

Excerpt from:

# **The Key to Self-Liberation**

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

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aggressive powers suppressed for too long suddenly put up a barricade. Your emotions paralyze you into immobility. Possibly, you feel threatened by a crushing authority from your father, an organization, a phobia or an obsession. . . . It holds you fast, it doesn't let go of you anymore. You don't see a clear way out because you don't believe in your intuition or in your feelings. You don't let yourself go. You anxiously block all natural energies; you are afraid of your own deepest content. It all becomes too much for you; you can't swallow it anymore. You don't go onward.

*Nothing can seize you, if only you put trust in your Living Self. Become master over your emotions, your anxieties. Seize your energies yourself and create your life in a self-aware way. Authority lies in you, don't place it outside yourself. Choose a radical solution: liberate yourself, your feelings, your longings; listen to this and direct these powers in you!*

*Don't allow yourself to be stuck fast, don't be afraid of those beautiful depths in yourself. Dare to realize yourself without hesitation! Don't fixate on the negative; LIVE from your heart, from your true nature, not purely from "thoughts" or from superficial, illusory motives. No longer let anxieties dominate your life! Take up your scepter and become aware of your possibilities: go onward!*

## **Gastro-esophageal reflux**

### **in babies and adults**

**abnormal flow-back of stomach content toward esophagus (and further to the mouth perhaps); in state of wakefulness or during sleep; causes heartburn**

*Swept along from here to there, full of foaming energies, full of primal female creative forces, but overpowered by them. These creative forces can manifest themselves in the urge to "do" something, to create, to come to creativity. A kind of being over*

powered by a mass of energies, where it's best to "do" something with them as soon as possible: *not in desiring, wanting to grasp, wanting to "fill" oneself with all kinds of things or people, but in an active, creative self-development.* An urge for pleasure, strong desire, is the result when a human being cannot yet completely experience and realize his Fullness. Being overwhelmed by these energies, by this current of water, can only happen as long as the human being can't go forward in life as master and be his own leader: *doing what he feels he has to do under the guidance of the Heart, not under pressure from instinctive or desiring urges.*

For Young and Old, therefore, it's of the utmost importance to do something creative with the churning forces in one's own being — directing oneself in goodness; transforming instincts and desires into creativeness and love. *Not grasping and drawing in . . . but GIVING and DOING.* A lesson that a baby has to learn at a very young age; a lesson that mentors or adults should master. Don't let yourself become whipped up by desires and the urge for pleasure, but enjoy life while creating, in self-realization, staying in the here-and-now. *Don't run ahead of things, but intensely stay with yourself and allow to be that which wants to be in you. Don't fill yourself, but allow your talents to blossom . . . without desire, without forcing anything.* Give guidance to your healthy, primal female creative energies, which are burning to be allowed to create, to give. Don't long to possess, draw in, attract, submerge in pleasure, but do what Life in you asks from you, and enjoy fully the Being — the Becoming — who you *are*, step by step, without impatience. ***DON'T LONG TO "HAVE" OR "DO" TOO MUCH AT ONCE, NEITHER IN YOUR FEELINGS NOR WITH YOUR THINKING, WHICH MIGHT FIXATE ITSELF ON CERTAIN GOALS . . . but turn the energies inside out, as it were: bring yourself to realization in a***

*constructive way; the animal aspect conquered, the human aspect takes shape.*

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Are you ashamed of the energies that are inside you? Do you feel longing energies in your lower abdomen? Are the female creative forces foaming in your abdomen and do you not know what to do with them? You experience this as if you are being stirred up in the surf, as if you are being thrown here and there by the swirling water, like someone insignificant. You don't really know if it is good what you feel, whether this is about normal, foaming energies and feelings, or about sexual longings. Know, then, that it's your body that asks for a kind of (re)birth, and at the same time for a complete application of all the *primal forces* that are inside you.

Don't be ashamed of those fiery creative forces that are manifesting themselves, but handle them in the right way. Experience the enjoyment in and about yourself as something sound and good. This can only happen if, at the same time, you open yourself in Love toward your total Self, when you live in goodness toward others. On top of that, your body, your total being, asks you *to become yourself in an active, vigorous, creative way*. Don't fill yourself with things, with others; don't withdraw into a hiding place, nor abandon yourself to greedy "filling." You can make yourself happy by using those creative forces in a constructive way: in the construction of your own being.

Don't fixate on the lower regions, on the forces from the lower abdomen, but get them involved in the Total Life-experience, in the creativity as well as in the experience of love with a possible partner.

You attract this kind of a signal so that you will LOOK at the Female Primal Energies that dwell inside you in order to lift them up to a Higher Level, to a level of true Love. Sexuality, for instance, is only beneficial where it exists in the function of Love

and Creation. If, however, it only exists purely on the animalistic level of self-gratification, not under the mantle of love for oneself and in service of self-development, then it will have a burning effect on your body. Therefore: surrender to that which is HIGHEST in yourself; break with the lower animalistic remnants in yourself. Dare to experience your body in the name of Love, and don't be ashamed of it. Shame is the result of not being really convinced that you live and exist and act IN LOVE, but are still on a level of desire, of an animal, of drawing-in and being drawn in.

*Therefore, solve the deepest problem by tuning in to Higher, Generous Love, and THEN you will feel happy in allowing the creative forces to flow freely.* Then you can truly bear beautiful fruits: then you become the creative person you actually already are. *The potential of primal creative forces inside you is very great, but you don't stand enough at the RUDDER of the ship, so that you are being thrown back and forth by that mass of primal female energies — possibly at the mercy of pleasure, emotions, ambitious desires, urging thoughts or instincts (compare here the symbolism of the number 5).* Now stand at the Head of your life and be conscious of the fact that you are Master over your energies, that you have the right to guide and direct these forces to a higher, lovingly giving level. Live in the PRESENT moment; don't live in thoughts about the future.

In babies this also indicates that there's a mass of fundamental female creative energies that can't immediately manifest themselves in action and creativity; an instinctive desiring urge sometimes to give itself "pleasure." Also wanting to "grasp" with its little head; in their feelings/thoughts, it's all not happening fast enough. Regarding the parents, it's good that they read the text above because there are always reasons whenever one attracts a baby, like a mirror — this mirror wants to make something

clear. Allow the child to enjoy itself; when it's hungry, make sure it gets enough good food (also solid food), so that already on this level a kind of healthy psychological "balance" is being achieved! Don't put it on a "diet." Moreover, everything will go much better once the child becomes active, can walk, can actively interact with things, build houses with blocks, sing, make music, etc.. When it begins to realize it should not "grasp" for things, should not "fill" itself with things in animalistic desire, but can grow up in love while truly creating.

It is good from the start to give the child, the growing baby, the nourishment it needs and not deny it anything on the basis of so-called rational health rules.<sup>1</sup> The child may quickly become aware that it may tune in to its heart, to its Being, to the actively being-itself, that it shouldn't turn to the lower animal level, nor has to hold itself in regarding creative safety valves! It will ultimately feel that it can apply its energies in a masterful way, without having to "be lived" by them.

*It then is no longer being STIRRED UP by wanting to have/achieve, by (be it unconsciously flowing) thoughts, by whirling instincts, energies: it is at the rudder of its ship, actively stepping outward, creative, expressive, and doesn't store anything up inside itself — so that energy can flow freely while still being directed, and can contribute in this way to a fruitful, creative existence. Desires make way for an active, dynamic existence, full of love. And this of course also goes for the mentors, the adults, who are an Example for the child in this. Becoming a Human Being in the fullest sense of the word asks for masterful guidance of Energy, for a transformation of instinct into consciousness, of desire into love power. Only in this way will the human being no longer fill himself or "draw in" in an urge for pleasure; he breaks through this phase of dependence on the primal womb, no longer clamps on to it with lust, but begins to search for true Happiness,*

which has nothing to do with the original, instinctive urge for pleasure. He now feeds himself in love and eats what he likes; he becomes himself, strongly and Consciously; he GIVES, and no longer desires. He fully enjoys his Life in a new way. The animal is gone; the Human Being is born. Powerfully creating, producing, proud of his "I," no longer "curled up" in self-gratification, chained to the primal womb, but OPENLY RADIATING like a magnificent Sunflower. He truly radiates outward. He feels wonderful in this abundantly giving, in this creating outward, no longer "locked up" in the tunnel of his pleasure-intoxicated animal behavior. He is actively creating and happy about his radiating "I"-POWER! He goes onward; nothing overwhelms him anymore; he has both reins of his life in hand and leads his Life in Love, with resolution and awareness!

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## EYES — EYESIGHT

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### Psychological symbolism and Ailments, in general

Like two brilliant suns, they radiate the content of your being.

The eyes symbolize being open to your inner Self, to the divine, peaceful light within you, the receiving with open hands of beautiful consciousness energies, of impulses from the depths of your Self. They reflect the warmth of your soul's heart and also your inner wisdom.

They represent the measure in which you as an outer ego have a sound and harmonious contact with your inner Self: being *yourself* in powerful unity.

Your eyes serve as a passageway from outside to inside: To what degree do you close yourself off, build up a defensive shield, not allow any new impressions to come in? Or, are you open, full of self-

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<sup>1</sup> Read more about this in *The Horn of Plenty*.