, I pacified myself thinking that if need be, I could always go and live elsewhere. So I protected myself by being aloof - then maybe less could go wrong? So these continuous moving-house-escapades were due to my lack of self-esteem. I was so concerned with other people's opinions of me, that in my eyes it seemed a good idea to escape the area. That was the reason for my fleeing behaviour. The funny thing is that when you are aware of the grounds for your actions, then you can let it go. I cried and cried thinking about the past and recalled images that I could look at, feel and let go. In this way you take a step further. I am now content where I am. It is not so important what others think of me anymore and I am indifferent if they think me a strange person. I know my worth. I am me. Suppose people think I'm weird because I am writing a book about a paranormally gifted person. So what? You believe this; I believe that, I respect your values, so please respect mine. No harm done. If it's not possible, that's also fine.

If you know your true self, you will find the answers. The truth is within you and there you will find all the answers. You will find your true self through study, meditation, research and by working away your blockages. Freedom will follow because you will have thrown your baggage overboard creating easier access to your feelings, plus you will listen more intensely to your intuition. You will know what you want and you will understand what you feel, so you will make clearer decisions.

Another example:

Once while I was meditating I felt so sad, tears poured down my cheeks, so yes, something was rousing me. My feelings told me that at last I was pleased that I was making time for myself - granting myself this time. All these years I had been eradicating myself, ignoring myself, not listening to myself, not seeing myself and placing myself in the background and allowing my reason to dominate. If you take an honest look at this situation and feel it, then you can let it go, and you will make more time for yourself, you will grant this to yourself, and then you will listen to your feelings from the heart. You can release just about anything! You can release the small daily incidents, a nasty feeling, a re-occurring thought or a comment that bothers you. Concentrate on the image and tell yourself in thought, "Let it go," and watch - it goes away. If the image returns, do it again until the thought fades away forever and it won't return.

You can let go of a feeling, you can let go of a characteristic, you can let go of a thinking pattern or a premature scenario; you can let go of anything. I'm speaking from my personal experience - let me tell you that it really works!

And, oh how lovely life can be. We are the ones that make it so difficult. We limit ourselves, we burden ourselves and by letting go we can unburden ourselves. We can throw the baggage overboard so our walk through life is light and airy once more. Our insight will become clearer, our lives more intense but most importantly, so much easier. Liberate yourself from all your troubles, empty the back-pack, let go, let go, let go and live, live! This is what the Divine World wishes to bring across to mankind.

This is the message of this book:

See, feel and let go!

Questions about life are presented to Isaak and might have a place in a following book.

For eventual questions or comments please look on Tresi Barros' website. www.tresibarro.nl.

For an English reply please contact.

E-mail address: secretariaat@tresibarro.nl

Back of Book.

She was seven months pregnant when I first met her, this small Portuguese woman, Tresí, Medium and my dear friend. She came across my path when my own spirituality was just beginning to bud and it wasn't destined to be just once, for our paths ran parallel for awhile.

It was only when we lived together in her home that the idea to write this book was born. This book is Isaak's book and he is her guide and best friend, and I, Elise, have the privilege to be his 'pen'. Through Tresí I had the pleasure of meeting Isaak and I was so full of admiration while listening and talking to him. I was allowed to absorb so much wisdom, gain so many impressions and learn so much. My experiences were numerous and I received so many answers to questions us earthly people find so difficult to understand.

Let me guide you in this course of learning and of self-awareness. Be convinced that there is more between Heaven and Earth; be persuaded that every day we receive guidance from above. Be assured that there is an afterlife and that God really does exist.

This is a handbook to guide you in your personal search of your true-self and I hope that you, just like me, will be able to help, support, comfort and move people again and again.