

Excerpt from:

# **The Key to Self-Liberation**

## **1000 Diseases and their Psychological Origins**

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outwardly seem to lead a perfect life, which inwardly is sterile. Experience yourself as being “complete,” and then you no longer have to “fill” yourself. Acknowledge yourself as worthy and don’t let any regulation hinder you being yourself: there is but one law of life, and it is called Love. When you finally *love yourself*, you will also be able to experience true joy together with others.

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## ALLERGY

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### Allergies, in general

Allergic to yourself or to an aspect of yourself. Allergic to your spontaneous intuitive energies: afraid of letting yourself go, of surrendering yourself to Life, to your Nature! Afraid to be totally yourself; afraid to totally experience your nature as you really are. Why do you not find yourself good enough? What do you dislike in yourself? Your nature? Sexual desires? Or do you not like your body? These, in fact, are consequences of an original dislike of an essential, natural part of yourself. In this way, you ultimately hinder yourself from fully enjoying all the sensory pleasures of Life. Your senses rebel and demand a complete appreciation of your own Nature! Possibly, you focus too much on certain things; you concentrate on a few points in your life and neglect the rest of your possibilities. Unconsciously, you blame yourself for this. It makes you want to cry! Because of the fact that you don’t totally acknowledge your Self, you give more importance to the being of another — a partner, a child — than to yourself; which again can lead to irritation or to allergic reactions to the other (and vice versa). Or: you are in search of Shiva, or a guru, or a spiritual system or idol — looking for something *outside* of yourself. You live too superficially (above/outside of yourself, as it were), and you

avoid the responsibility of daring to experience your personal life unto its essence. Being allergic means an inner revolt against your own superficiality or negation of your “natural, sensitive BEING,” a call to come to TOTAL INTEGRATION, to come to an intimate reunion with your Feelings, your Heart, your earthly body, your true Nature.

*Total self-acknowledgment and realization of all your possibilities! Dare to fully experience yourself. Nothing is bad or ugly in you: it is simply about your own convictions. Let your energies flow freely, so that no exhaust valve is needed. Go to the Essence of your being, go and seek your depth. Don’t play hide and seek with yourself! Develop intuition and higher energies. Enjoy your sensual perceptions. Stop this self-blocking. Seek no longer outside yourself: discover now your inner richness, the beauty of your Nature, your wealth of feelings, your “body-heart.”*

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Allergy breaks through: for too long you have grasped, held on to, things (or people) outside yourself; now you are forced to let go, to come “close” to yourself. You no longer can escape from yourself. You tense up: “Help, I can’t come close to myself, let me hold and grasp onto things or people outside of me!” However: the sooner you let go of that which is outside of you, the better. COME INTENSELY CLOSE TO YOURSELF, INSIDE YOURSELF, and don’t cry for what’s not there. After all, sadness indicates that you now may come to *full acknowledgment of yourself*, that you may cherish yourself in love, that it’s about time *that you find yourself, that you fulfill yourself with warmth.*

Do you sometimes feel like you’re only a cold insect (with many legs so it can grasp things outside itself), like a *wooden horse* that has to carry burdens but can’t enjoy its own “existence” on earth? Do you see your life as just being something boring, senseless,

monotonous? Then this is precisely because you are “cut off” from your heart, from your “feelings,” because you don’t experience, or don’t experience enough, *joy for your human body of flesh and blood*. Present inside yourself in a too cold and stiff way. Why experience yourself as a wooden board? You are not an animal, but a human being who is capable of experiencing true joy; but then you need to connect yourself with the vibration of thankfulness: thankful for your being, for being in your body on earth, for being able to live, without attaching any condition to this. Just “BEING” in happiness about Life, about yourself. *A total experience from your heart, from your feeling in your nature, in your body: there lies the solution! An exciting happening: that’s you. And you connect yourself with the inner dynamics, with that warmth of life, with that happiness and respect for yourself, for your life!* Don’t maintain an Ivory Tower.

Originally, a “refusal,” a stagnation by holding on, not really going on; “No, I will stay here!” you think, like a duck that is brooding over its eggs. It *pushes others away with sharp needles (aggressive and rejecting)*. It *wants to go on brooding and keep what it “has,” while it would do well to realize that it has to come into its BEING instead of existing only by holding on and possessing things outside itself*.

Until it is forced to get up and begin to live itself, to let go and go onward.

A self-penetration, a self-destruction: if you don’t go onward; if there is this stubborn refusal to let go of that which you are holding on to, and there is refusal to acknowledge yourself and experience yourself, in totality, from out of your heart and pleasure.

You won’t get any further as long as you keep things and people in your “grip,” possibly with power — doing so because you can’t get enough of a *grip on your own life*, because you are *not present enough in yourself (your body, your heart, your feelings)*. *Now surrender — to yourself, to life*. Not

grasping and holding on, no longer filling yourself with things from outside yourself. Open up that grip and *offer yourself freedom. Let go of everything*.

Don’t think you know it all, but open yourself up to information and take from it what’s good for you. *Lead your life in a simple, natural — although masterful — way, without arrogance, without pedantry, without wanting to tell someone else what he should do; don’t live from an elevated place . . . distanced from yourself*. Let go: come very close to yourself now, and the poison will leave you by itself.

A confrontation with yourself, which is meant to completely release your grip — and begin to discover, to acknowledge, yourself in the totality of your being, in *fullness*.

## Allergy to bee or wasp stings

(See also Allergies, in general)

Instead of “radiating” your true Self outwardly, you withdraw within yourself; you’d like to slip away through the back door. With feelings of inferiority because you don’t find yourself worthy to manifest outwardly, you’d like to escape — if need be, through death. You put others on the throne and push yourself away. Do you not fulfill the expectations which you, yourself, or your parents have required of you? Do you not measure up to the norms which society everywhere honors? Do you find yourself to be stupid or ugly? Negative thoughts about yourself poison you: spit them out. They are lies!

*Values and possibilities are different for everyone. Realize your special nature, and radiate your worthiness, in openness, outwardly. You are blind because you don’t live from out of yourself, but under the authority of others. Take off the blinders and discover your unique being.*

## **Allergy to certain foods** (See also Allergies, in general)

You anxiously keep yourself pinched closed. You block normal energy-circulation. Nevertheless, you surge with accumulated energies. You are a barrel full of creative pressure and natural, aggressive deed-power! But you feel so tied down; “you cannot”; you feel restricted; you dangle there like a victim. . . . Allergic to a “complete life” for yourself, to “fully living”! Allergic to yourself, your full-blooded, earthly incarnation as an “I.”

As a result, babies with this feeling of frustration possibly become allergic to the hand that holds them (sometimes too tightly). Often, too, the mother doesn’t dare to completely be herself: babies then reflect this frustration. In this case, the above-mentioned causes — as well as the causes mentioned under the heading Allergies — also need to be solved in the mother, even if she doesn’t have a problem with allergies.

*Don’t suppress your energies, dare to fully experience your nature and accept every part of yourself. Go on in self-certainty! Trust your Nature! Don’t hold yourself back. Let it all flow through, these energies! Open space for the baby, and also liberation of the parents.*

Read more about food allergies in “The Horn of Plenty”: are you allergic to a certain food product? For instance strawberries, chocolate, etc.? Then, the food product is “symbolic” of that to which you are allergic!

## **Allergy to cow’s milk**

The cause of an ailment such as a baby being allergic to cow’s milk lies in the psychological nature of the baby concerned. But often this ailment serves as a “mirror” to the parents. (read about this in Part I)

The text below is therefore directed to all concerned.

An aching for further, for more (outside yourself) . . . for a way out. . . .

Unconsciously, you feel locked up; you want to escape from a system wherein you experience yourself as a prisoner, escape first of all from yourself. But life forces you to stay on earth here and now, and prevents you from fleeing toward the clouds high above. You don’t very well know what to do: descend or rise upward? A feeling of being “stuck”; rescue is being sought, a yes, a no. “What shall I do?” A doubt, wanting to escape but not knowing how. You still look at the world, at things too much from “the outside,” not understanding, not being able to immerse yourself in things, to comprehend other people; as a result you can’t grasp things at all with your rational way of observing everything from the outside.

A very strong pistil, as a center pillar, is ready to shoot up as a flower . . . but is still inhibited, held back, is forced to turn INWARD, to come close to its feelings, first going to its own roots. A feeling of suffocation is the result. You will have to come to the realization that you first need to “descend” into yourself, come very close to yourself, to your earthly body of flesh and blood, that you may/must stay within this established triangle on earth. Then you will feel free. And that is the purpose of this signal: that you come to the realization that you can make yourself “free” at all times, as long as this freeing doesn’t mean running away from yourself — on the contrary, a total integration into your Nature, into your body of flesh and blood, brings true freedom.

So, no longer feel “imprisoned” in your own body on earth, don’t force anything, stay very close in and near yourself. No longer AVOID yourself. Look at yourself, give yourself all the attention; love your body and enter it completely and lovingly. Come home to yourself, so that there no longer exists any distance between your spirit and your body.

Possibly you hide behind an attitude — even instinctive and animalistic in extreme