

Press Kit

Your Choice: Living Alive or Living Dead

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Elevator Pitches

Short Pitch

Become conscious of the Essence of Life. Detach from dead issues in order to become you, enrich your life and become living alive without illness.

A description in 25-words

Daily issues are exposed. You face how fear and defense mechanisms that are transferred to you, control you. You learn to make considered choices.

A description in 50-words

Daily unconscious issues to which you no longer give thought to, have often an interfering influence. You believe they are good, while you no longer realize how damaging or influencing they are. Pauline lifts the masks of keeping up appearances and reveals interfering subjects. It enables you to recognize them and make choices that are right for you and your commitment for this life.

A description in 100-words

We all tend to believe that whatever we encounter on a daily basis, is good. We do not see the other damaging side attached to it. Only if we become confronted with the harsh truth we see the many different faces, masks or characters that have influenced us, but now it is often too late! This book describes the possible obstacles on your way to self realization. Pauline offers you the possibility to recognize them, learn from it and make considered choices. It results in the fact that you have extra instruments to support you on your individual path of life.

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 or 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 parent's 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:

- Hermann Lammert
- Steve Rother

Facts

This book is about

The book offers the possibility to recognize masks and faces that obstruct your life. It allows you to choose! Many issues are known, but men do not act on it as they do not understand the impact! This book gives insight and enhances the ability to make considered choices and bear the consequences of a choice. That is living and with that you create the basics for the continuation of your path of life. With a considered choice you continue on the evolutionary path called Life.

What makes this book unique?

It is the first book that gives comprehensive overview of all kinds of interfering daily issues. Issues that obstruct or interfere Life and make us mentally - or physically ill in the end. Issues we transfer to the next generation without knowing the impact. Illnesses and contaminating identifications allow entities to occupy our bodies. As a consequence the vitality decreases and we give space to even more mental - and physical deviations. Thus it is hard to adapt or survive as a human species to changing circumstances. Circumstances we only see as the damage has occurred already for many years.

After reading the book, you can make more informed choices. The quality of life and happiness thus increases. You can now choose to step out of vicious circles. You stop with "garbage in, garbage out".

Several answers to questions

1. Which personal experiences have inspired you to write this book?
Reading many other individual books of life (from Big Bang to...) made me realize that many people who call themselves spiritually or alive, in fact act as living dead. Many daily issues obstruct or interfere their present lives and future lives. Again, humanity is guided by fear and that unable us to continue on the evolutionary path called Life.
2. Which messages obtain readers after reading this book?
I suggest everyone to live your own life. You can if you are willing to allow others to assist you in increasing your inner knowledge, as inner knowledge has so much more to offer than book knowledge. However, they are both needed.
3. Why should readers read this book?
It is a philosophic book. After reading it you can make more informed choices that enhance the quality of life and make life more pleasant.
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 communicated with the essence of many people, 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 biggest challenge was the skepticism of many people. Fortunately nowadays many of them embrace the "not direct visible". Many people are more sensitive or are frustrated by what life has to offer. As a result many people open up to the other side of the story and eventually start balancing, realize paradoxes and parallels and eventually face reality. I am convinced that this book is at the right place at the right time. Scientific proof often comes after intuition has shed light on these issues.

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?

- *Freedom in Relationships: Have the right Identification* ISBN 978-90-816233-6-0
- *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 or 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 or 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 answer arises itself.

15. Can you enlighten the concept of 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 for further information and to order the books.
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. Sometimes these issues are blockades and because of that the other side of the medal shows and gives insight in the way out! Sometimes I had to wait for years for such insights as I first had to finish 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*
- *Princes 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).

"Thanks for your remarkable and recognizable life story about how a human becomes a deep and real living human. You are a very wise and mature lady. That is nice for those persons that you encounter".

Teacher Hermann Lammert (Psycho-social education Nijmegen NL).

and a wish

"Good luck with your particular work"

Paul van Vliet (Unicef Ambassador)

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>