

Excerpt from:

The Key to Self-Liberation

1000 Diseases and their Psychological Origins

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tally opposite direction; you ARE able to Direct your life. You are not powerless. . . . Create the quality of your life yourself.

THE THROAT

Psychological correspondence

To be able to speak for yourself, to stand up for yourself. Liberating yourself by, on the one hand, easily swallowing emotional experiences, and, on the other hand, expressing in a self-assured way that which you consider it necessary to say.

This natural receptivity to new impressions and the smooth process of letting these experiences pass through — this demands being solidly rooted in your personal, secure Basis. To let feelings flow through in Trust. The throat will symbolically make clear to what degree you can receive and digest, in Self-assurance, impressions and emotional experiences; and to what degree you dare to boldly manifest, realize, or express inner energies, creativity, talents, and longings. Do you, proud and relaxed, stand up for what's inside you, or do you hide your feelings and your talents behind a silent mask? Do you liberate yourself or are you keeping yourself a prisoner? Do you express yourself, or do you bottle things up? Symbol of the strength and power over yourself: you can always say what you determine must be said. Or do you feel so powerless, small, and afraid?

The throat represents the production of something new, letting things be born, creating on many levels.

A mirror of dualities: powerlessness/power over yourself; dependence/independence; being emotionally stuck/liberating yourself; attracting/rejecting; self-assuredness/unsureness; letting things happen to you/having the courage to speak up; fearing to be yourself/daring to Live from out of yourself.

Ailments of the throat, in general

Holding in — you don't dare to speak for yourself. Anxiety can paralyze you.

Anger, sometimes a stubborn anger, piling up emotions and resisting working them out or voicing them. Possibly, something has been ready for a long time to be born, but you put it off because you are afraid of that which is new or of the reaction of certain people. You conceal things; you don't dare to voice the way you really see things.

Sadness, not being able to digest certain impressions: you take too much to heart the attitude or words of others because of your being too attached. You allow yourself to be disconcerted because you don't believe enough in your own solid Basis! Somehow, you'd like to escape, but then again you wouldn't. . . . "I have to get out of this!" But you can't; you feel too weak.

Powerless anger, but you remain silent. Fear of being yourself.

You allow yourself to be flattened by others; there's no more room for you.

Give free passage to spontaneous, emotional expressions, to creative innovations, to intuitive reactions. Become aware of your autonomous worth as a human being and allow the wheel of powerful energies to keep turning with suppleness. Don't block yourself; don't bottle up your sadness or anger, but speak, and free yourself of all tensions. Dare to live more spontaneously; to sing with joy; to laugh; to scream when you feel like it. Look at the powerlessness and the anxieties behind your pain: Self-confidence!

Cancer of the throat

(See also Cancer, in general)

You are insufficiently yourself; you constrict yourself; you'd sooner flee or "close" yourself. Inwardly, you thunder with electric energies, with impotent anger; you can no longer handle it; you can't listen to it any more; you plug your ears. Out of fear of con-