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# Press Kit

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## **Freedom in Relations: Have the right Identification**

Publisher: Libertas in Vivo v.o.f.

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# Elevator Pitches

## **Short Pitch**

This book explains how wishful behavior, fear and shame keep you from developing as a human and set yourself free from contaminated identifications that interfere relations.

## **A description in 25-words**

Awareness gives you the opportunity to exchange believing into knowing. You evolve as a human with two feet firmly on the ground. No longer controlled by fear or following others but maintain a direct link with the higher.

## **A description in 50-words**

Conscious awareness allows you to start knowing instead of believing. Contaminated identifications make place for identification with your essence. Believing makes you creating and step in the footsteps of others while Knowing allows you to co-created and set yourself free. It reveals who you are and thus you no longer are controlled by fear.

## **A description in 100-words**

This book explains daily life, identifications that benefit and identifications that contaminate you, like those belonging to the Super Ego. These issues are revealed by quantum physics and psychology. It teaches you to understand these issues and to make considered choices. Life becomes more challenging and exciting once you understand how energy works, why it happens, what obstructs you and what enables you to proceed. It gives you insight on how to set yourself free and live in harmony with all on earth, in peace and freedom.

N.B. Co-creating leads to alive, developing issues while creating leads to dead slowly crumbling issues.

## Description of the Author

Pauline was raised in a small village near a city in the Netherlands. She was fond of spending time in both nature and city. Already, on both these locations she had many experiences as a youngster.

Through personal experiences of many issues live thrown at her next to her Psycho-social education she is able to instant feeling where bottlenecks lie and how that can be solved. For those solutions Insight and motivation are necessary. She gives such guidance to people who ask her advice. It provides the individual or the company who ask her insight, to understand how they can overcome personal or social barriers such as for instance resistance, fear, shortsightedness etc.

At present she has already written four books in two languages, she writes a blog and a column and gives lectures. She has won an award in Belgium in an essay contest with the working title "" New times, new values better insights ...?". Her contribution was "A mature society is the difference between egoism and egocentrism." Several times she appeared successful on the North-American radio.

She may be prompted for lectures.

For instance for Conferences and Media debates through ZijSpreekt  
<http://www.zijspreekt.nl/html/paulinelaumans.html>



Since 1992 she has her own practice as Metaphysical Author and Visionary, Holistic Life coach and Trainer.

More information: <http://about.me/paulinelaumans>

[www.c-t-u.com](http://www.c-t-u.com) or [www.libertasinvivo.com](http://www.libertasinvivo.com)

## How this book originated

From the very beginning it was hard for me to express my inner feelings. Whether I drew, sang, shouted or talked, I was unable to express myself clearly. As a child, I rethought about life and asked many questions about life. As I got along I taught myself to bridge the gap between my inner perceptions and my questions and how to describe them. I eventually managed to merge all pieces and reshaped it into a manuscript.

The basis for the books started in childhood especially when I was around in nature. We lived in a huge house with a large garden where a shed stood. I was happy to be in these places. When I was not around there, they could find me in the meadows behind the house. Outside I found the inner peace as the cooperation with nature gave me answers to my inner questions. Questions such as why we live, why there is punishment or reward, what is the cause of life and dead and why people act the way they do?

At that time I was not allowed to discuss these deep inner experiences. Especially not at home because my mother could not handle it. As I could not give it any expression, it became increasingly difficult for me to find the right words for what I felt. Something was blocking me. That I had to discover and overcome.

That is why I read piles of books and studied many things that drew my interest. For this reason I took several books from the library and had even to buy a second library card. Sometimes I even borrowed books from the adult section. All this reading gave me a large vocabulary, but it did not allowed me to find the right words to express me. When I was not reading or outside in the garden, I played with children in the city. In all these different families I learned about their living conditions, customs and habits. They had another ways to express themselves verbally then I was accustomed to. At school I was told that I needed further study because I was so inquisitive, especially in history. As my parents never encouraged me, I had to grow up as a shy and withdrawn child and was again forced to follow my parents choice.

I had not learned what it meant to be supported. Everything I had to learn by trial and error. As soon as someone supported me like a colleague or friend, someone else came in between. Those others "unconsciously" took over the role of my parents. Learning was therefore difficult as I had to experience everything by trial and error.

After my second partner died, I had besides my regular job, a job as a consultant for a dating service. The boss was impressed by my skills and asked me to write training materials for consultants and customers. I made a basic concept. During the negotiations, I noticed that she wanted to give the whole training. In my opinion she could not, as she lacked the background I had. She had none of the many educations I had that made me do this. She wished then that I participated

in the training but to give her the credits such as money and recognition. I could only get paid for writing the training material. This was not in balance, it was not even negotiable and so I decided to quit eventually after two years.

I was attached to the concept and finally decided to do what I always wanted to do as a youngster, I was going to write a book. Thus I had to investigate a lot and to read piles of books again. I had to note many words that expressed my inner concepts. I was writing 24/7. At night I had repeatedly to switch on the lights in order to write. If I drove the car I had to stop often in order to put the words on a piece of paper. It did not tired me as the words came from my inner self and kept me alive. I had discovered my boost in life, my lives mission. Each written sentence made me more enthusiastic. Finally I had enough material to fill a book, but I had no idea how to write a book. I had never gone beyond writing theses. It took more than one year before I had a basic manuscript. Eventually there was a friend - a professor in economic psychology - who provided me with clear insights to make it a real script.

I had to rewrite it often. Every time I rewrote and adapted it I came to peace of mind. The manuscript had the effect of psychotherapy on me. I became more aware and thus transformed, but also became less tense and learned to enjoy life. Something that previously was not possible.

Now writing gives me great satisfaction as with each text I realize inner growth. People around me notice it. Those who know me from the past, hardly recognize me anymore. I transformed to another person, I am happy and with both feet firmly on the ground. I have taught myself to achieve this and to express my inner metaphysical experiences.

This has resulted in meaningful recommendations for the books by no other less than:

- Frederic Colier, New York filmmaker
- Steve Rother

# Facts

## **This book is about**

This book reveals contaminating identifications that keep you from developing as a human. These contaminating identifications lead to degeneration and illness; involution. If you want to evolve as a human, you have to become consciously aware of the right identification in order for you to no longer repeat, be frightened or remain in defense systems. This book gives you insight how you were led into temptation without realizing it and became stuck in vicious circles.

This book offers insight in how energy works. Energy is everywhere. It continually changes in mass and mass changes in energy. That is why you change as well. If the change benefits you according to the line of evolution depends on your insight and choices. Also you can set yourself free and embrace your essence.

## **What makes this book unique?**

It reveals insight in how we all were led into temptation without realizing it. Most thus tend to make contaminating identifications and on its turn it results in suppression and examples of wrong behavior. This leads to depressions, destructive behavior, mental - and physical illnesses and makes you fearful of Life.

The book reveals how to turn the ship.

It gives you insight on how to set yourself free and live in harmony with all on earth, in peace, safety and freedom. You step away from imprisonment of vicious circles. The book links daily life with psychology, evolution, religion and quantum physics.

It is a psychology manual, but is also a book for those who want to be living Alive. It is a book for those who no longer want to contribute to the devastation of men and the mental - and psychical degeneration.

This book is written with easy to understand words.

## Several answers to questions

1. Which personal experiences have inspired you to write this book?  
*After my written training material was approved but the training denied, I decided to write a book. This already was a deep wish since my early days...*
2. Which messages obtain readers after reading this book?  
*They experience the deeper meaning of life. They learn how energy works and how they participate in it (butterfly effect). Becoming conscious allows to live instead of being lead in ignorance or temptation.*
3. Why should readers read this book?  
*It is a philosophic book. After reading it you can make more considered choices. Such choices improve your inner strength and nourish life. It teaches you how to co-create.*
4. What makes you an authority to write about these subjects?  
*As a trained intuitive reader I read many books of life (from Big Bang to...). Furthermore I am trained social worker and from that role I started in 1992 my own practice. Both in the Netherlands as in Canada I experienced as such. My many studies, knowledge and skills allowed me to develop a philosophical metaphysical approach. Many issues I had to experience myself in this and former lives.*
5. The book is a non-fiction book. How did you perform research?  
*For many years I was able to communicate with the essence of persons, have performed research on the internet, read many books and participated in discussions.*
6. Which challenges and experiences did you have to face during writing this book?  
*The first challenge was how to make a basic manuscript of all these papers with some written lines. The next challenge was how to transform this concept into a book. The biggest challenge was the skepticism of many persons. Fortunately nowadays many of them embrace the not direct visible. Many persons start to understand quantum physics. As a result many persons open up to the other side of the story and start balancing, realize paradoxes and parallel's and eventually face reality and know why they exist. I am convinced that this book is at the right place at the right time.*
7. How long did it take you to write this book?  
*Several years.*
8. Is there any more information available on other books you wrote?

- *Your Choice: Living Alive or Living Dead* ISBN 978-90-816233-1-5
- *Karmic Reflections: Talking with Men and Nature* ISBN 978-90-816233-4-6
- *From Tadpole to Prince: Towards Mega Conscious Awareness in 2016* ISBN 978-90-816233-7-7

See [www.c-t-u.com](http://www.c-t-u.com) or [www.boekenroute.nl](http://www.boekenroute.nl)

9. Who stimulated you while writing?

*My friends and later also my husband.*

10. What is your definition of good?

*When an issue or experience makes me conscious it allows me to smile inwardly.*

11. What is your definition of bad?

*When someone believes that without any consideration they can live and be destructive as they believe life ends ór that they are excused because of a next lifetime. As I was able to read many books of life I know that life is about continuing on the evolutionary path. This can only happen as we link with our essence and become aware of the choices we have made or make.*

12. What is the most rewarding part of this work?

*That it inspires others to continue on their individual path of life.*

13. What was the toughest obstacle you had to face?

*How to give words to inner feelings and images.*

14. How do you determine the subject of the book?

*When I am in serendipity the answers arise itself.*

15. Can you enlighten the concept o this book for others?

*This book is about what makes Life Alive. It is about liberating yourself from obstacles by getting insight into reality and face your own path of life, your own destiny.*

16. What is your personal highlight or triumph in life?

*The insights I had as a kid. The birth of my children. The education in intuition. The fact that together with my husband we are "One source of knowledge and insight for many others" and we are allowed to assist them.*

17. Who were your mentors or who inspired you?

*Inge Lepelaar, Uncle Hans, Hermann Lammert, John van Trijp, Peter Batink, Clients and the teachings of nature.*

18. Where did you find material for this book? What has influenced you to write it?

*The teachings of nature, the insights I get by dialogues with others especially in philosophical conversations, the reflections we give each other and my friends.*

19. Are you planning more writing?

*Yes, a fourth book is up for publishing early 2011. I write it together with John van Trijp. A fifth book with short stories is likely to be next.*

20. Do you have a website?

[www.c-t-u.com](http://www.c-t-u.com) for further information and to order the books.

[www.libertasinvivo.com](http://www.libertasinvivo.com) to request a consultation.

21. What makes you feel living alive? What inspires you?

*When I encounter issues in daily life that gives me insight I feel alive. Sometimes these issues block me but show me the other side of the medal which gives insight in the way out! Sometimes I had to wait for years for such insights as I first had to accomplish other inner business.*

22. What makes you feel living dead?

*When someone uses or abuses my energy. When someone blames me for his actions or lack of insight. When another person projects.*

23. Do you know of other people known to this philosophic concept?

- *Tatanga Mani, Red Nation People*
- *Princess Irene van Lippe-Biesterfeld*
- *Hans Andeweg MSc.*

## Received Endorsements

"You have a lot of modality, a lot of energy work that you have that will be teaching. Your books will open a lot of doors".

Steve Rother, Founder Lightworker / Beacons of Light in the U.S.A. and established author.

"In a time and place where social and familiar structures are more and more fragmented, where the benchmarks for unveiling meaningful lives get buried under mountains of questionable choices and where mentors remain incongruously absent, "Freedom in Relationships" offers a remarkable road map to re-connect with our core Self. No longer are we left alone to figure out how to fix our skewed trajectory, to discover the steps of our latent emotional and spiritual journey. By developing awareness, reframing experiences, Pauline Laumans takes us on a shortcut to wellness, towards a rich and authentic spiritual life. I love the work and your approach".

Frederic Colier, Awarded New York Filmmaker, playwright, novelist and musician.

For our books we have received endorsements from the following well known persons: Dick Bruna, Martin Gaus, Yvonne Kroonenberg, Dr. Caron Goode, Frederic Colier, Steve Rother and Hermann Lammert.

For further recommendations and reactions from many more persons see our website <http://www.libertasinvivo.com/index.php?m=7100&l=en>