

Excerpt from:

The Key to Self-Liberation

1000 Diseases and their Psychological Origins

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perpetuate miserable situations. Every individual may come to holy self-respect, marking the borders around the sanctuary of his being. Self-respect. Insight into the possibilities of programming the world differently: first of all realizing that no one — no god nor commandment — outside ourselves will offer rescue. That we ourselves are responsible for the life that we now lead, and that we are able to change this in the future. Not by feelings of aggression and revolt, which only worsen the negativity in the world. But by resolute projection in love and longing toward the future. By the belief in these creative powers of the human being (and mankind), changes will be created in the world which finally will lead to the solution of misery. If, however, you believe in the powerlessness of humanity — in its defenselessness, in its evilness and guilt — then this blindness hinders the healing of the Earth and the recovery from all epidemics which have come into existence as a result of despair and of the belief in the powerlessness of mankind. Faith, Love, and the achieving of Consciousness by the human being (and mankind) means also reaching “immunity” against whatever illness. (See Part I.)

CHOLESTEROL LEVEL, TOO HIGH

Your natural aggression is being restrained; a holding-on to ideals, to dreams, but without really coming to action in your life! Yes, you do a lot, but only “to give a good impression” or to achieve or to win a trophy or a competition, or you play the clown to satisfy others. You project your deeper longings or dreams toward the future, limiting your life, even putting your head in the sand. You don’t really build from the here-and-now. “Ah, it will come one day” — good

fortune. Meanwhile, you drift about in a life that is too restricted. You believe in a lucky horseshoe or in a saint, but you don’t make use of your own creative possibilities. You retain sadness from the past, virtuously following rules that have been put upon you by systems or religions; you neglect the spontaneous, happy child within you! You are so serious in your heart, while life is *one* joyful stream, but you refuse to feel this joyful heart; with steely sternness you constantly grill yourself (on a metal gridiron, as it were): “What have I done wrong today?” You forget to enjoy. As long as everything looks good and beautiful on the surface. You completely constrict yourself in order to satisfy the judgment of others — you don’t really *live*; you are unfaithful to your deep, natural, spontaneous nature. You are plainly afraid to truly experience joy, to surrender to this endless stream of life. Is this perhaps because you think that in the end you will die anyway? Do you prefer a slow departure from this life, with the prospect of death? In this way, you deprive yourself of all joy.

Now, realize your own dreams! Liberation, resurrection! No one dies if he does not wish to. Stir yourself and exploit all your possibilities. Allow joy to free your veins in gratitude for life. Leave the past behind and go on: build your own castle; don’t let life pass you by. Complete surrender to yourself; come out of your shell in honest openness instead of playing a social role. Be YOUR-SELF in all your facets! The child in you is truly King: follow this simple heart, these intuitive, natural powers. Don’t hide yourself in sadness or dark thoughts. Become master over your life and play the game of life in a grand way, taking up all your space. . . .

A cholesterol level that is “too high” or “too low” — this is a very relative notion. A level that is perfect for one person might be too high for someone else, or vice versa.