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## CHAPTER 7 | Spiritual Birth and Health

In addition to physical birth, man is also born spiritual. This spiritual birth takes place around your fortieth year. In some cases earlier right and in others a little bit later. Physical factors (hormone changes) play a role but also life experiences and generation. The spiritual birth revolves around the question who you really are, what you really want and why you are here on earth? Answering this question is done by activating your spiritual quotient (SQ). One of the characteristics of this process is that in the shaping of your life the head and the ego have less effect. Old successful behavioural patterns no longer seem to work. You meet more resistance in your private life and at work, doubt about choices from the past or the situation you are in right now. Is this it? Do I still want this? Why don't they do what I say anymore? Some men, who are not willing to face this phenomenon, so in fact are not willing to develop their emotional life, think they can find the solution for instance by divorcing and building a new life with a younger partner. These are the men who, for the second time in their lives, pick up their children from the schoolyard. The situation of the woman is slightly different. Usually the woman is in the middle of raising young children. A lot of attention goes to that. Of course there is always the hope to find a new partner. But again, as long as beliefs and old patterns of behaviour are adhered to, such as the idea that someone else should make you happy, the chance of lasting success is small. This in turn can lead to a somewhat negative and bitter view of the world around them. Of course, there are always people who simply live on as if nothing is wrong. Everyone has a choice. So you can hold on to the life you have lived so far, in which material certainties are often held on to and what the social environment thinks is important. The gnawing feeling is pushed aside. In addition, you have the choice to establish your true identity by relying on what you intuitively feel and doing something with it. Anyway, the spiritual birth is an inseparable part of a person's life. It gives you the opportunity to cross the threshold to a conscious life based on freedom and insight. This theme can be seen, for example, in the films 'The Private Lives of Pippa Lee' from 2009 and 'The Women' (2008) starring Robin Wright Penn and Meg Ryan respectively. In both films, the viewer sees the protagonist struggling with the question of who she really is and what she really wants with her life. Consciousness and health go hand in hand. There are still many people who have difficulty accepting that physical and mental illnesses and disorders have a specific psychological background. They see this as an outside event that happens to you and over which you have no influence. To a large extent, regular health care functions from this viewpoint. That is why doctors are not able to really heal their patients and are mainly concerned with symptom management. Fortunately, there is now a wealth of information available on how things can be done differently. A standard work is Christiane Beerlandt's book 'The Key to Self-liberation, 1000 Diseases and Their Psychological Origins'. By taking the signals of body and mind seriously and interpreting them correctly, a person is in principle able to heal himself albeit with the help of a therapist. This also means, for example, that diseases or disorders that have been



present in a family for generations can be transformed. The body actually functions as a signal from the soul. To illustrate this, we take the psychological and emotional background of hay fever as an example. Beerlandt writes about this: *"Core cause: The allergy to your own nature, your nature, is projected on grasses. After all, you bind yourself to hands and feet. You keep yourself anxious, frustrated, but full of possibilities, hidden and hoarded like a tomato farcie. Feelings are held. You don't trust your own nature, you are afraid of it or you feel inferior and you don't dare to show or express yourself as you really are. Maybe also out of fear for the reaction of the outside world. Just as you choose pollen, you choose your gifts, your nature, your talents. Are you ashamed of yourself; don't you think you are good and have to hide your ugly 'sides'? Self suffocation; a holding of energies that want to be released. (...). Core solution: Dare to experience yourself in totality; recognize your content and develop your possibilities. Do not rust, but let all energies flow freely. Dare to fully experience your Nature to the fullest and no longer restrict yourself. Accept yourself for one hundred percent and take pride in every unique detail of your specific being that can't be replaced by anyone. Seek the beautiful in the first place in yourself and no longer shut yourself away. Release yourself from this seclusion (...)."* The American physician and author Deepak Chopra also works according to this more comprehensive (holistic) approach in his health centre in California.