

Excerpt from:

# **The Key to Self-Liberation**

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

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say?” “How do I have to proceed?” “Oh, they are going to bomb me, taunt or attack me.” Don’t hide. Show yourself in all simplicity, in true form. No longer try to “keep yourself in balance” like this, like a circus performer on a “rotating tube,” as if you can fall off at any moment — but come outward in an assertive way, proud of your goodness, your living force, in self-assuredness, from the fundamentally strong basis that is inside you. You now fearlessly manifest yourself and don’t care at all what others will say about it: you are you — you live from within, without anxiously fretting. You now acknowledge your full Worthiness, standing solidly on your feet, taking responsibility for yourself, your words, your deeds. And because you do everything with heart, nothing or no one will frighten you anymore; you won’t fear confusion, rejection, or battles outside yourself. Because you now have made a peaceful alliance with yourself, have unified yourself with yourself; because you now experience yourself as **STRONG**, straightforward, on a fundamentally strong basis. Feet on the earth, chest out, head high, energies flowing from the warmly radiating heart. All the rest is of minor importance. You raise yourself in all pride, not according to false norms or “what one expects of you” or according to “that which you think you **MUST** do because one expects it that way from you.” You are **NOT ACCOUNTABLE TO ANYONE**; you don’t at all have to behave this way or that way: be yourself, like a divine human being, acknowledging himself, powerful, unbeatable, solid and steadfast in the Faith of **YOUR** wonderful “I” Basis Center.

No single stiff, tense attitude, strictly tied within structural lines, exists anymore. You are now **FREE**, yourself, and allow your honest energies to flow freely, because you have let go of everything and everyone around you, and from now on live out of a fundamentally strong faith that everything in life will happen the way it is best for you. You let go, and come to inner peace; you no

longer force yourself for the sake of the outer world; you now live from out of your deepest emotional nature, very deep and warm, from your heartfelt basis of life, relaxed and self-assured. The “controlling aspect” has disappeared; you allow yourself to “be,” fully, from within.

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## EPIPHYSIS

### pineal gland

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#### Psychological correspondence

Just as a vase can hold flowers, so does the epiphysis stand open for the filling of its content: it’s an important link, a contact point, for both sensory impressions from the outer world and for experiences from our inner Self. Images we observe from the outer world can take concrete form in our inner eye and be transmitted to the entire body. Also via the epiphysis, we are able to grasp the total existence of our present being, the here-and-now of our self. The Lion roars in its complete power of life-awareness; the cock crows out the glory and joy of the present moment.

Nothing ethereal is sought after by the functioning of the epiphysis; one should not too much consider this organ as being essentially “spiritual.” Also because of the working of the epiphysis, we, as human beings, strongly comprehend our power, our “being,” from head to foot in earthly life. Just as strongly, we experience our divinity, our deep inner knowing, our intuition; a meeting point between heaven and earth, between matter and psyche, between external and internal. This gland is like a central tower in a network of high-voltage wires; it’s the receiving pool for earthly observations; it impels us toward the earth; intense contact with the world around us immediately resonates with our inner emotional world, with the

memory in our brain, the past, our total content. The epiphysis functions here like a funnel and is in direct contact with the hypophysis and the other glands of our body.

I Am: also via a physical organ, the gland (epiphysis), we become strongly aware of “being on earth” with our feet on the ground. This is possible because of the fact that the epiphysis stands open to our total soul content, to our inner Self, and allows this non-material being of ourselves to have a look, making contact with the material, the earthly. A balance is being sought between the earthly and the psychological or the content of a human being or an animal.

One can't consider the epiphysis separately from the brain, nor from the other glands: there is constant cooperation. Also, the epiphysis is susceptible to — yes, immediately under the influence of — changes in the human psyche: the glands are a translation of the inner Self. The epiphysis gives a reflection of the inner light and is also able to receive the Light of the outer world. Insofar as we evolve regarding “reception of the inner light,” the epiphysis will react to this and possibly change its form and discharge certain hormones to a lesser or greater extent. The same goes for the influences from the outside.

The following is important: the epiphysis will be healthy insofar as we don't close ourselves off from the feeling that gives us light — “the joy of living” — and from the consciousness of living in a light, happy environment: if only we maintain the balance between soul and body, the epiphysis, like a yellow Easter daffodil, is able to totally fill our head and psychological field with an enormous blossoming, joyful, radiating flower-chalice. Consciously happy to be on earth.

Yet, there's *more* than head, epiphysis, or sphere-experiences in the brain.

What does it avail if you have a head but no heart, a psyche without love? This “light yellow” joy for life requires a “warm, red”

presence in our heart, with both feet on the magnetic earth. The epiphysis is only a link. It is self-evident that this true “joy of life” arrives at a new dimension when the spontaneous, the lively, the happiness for existence itself — the way animals also experience it — are nourished by a feeling of love, of warmth, of being able to choose a higher feeling of peace, “a self-aware human existence in Love”: truly becoming aware is therefore only possible via an inner propelling force, via the longing of our deepest Self for growth. This inner engine, our eternal Living Self, finds its channels in our total body, not only in the epiphysis. The heart and the thymus gland are symbolic of the warm, loving, peaceful autonomy of a human being: these are in direct contact with the epiphysis.

One can't be unlinked from the other.

### **Ailments, in general**

By becoming more aware in daily life, by development of personal Love toward ourselves and others, by wisdom and evolution, one will automatically come to a new state of consciousness without having to especially stimulate the epiphysis and other glands!

Forcing the epiphysis via certain drugs, certain yoga exercises, or other tricks, by which you force yourself, is harmful for your health. Through artificially stimulating the epiphysis, one achieves an artificially light state of consciousness and internal and external senses are being extremely stimulated. The sending out of impulses by the epiphysis via hormones, among other things, influences the body in its totality, and also the brain; one arrives at super-sensitive psychological state of being, but in an unnatural way. Here, one sins against the necessary balance, against the natural spontaneous growth of the human being. The harmony between psyche and earth has been broken; the epiphysis can function in a healthy way only via a gradual discovery of the earthly life and an equally steady discovery of the inner self. This can

only happen in Life, itself, step-by-step, under the supervision of the heart. A change in the epiphysis, in the state of consciousness of a human being, is negative and harmful if it doesn't happen SPONTANEOUSLY and if it doesn't come FROM THE HEART and INSIGHT!!!

### **Epiphysis, overactivity, overproduction**

Out of anxiety and because of insufficient trust in your own strong earthly Basis, you might start looking for security in the great "Universal Mother," or in a "paranormal" sphere, in which you might call up all kinds of spirit things. But because you are afraid of your self, you might also attract unpleasant images.

Your emotional side is going wild because you have too little contact with the earth, with your body: you withdraw into the spiritual. You are afraid of certain things; you see certain things, which for others are not really there, because your anxiety has created them.

You believe too little in your own Power over yourself, and then you are afraid of the "Power," death, the negativity surrounding you — you are not aware that this is pure self-projection, caused by your anxieties.

Your awareness is there, but cut off from the rest of your body and petrified, without being nourished by the warm heart, the love. Therefore, also, it is dangerous to do certain spiritual exercises without first having, in love, discovered yourself: the epiphysis that functions too intensely, without your having kept sufficient contact with your total Self — your warm body and your warm heart — can have insane consequences; this leads to chilliness, not to life. Life requires being completely present; we won't be a "ghost, spirit entity, or dead"! Your basis is too weak; you feel unsafe in yourself; you cut yourself off from the earthly and might flee into the spiritual, into spiritism or channeling: wrong! You find true wisdom in yourself: therefore, descend totally into life, in your body.

Experience that gentle peace from out of your warm heart: *feel* life flow through your veins. Turn yourself one hundred percent toward the earth and place the basis in your strong Self. No one has more mastery and power over you than do you! Feel the heart beating in Nature.

### **Epiphysis, diminished or insufficient activity or production**

You are afraid of your intuition; you don't really dare explore your inner richness.

You strongly limit the experiencing of reality: you put up borders; you put limitations on yourself; there are taboos for you. You might be busy with material things, with "the buying of food"; you live rather impersonally and mechanically, or totally indoctrinated, you live superficially. You dwell inside yourself and fulfill certain actions or tasks, but there is no question of *true* awareness. You've tied yourself down; you are not at all connected with your inner Source; you live in a vacuum. . . . You barely stand on your own feet, and are a little like a robot or a zombie. . . . This is all because of the lack of belief in yourself: you stand on unsteady ground, and to build a life on your loose basis wouldn't be possible, so you remain on the surface, in the footsteps of others, of the masses, of your mother.

Achieve strong trust in yourself and for once feel deeper, higher: feel there is more than matter or superficiality. Dare to go on, to break through; dare to question certain matters of life; research and turn deeply inward. Feel safe and secure in your nest; know that inside you there burns a powerful lamp, your personal Awareness, your immortal "I," which you can always count on. Build up your life, no longer cut off from this rich source; don't limit yourself to pure rationality, nor to superficial materialism, but open yourself up to your inner senses, through which true wisdom can reveal itself. Bore through: inward and outward. Discover Life to the fullest.