

Excerpt from:

The Key to Self-Liberation

1000 Diseases and their Psychological Origins

Christiane Beerlandt

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About “The Key to Self-Liberation”

The Key to Self-Liberation is the first work that I was allowed to write down (in 1992). The information was obtained by tuning myself to the frequency of truth and listening deep inside me, via my heart and consciousness, to the deep language of life itself. Observation and common sense are useful, but the Source of Life — via “*deeper knowing*” — reveals so much more to us: the essence, the “why” of things. No one can possess truth, not I, not you. But we can tune in to the frequency of truth, living and listening “according to truth”/in honesty. In this manner, the chapters of this book have been written. The content has nothing to do with scientific observation, but neither with channeling or guides. Don’t try to pigeon-hole this book. You won’t succeed. Searching people, with a “heart” and an “open mind,” whether they call themselves “conservative” or “alternative,” will feel at home in these chapters, which are meant to be their friends.

Even if it’s not possible yet, I am convinced that “science” will come to the same conclusions as the information in this book, be it via other routes. But the “equipment” to measure psyche, emotions, and energetic happenings/evolution — the relationship between the inner self and the physical body (illness-health) — does not yet exist or is still inadequate.

For the countless “regular” and “alternative” doctors, care-givers, and laymen who already have worked with the information of this book for years and made contact with me, there doesn’t need to be any further “proof.” . . . “It simply works like that in daily life.” It makes me extremely happy: how the human being can liberate and heal himself, as long as he gains “insight” and suits the action to the word — with or without remedies from the outside. **How the seeds of illness are sown**, and how we can bring about fundamental healing via Insight and Application.

Our “spiritual-energy” influences the body/“matter” and not the reverse. Everything is being directed and driven from within. When we better understand these processes, we can, as conscious people, bring about change in ourselves. I have often seen how, in certain people, acquiring “insight,” or something being “triggered off” in one’s mind regarding the true cause of one’s illness — was enough to bring about sudden recovery. Mostly, however, we are involved with a growth process whereby the (sick) body reacts in a growing way to the changes one brings about in oneself: changes on the psychological and emotional levels, changes in one’s convictions. The body reacts to those changes . . . and heals.

I am not at all against medicine or other remedies from the outside. On the contrary, it can be good for many people to use them in a certain phase (even though many heal themselves without them). *Therefore, don’t worry about using medicine or healing methods if you feel this is best for you. Here lies the free choice of every human being.* One must realize, however, that one has to work, in

the meantime, on **the “true” healing** of an ailment — that the FUNDAMENTAL HEALING of an illness will only take place when one **realizes** and **solves** its FUNDAMENTAL CAUSE: and that happens on a deeper level than the purely physiological or chemical. That actually happens on the emotional and psychological levels, in the realm of emotions and convictions, of expectations, and of the image one has of oneself.

I am not interested in “convincing” someone; I only offer deep, called-up Information, and everyone has a free choice either to use it or not. I consider it my task to write down this received Information and place it at the disposal of all good people.

Finally, let this book function as a “Key,” but don’t cling to it. Go onward, live yourself, and be your own master. Never cling to a signpost. You can only make grateful use of it in order to more quickly get upon *your* track of life.

In the *First Part* of this book, I describe the liberating philosophy according to which I experience life. From out of the depths of my heart, I wish you, too, a wonderful, truthful existence filled with love!

Christiane
Ostend, 6 June 2001

A Message to the Reader

When we feel our especially beautiful planet Earth groan under the suffering, the violence of war, the pains, the power-game, then don't we — don't all human beings — need to take responsibility for ourselves? It is of no use to heal wounds or donate food if the underlying causes of misery are not being resolved. The world changes from within, from the inner consciousness of every human being. Illness, as well as events, are only a consequence of what happens IN the human being. If we can no longer “change” this world, then let us, each for himself, lay building blocks for a new world, where Life in its value will be understood, in Joy. There's no use screaming against, fighting against, going into the streets against. . . . True transformation begins by the human being cleansing himself of negative convictions regarding himself. Reality is only a reflection of, a result of, our unconscious and conscious expectations in life. The future is not pre-determined, nor is life a melancholy, accidental happening about which we don't have any say. Individually and en masse, we constantly create our living world. We are in a dialogue with our planet. We don't have to wait for an Angel, a *Deus ex machina*, or a UFO to come and “save” the world. With the power of our Living Self, we are able to build a new house on an earth which will never be destroyed — because we wish her to be Alive.

This is possible if each of us, convinced of our loving “I AM,” accepts our responsibility and no longer looks to others for the causes of illness and misery. When every human being, by himself, creates harmony in his existence, then this positive influence is a reality for all of humanity. After all, we are not separate from each other. There is more than just matter alone; energies are working more and more powerfully, including the energies which we call “emotions, awareness powers, thoughts. . . .” Let's use these energies in a Self-aware way, in growth toward health, toward healing, but also in creating a new Earth, where finally there will no longer be any suffering, pain, hunger, or death. With our feet on the ground, without floating with our heads in the clouds, let's take the helm, and become aware of the possibilities every Human Being carries inside — the possibilities of directing his existence toward something beautiful, and in so doing help lay out a feast in the nature of Mother Earth.

We need to end false determinations such as inflicting on ourselves the punishments of karma and original sin. Self-liberation leads to the liberation of Earth and humanity. The Key that opens the gates to Joyfulness — that Key is to be found in your Self. May this book, called up from the heart “according to truth,” declare its servitude as an Information-source to all good people.

Christiane
Ostend, 17 July 2003