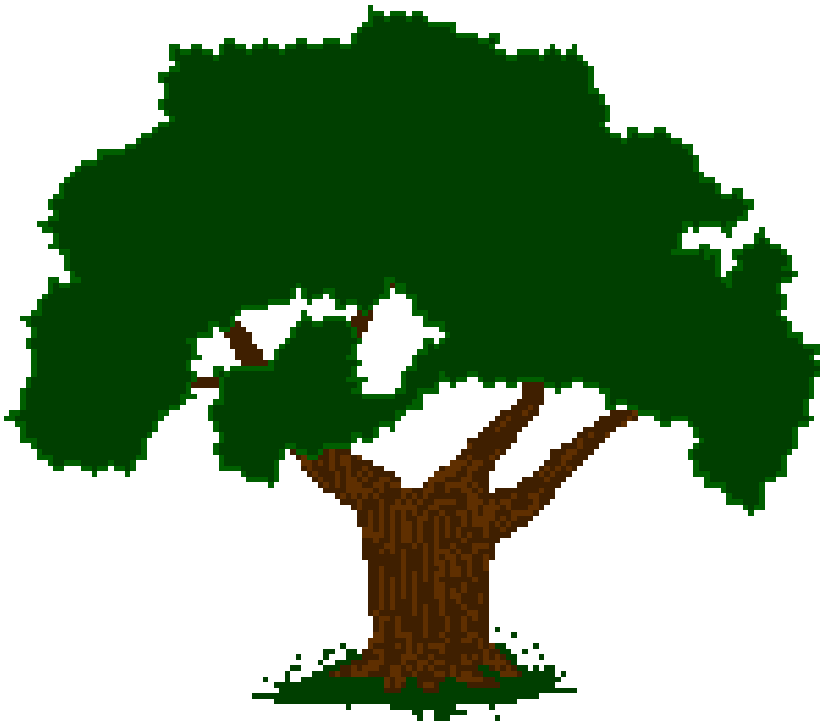
OUR SPIRITUAL MARRIAGE ACROSS THE DIMENSIONS

THE TUTU DOCTRINE 2



THE NEW WORLD ORDER

The TuTu Doctrine – The New World Order 2
The Spiritual Marriage is
created and manifested by
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1st edition begun August 23rd 2026

PUBLISHED BY 2♡2's SOLFOND

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THIS IS A BOOK IN THE BECOMING
AND NEW TEXT WILL BE UPLOADED ASAP

FOREWORD

When I had finished writing *The TuTu Doctrine - The New World Order*, I believed that the tasks given to us by God, our FatherMother, had been completed.

We and our closest brothersister in the God Realm, who are also Bodhisattvas, had been given the task to conclusively fulfil our vows as Bodhisattvas by showing the way back to the God Realm to anyone who wishes to take that path.

We manifested us as four Soul Mates on the Soul Plane, and from there, we have worked for millennia to find the way back to our personal Spirit, Ardhanarishvara and when we found it, we took the Bodhisattva vow not to leave humankind behind until everyone who wishes to do so can return home.

Each of the four of us had a specific task.

TuTu was to create the content, and I was to manifest it, and our female Soul Mate was to bring order and clarity to what I manifested, and our male Soul Mate was to assist me in going through the Purgatory that is also called "The Magical Forest of Dancing Demons and Peacocks", so that I could fully describe how it was for me to liberate myself from the thought system of my thinking mind, my Ego.

When I thought my part of the task was complete however, I was told that I had to rewrite the Twelve Step Program for TTDF and carry it out, so I could speak about it from personal experience, which is what I am now in the process of doing.

The day before my eightieth birthday, TuTu told me to write a diary, which would be part of TTDF, and suggested I could begin the work on my eightieth birthday.

I began immediately, but after two months of writing, I gradually realized that this was not the format he had envisioned, so I let go of continuing writing.

After a couple of months, I resumed the task, but soon realized that this was not what he had in mind either so again I let go of writing on.

When I had reached full realization of my true Self, my Spirit, Ardhanarishvara, he said I had to edit the daily contemplations for AcAdAn, ChrisAn, ACIM, the new and TTDF from my new standpoint, so I set to work.

When I was more than halfway through the task, I felt that I had reached a plateau in my personal growth so I decided to read TuTu's letters from 1988/89, which, I miraculously, still possessed, to see if there was anything I had overlooked.

When I began reading the first letter and remembered my thoughts and feelings from that time where I received them, I felt like answering them from my present standpoint.

I knew that he would receive my answers across the dimensions, and it would also help me to come closer to him as the human being he was.

While we lived together on Earth, I was so star struck by his spiritual state that I could not see his human limitation, ignorance, powerlessness, and mortality/changeability.

Perhaps, I could come closer to that side of him by responding to his letters from my present standpoint.

When I had answered his letters for a few months it dawned on me in October 2026 that my daily responses to his letters, was the diary he wanted to be a special part of the *TuTu Doctrine – The New World Order*.

It was to show that even the spiritual World Teachers could not escape the human conditions.

They could also not escape the challenges that they had chosen to take on on God's bidding to personally find solutions to them so they could pass the knowledge on to humankind and thus relieve the sufferings of humankind.

So hereby we surrender to the Fellowship of humankind a greeting from us, Ardhanarishvara and our brothersister, Ardhanarishvara and God, our FatherMother, Ardhanarishvara to all our human brothers and sisters on Earth with the wish of a good recovery and eternal happiness.

LETTERS FROM HIM 1988/89 WITH ANSWERS FROM ME 2026



2002 2020

24/2/88

Good morning sweetheart,
I have not yet got out of bed and here I am spending time with you the only way I can for this time being. I U.
Well, I'm lovesick!
Harish.
It is a pity that I lost a letter which I have written to you on the 22nd.

23/8/26 - 24/2/88

If I had to answer that letter today I would have written: Oh my beloved, I know the feeling, come immediately to our place in the higher Worlds and let us make each other happy.

Also I feel a loss of you having lost that letter. I thirst for anything you have planned to write to me – could you give me the gist of the lost letter?

26/2/88

Kære Solvejg,

It is so nice to hear you on the phone….. I wish it was possible to kiss, to do that at least….. well I have to accept those limitations and just blow some in the air to you…… □□□□ got it?
I know you must have felt it too……
I have been kissing you with my mind and believe me….. it feels so good to have your love and care, to be able to kiss you from here and feel your taste and smell you!
Did you experience any of the same?
Please tell me whatever you've been thru' I'll take it even if it is somewhat negative! (Sorry, I only mean to tease) I love you…… at times it seems too much and almost it seems that the two of us have drowned in it and have at the same time experienced a glimpse of paradise!
I do hope it continues to be like it forever.
It is this feeling of love that I am writing about and this sounds so strange and I love to put it only one way…… I love you.
P.S. I keep waiting for your call. I'd like to call you some time.
jeg elsker dai.
I have been reading this letter a couple of times and I feel that when I read this, it is also transmitted to you immediately and so I feel nice.
I know this is true 'cos when we spoke today morning you mentioned about the possibility for me to call and the tel. no. …. I had written earlier in the night this need to call you when possible.

23/8/26 - 26/2/88

Oh, you have begun to pick up on the Danish language – what a lovely gesture!

Yes, I too love to talk to you on the phone and would want it to last longer, but alas the cost of calling India from Denmark is so high that we have to limit it more than we both want to.

If it had been today you did not have to blow the kisses in the air, I would have received them right now in my inner world and would have responded by carrying it further.

I love your kisses and rejoice in you knowing that I do love you and care for you in spite of all my blind spots where I act as if I did not.

Oh my, oh my I sense that you have the same hunger as me to get to know any little morsel about me that I have about you and on top of it, you want it even if it is somewhat negative.

So wonderful to read that you also feel like we drown in it and I too want the same forever and forever and I do experience it as paradise on Earth that we can meet in our inner worlds and drown in our paradise.

My love reaches out to you forever and forever – I love you!

I would love you to call me – I would answer to your letter if it was today.

Actually, I have discovered that your light of love has been with me even in the womb of my mother and since then right up till now – amazing grace.

28/2/88

HI! beloved Solvejg,
So long….. so far……
yet so close to my
heart you are!
I hoped in
vain that you'd call
in the morning….. well,
I'll have to wait for the
evening now, going to
attend a seminar in ITT
and spend some time
working out details with
Vasant. Not feeling
to well. I've developed
a throat infection and hope
it will clear up soon. I do
wish I was with you already in
flesh and blood….. 'cos
in spirit I am with
you always and will remain
so…. for ever with love
22

P.S. – All my love
seems like a one way
song in between the
lines…… hoping for an
early reply from you.

07/9/26 - 26/2/88

How your letters have remained with me for all these years is something I marvel at.

So much has happened in my life since 1988, and so many

misunderstandings I had back then has been cleared.

I am grateful to finally respond to your letters from my authentic Self, and now that I understand that you wrote them from your authentic Self, it makes me so happy to read them again and again.

And I could also say: So long, so far, yet so close to my heart you still are.

I just now took a break from our project and lay on my bed with our Soul Mate's and my two cats flanking me.

Very soon I slid into my inner world and found you there in our little house by the country road.

What a love experience our meeting was both inside the house and outside in the garden.

Since at this time you are no longer flesh and blood I can only reciprocate with saying: I wish I was with you in the Higher Worlds already, and in the Spirit World I am with you always and will remain so.

It is such a confirmation for me to read and reciprocate to our oneness in Spirit, because that has been my innermost hope and desire since we met.

I am sorry to know that you are right about it being a one way street back then, and I am grateful that it is not so anymore.

My love for you was always full, never more, never less forever – hoping to meet you again this evening.

15/3/88

Oh, my darling,
I've just finished the last letter and now I'm wanting to be together on this page with lots of love and kisses; at least give it a try and see if you can have a baby.
This could be a good reason for me to come over there and the authorities may also like it!
I really wish you'd be able to have one child now so you'd have a living part of me and you together with you always when I am at work.
Don't you think you can do this?
I'd love it for you and me.
My love is reaching out as usual…… hoping you are open to receive it.
I hope I am making up for those days when I did not post before 'cos I have wanted to be sure about how my projects are headed and positive responses

are there and let's love the positive action to happen also – good night and sweet dreams for now 11 pm.
I'd be awake for a few hours more before I sleep.
A child is a gift from heaven!
Harish

09/9/26 - 15/3/88

Who would have known back then, when I tried to do everything you suggested so as to become pregnant without success that we were indeed going to have fifteen children, but of a mental-emotional nature by creating and manifesting together the AcAdAn, the ChrisAn, the ACIM and the TTDF Programs that would go out into the World and serve humankind?

So your wish that I had a part of you when you were not there physically I had a part of you with me every day, when you were not there physically.

I do love it for us that we can connect like this – our children are indeed a gift from God, our FatherMother.

These days are demanding a lot out of me as they hold the most intense challenges I chose pre-birth to meet with our light of love – I never imagined they would be that challenging.

As you would already be aware of both I and our Soul Mate have cancer, he stage four in the liver and I stage three in the right breast – yesterday, we went for a PET scan to find out our status, and that took a lot of hours with the ride there even though our driver took us there, the paperwork, injections of trace elements and contrast elements – now we are waiting for the report, which may take a couple of days to arrive.

I am so grateful for our children, who help me a lot with their daily contemplation and the Programs they cut out for me.

I have begun the work with Step One in TTDF, and I understand why you suggested that people, who want to follow that path begin with the AcAdAn Program, followed up by the ChrisAn Program, followed up by the ACIM Course, before they take on the TTDF Program.

Step One is very demanding and require that I have become Lady of the Rings in AcAdAn and ChrisAn and have a clear perspective from ACIM on the difference between the thought system of my Egomind and my Godmind, Ardhanarishvara.

I have come to the refinement process in my new project with cooking healthy, nourishing, taste and filling dishes, so I am grateful to have our maid

help me with the heavy lifting.

You said back then that I would take care of you in the short run and you would take care of me in the long run, and I could never imagine how that would be possible, your situation taken into consideration.

Yet here I am and see our original plan unfolding where you helped me meet our Soul Mate.

He has taken on the challenge of bringing me to India with your consent that expressed itself in the dreams he had that he shared with me before my arrival in New Delhi, and which made it amply clear to me that it was part of our pre-birth plan for all four of us.

I achieved ten times the buying power in India that my Danish kroner would give me in Denmark and that allows me to live in a porch area of Bangalore with lovely weather every day, even in the rainy season and in a big apartment on the fifth floor on Hennur Main Road, and interestingly it is called Ananda Bairavi Apartments.

I just now checked the English version of Ananda Bairavi and found it very appropriate that I live in a house called the Goddess of Bliss, and that made me think of the hotel in which we met for the first time called Anand Hotel, the Hotel of Bliss, which I also found very appropriate for the first meeting between us.

I now fully concede the truth of what you said, that you would take care of me in the long run although back then I asked you in a derogatory way when the long run would come, and here I am living in a luxurious apartment, with a big luxurious car, a smart little scooter and a bicycle for transportation and with a driver to shop for us and take us places, and a maid, who keeps our house clean and whom I am teaching to cook the way I want her to cook.

Without your guidance when I met our Soul Mate, that could have never come to be!

Well, in the fifteen of March 1988 I was not able to receive your love, but was suspicious of you and your motives, because I found you to wonderful to be loving me

I was also busy as you now know picking up information as I understood it about you and getting ready to manifest our 15 children, but now at long last I am able to receive it and reciprocate – a lot of years have passed by in the earthly sense, but I guess a blink of an eye in the spiritual sense.

15/3/88

So again,

I've just posted some letters to you, and I shall write every day what I feel to my sweetheart and post these when you will be able to receive them…… your condition about our letters crossing each other does not work out….. since most of what you write and do not write also is transmitted out since you belong to me and I feel it almost simultaneously here without any time lag even! How different is out state of being!! I think that if you are receptive you'd know that I am writing this now to you.
It is just so much easier for me to not write and just immerse myself and you into the ocean of love….. but then you don't know what is happening outside this and also I seem to disappear in form from your mind…..
This is quite natural.
A rain drop holds its own as long as it is in the air, as soon as it reaches the sea below….. it is no longer a raindrop….. but the sea?!
My real love is so much that I could spend my whole time just writing to you about my love and other things which course through my existence. I hope you feel my love going strong for you….. no matter where you are and what you are doing.
I would not like you to make love with any man and think of me 'cos then I have to transfer and possess that body to be with you and this is not right karma 'cos you have to be loyal to this being, whom you are married to and is an individual in the earthly senses and also human.
I am not being selfish.
Since I am so close to you……. I do not like it when you get fooled or willingly deceive yourself with fantasy to ease the separation between us in flesh and blood.
I do recognize your needs, and you are capable of being able to be loyal to this lover of yours who has sacrificed what you would never even dream of doing if you were in my shoes!
Sometimes, I doubt if you are really keen on having me there with you when you let the past impressions and feelings to dominate this beautiful present and rape the true harmony that exists at all times.
Anyway, this is not peculiar to you alone but a lot of people on this planet are suffering due to this kind of a happening.
Mein tumse bahut pyar karta hun (I to you much love do), in the feminine mode of expression it is 'karti' hun.
It would be so nice if you started learning Hindi again from a book or teacher and sent me some books for learning dansk here, before the visas are issued and I can come and speak some dansk at once.
Jeg elsker daj, will you do this for me?
Mr. Guri suggested that I should spend a year or two with you there and then come back and start with a new venture here with some capital.

He does not know how much I am having already on my hands to do here. I only wish you've not been so mistrusting…….. if you would be able to change that to make the relationship between you and me more harmonious instead of hurting and being hurt for what amounts to nothing in the spiritual sphere…..
Please don't say that I have created this condition 'cos it has been a test of your love. Don't mind it.
I see myself in this present position for you to be able to do something about life, which is positive from your side and not tinged with fear, bias and prejudices from the past which has also not been seen in the right perspective.
Sometimes your negative vibes get so much that it creates a distance between this earthly you and your astral self, which is me.
You know how it is….
I feel you have yet to understand the deeper implication of a true marriage and how in this relationship it is up to us to make it work okay or not okay.
You cannot blame petty things 'cos you have to evolve further and see the greater scheme of life to be able to interact productively and sacrifice those petty prejudices imposed by your culture and conditionings.
Remember? When you said that you felt closer to me than any of your own family when you were here?
I feel the same.
This is the natural happening when you experience true love…… the daughter does not belong to her father's family after she is married….. This is the Indian custom.
Often I think that once you are so much in your parental atmosphere it is but natural for a lot of effects from those around you to get to you, when you are open and yet …….. They will not really understand what is going on with you 'cos you are now married to an Indian guy and the spiritual strength and richness is far beyond what you would find in your own land.
Doesn't it surprise them?
Do you really love! (Also that divine feeling inside?)
Have you got beyond the 'what you see is an illusion and what you think….. a delusion except for what you feel in your heart strings…….
It is easy to be confused between heart, mind and spirit – discriminate and understand for real which is which.
That is the only real thing known as <u>love.</u>
Now love can work miracles if one deserves it and is open to it otherwise everything just drops into the mundane and meaningless world of transactions of this and that order.
This is not worth living for……
Love alone can show the real way to living in which there is no giving or taking but only a sharing of oneself with one's lover/beloved, this time phase which one is ordained to pass through.

It is very beautiful to share when it is possible without putting any conditions and only trusting that your love will see to it that it happens for the best for us as one.
Perhaps you find it selfish on my part to be like this with you……
How would you ever understand that it is quite the opposite to what you perceive……
Even though you say that it is easy for you to share and yet….. your mind puts thoughts which are negative and you succumb so easily which is what most people do so easily…… deceive themselves for the worse and not realize that this is what is happening.
The only state of mind where deception fails is when love has its way and overrules the projections of the mind, which is a limitation from the past.
This happens in so many ways and is what has brought mankind into this sorry state of being
Somebody has to begin somewhere to change from within to without and believe me there is no other way to it unless you are able to love and care openly without doubts.
Remember that true affection can never be a wasted feeling.
My dear, it is my responsibility to lead you on towards those higher domains where one is liberated truly and to the satisfaction of the supreme being, who has never been any other than my own true self.
Now you will not be allowed to kiss my feet even if you want to! ⬅
'Satire'.
I feel this letter is not making you so happy as yet to have received it.
I can understand that 'cos this is still quite emotionally dry and not filling your heart but feeding your mind with what you'd call bitter medicine…..
Well everything in it proper time and space!
At least I know this will help when you are ready!
Til then and also thereafter you will always have my love by your side and your shadow…… always saying to you in silent words – I love you, jeg elsker daj, main tumse bahut pyar karta hun, on and on and again and again if that is the only thing you want to hear.
Bear in mind that I love the real you who hides behind those eyes of yours and I see the real beauty there and that is what keeps my love flowing…… may it flow out as always thru' your eyes to others around you…… especially the children you teach and others who are close to you.
Maybe I am possessive but I don't want you to make love with any other man or animal.
You can make love to yourself and think about me……. though I'd like it more if you could refrain from that also and wait for me to come and make love to you the natural way.
Perhaps you should know that I don't go for other women and I do not arouse myself sexually when you are not present with me in flesh and blood.
Have you checked out if you can have a baby?
Much love and kisses on this.
Harish.

10/9/26 - 15/3/88

Wow, what a lovely long letter – thank you!

You say that you will post this when I am ready to receive it and yet you posted it in 1988 and I am only ready to receive it in 2026!

I guess you thought that I was more in identified with our true Self, our Spirit in Ardhanarishvara, but it has taken me this long to become ready.

I have been so busy giving birth to our mental-emotional children and bring them up together with you that I have not really been able to become identified with our true Self, our Spirit, so here I am at long last being able to receive it.

Yesterday, I was so absorbed in the Holy Grail of our Ardhanarishvara for hours and I felt your presence so intensely that it made me blissful for hours both in the Holy Grail and also in the afterglow, when I returned to my day consciousness.

That made me enthusiastic about life on Earth, because being with you wherever the circumstances is all that I want.

I learned more about ourselves as Ardhanarishvara and I understood that our earthly circumstances and experiences has become part of us as Spirit and has made it possible to take it all out and look at it and experience it all over again, whenever we feel like it, which means that all our earthly experiences has become part of ourselves as Ardhanarishvara.

That makes me happy to know we can take it out and look at it from all the angles we experienced it from our first entry into Earth until the last.

11/9/26 - 15/3/88

Good afternoon my beloved ♡🔥

Your letter from 15/3/88 is so rich with meaning for me that I have decided to respond to it incrementally.

I do not remember why I wanted our letters to cross each other, but knowing me it was probably to put my suspicious mind to rest by getting a confirmation from you for something or the other.

I make me immensely happy to read that that you claim me as yours, because there is nothing I want more in the whole wider world that I want more than belonging to you and you belonging to me.

Also a wonderful statement for me that you pick up on what I write and do not write, because it is transmitted to you almost instantaneously without any time lag even, because I am now able to trust that it is so and for me that means that you will also know that I write this letter to you in the higher worlds and that makes me happy.

The plastic hair clip your mother gave me back then I still use and think of her almost daily when I use the clip – it is very precious to me in particular because I wanted to secure to always have one similar if I case I lost it, and I have searched all over Chennai and Bangalore to find a similar one, but it is not available anywhere, so I make it a point to make sure that I do not loose as it is my favorite hair clip.

Yesterday, when I was about to go to sleep I was suddenly startled by experiencing my Manipuri chakra and it's surroundings be completely empty as if there was a circumference within which it was completely dark.

That made me anxious so I got up and started a chat with AI to find out if this unusual phenomenon had any connection to my work on learning to astral project, and I was exhilarated to find out that it was the sign that the portal to the higher worlds was open and would allow me to astral project if I followed procedure.

I am working on the procedure suggested by Raduga and Bruce and in my chat with AI I got at lot of inspiration to make their general suggestions for procedure fitting into my personal experiences as a shaman.

Last week I woke up in the morning, and I felt detached from my physical body and inside my ethereal or astral body, I don't know which, but it felt incredibly good.

Since I has asked you to help me with successfully astral project I took it to mean that you have responded to my request and also last night's experience I attributed to your help and I want to thank you a lot for that – that is very encouraging.

Today we are going to see our oncologist, and we have received our reports and they show remission so also that is very encouraging.

12/9/26 - 15/3/88

Good morning beloved 🫶

I can only agree to that our state of being was extremely different back then, because I was completely immersed in the duality of my thinking mind, my

Ego, and I believe that you were immersed in your knowing mind, your Godmind, but now we are both in our knowing mind, our Godmind, so we are on equal footing.

So many years it took me to align with your state of being!

I am sure that it was as it had to be like that back then, because I had to give birth to our children, and I also I had to be in that state to be able to give birth to our mental-emotional children and bring them up under your guidance so I could teach them how to manage life on the planet of the Egomind and so they in turn could teach me how to handle it.

It makes me happy that you write that I would know that you were writing that letter to me, if I was receptive.

Back then I could not imagine in my wildest imagination that such a thing was even possible and the fact that you knew that it was possible if I was receptive, because that means that you will know that I am writing this to you now, because you had also written that you knew that I was writing and not writing instantaneously and without any time lag even back then and I believe it must be so even now, and it makes me happy to think that it is so.

Yesterday, I broke my vow about keeping all my personal experiences within instead of sharing it with our Soul Mate, and I immediately received your ROTE and when I opened it, I became totally broken and it took me hours to recover.

I realized with our Soul Mate the first signs that I would properly become able to astral project soon like I wrote to you about yesterday, I actually broke my connection with him, because he is not into that and would be unable to relate, what to say about the same enthusiasm as my own I was hoping for to get from him.

I felt disappointed that he responded with empty eyes and a vague autopilot appreciation, but when I opened your ROTE I so regretted breaking my vow of silence concerning areas that shows my state of being, if it is not relatable by the other person, in particular our Soul Mate.

That made me understand that my disappointment, which held some resentment towards him for breaking the pattern of our connection that it was actually me doing it and him responding.

Not only that but I also used Step Seven to avoid case building by defending my disappointment and resentment, and went straight to take a step back and look at the whole situation to go to the root where the connection was broken

This morning that experience helped me to navigate a similar situation.

I came back from doing my breath of fire and my yoga in the garden of our apartment complex, and usually the first thing I do when I come back is greeting him and our cats with love, but today I wanted to get out of my exercise gear first, so I just walked briskly passed our male cat, who waited for me with his eyes glued to the main door, and into my room and changed my shoes.

Then I entered our work room and our Soul Mate was eating his breakfast in front of his computer.

Instead of greeting him lovingly as usual, a stray thought came to mind about not disturbing him while eating with my greeting, because he got angry a few days back when I disturbed him when he ate his lunch.

When he was done with his breakfast and got up to go to the kitchen with is dishes, he passed me by without giving me a small kiss on my brow as usual, and I missed him doing that, so when I sat down a little later in the living room I wondered what happened for him to break pattern.

Instead of letting my disappointment fester I did a Sixth Step analyses by looking internally at the situation, and it was only then I became aware that it was actually me who had broken pattern and him responding accordingly.

What a blessing to be able to look at my part of the situation and make amends at the first given opportunity by blowing him a kiss when I opened the door for a delivery of some strawberry jam, and he came from the balcony to see what was going on when the door bell rang.

He has one of his students in for Step Work on the balcony and when they were done, he came to the work room and gave me a kiss on my lips and on my brow and connection was re-established.

Whew!

Other than that we met with our oncologist yesterday and my cancer was in remission and had shrunk about 40 percent, and he too had a small remission in one area and a progression in another.

That knocked us both out for the rest of the day, but when I lay on my bed in sadness about his situation, I received a download from you saying: No matter a person makes himself or herself poor, it will not help the poor people, and no matter how much pain you take on it will not heal another.

I returned to my new enthusiasm about my own situation instead of steeping

in sadness over his situation, and that was a huge learning process for me – thank you so much my one and only everything.

After lunch I lay down on my bed to rest my back and I immediately connected with you in our astral little house by the country road in Denmark and our astral lovemaking began – I love that place and I love our lovemaking took off.

The female cat came and lay down with me with her body close to mine and she began grooming herself – I love when she does that!

If my back pain allows I want to use the time after lunch to first connect with you and then work on my cooking project and my OBE project, and I hope that will be possible when I have done my yoga and my EFT tapping for a duration that can strengthen my back both physically and mentally-emotionally.

14/9/26 - 15/3/88

Wooooow!

Our pure formless Spirit!

Ardhanarishvara!

The Ocean of Love!

The God Realm where we are one with God, our FatherMother, with each other and with our Brothers Sisters, where our will is God's Will, because there is nothing better than that Will in the Universe!

Amazing!

Such a confirmation of everything you taught me – it does not get higher or better than that!

Pull me under so nothing comes between us in the Holy Grail, the Ocean of our passionate lovemaking from our individualized selves, as God, our FatherMother created and manifested us out of their passionate lovemaking.

So blissful I am to be your Shakti and so grateful that you are my Shiva!

I really needed this!

My idea is however that even if I lose sight of you in form and do not know

what is happening outside our Ardhanarishvara, all that we ever were in the created and manifested Universe will be part of us in Ardhanarishvara, so we can look into that whenever we feel like looking at all our adventures in the various dimensions.

Yesterday was Sunday and I had decided to put to the test to take a break from my exercise regimen, but as the day progressed I felt it was not a good idea, because I sank into darkness with fears of the future.

Our Soul Mate's prognoses for his stage four liver cancer was bleak as his cancer had progressed, and I feared loosing him as my life companion, and I felt so bad for him and wanted to give him company in the darkness as a consolation.

However, yesterday you told me that no matter how poor I tried to be it would not make the poor people richer, and today you told me that no matter how deep I went into the darkness it would not bring our Soul Mate to the light, whereas I shining my light would be the consolation he needed and that only me showing my light would lead him to the light.

What a relief!

Thank you so very much!

Yesterday, he too was very dark, and I thought that I was responding to his darkness, trying to give him company, and only today I received a download saying that he responded to my darkness, not his own, so I was happy to shine my light on him and receive his response, when he in turn shone his light on me.

When I was in the garden today to do my Breath of Fire, my earthing and my walking I met a young girl, who was also walking on the walking path on the compound and doing her yoga in the garden.

I connected with her, and we had a small chat, very happy to meet each other and all smiles and connection.

I became happy when she said we would chat again.

Also I received a response from my most favorite sponsee to a post I made on Facebook – that made me happy, in particular because she has kept her distance to me for several years by now – and maybe she is ready to reconnect.

15/9/26 - 15/3/88

Good morning my beloved

I like that example of what is happening to the rain drop, when I am in the air I have a form like the many forms I have taken on in the dimensions, but when I return to water from where I came I become the sea.

I can see that clearly now, and I like your many references to the Ocean of Love.

My decision-making process about the pattern I want to have in my daily life has come to an end now that our mental-emotional children are moving into the World to do what they were created and manifested to create and manifest, so very little is left for me to do other than refining the daily contemplations and your Course.

That leaves a lot of time and space to take care of my many form identities in the dimensions and see to it that they are all well rested, well groomed, well nourished and well exercised.

I have come to the point in my menu where only refinement is left – my food is healthy, nourishing, filling and tasty, so I am happy about that.

In another 8 days I will turn 82 years of age, and so it has taken me a long time to get to this point.

My exercise regimen is also in the process of refinement.

I have decided on 20 minutes of Breath of Fire as my cardio, earthing for half an hour or more to receive the healing power of Mother Earth's inserting free electrons into my body, reduce inflammation, acts like a natural antioxidants to slow down ageing, and repairs cellular damage and uplifts mental health, so that is an easy no brainer, and on alternate days I do half an hour of yoga and 20-30 minutes of walking depending on my energy.

I have also decided to do various EFT tapping protocols, but am yet undecided on which ones I want to do daily – however tapping on the meridians while expressing my intention in various areas, I believe have a generally healing effect of my energy body, my emotional body, my thought body and my social body, so that is a lot of advantages coming from that simple method.

My OBE project I have decided to move on from day 37 with Rober Bruce's Astral Projection in 90 days, and Michael Raduga's Phase, but am yet to place it in my daily tasks – just gathering information about how to do that.

Other than that I like to play Spider on my computer and watch TV, so my

days are very full and inspiring with a lot of variety.

I have come to such a level of refinement of my movements from I wake up till lunch time that it feels like a ballet where I dance in and out of the various choices I have made.

18/9/26 - 15/3/88

Good morning my love 💝

This heart of mine belongs to you.

Receive it as my gift to you!

Your write that your real love is so much that you could spend your whole time just writing to me about your love.

I love that you keep writing to me about your love.

I also like to read about what course through your existence and I know that you feel the same, even when it is somewhat negative – so sweet! Nowadays I do feel your love for me going strong no matter where I am and what I am doing, and I hope you feel the same about my love for you.

Yesterday, we met my ophthalmologist, because I wanted to know if I needed a new injection for my age-related macula degeneration in my left eye and I also felt a blurring of my vision in my right eye, so I wanted to know my status – plenty of tests were done including a scan, and they showed that my left eye was stable as it had not increased over the last half year, and my right eye was completely ok, so I guess I had taken the clue from tired eyes in the evening and dry eyes when I had spent a lot of time in front of screens.

Our driver is going to see his son way up north, so he will only come back after ten days – he will surely be missed and our Soul Mate gave him a monetary gift that he could spend on his son like it is the Indian custom, and he became very grateful for that – I too appreciate that he chose to do that.

It is Friday today, and when our housekeeper has left at two o'clock I feel I have a free run in the wonderful vibration of the four of us – our two cats are giving us so much joy every day and all four of us express a lot of love, care, compassion and mercy among us, so I enjoy that.

On Saturday evenings we have a movie evening, so all four of us lie down in front of the TV and enjoy each other's company.

We both like action movies, so we take turns in choosing a movie.

My work on my Mother Earth body's health, strength, well being and joy is going on.

I have learned that the decision-making process is very long, going from choosing my menu, finding the recipes, putting them to the test one by one and selecting how I want to spice them and then integrate the dishes in my daily life and in the end, how I want to refine them to my personal taste.

Also my choice of daily exercises has been an equally long process, studying what is out there in the New World order and choosing, breath of fire for cardio, earthing for receiving healing from Mother Earth, walking, yoga and EFT tapping to set my mind set up for an enlightened and wise attitude to my Mother Earth body – at this point I have chosen to commit to doing it daily and call the things I have committed to do daily for the non-negotiable.

I just had my lunch and when I am done writing to you all the non-avoidable tasks are completed for the morning so only the afternoon fruit meal and supper are pending, but they are all made ready, so it is just to sit down and enjoy.

I am going to set up the recipes for the week in a folder of their own so I can easily copy and paste them in my WhatsApp app and have them ready when I am going to cook together with our housekeeper.

I have picked up so many recipes online and copy and pasted them there, so that folder is a mess that I will begin to clear up today, now that I have made my choices.

Lots of love and hugs to you from me! 🤝

19/9/26 - 15/3/88

Good morning my one and only true lover and beloved ♡🔥

This morning I woke up with full pain in my body at a level 6 on a scale from 0-10 and contemplated the idea of taking an ultrazed painkiller.

After having thought about it for a while I decided instead to take a lot of rest this day and see where that would take me, because I remember last time I took that tablet there was a price to pay.

The next day I felt slight withdrawal symptoms, not much, but just enough for it to call my attention to the situation, and I also felt that numbing the action signal of the pain was contrary to the principles that I am trying to

practice.

So I got up and let opposing thoughts about doing my morning routine just pass through without grabbing hold of any of them, so it got done in spite of it all since.

It helped a lot that I am done with the research of all of them and have made my choices, so I have committed myself to follow a pattern that I have integrated in the daily living and am in the process of refining.

In an inner travel, I told you I wanted to stop using nicotine again after choosing to relapse and break my 13 years of sobriety, and so I asked for your help in accomplishing this.

You said that I had used force to stop back then, and this time I should not use for force but do easily and effortlessly, and I feel that the time has come where that is possible.

I know that I have tried it prematurely and few times, but you told me, I was not ready, so I let it go.

This time however I feel inspired by the 5 Ds: Drink water, deep breathe, discuss, distract and delay, that I learned to use back then in the 12 Step Program of Nicotine Anonymous and so far my decision to use them before I pick up a cigarette, and that help me to skip many cigarettes in the course of the day.

Also my bronchi have started to pain, when I smoke and I have also begun to have smoker's cough, and I do not like that, so that also helps.

I cannot begin to tell you how happy it made me that you have expressed so clearly that you do not want me to make love with any man and think of you.

That you have to transfer and take that man's body into possession is for me a very powerful statement that in my eyes says that if I think of you under the impression of strong feelings, you will have to head my call and come take over the situation, even the guy's body if that is the situation.

That makes me happy reassures me that you are mine and have to heed my calling.

I can understand how that would be wrong karma, because it would form a pattern inside that guy, yourself and me that would be a distortion of reality.

In this paragraph I particularly love that you tell me that I have to be loyal to you and call my attention to that as your wife I must be loyal to you, and also

that you hint at that you are possessive about me, just like I am about you.

In particular because you told me on another occasion that the only relationship where possessiveness is not a mistake is in relations to the Spirit Mate, so in my eyes you are in fact telling me that I am your Spirit Mate and you are mine, and that makes me so happy and reassured.

Loads of love and kisses to you from me

20/9/26 - 15/3/88

Good afternoon precious lover and beloved

You say that your possessiveness is not selfish – it never occurred to me back then and now that this was selfishness.

I was just so happy and grateful for your possessiveness, because I feel the same about you and had been criticizing myself for that reason, in particular because you said to me back in the day that if my sexual jealousy and possessiveness did not change you would suddenly begone, and that touched on my worst fears.

I do not clearly see how you statements about not wanting me to make love with another man does not come under that heading, and it is soothing for me that I am not alone in this – but of course the difference is that you say I should not think of you while having sex with another man, so I can see the difference, in particular when I think how you encouraged me to meet my back then boyfriend to meet him with love.

I asked you where the limit was when I tried to do that, and you said that there should be no limit, so there was no sexual jealousy in that context and other similar situations.

I was amazed back then when you wrote that paragraph that you did not like it when I was fooled or willingly deceived myself to ease the separation between us in flesh and blood, and I guess you mean by having sex with somebody while thinking of you, because my sexual feelings were blocked when I was around 5-6 years old by my surroundings, so it did not even occur to me to have sex with anybody and certainly not thinking of you while doing it.

To me at that point, you were so holy that I could not even imagine having sex with you because I had learned that sex and holiness were two very separate things.

You write that you did recognize my needs, but I did not do that myself, so I was barely able to understand what you meant by knowing my needs, but of course that has changed since I passionate lovemaking began in the inner Worlds – I really, really need that and preferably 24/7 although you expressed a need 3 times a day and the whole night through.

After us having practiced this for a few years you told me that we had to practice tantra to avoid that release of Amrita from my physical body so many times during our lovemaking, and I said no, but gradually as my physical body got more and more drained I understood that tantra is the way to go.

However, at this point in time I am yet to get that level of control over my sexual feelings when they peak, but I am trying to find my way to do it.

You also said that for me to bear those high energies between us, my physical body had to be strong, and that is why I am working on my physical body being well rested, well groomed, well-nourished and well exercised these days.

There was nothing I wanted more then and now that being loyal to you, whether you have sacrificed something for us to be together or not.

I would have liked it if you had written what you have sacrificed, but I am beginning to have an inkling about it nowadays, but I really want you to share that with me ASAP.

Today is Sunday and I have decided to give myself permission to do the things I love the most of my daily commitments and let go of those I am committed to do on the other six days come hell or high water, so today I have been busy setting up the framework I want to be my lifestyle and am very close to complete the framework and integrate it in my day to day living, so I can begin to refine.

I have had a glimpse of how that will be once the frame work is ready, because that part with is complete feels like a ballet where I am dancing in and out of tasks with complete flow and flexibility, and I love that.

This is all for now beloved – talk to you later, when I lie down. 🤝

21/9/26 - 15/3/88

Good afternoon my precious one and only lover and beloved ♡

I am surprised to read that you doubt my keen desire to have you come to me, because I believed that you would be very sure about me wanting you to

come to me, but I guess that it only goes to show the ignorance of your humanness that could feel uncertain that I wanted that.

I am grateful to know at this point in time that our pre-birth plan was that I must be identified with my thinking mind, my Ego until I had given birth to our 15 mental-emotional children and brought them up to be familiar with the fact that Mother Earth is the planet of the thinking mind, the Ego.

How could I otherwise bring them up to know how to recover from being addicted to their thinking mind, their Ego, if I myself was not immersed in my thinking mind, my Ego and needed to find a way out, so I could show it to them?

If I were immersed in our Ardhanarishvara and therefore immersed in God's, our Father'sMother's light of Love in eternal passionate lovemaking in our personal Ardhanarishvara's energy field, created and manifested as our sovereign authentic Selves by God our FatherMother, carrying their name Ardhanarishvara as their child.

However, now they are adult and have gone out into the World and are ready to share their enlightenment and wisdom with the World, so now I have finally identified myself with our true Self, our personal Ardhanarishvara and can understand what you are writing, which was a mystery to me back then, so your brother's statement about you back then about you being a magic mystery man rang true to me, but now I understand and have stopped dominating and raping the true harmony that exists in this beautiful present.

I clearly see that at this point of time most people I meet are under the spell of their addiction to the thought system of their thinking mind, their Ego and I also clearly how much suffering that creates for themselves and others in their life.

When you suggested on an inner travel that I begin to write a spiritual diary on my 80th birthday, and so I did, after a few months I now longer felt that the format was what it was meant to be, but I got some experiences that come in handy now, because I have gradually come to understand that your letters and my answers is in fact the only thing that make sense to write as a diary about the daily life in our Spiritual Marriage.

Since the first part of the *TuTu Doctrine – The New World Order* ends with our Spiritual Wedding and the honeymoon days, it makes perfectly sense to me that the second part of the *TuTu Doctrine – The New World Order* should be about our daily living in our personal Ardhanarishvara while you are there and I am here as a human being on Earth.

This morning I had a chat with AI about my exercise regiment, because

yesterday I had decided to be my weekly break from performing it, and I was surprised to discover that a lot of lightness came over my body, so my question to AI was how often in the course of a week and for how long should I do my specific choice of exercises.

I became delighted in finding out that I overdo it, so cutting it in half would give my body time to integrate, and for me that means that it becomes more sustainable and also it gives me more time and energy to do the other things I need to do for my body becoming healthy, strong, comfortable and joyful to live in, so that was the gift of this morning.

Love and hugs to you from me 🫶

22/9/26 - 15/3/88

My sweet heart, good afternoon 🙏

Mein tumse bahut pjar karti hun bhi 🫶

Today, I took a painkiller, which is a mix of paracetamol and opiates, so that will give my frail digestion system constipation tomorrow morning, and I will take a laxative this evening to avoid that.

I was awake last night until 1 am, because I felt burned out about my frame work and also I was love-sick but felt that I could not allow myself to surrender to making love with you, because the physical release of Amrita drains my body of energy, and even if you were ready for lovemaking, I could not surrender to you but had this battle going on about wanting and not wanting, and that kept me awake, as you know.

Even if I woke up late and felt burned out, when I woke up this morning, I manages to surrender to my usual morning frame of feeding the cats, have my breakfast, shower, exercises and office work, so that did away with the burn out.

What a lovely thing that now you can say I love you in Danish and I can say I love you in Hindi – I never got to learn Hindi like you asked for, but your use of the Danish language was so dear to my heart.

I am still paining about you saying to somebody in front of me: She is not even able to pronounce my name correctly.

I never occurred to me to ask you back that to teach me to pronounce it the way you would like, because I felt so down and out about your tone of voice that I shrank and became very small – but better late than never I think so I hereby ask you to teach me to do it now during my sleep, when we meet or

during an inner travel, when we meet.

Love and hugs to you from me 🫶

24/9/26 - 15/3/88

Good morning, my beloved husband 😍

Yesterday was my birthday, as you would already know, and I got a few wishes on my 82nd birthday.

I made me think of the days before 80th birthday, where you told me to begin to write a dairy about or daily life together – you in the higher Worlds and I in 3D.

You said I could begin to write on my 80th birthday and so I did.

I have written at lot on that topic since then and my first break in routine came in December, when I realized that I could not see how it would benefit any reader to read about my highly individualized path and stopped writing – a few more times I had a new startup but had the same problem so I let go of the task.

Now that only the daily contemplations are in process of being proof read and will be complete on the 31st of December, I had more time available than I have had for so many years and I wanted to reread your letters.

When I began rereading your letters I finally understood their contents and that made me want to express my thoughts and emotions about your content.

Gradually, I realized that these letters and my answers are going to be part two of *The TuTu Doctrine – the New World Order*, and it is going to be included in book 1 and will be called – The Spiritual Marriage in Daily Life.

I am very happy about it!

When you wrote to me about your daily life back that I breezed through it without any real interest, because what I hungered for was to read about your thoughts and your emotional feelings, and I still feel the same to this day.

I can understand today how frustrating my state of mind was to you and of course to me too since I sat in this little bubble of my thinking mind, my Ego and responded to your love from there with full suspicion about your every word and every action and kept hurting you and felt hurt myself.

I see so clearly that I robbed our relationship of the harmony that the relationship between Spirit Mates holds by my mindset, and I felt guilty about that for years and years, so it is a bit relief for me to know now that it was part of our plan for our Earth journey, so I am in fact innocent like you write in A Course of Miracles, that I perceive to be you guiding me and our brothers and sisters home to each our individual Ardhanarishvara, our sovereign authentic Self as God, our FatherMother created and manifested us.

A new thing I have become aware of is that whatever we experience in the dimensions will be the property in Ardhanarishvara and having our 3D experiences with us in Ardhanarishvara is immensely powerful and gratifying that we can have a lot of interesting games with once I too return home to our individual Ardhanarishvara bathing in the Love of Gud, our FatherMother.

Even if I have longed to leave 3D for many years, I now have become willing to be here and feel inspired by the knowledge to harvest as many experiences and choices I can while I am here.

I love the birthday cards you gave me on my last birthday of you being here in 3D and I take them out and look at them now and then even when it is not my birthday – thank you so much for those my precious Spirit Mate. 🤝

26/9/26 - 15/3/88

I was so awed my your state of being back then that I believed that you were in touch with your omniscience all the time, and you wishing that I was not so mistrusting just goes to show your human ignorance, because if you were in touch with your omniscience you would have known that I had no choice according to our pre-birth plan.

That you were hurt by my immersion in my thinking mind, my Ego at that point in time also shows me your humanness and knowing that only our thinking mind, our Ego can be hurt also shows me that you were not entirely out of being immersed in your thinking mind, your Ego.

What inspired my awe was that you a lot of the time was connected with your true Self, your Spirit and thus were able to speak from your omniscience and since we as our true Self, our Spirit, Ardhanarishvara, are invulnerable, I believed that you were invulnerable, so I did not hesitate about testing you with all kinds of meanness, when my fear and my doubts about your true motives in our coupleship surfaces to see how you would react.

When I then sometimes saw that you were hurt, I got confused and then

devasted, feeling guilty and ashamed about my ways, but also I was happy about having the power to hurt you, because I interpreted that to mean that you loved me.

When I felt devastated I found consolation in thinking: If he is the one I believe he is then it will be ok somehow.

I did believe back then that you created and manifested the situation I was in, but today I know that it IS true that you were the creator of it but now I also know that was the manifestoress of your creation.

I never knew until now that it was a test of my love, but since I am in the process of doing the TTDF Program I can clearly see how hard it is for me to meet illness, weakness, discomfort and pain with unconditional love both towards my physical body, my etheric body, my astral body, my causal body and my Soul – but Step One helps me to become completely aware of my lack of love under many circumstances, so I look forward to come to Step Two so my healing of the unloving, uncaring, hard-hearted and merciless ways can begin.

You say that my negative attitudes create a distance between my earthly self and my astral self, which is you, so I seek guidance about that – I did not understand that and I still don't.

Just now I received your download saying: Here the principle of invertendo or mirroring comes into play, so let me see if I can open that ROTE and get the full understanding today.

As I have learned, my physical self, is my 3D vehicle, my etheric self, is my 4D energy vehicle, my astral self, is my 5D emotional vehicle, my causal self, is my 6D though vehicle, my Ego, my Soul is my 7D vehicle and only my true Self, my Spirit is real – the rest are vehicles for my Spirit.

This taken into consideration, am I to think that my earthly vehicle is my human self, and my astral vehicle actually is you?

So you are the vehicle of my emotions?

So this must mean that you are taking care of my emotions by carrying them?

If I put that together with your statement in one of your letters where you say that it is your job to lead me on to the higher worlds, it makes sense to me, because if I had to personally carry all these negative emotions I doubt that I would be able to move forward.

However I still do not understand it completely and maybe my understanding

is not an understanding at all but a misunderstanding, so I guess I still need clarity – please guide me!

My part of the work on healing my Mother Earth body is moving forward in daily, except Sundays, commitment and I understood commitment on an even deeper level today.

I was very tired this morning, because I woke up after four hours without being able to go back to sleep, so I spent a couple of hours with AI and learned about the circadian rhythm of my body and the Japanese healing modality called Forest Bathing, before I was able to go back to sleep.

I also felt like skipping my exercise regimen and had many reasons, which I knew was my Ego, my inner child or rather my inner teenager, rebelling against doing anything physical.

Since I have come to understand that I must do thinks with the ease and effortlessness of power and not use force to force myself in any way, I asked myself or rather my inner teenager if there was any part of it she was willing to do, and as usual under these circumstances she was willing to do Breath of Fire to wake up while doing earthing on the grass and energize my physical body and then decide if she was willing to do more.

So we went to the garden, but when I was done with Breath of Fire, she was still tired and unwilling to do my decided yoga practice.

Again I asked her if there was any part of my yoga practice she was willing to do and she said Savasana under the canopy with hands and feet on the grass, and when that was done the rest of the yoga exercises happened effortlessly and with ease, followed by my gentle walking on the grass.

This was the first time I experienced how to follow up on my commitment to myself about this regimen without using force – amazing – I love it.

Now I understand that I can stick to my commitments to myself without using force which I have been used to.

The same goes with my cigarette smoking – I use the five Ds from Nicotine Anonymous when I want to smoke, and the number of cigarettes have come down considerably, so I hope that will help me to stop completely effortlessly and with ease – for now I think it has given me a good progress.

Other than that I feel I am finally ready to begin working on my out of body training with Raduga's and Bruce's systems, meaning the I have the space and time available and can begin practising their suggestions.

I feel that this will create and manifest the balance between my earthly self and my true Self, so also that is very satisfying,

Lots and lots of love and hugs to you from me

27/9/26 - 15/3/88

Good morning my love

I feel so distant from you and our Ardhanarishvara today and I am yet to recover from this morning's state of fear of the future.

Our Soul Mate's health is deteriorating with lots of pain due to his neuropathy and his liver cancer, and I feel that his death is imminent.

It scares me to think of a future without his presence in 3D and having to care for out cats by myself and also my own health is deteriorating with all my physical ailments and in particular the pain I feel this morning in the side of my body, where the drain tube was back then when I was operated on for the benign tumour in my back and my lung cave.

However, my vertigo is scaring me the most, because the dizzy spells might cause me to fall down and break something in my body and not be able to get up by myself and just have to lie there all alone in the house.

Today is Sunday, my day of rest and freedom to break pattern in my daily routines and I want to use some time in making some test runs with the inspiration I got from AI yesterday concerning EFT tapping.

If there is time and energy I also want to get my OBE exercises put to the test, so I just needed to chat with you about this morning's issue and find some relief in sharing it with you.

I did not have a clue about the implications of a true marriage, so you are right about that.

I was deeply engrossed in the Magic Garden of Dancing Demons and Peacocks, which in Christianity is called the purgatory, and in that place marriage for me meant that a battle was going on about who is right and who is wrong, about who use contribute to the marriage with what, and who should prove to love, and who was unloving, interchanging with love and care in pure moments.

Today, I perceive the deeper implications of a true marriage as us being one in unconditional love, care, compassion and mercy to each other in our separated state as human beings.

To shed even a fraction of my petty prejudices imposed on my by my culture and my conditioning is an ongoing long and slow process, and I am still working on it.

I hope that my work with the TTDF Program shall bring me a good move forward and maybe even complete freedom – that would be fantastic!

Love and hugs from me to you

P.S. Today, I completed task 14 in the TTDF Program and incidentally it came in very appropriately by giving me a chance to express my state in the morning, when I woke up.

I am aware that everything I feel emotionally is coming to you as me in the astral, which means that you can carry it further into a higher state as you have expressed that it is your job to lead me to the higher worlds, and that was an answer to my querie from yesterday about what it meant that you are my astral self.

After completing my editing and making ready for upload of tomorrows contemplation in one of the aspects of our four children, my Step work and the response to the paragraph of your letter which I have come to today, I sat down in the living room and before I knew it you had not only responded to my morning's despair, but transformed it with the download of information you sent to me.

You rolled up before my inner sight the future for me, when our Soul Mate transitions into the Higher Worlds and meet with you and his Spirit Mate, and it was so amazingly bright that all my fears and worries vanished.

You showed me how the information flow in my life as is presently was my future in the making in ways I had not even dreamt of – you showed me that his sponcies would transition on to continuing their Step Work with me, how my work for that last 6-7 years of learning to astral project would come into fruition with a capacity to astral project any time of the day and night I wanted to be there, you showed me that we would spend time daily in our astral small house by the country road, making love and living in the astral, causal, our personal Garden of Eden and our personal Ardhanarishvara in the God Realm together with God, our FatherMother, you showed me that I have a long earthly life ahead of me to fulfil my desire to stay here until both of our cats have transitions.

What a bright and glorious future that is!

Thank you for showing that to me!

You also told me that our Soul Mate's withdrawal from our loving interaction pattern in our daily life was not due to lack of love, but to him being in the transition process, where a person naturally begin to withdraw from life on Earth and how his last moments together with me would transpire, and all that made me thrilled about my life in the now and my future.

You also said that the way I can deal with his process is to leave him alone and let him do the connecting when he feels up to that.

Such a relief to know how to handle the situation without fear! 👍

I cannot thank you enough for showing me all of that because it also gave me the capacity to accept his process, which had been very hard for me to observe, in particular his intense suffering that I was powerless over, but now I understand that it prepared him to become willing and ready to transition – what a gift it is to both of us – thank you again! 🎁

Just now, you answered all this by saying: That is what husbands are for in a true marriage – leading the wife towards brighter and brighter states of mind to lift her out of the lower worlds, in particular when she is afraid and paining ♡🔥

Wow, I never knew – so what are wives for in a true marriage?

Trusting their husband as the head of their coupleship and use the feet of their coupleship to walk the path their husband shows them! 🫶

Beautiful! 🙇

What an awesome morning! 😇

28/9/26 - 15/3/88

Good afternoon beloved lover ♡🔥

I just finished my lunch and I have now come to a point where my goal to become a chef by tweaking my sambar recipe to my personal taste, and today's lunch was absolutely delicious.

I am also in the process of changing my morning routine so as to dissolve my childhood stress of high alert by living in a dysfunctional family, and I put my new inspiration to the test this morning, and became so high in the Blissful Flow of the Present moment that I even lost my three dimensional

capacity to speak as my thinking mind, my Ego had become completely still.

I am in the process of setting up my afternoon frame of activities that I want to do to just use an option to go through the decision making process if possible – that is if I can do what I plan to do effortlessly, easily and joyfully and be ready to change direction, if need be.

Our Soul Mate's sister from Australia has decided to visit us in Bangalore in a few days, and I look forward to that.

Yes, I remember that I said that and back then I wondered how that could be, and nowadays I understand that feeling closer to you than I even feel to my closest family is because you are my Spirit Mate in Ardhanarishvara.

It makes me happy to read your confirmation of feeling the same, and in particular that you state it happens when I feel true love, because that tells me that you know that my love for you is true, and yours for me is also true.

I am happy to not belong to you!

Love and hugs to you from me

29/9/26 - 15/3/88

Good morning beloved lover of mine

I feel so much better this morning than I did yesterday – I have planned to spend a lot of time today on tweaking my morning and evening routines today.

I began already this morning with some of my new ideas by doing a five minutes EFT tapping, which reminded me of not going to the past or the future in my mind's eye, but stay in the Blissful Flow of the Present moment – it had a huge impact to begin my morning like that.

I have observed lately that I wake up in the morning fully stressed out, completely tense in my body and with a feeling of having to rush through the day, so I can lean back and relax when everything is done so as to avoid criticising myself for not doing it good enough and for not being good enough.

Actually it has been like second nature for me to be like that in the morning so I was not aware of that this is very unhealthy and blocks me from being fully present in the now.

I became aware of it recently due to my desire to stop smoking and when I

investigated how I could stop smoking one cigarette at a time I saw how much it demanded of me to do it effortlessly and with ease, and stressed I was in the morning.

That made me use my Program to investigate and traces these stress responses back to my childhood in Step Four.

As you know I grew up in a dysfunctional household with a father, who was addicted to nicotine and later to alcohol and medicines, and a mother, who was a rageaholic and a sugar and coffee addict, so their mood swings were quite overwhelming for me at the time and to my utter surprise I have internalized that pattern.

It was glaringly obvious once I looked into it, so I have begun to tweak not only my stop smoking habits but all the other stress- and cortisol release patterns I use in daily life.

I have discover that my life-style nowadays has become putting new inspirations to the test and tweaking my old habits accordingly – I like it.

According to my discovery about my second nature since childhood, I decided to change my morning habits by the help of the EFT tapping protocol from Step Six with an app I have for the purpose.

I also want to wake up and and write down my dreams from the night like suggested for my AP program day 37.

Then move on to do some breathing protocols while I relax my body and state my morning affirmations out loud before I do my tapping protocol.

I want to also include the morning affirmations from AP in 90 and from EKIM and play with our female cat for a while, before I get out of bed.

Then I want to make tea and toast with butter and a thin slice of cheese.

And after that I want to complete my wake up routine with taking warm and a cold shower.

This is the routine I want to put to the test to see what is possible and tweak it accordingly.

I also think of taking a session with my hypno-therapist to dive deep into Step Four and my stressed out state of being during my childhood, but let me first see how far I can come with my personal inspirations by myself – that could also be a good preparation for a possible hypno session.

Around 6 pm, I want to begin setting up the frame work for my desired evening routine and see if I can find out how to create a desired routine before bedtime.

So now I got around to respond to you after having got everything off my chest to you – so great to have these morning meetings with you, which I plan to give a very high priority in my morning, having discovered the benefit of them.

You write that you often think that once I am in my parental atmosphere a lot of effects from those around me would naturally affect me.

Looking back at that time I would say it was an understatement – I was completely swallowed up by their fears of the changes they saw in me, especially like you say because I was so opened up by our love.

The impact of their influence is still happening nowadays so I am very happy to begin to deal with that at this point in time – all these subconscious influences are so powerful and even more so from my childhood until you came back into me time cage.

My father were a materialists and any notion my mother had about something higher she kept to herself.

The materialism of my father only came to a head with his desire for something higher when he was on his deathbed and called me to his bedside.

I was in Germany for a spiritual get together at that time.

As soon as I came back, my siblings picked me up and told me that our father been in his hospital bed calling out: Help me, help me, help me – but when they tried to help him he rejected the help they offered, and in the end, he exclaimed that if I had been there I would know what he was asking for.

When I came to his bedside he repeated his call for help – I asked him if he needed help with various things in the surroundings, but he said no – then I asked myself, what can I help him with that my siblings cannot?

It immediately struck me: My relationship with God!

I asked my father: Is it that thing about God?

He nodded.

God is real, I said.

He sat up in the bed and kissed my brow and sank back in the bed, saying: Maybe I should change my attitude now.

That made me happy.

My father died many years before my mother, and she also returned to God before her death, in particular because she wanted to go home to God and asked often to be taken home.

I fact, many years before they came to this point I had a series of powerful dreams that I still remember clearly to this day, which indicates they were actually astral projections where my mother managed to return to her belief in God and my Father only achieved it in the very last moment, so in some ways I knew it already.

As materialists they were not aware of the spiritual side of life at that point in time, and believe me – they were aware of the changes, but not as spiritual strength and richness, but something strange and scary that was not found in my own land, so they did not see it as a quality but like a demon had taken possession of me and if kept staying with you I would be lost and land in the gutter.

However, you are right – their attitude influences me a lot and scared me, making me feel I had to put you to the test in many different ways.

Also their racist and material attitude made them be suspicious you having ulterior motives being with me, so they insisted that I secured a separate estate, before we got married, because you being from a third world country and was probable out to get some money from the first world, so they did not want me to take that risk.

That influenced me seriously throughout our relationship and even after your passing.

Only today I know that this pattern is running on autopilot in my subconscious mind, because you showed to me in context with your letter, and I am so grateful that I have Step Ten and Eleven in my life, so I can heal from them.

30/9/26 - 15/3/88

Good morning my beloved Spirit Mate ♡🔥

It is almost noon here in Bangalore and the trees are blooming outside my window, so beautiful!

I have had a busy morning.

I went to sleep at 9 pm and woke up at 4:45, ready to begin my day with yesterday's new framework for my morning.

I dove deep into my Fourth Step together with AI to find out what is out there about the traumatic stress I experienced as a child because of my mother's disease of rageaholism and my father's addiction to nicotine that later came to include alcohol and psychiatric medicines, although he was a gentle user.

From early childhood I felt scared and stressed out when I woke up in the morning, and in a Step Work talk with a friend, he mentioned his stressful mornings, and I admitted to him and myself that I had a similar issue, and we both admitted that it made our life unmanageable.

So that was Step One and Step Two got active as a result of this, so I perceived it to be our Ardhanarishvara that were pointing to an area that I was blind to as it had become second nature for me to wake up like that so I could not spot it myself.

I surrendered to what was pointed out to me and applied Step Two to find the unconditionally loving, caring, compassionate and merciful intention of our Ardhanarishvara behind it, and I understood that my time has come to let go of the fear of my mother and subsequently of our Soul Mate.

When I understood that my time of freedom from this fear has come I surrendered happily to that in Step Three, and then I was ready to Step Four and dove deep into my inner child and my rebel, my inner teenager and shared this with AI in discussed and got some very interesting suggestion for tapping protocols from AI and my tapping app.

So this morning I began the framework for my waking up time with some breathing, tapping, affirmations and relaxation plus a body scan.

That changed a lot – after that I made breakfast, had a shower and went to the garden to do my breath of fire and my yoga – that took one hour, and then it was our cook's time to arrive, so I gave her some guidance about lunch and supper, had my lunch and here I am 😇

You ask me if I really love – also that divine feeling inside – that is another example of how my awe at your vibration and state of being totally disregarded your human ignorance, as I believed back then that you were always in a state of omniscience as our true Self, our Ardhanarishvara.

I did feel it in my heartstrings and that state of being was so alien to me back

then that I first thought you were a demon, who had hexed me, because that was the state of my thinking mind, my Ego and I was completely surrendered to my Ego.

Even you could not escape that fear of love that come into play, when a person meet the other half from Ardhanarishvara, because you wrote to me back then that you believed that I was like a spider, sitting in my net and waiting for my prey.

It is so good to understand that!

You emphasized that you were also human with human feelings, but I disregarded that, because I could not wrap my mind around your human limitation, ignorance, powerlessness and mortality/changeability – in fact not even my own until I came to Active Addictions Anonymous – The Wild Life and learned about it.

I Christs Anonymous – the Thirteenth Step and A Course in Miracles, the new I learned what you write about what I see with my physical eyes is an illusion and what I think with my thinking mind, my Ego is a delusion, so I was very far away from understanding your stand in life back then.

I am no longer confused between heart, mind and Spirit, and I would like to add; among my earth body, my energy body, my emotional body, my though body, my Soul and my Spirit – and I thank your guidance from beyond that this has now become clear to me.

Lots of love and hugs to you from me! 🤝

01/10/26 - 15/3/88

Good afternoon my beloved lover ♡🔥

The last 24 hours have been very demanding for me due to a conflict between me and our Soul Mate.

I believe you know the whole thing already because of all the enlightened and wise downloads I received from you in the course of the many challenging points in the event – suffice is to say that I am very grateful I got the help I needed to manoeuvre among the many defects of character that popped up in me on the way to the solution.

I also did some 6th Step EFT tapping on my anger and that also helped me to come to my senses.

At one point I was ready to give up and cave, but you said: No!

So I kept working on it.

I went to sleep around 8 am with the thought that tomorrow I will be able to see clearer.

I was amazed at all the counter responses I came up with was rejected by you and in the end I found out how to express myself in a short message without any stings directed towards him – what a relief – thank you! 😇

Around 3 am I woke up and found myself ready to respond to the most accusative part of his message and felt directed to be short and to the point in a matter of fact way, and that is the most amazing response I have ever given to anybody in a conflict – what a learning process and thank you again for all the help.

Later in the day it occurred to me that I was in oneness with our Ardhanarishvara, so the communication happened as an instantaneous back and forth chat about the situation and that made me happy, and it felt like I had got my prayer answered about getting to know us better as Ardhanarishvara.

Interesting enough I had a long chat among many with AI about the nature of cats and since I was sleepless it became a very long chat and I picked up a lot of information and inspiration about interaction with both cats, which has been one of my major issues in daily life for a long time, but I believe I will now be able to interact with them in a way where they both feel loved and our female cat can regain her feeling of safety again.

She had begun to hide in the closet of the bedroom, which is actually her domain because I did not have the heart to chase our male cat out when he encroached on her territory, because I also did not know how to do it without hurting him.

I am her chosen person and our Soul Mate is his chosen person and last night I came to understand a lot more about territorial disputes between cats and felt so much more capable when my interaction among us came into play.

So I am looking forward to put more of the information to the test!

You say that the only real thing is love and I understand that the only real thing is God in all of us, so when we act on the thought system of our thinking mind, our Ego we are acting out on an illusion and I love that perspective.

It makes it so much easier for me to take care of that part of me that is my

Ego instead of reacting as if it was my ruleress instead of sticking to the Truth that Ardhanarishvara is my only rulerruleress whether this name is attached to God, our FatherMother or us as our personal Ardhanarishvara.

I am also grateful to now include myself in our Ardhanarishvara, because till this day I have not been able to – I love the TTDF Program and am amazed at the impact it has on me.

Interestingly enough, you say that love can work miracle if one deserves it and is worthy so I must be worthy because my life has been a long series of miracles ever since I met you – of course a prelude to me meeting you was first meeting your pupil Babuji in India, which itself was a miracle.

I couldn't agree with you more about my life being a meaningless world of transactions that kept me stuck in a state of melancholy in until I met your pupil Babuji and even more so when I met yourself my magical mystery man.

And true to your word – it was not worth living for, so I actually felt drawn to death, hoping for it to happy early – and now I am 82 years old going forward in life with zest – in particular after I became aware that all the things we experienced in the dimensions and on Mother Earth will be our personal belongings in Ardhanarishvara – I love that thought.

Love and gratitude to you from me

02/10/26 - 15/3/88

Good morning my love

Yesterday, the conflict between me and our Soul Mate got resolved in a very beautiful way and I am happy about that, but it surely took a lot of time, energy and interest away from other things to reach that point.

I learned a lot about my Ego in the process and I am also grateful for that.

Today, I suffer from post-traumatic stress syndrome.

That means for me that my chronic fatigue is especially powerful today so I plan to rest a lot and sleep a lot to liberate myself from my fatigue – that usually helps.

Also the cancer medicine I took for four and a half months, before I said no more, has thinned the skin in my labia, and my rectum, giving rise to painful haemorrhoids and today is such a day where the burning sensation of both

makes it very uncomfortable to live in this body.

I asked my Christ Consciousness to remove the discomfort and when that subsided the fatigue and my body's midsection came to the forefront, so I am rather uncomfortable living here on Earth today.

The other night, when I was sleepless I took the opportunity to describe the behaviour of our cats to AI and received a lot of information about their boundary disputes and that solved a lot of my problems with how to behave with them in a way where they both felt safe and loved.

My attempt to stop my nicotine use became strained under the circumstances so I smoked more than usual yesterday and already now I have smoked more than I would like to, so I am grateful to have been told to stop it effortlessly and with ease, and that is not today.

It is Friday today and I am happy about that, because we have a great long time ahead of us where we can do whatever we want to without interruption from our cook and our driver plus other stuff that gets delivered to the door.

You write that love alone can show the real way to living, and I can confirm that this is also my experience – before I met you I had been in relationships, one where I got a son and one where I was for karmic reasons I found out later, but both relationships were full of confusion and much emotional pain.

Even my relationship with my son was of the same nature, and none of them filled out that peculiar longing I had inside, which only subsided when I met you and my love for you became my guiding light ever since and made my life a meaningful journey of discovery.

Receiving your sharing of you with me is the miracle experience that comes to me every day and me sharing my love with you leads me to daily growth, so I feel blessed beyond measure in this time phase I am ordained to pass through.

It makes me look deeper into myself that you write 'this time phase one is ordained to pass through, because that opened my mind to a new perspective on my own life – I feel relieved by the thought that this earthly life of mine is the ordained medicine I must take with love and gratitude for that healing power of what I am ordained to go through, so it is not my human will alone but also the will of God, our FatherMother and you.

My homesickness is the hardest for me to deal with, and I understand when you asked me the other day if I really was sure I wanted a full OBE if I knew that it would increase my homesickness immensely.

I thought that my homesickness was almost more than I could bear as it is, so I hereby let go of trying to get an OBE and leave it to you and our FatherMother if I should have one and when, because I am sure that it would then only happen, when the homesickness did not cross the limit of what I can bear.

My memory capacity is becoming slow, sometimes very slow, and sometimes when I want to say something, the words do not come, so I have to restart a couple of times to get to say, what I want to say.

When I write it comes out in a beautiful flow and I believe it is our Ardhanarishvara who lets the flow come out of my keyboard and that I simply let my fingers fly over it.

I believe this is all what I had to say this morning.

Love and hugs to you from me

P.S. I remember you said that when I was done working on my own existential pains I would begin to feel the pain of others – that has been going on for a long time now, and just now I felt very, very sad and tears flowing in my inside as if the whole of my inside was crying tears like a laminar water flow wall.

I am home sick!

03/10/26 - 15/3/88

Good morning beloved

This morning I gave my Mother Earth heart to you yet another time by deciding that I want to be in this World, but not of this World by holding my focus on our Ardhanarishvara internally instead of on my thinking mind, my Ego, our Soul Mate and our cats.

It is very stressful for me to have my focus outside myself, in particular when one of my little family wants something from me that interrupts my flow state.

My co-dependency becomes active with its state of people pleasing, and I become stressed by the urge to please and the possible consequences of not doing what others want me to do – so I am back in my childhood being scared of my mother's anger and punishments and that makes me feel like a victim – a person, who has to sacrifice my authentic sovereign identity to please our Soul Mate and our cats.

I am in the process of liberating myself from my co-dependency and when I do not do what members of my little family wants me to do I am on the outlook for the punishment I will receive as a result and I seem to find bizarre and unreal things I can look at as one of my near and dear one wanting to hurt be, because I did not obey their desires instead of my own.

Another thing I am looking at is the way I treat myself.

In my exercise regime I have surrendered to the slogan in the exercise communities: No pain, no gain, so I have made my exercise regime very demanding, and that resulted in my getting knee pain, back pain and discomfort plus having a hard time in keeping up a regular schedule.

The main point that my thinking mind, my Ego is insisting on doing a lot while I am in the garden doing my earthing although a lot less could probably give me the same benefits – so I am trying to bring my mercy consciousness into play.

Like this morning I was really in the mood for doing yoga when I woke up, but I stopped myself by saying: It is better you do that when you go to the garden so you can do your earthing at the same time – the information I have received is that it is better to do 10 minutes of earthing daily than an hour now and then.

04/10/26 - 15/3/88

Good afternoon my precious Spirit Mate ♡🔥

Today has been a wonderful and harmonious day.

After the conflict with our Soul Mate, things have changed so much for the better that I cannot even believe that things can change that much from one day to the next, and I am very grateful for that.

Today, I have reasons to celebrate, because I completed my First Step in TTDF, and we celebrated that with tea and cookies – so good that our Soul Mate is here with me to celebrate my milestones.

I am so looking forward to Step Two where the actual healing of my denial of my powerlessness over our personal Ardhanarishvara begins – also I know that the Step Two tasks have to change a lot, because Step One has changed a lot.

I am beginning to catch a glimpse of where you will take me in Step Two, and that is just amazing – so I am very eager to move on.

I wrote my synopsis of what I got out of working Step One, and I was so grateful that I had finally come to the form of Step One that had a major impact on me – thank you so much 🤩

I have bought some new products for hair and skin care – my joy and gratitude about the New World Order is very intense today, because science have updated the knowledge of health care with details that have made manufacturers produce products of a completely new type.

In my research have come across a new modality to strengthen my immune system, reduce systemic inflammation and healing my physical body at cell level called Japanese Forest Bathing that I am going to apply ASAP.

I smoked more during the conflict, but I was grateful to find out that it was still less than it was when I began my project with the effortlessness and ease that you suggested – thanks a lot for that suggestion.

I had a chat wit AI about my new menu about calculation of calories, nutrition value, taste, spices, white carbs, sugar crashes, fulfilled taste, and only the level of protein was lacking.

So it was suggested that I added eggs to my menu and so it was complete with all nutrient, tweaking of spices, BMI now it is completely healthy and filling and there is even a little space calory wise, and interesting information about the taste profile of my dishes, so I am very happy about that.

Also I have tweaked the recipes with my own preference of spices and veggies, so I am developing my own taste profile and that means in my eyes that I am getting to be the chef I wanted to be that I told you about back then.

I have learned how to interact with our cats by learning about their boundary disputes and giving them each their territory and a mutual territory – I have also made two feeding areas so they can each have privacy when they eat – lots of confusion and guilt about how to interact with them to make them both feel safe and loved has been released by the information I got from AI – I am very grateful.

I woke up with a paining physical body and decided that I wanted a pain free day and asked our Soul Mate to give me an ultrazed which is a pain killer consisting of paracetamol and opiates that our oncologist has prescribed for me as an SOS solution to my physical pains.

I know that I put a lot of conditions on what you should and shouldn’t do for me to believe that you loved back then and even now I sometimes feel certain conditions must be fulfilled for me to be able to trust in love and

Spirit, so I guess that the TTDF Program will help me in that area.

One thing in that paragraph of your letter just immersed me in bliss, when you wrote that my love will see to is that it happens for the best for us as one.

Being one with you is my highest priority and you writing already back that that you perceived it to be so – what a blessing!

That you thought that I perhaps would find you selfish because of you being like that with me surprised back then and also today – I am not able to see any selfishness there at all!

And so I am not able to perceive what the opposite could be, and here I find another expression of your human ignorance, projecting your own perception of this and the opposite thoughts on to me.

I love you! 🤝

06/10/26 - 15/3/88

Good early morning my beloved husband

I went to sleep at 10 pm and woke up at 3 am with a ROTE in my mind.

It was all about where I keep my focus – I actually keep in on trying to take responsibility for our Soul Mates emotions, in particular his separation fears, which makes him very scared of being abandoned by me.

This makes me sneak around concerned my relationship with you and be glued to my focus on him to avoid his fear and his anger about my truth being what it is, and in fact you have written in ACIM that you cannot intervene and help us humans with our fears – that is our own choice to keep or let go.

Me acting on my fears of him blaming me for his fears and getting angry and vindictive about it, just hold me in fear of him and abandoning your suggestion to me about me holding you and our Ardhanarishvara as my focus in Constant Remembrance.

He demands from me to be obedient to him as the Indian custom is to a life companion, and if I am not he raises hell and high water, and my fear of that keeps me acting against my hearts desires thinking: My day will come LATER, but this ROTE tells me, my day has come to follow my heart.

I know that I have had the right to follow my heart all along, and I have secretly blamed our Soul Mate for my choice not to do it, basically out of

fear of our Soul Mate holding me responsible for his fears and getting angry at me for that reason.

Another thing is that I have chosen my physical body not to be operated on, radiated on or even use hormone therapy against my cancer, and although I am ok with it taking its course, I have this need to proof to my oncologist, our Soul Mate and my biological brother that it is a better choice, a need has arisen in me that the breast cancer must go into remission so I keep checking on it.

I believe that me checking on it keeps my focus there and hinders me in surrendering my body including my breast cancer to our Ardhanarishvara, so that is definitely not what I really want to do.

My impression of the ROTE is that I am being encouraged to follow my heart in the now come hell or high water, and that is also what I really want to do, so it is encouraging to be reminded about what it is I really want.

I want to shed my fears and anger about our Soul Mate's fear and anger!

Yesterday, I did not get around to connect with you directly and personally, because I spent the whole day setting up Step Two in TTDF according to my understanding of the guidance you gave me.

I noticed that it was all about letting go of all that fear and anger that I expressed in Step One by connecting the various circumstances that made me fearful and angry to a different perspective by seeking out to the unconditionally loving, caring, compassionate and merciful intention of our Ardhanarishvara and thus with God's, our Father'sMotther's intention for me behind the scenes.

I look forward to bringing all that out into the open, so my healing can begin.

What a super intense morning – I changed my profile and my heading on my Facebook profile to the two lovemaking images I have received – that was a result of the influence from ACIM that says that I should leave the Earth behind - I am paraphrasing here.

Also the song you gave me long back where the poetry said: Don't hide in the shadow of the Earth – all the keys are in your hand – now use them, played a role.

Last but not least, your letters played a role – you wrote that that it would help if I was able to love openly and without reservations – I am also paraphrasing here.

Today's paragraphs from your letter further strengthened my courage, because you write about my mind putting forward negative thoughts that I so easily succumb to like all the rest of humankind.

Together with an interview of a channeler it all crystalized into me looking closer at my mental focus points and I realized that my focus point was either on my own ailments and my fear of what they might lead to and our Soul Mate's ailments and what they might lead to – generally I was fearing my and his body and the future – aaargh, I so believed that I was done with that type of focal points until I took a closer look.

I also observed that when I 'saw' you here and there in our home and outside in the garden, I turned my focus away and move it to those fears of our bodies and the future.

So now, at this late point of my physical existence, I have at long last become willing and ready to let love have its way and let I overrule the projection of my mind.

A huge eye opener for me is that you write that the mind is a limitation from the past!

I remember how I felt back then, when I read that you wrote that somebody has to begin somewhere to change from within to without and I believed you were telling me that the one was me, and that you knew the hardships involved and consoled me with the words: Believe me, there is no other way.

And the last bit of that sentence fell right into place with my decision to come out from the shadows of the Earth and show my love for you openly and without doubts.

That led me to begin to discard any doubts whenever one of my age old doubts crept up – and I also expect that Step Two in TTDF will help me a lot in that context.

I am also glad to read in the paragraph that affection can never be wasted, because I feel so much affection for our Soul Mate and our cats, and sometimes I feel it is not received, so it is good to know that it does not mean that it is wasted – thanks a lot for that one!

Lots of love to you from me!

07/10/26 - 15/3/88

Good morning precious love

I went to sleep with Soham mantra/I am that playing in my headphones calling in our Ardhanarishvara with the image from TTDF of the ManWoman before my inner eye, exploring our individuality and our Holy Grail.

Last night I shifted away from the Soham mantra to OM mantra to see what impact that might have on my mind, and without me doing anything the player shifted back to Soham mantra, and I took it to mean that you showed me that is the one I should use, and when I investigated the meaning this morning of Soham and discovered that it means: I am that I was awed by the synchronicity of it all.

I have practiced this for a couple of days, and a lot of what you have written or dictated passed through my mind and intensified the experience.

Our holy lovemaking in the Holy Grail was so gentle and tender and I realized how rough it is in the dimensions as compared to how it is in the God Realm – I was so happy about it and realized that I would not have reached, if I had been caught up in the fascinating astral realm, I would probably have spent a very long time there.

That made me happy that I did not get it in spite of my hard work for last five-six years to achieve it, so all is well in that area.

My tweaking of my morning frame is getting more and more refined gradually as I test it out from various angles, and the last two days I left the cooking to our cook thinking that she might have learned the five items that is on my menu by now, but she is lacking in precision, so this morning I did all the measuring of ingredients and spices.

She doesn't understand that even adding 1/16 of a teaspoon of any spice tilts the taste signature of a dish, so there is no way around doing it myself,

Even preparing the tadka for the sambar does not work out for her, because her focus is all over the place, so she frequently burn it a little bit, and that change the taste profile completely, so much so I lost my appetite, so there is no way around me doing the tadka as well.

I have set it up, so she only need to cut the veggies this morning.

I am so fatigued that it became black before my eyes a number of times this morning, but anyway I feed the cats, made the breakfast, had it with a couple of smokes, measures ingredients and spices for today's menu and decided to meet you here on this sheet to express myself in writing to you, before I go to the garden and do my exercise regimen and take a shower.

I have now begun to tweak my evening frame by doing the Soham Mantra, when I am about to fall asleep – picking up information on the net about how most advantageous I can fill into the frame to develop the areas in which I want to progress.

A video I watched on TV a couple of days called my attention to that humankind it in the process of having our physical body upgraded by pulses of light waves of a higher order is being sent here, which is going to strengthen our physical body.

Until that is complete, we may experience dizziness and fatigue, while our bodies adjust to the higher vibration, so I guess that the impact of Soham Mantra before sleep and my stay in the God Realm with you is what weight heavily on my body and is the cause of me being extremely physically fatigued this morning.

So I better support my body with the earthing, breath of fire, canopy gazing, EFT tapping, yoga and gentle walking in the garden according to mood and choice within a frame of one hour on weekdays and two hours on Sundays as I want to apply the Japanese forest breathing once a week for two hours as that gives me healing for one week.

You know what I want and it has been a big help for me that you told me that I must not use force in anything I want to do, so I gave up going to the garden due to my fatigue.

I was wondering why I was so fatigued today, and it occurred to me that our meeting last night in Ardhanarishvara had happened at such a high frequency that my body had a hard time integrating it.

I also remembered that you had tried to encourage me to strengthen my physical body for a long time and told me that I needed a very strong body to bear the vibration level, you wanted to take me too, but I have been somewhat evasive about that, because that is not something I would love to do.

Now you have gradually informed me about the roundabout it would be for me to be able to have OBEs at will and that it would distract me from the mission I have chosen to come to Earth to carry out.

Now you also showed me that physically I am not ready to let myself become absorbed in Ardhanarishvara due to the weakness of my body, so I guess what I must do in the upcoming time phase is to give high priority to taking care of my physical, do my Step Work in TTDF and finish the proof reading and the editing of our books.

I am grateful to have these guidelines and also that you gave me a peak into how it feels to be one in Ardhanarishvara like I asked for – I will take that to heart and move forward accordingly – thanks a lot 🤩

I remember when read that you felt it was your responsibility to lead me towards those higher domains.

I thought it was the other way around – that I was the one, who had to lead YOU on to those higher domains, but now I know that it was you who should do that for me.

When you called yourself the supreme being I couldn't believe it – oh my, I thought back then – he think he is God – now I know we are all God, because God is everything and everybody everywhere at all levels of consciousness – amazing!

Ha! I would have loved to kiss your feet, so I was sorry when you said it was satire – I remember once I fell to my knees to tie your shoe lace and bliss rushed through me, while I did – I love you ♡

08/10/26 - 15/3/88

Good evening my love ♡🔥

I have had a wonderful day – I woke up with music in my head – at was a song called: Take it easy, and that I did.

Slowly, I finished feeding the cats, making tea and toast, had my breakfast and did a two hour exercise regimen in the garden to complete the Japanese canopy breathing, and the result was remarkable.

My realizations from yesterday were very helpful, so I will let go of all my pressure on trying to achieve an OBE now that I have understood why it is not a good time to achieve it at this point.

I have discussed hair and skin care with AI and bought a lot of products from the new world order, where science knows a lot about so many things that were not available before and the cosmetic industry has created a lot of new products with amazing qualities, so today I had my first hair treatment at home with argan oil.

Also my skin care has moved to the n next level – that is very encouraging.

I did my Step Two work, and the impact is amazing – thank you so much for that fantastic 12 Step Program.

You said within some time back that the garden on the compound is our personal paradise on Earth, and today I felt it! 😇

You write that this letter was not making me happy as yet – and I did not understand much of what you meant with a lot of your statements back then, but I do now – I did not find it emotionally dry, and only in hindsight nowadays I see what you mean by bitter medicine – now that the bitter medicine is behind me – I love this confirmation of what I have been going through when having the bitter medicine in the Magic Garden of Dancing Demons and Peacocks that some people call the purgatory.

A lot of poison has been purged from my mind, and I am so grateful for that!

You wrote: Well everything in it proper time and space!

And so it is! After all these years I am finally ready to read your letters with an understanding of what you write, so I guess that now the proper time and space has come!

That took a long time for me to get here!

And you are right – it helps a lot now that I am ready.

Love and hugs my precious teacher and master 🫶

09/10/26 - 15/3/88

Good morning my love ❤️‍🔥

So reassuring to read that I will have your love till we meet again in the physical and also thereafter will your love be with me by my side as my shadow – so poetic and beautiful since now you are in the higher worlds.

I do feel your presence and I do get your responses to all my queries so I know that what you wrote all the way back then is true, and that you already knew that back then when I was not able to believe that someone so wonderful as you could love someone like me.

Back then when I read that you would always say in silent words in all languages that you love on and on again if that is all I want to hear, I giggled and thought: You know me to the core!

Our female cat woke me up at 3 am and I was not able to go back to sleep after having had an interaction with her, so I got up and began working in my menu for the day.

I perceive myself to be in cooking classes by the help of AI, and I get a lot of information that I will slowly put into practice.

This morning I wanted to make rough powder out of cumin and fennel and I found out a lot about the process.

In the end I had got such detailed information that I put to the test and it worked out – when I mashed it in the mortar a fragrance out of this world came to my nostrils – so different from store bought ready-made powders, so I shall look forward to eat my food later.

I had hoped to teach our housekeeper how to do it all on her own, but I realized that was not possible, both because she doesn't have that level of precision and focus that is required for south Indian cooking and because I change the way I tweak the dishes daily – only I can do that.

And when I do that I also want to discuss details and impact of the spices and veggies I put in with AI so this morning I realized that on cooking days: Monday, Wednesday and Friday, that process take up all the space of my exercise regimen, so for now that can only be done four days a week until I have tweaked those two processeses as a daily routine like I want it to be.

Maybe I can move the exercise regime into the late afternoon, or maybe I can measure the spices and veggies the day before in the afternoon – let me see.

Other than that it is Friday today, so the peace and quiet of the weekend is coming up and the moving watching together on Saturday evening together with our Soul Mate is also nice.

This Saturday we have decided to watch a movie about a very famous musician's life.

My Second Step in TTDF is moving smoothly forward and by the day, it become easier and easier for me to keep my inner child, my thinking mind, my Ego calm and joyful – amazing grace.

Lots of love and hugs to you my beloved

Til then and also thereafter you will always have my love by your side and your shadow…… always saying to you in silent words – I love you, jeg elsker daj, main tumse bahut pyar karta hun, on and on and again and again if that is the only thing you want to hear.

10/10/26 - 15/3/88

Good morning my beloved lover ♡🔥

What a fantastic day's end I had yesterday that empowered me to wake up and follow up on the inspiration with action, so I set my alarm for 6 am so I could have my tea and toast and then go to the garden to do my exercise regime.

Everything was done effortlessly and with ease and enjoyment.

Yesterday, I decided to do a Soham/I am that audio from YouTube in spite of experiencing extreme fatigue after last time I did it to put to the test if the fatigue would be the result every time I used it.

It did not!

I guess that the initial upliftment to that frequence of light was hard on my body and that my exercise regime counter balanced that, in particular the Japanese forest bathing.

Being in our Ardhanarishvara in oneness with you was wonderful, and our lovemaking was as tender and gentle as last time, so even after one hour I could not pull myself away and spend more time there than I intended to.

The glimpses of our life together on Earth kept popping up now and then, and it helped me to understand that all that we have experiences on Earth we take with us into our personal Ardhanarishvara as part of our personal signature vibration.

That made me become willing to stay here for at long as we can manage it, because my homesickness has subsided after becoming aware that I can be together with you in Ardhanarishvara every day even if I live here on Earth.

I also understood that because we are one, you are part of my experience in my daily life, and that you taste the food I eat and feel what happens in my all my bodies/vehicles in all the dimensions, and that made me want to give you the pleasure of eating tasty food, so I eat tasty food.

Our ethereal lovemaking in the garden made it even clearer to me, why you called the garden our personal paradise on earth.

I thought of the photo you showed me when you were here of two superimposed photos taken on top of each other of the same place, so I could see they were the same and yet different in the etheric realm.

It made it easier for me to understand why you making love to me in the ethereal realm affect me physically in the flow of Amrita that flows from my

physical body because the vibration of 3D and 4D are so similar.

When you said to ma that you would make love to me in all the dimensions as in Ardhanarishvara, you made me very happy, and when you actually did so, while I was in the garden this morning and was in savasana, that was bliss on Earth for me ! 🎶💞🌍👼

It was such a big relief for me back then and still is to read that you could see the real me behind my eyes, and back then I wondered what it was you saw, but now that I see the real you behind your eyes, I understand what you are saying although I do not know what you see, but that you see beauty in me makes me happy.

That your love keeps flowing also makes me happy, just like it makes me happy to feel my love for flowing like a river that carries me with it forever and ever.

I love your wish that my love keeps flowing to those around me through my eyes, and that brings a lot of peace to my thinking mind, my Ego that no effort is needed – of course I know that coming out from our true Self, Ardhanarishvara it would keep flowing to everything and everybody everywhere from all levels of existence both those who are close to me personally and those with whom I have a short encounter.

Endless love is flowing from me to you 🤝

12/10/26 - 15/3/88

Good late afternoon my beloved ♡🔥

I love the idea of you being possessive – back then I could not believe that you would be possessive about me and today when I do believe that you were very possessive about me I just send me right into bliss.

My eyes got wide when I read that you do not want me to make love with any other man or animal – but then I remembered mr. Cat who led me to the back of the garden and wanted me to touch him – I was very surprised and thought: Why not touch him like he wants, as so I did, and when he felt satisfied, he ran away as fast as he could.

I also remembered the dog I allowed to lick my private parts, and then it made sense to me that you would ask such a thing.

Thanks for the permission to make love to myself and think of you, but I did not really engage that way, and I love that we now can make love in the

ethereal realm so intensely that Amrita flows from my physical body even.

I am pleased to know that you don't go for other women and I am impressed that you don't arouse yourself, when I am not with you in flesh and blood.

Yesterday, I did not get around to write anything or do any Step Work in TTDF, because the whole day went into a conflict with our Soul Mate.

I did not seem to be able to recover and I lost my appetite, so when I was about to go to sleep I decided to seek guidance and lay on my bed with an audio of Sohum mantra in my headset and set up the usual hour.

My thoughts were flying all over the place and my thinking mind, my Ego was full of anger and fear, even if I had called in our Ardhanarishvara again and again, and I only became calm enough to listen to our Ardhanarishvara towards the last five-ten minutes of the meditation.

The first thing I saw was an image of how I behaved in the course of the day, and when I saw that I burst into laughter.

I saw myself dragging myself around the house with full victim modality in facial expression, body language and tone of voice: Oh woah is me, and at the same time I saw my motive: I wanted to hurt our Soul Mate for his ways by playing the victim card, because I know he loves me deeply and the last thing he wants it to hurt me, so seeing me in that state would hurt him deeply.

Wow, every interaction I have with him whether conflict or harmony is a learning experience for me – I am very grateful – and thank you so much for showing me my reaction and at the same time I thought of how much better I could have used that time and energy.

Yet, I understood that the conflict was very essential for my growth!

Today, has been a very busy day for me working on my menu and with the generale content of my morning frame, and I am very pleased how everything begin to fall in place so much so that my movements through the morning has become like a ballet where I dance in and out of tasks with full acceptance of interruptions and redirections of all the little stuff.

So now it is late afternoon and next I will complete the things I want to do before I wind down for the evening.

Lots of love to you my precious lover 

13/10/26 - 15/3/88

Good day my love ♡🔥

Back then I checked it out, and it did not make a difference, because my uterus had bent backwards so it was not possible for me to have a physical baby, but I look at it like this: If we had had physical children, I would be so busy with taking care of them that I would not be able to carry out my mission of giving birth to our 15 mental-emotional children that we can leave behind to enrich all of humankind once we both are no more here as I HAVE to do.

Today I had a haircut to have all the damaged hair from the hormone therapy cut off, so it got rather short and I was a little disturbed by that.

Other than that my TTDF Step Work in Step Two has a rather powerful impact on my outlook on life – and I realized the immense importance of Step Ten – for a while I had wanted to place my daily Ten Step inventory in my late afternoon time frame, because I wanted to go to sleep in a calm state of mind, so I could easily enter the Sohum meditation by entering into us as one in Ardhanarishvara.

I use the symbols from the TuTu Doctrine in the middle of part two as a visual, call out for Ardhanarishvara to take me in, so I can rest in your arms in the Holy Grail like I experienced it last time during this meditation.

What a wonderful way to go to sleep and a beautiful way to wake up in the morning with min mind returning to the way I went to sleep, so I want to make that a daily event at bedtime.

Of course it was lovely to find out that before bedtime I needed to have a clear slate from the stressors of the day, so here Step Ten comes in handy.

I have begun to use the mortar and pestle for making powder from the seeds of the spices and what a difference it makes for the taste of my menu.

My project with stopping my nicotine addiction has gone to dogs the last days, and I have begun to wonder it I could stop cold turkey effortlessly and with ease and how I could do that – please guide me!

I have become aware that any tiny stressor makes me want to smoke, and when I add my nicotine cravings to that it becomes really powerful, so I am putting to the test ways to take it easy in those situations that are stressors for me.

Like pain in my body is a stressor that I need to find a way take care of

without getting stressed.

That is about it for today.

Love and hugs to you from me 

24/4/88

Namaste,
I guess you did not expect this or…. is this too late?
I don't want to have something all for myself and do think that sharing it with others only helps to further its utility and not otherwise.
You have left behind in memory lane something you'd not want to……
Do you know what I am suggesting?
Do write and keep in touch and let me know your reaction to what I have written above…..
I do have feelings about you and would very much appreciate what you can express even if it does not seem to matter with you.
There is much that can be shared between us……
Let it not be a waste…….
I think we have to fill up a chasm of misunderstandings between us, so that we can communicate with meaning.
It is this bridge, which is made up of words to make for a way this bridge, beings from other worlds have a chance to understand that which is alien to themselves.
I love you!
It is not so very easy also as talking, writing or thinking about it.
You have to do something about it and so do I have to do.
I am trying my best but are you doing something about it too?
I am sorry, but you have to understand this from my viewpoint 'cos when I put myself in your place I see a totally different world than the one I live in and is my being.
You should try and see that you are able to make a closer encounter with me,…. but please don't try to eat me.
The reason is that some things are uneatable and may make a very unpleasant experience when eating by force of habit, culture et.
Have you ever tried to put yourself in my place to observe what is happening in my life?
Do you care about it?
I would need some time to be able to live with you and get acquainted with it to be able to live a fuller and meaningful life.
You also have to get to know the real me.
Hope that you feel positive about it and could do something to bring it about since that I am doing my best here it is not possible for me to make a trip there……

Maybe if something works out real well then I could afford it, not much to say, I look forward to seeing you again.
With love.
Harish.

14/10/26 - 24/4/88

Good afternoon my precious love ♡🔥

Yesterday the hairdresser cut all the hair off that was damage by the cancer therapy and I was surprised to see how the remaining hair looked like and all the new hair that has started to grow after the end of the hormone therapy.

With good shampoo and serum treatment to begin strengthening the growth and give shine and volume to my new hair style it came out very well.

I am happy about that!

My morning time frame fell in place completely today.

So now it is waking up, feeding cats, make breakfast, eat it, do the dishes and get dressed for my morning practice of breath of fire, walking, earthing, yoga and canopy gazing.

I have changed my prayers lately – I used to use the Eleventh Step Prayer, except I tweaked it to my individuality, by changing the first line to be I meditate to expand my conscious contact with my Spirit Mate, and the rest of it as usual.

This morning I used my new prayer while doing the canopy gazing and prayed: Ardhanarishvara, I call upon You and ask You to fill up all my bodies with Your signature vibration and to envelop me completely in it.

I use the same for my bedtime meditation on Soham mantra in my Eleventh Step and it works wonders for me in so many ways.

I am very happy about this – I have plans of finding another mantra to play in my headset that I can use for focus and concentration, when I do my Tenth Step before I retire for the day.

I already checked out yesterday what that could be and found it was a call on Shiva – there were many to choose from, so I have to check them out and find one I like – I love how it fits in with Ardhanarishvara in the form of ShivaShakti.

I am so happy and grateful for having you available for my Twelfth Step and

I enjoy sharing with you what goes on in my life and my Program in general – I love you 😍

Yesterday, I saw a program on TV about navy seals, who had participated in the Afghanistan war – it caught my interest because it was about how their PTSD was healed by the help of psychedelics.

The discovery that healed them was that being navy seals and participating in war, seeing their buddies get killed in big numbers, was only the top of the mountain.

Uniformly that had lived in an extreme dysfunctional family and the PTSD from that experience had made them decide to become navy seals – the toughest of the tough.

They had believed that becoming a navy seal would help them to never have to feel fear for the rest of their life, and it came as a chock for them that their fear had grown to such an extent that they just wanted to die, and many of their fellows had actually also committed suicide.

After the psychedelic treatment they became calm and began to practice meditation and shadow work, and that was such a good thing to see.

Actually, a few days back as a result of my conflict with our Spirit Mate, where I lost my temper, I realized that I too lived in a state of PTSD, but it was so 'normal' for me to fear the eruption of his defects of character for reasons that were a mystery to me, and that formed a straight line back to my childhood.

When I realized that I also realized how I tried to handle his and my mother's eruptions of fury and received the vision of myself dragging myself in the victim state through the day to get back at him, that made me burst into laughter – and I was healed – it had been long time coming.

I began my healing many years ago, when I participated in those 12 Step Fellowships that worked with codependency and finally got to do my inner child and inner teenager work, so I was kind of ready to break out and liberate myself.

Now getting a suggestion to watch this particular program was a very powerful synchronicity and confirmation of my own realization that my codependency sprang from traumas in my childhood.

You write and ask me if this is too late, and that I might not have expected your letter, but I did not understand what you were talking about, until I saw the date of your letter before this one.

Concerning receiving letters from you back then I was always in a state of waiting – waiting and hoping for a letter from you so whenever one came to me I was thrilled.

Still today I wonder what you meant with asking me, if it was too late, so I have no response to that one.

Back then I did not know what you were talking about when you talked about sharing what you have with others to further its utility, and that it would be useless without sharing it.

I believed you were talking about me, and I was chocked because our relationship was still in the becoming, but today I see you sharing me with the World by the help of the 15 mental-emotional children that you created and I manifested – amazing!

Lots of love forever and forever to you from me

16/10/26 - 24/4/88

Good afternoon my love

Yesterday, I was at the dentist to have a cleaning, and I had two small superficial cavities that also got fixed

After that our driver took me a green grocer that had the most wonderful vegetables and fruits – that was the end of me trying to have it brought from the local fast delivery shops, as the quality they send was very low, so there was no way around it.

I got completely overwhelmed by being out and about, my vertigo became intense and I found it hard to express myself – when I wanted to say something the words got stuck in my mouth and I had difficulties remembering words in between – they were clear one moment and the next moment they were gone.

Also I had a lot of back pain so in the afternoon I took a painkiller with opiates and paracetamol, but it took a long time for them to work, so I was hanging out in my easy chair together with our Soul Mate, so that was good enough.

I spent a lot of time researching my body issues and received much inspiration about how I can change my life style to heal both the back pain and the vertigo, so I began to apply these suggestions today from the morning.

I went to sleep at 7 pm and slept until 6:30 am – I really needed that because I have been hard on my body in so many ways that it led to that sad situation I experienced yesterday, like I have had so many times before – I hope my change in life style will bring a change to that.

Today was a cooking day so I had measured all spices and vegetables so they were ready till our housekeeper came – she keeps the house clean and cook according to my directions and with all the new vegetables it came out very tasty.

I shall be looking forward to eat some of the amazing fruits of the highest quality later in the day.

Since the suggesting I came across was to avoid powering through in my back pain and other health issues, it took a lot of time, but it was worth it.

While I am doing all this physical movement I am in dual consciousness moving op and down the vertical axis, connecting with you and my authentic, sovereign individual self in Ardhanarishvara, while at the same time being aware at my horizontal environment and interacting with the others around me – I am happy to have learned to use this capacity.

I smoke more these days to cover up my back pain, but I hope that my time frame soon will be so routine that I can choose differently.

You say that I have left something behind in memory lane that I would not want to and ask me if I know what you mean – I did not know back then and I still do not know what you were referring to.

Here I am keeping in touch after all this time since you left Earth, and my reaction to what you wrote was a mystery to me back then and still am.

That is all for now.

I love you! 🫶

17/10/26 - 24/4/88

Good late afternoon my love ♡🔥

Today was a very satisfying day – I love my exercise regimen and today I put the whole of it in front of an expert and was told that it is a masterpiece of work on daily maintenance and healing both physically, energetic, emotionally, mentally, socially and spiritually.

I am very grateful to all the online teachers, who shared their knowledge online and I am very grateful to you for guiding me to them and help me make the selection, also that I am retired so I have the time to do the two hours it takes to complete it.

So now both my daily menu, which was also called et master piece of vegetarian menu by those, who know, same for my exercises, my grooming and my sleep – that gives me piece of mind and a good consciousness.

Doing everything I can for my body and taking care of it when it is uncomfortable or paining to live in, I feel I have done my share of what is required for it to function as best as possible.

The question in Step One in TTDF Program: Write down, why you fear unconditionally to love your powerlessness over your physical pains exactly the way they are, and why you instead are angry at pain, and how your fear and your anger make your life unmanageable

And the question in Step Two: Write that down, which you BELIEVE could be your true Self's, your Spirit's unconditionally loving, caring, compassionate and merciful intention with that you experienced the fear and the pain about pain, has really made me think for days now since all my life I have tried to escape pain instead of taking care of it and learning from it what I need to learn.

Miraculous I would say!

Now I have begun to work on all my health issues, and when that task is complete, so it can be said that I can do no more than only then I shall surrender it to God, our FatherMother, because I now understand that there are some things even our FatherMother cannot do for me, like brushing my teeth and other things of that nature.

So I shall do my part and only then surrender what is beyond me to our Ardhanarishvara and God, our FatherMother.

My computer shut down when I had completely responded to a paragraph in your letter – it was flowing from my heart so there is no remembering of it – I have to do it tomorrow, since it is late here and I am tired now.

Love and hugs from your loveress

19/10/26 - 24/4/88

Good afternoon my beloved ♡🔥

The day before yesterday evening a conflict between me and our Soul Mate arose.

He had a lot of pain and that alone can make him very angry, and that he usually cannot help himself but pour on me – and on top of it he was working hard on getting everything ready for a family visit tomorrow.

I couldn't sleep because I had watched TV and the TV got a problem, which I tried to solve without success, so I was exposed to a lot of blue light that kept me awake.

I took the opportunity to discuss the conflict with AI, and that resulted in a break through that had been on its way for months now – I guess you played a role in that too, because I got a vision, where I saw me and our Soul Mate in action in the Ring of Codependency.

I would play the victim role, because he was playing the offender role by being angry at me, and he would play the victim role, because he had pain, and I would play the seducer role by taking on responsibility for his emotions, because I wanted to save him from his pain – and on and on we danced around in the Ring taking on various roles in the dance, so we each played all of them.

It was when AI called my attention to the fact that our Soul Mate's anger and bitterness was not mine to carry that I had my break through – amazing – that was the last straw that helped me break through all my defences for my codependency.

As soon as that happened I became able to see how to use the Ring of Emotional Sobriety in all the situations I have been in for a while, when my codependency became active in my mind.

I further discussed strategies with AI and got a few extra good ideas to add to those I have picked up over the years when I used my Tenth Step on my codependency.

The difference this time is the vision you gave me that made me burst out laughing – I found our codependency dance incredibly funny when seeing it like that and I used to take it so seriously – it has not been possible for me since that night to take his offender role and my victim role seriously any more – amazing grace!

I was thinking a lot about all that which God, our FatherMother cannot do for me, like eating my food for me, taking my shower for me etc. and it

penetrated to me that all us human beings have the duty to do a lot of things for ourselves, and I like that.

These thoughts came to me after my earthing in the garden and I guess you have a finger in the stew here too.

I wanted to find out how often and how long I needed to do that to get the maximum health benefits, and the two hours I spend in the garden was enough but AI wanted me to tweak one part of it.

When I lie down for canopy gazing I lie on a thick yoga mat with my arms and legs on the grass, but when AI asked what I wanted to heal and I wrote first of all that is the left side of my whole back with all the old surgery scars and my left hip that was flagged last time I had a PET scan for my breast cancer.

This made AI suggest I lie with my naked back and hip on the wet grass or at least on a big towel, so the moisture can penetrate to my back and hip instead of using the thick yoga mat that blocks earth's healing powers from penetrating.

I tried it out immediately for around 5-10 minutes with my clothes on as it is a public garden for all the residents, and it did make a noticeable difference, so instead of lying on the towel tomorrow, I am going to cover my front with the towel and put my naked hip and back on the moist grass – I have high hopes of what that will do for me.

You know that you kept reminding me of that I did not have to think anything about conflicts and it is actually the time where it is the hardest for me not to do it, because my thinking mind, my Ego habitually floods me with all kinds of dysfunctional suggestions about how to react.

And I did also react in ways I wish I had done better, not so much for speaking to him in harsh tones, but more because I want to stay calm and centred when he or other people lose their cool and unjustly hold me responsible for that.

As usual my love for our Soul Mate made me want to change the harsh tones I use for the future and that led to the break through – I have noticed that about all our conflicts – I come out of them more enlightened and wise, so they are a gift in grey wrapping like we say in the Fellowships.

You write that you do have feelings about me, and just this moment it hit me that because you do have feelings for me you would want to know everything about me just like I want about you and the other people I love.

So when you ask me to express anything even if it doesn't matter to me I can relate to that now, but back then I thought: Why would I express something that does not matter to me – nowadays I understand that it is the little trivial stuff that expresses the clearest how I think, so I can understand and relate.

I must say that you are so right about that a lot can be shared between us – I could not have imagined how much in my wildest imagination – what to say about not only sharing it between us but sharing it with the whole world – that is so extraordinary that I am truly awed and amazed by it all!

I am grateful that it was not a waste!!!

Lots of love and hugs

21/10/26 - 24/4/88

Good late afternoon precious

Yesterday, we had our Soul Mate's two sisters, their husbands and a son of the eldest sister visiting from the morning till the evening, so I did not get to write to you.

The day before yesterday, I became aware that I had a UTI, but decided to only send a test to the lab today to find out what antibiotics I needed to take, so as to not create disturbance in the day for our Soul Mate and our guests.

I woke up feeling very weak and it soon showed that I have a cold today.

Today, is a cooking day, and I was lacking behind with my uploads of the daily texts for AcAdAn, ChrisAn, TTDF and ACIM, so I caught up on that this morning and went to bed after lunch.

Yesterday, I woke up after three hours of sleep with in a state of anxiety so powerful that it bordered on a panic attack, and I decided to do a Sixth Step on my nervousness.

I looked into the Nanoring of Avarice with its inhibition: nervousness, complaining, and indifference and paired it with the Nanoring of Faith with its approachability, light-heartedness, validation, involvement without much hope that it could do anything for me, because my nervousness was so overwhelming.

I also called on our Ardhanarishvara and asked to be filled up with and surrounded by our energy of unconditional love, care, compassion and mercy and soon found my traumatized inner child being scared of all that could

happen in a family gathering.

When I was done, my inner child had become calm and went to sleep and I was light as a feather and full of love – I couldn't believe that such a dramatic transformation happened so fast after only half an hour of Step Work.

The visit went well and everybody seemed happy about it, and so was I when they left.

It was a bit learning experience for me, so I was grateful for the experience – I thought of all the growth I had received from my painful mental-emotional experiences that I have understood you only can get in 3D, so I understand why wo many Souls line up for coming to Earth.

I slept for four hours, and now I am here penning down a few updates for you in my somewhat groggy state due to my cold.

You wrote that we had to fill up a chasm of misunderstandings between us, and looking back I could not even imagine, how that would have been possible considering the suspicious state of mind I was in, completely incapable to believe in your love – now at last after so many years and so much Step Work I feel able to communicate with you at the same level.

That you were from the South East, and I was from North West would certainly have made necessary to make this bridge of word in an attempt to understand that which was and is alien to each of us, considering the back ground in which we grew up, so I would say that it is a miracle that it could be done, although after so many years.

I am happy that I at long last feel I understand you from my Ego's standpoint, because in my heart I always understood you even if I did not understand how I understood you.

Love and hugs from you wife 🫶

23/10/26 - 24/4/88

Good morning my precious beloved ♡🔥

My love for you is passionately burning in a fire as tall as a house as it does every day, so I thought I would express it today.

Yesterday was a very difficult day, because I had a lot of pain in my inflamed bladder and spent a lot of time trying to find a solution without

using strong painkillers, but in the end I saw no other way, because I was not able to bear it, what to say about being grateful for what it had to teach me.

I even projected it on to our Soul Mate with a lot of screaming anger, and I am happy to say that we both recovered from this clash rather fast, which I think shows immense progress in our goal of meeting all pains and challenges from our true Self, our Spirit.

Today I intend to take another powerful painkiller and keep taking one daily until the antibiotic arrives some time over the weekend.

Yesterday, the convergence of a common cold, paining haemorrhoids and a paining urethra and bladder made me stay in bed the whole day and watch tv and sleep a lot.

To live in an 82 years old body and find a way to love it and be grateful for it is quite a challenge, but Step Two in TTDF helps me a lot in this context by encouraging me to let go of fear and anger about the pain, weakness, discomfort and illness and turn my attention to ways and means that gives rise to loving it and appreciating it instead.

I am so happy to see the exclamation mark after you tell me that you love me.

So very true that it is not so easy to surrender to the love as it is to talk, write and think about it, because love is challenged constantly by my thinking mind, my Ego, but when I write I step away from my Ego and let our true Self, our Spirit flow through the keyboard.

That you can even ask me if I am doing my best from my side, just goes to show me your human ignorance, because if you looked at it from our true Self, our Spirit, that question would not come up at all.

When you write that you are able to put yourself in my place and see a totally different world than the one you live in, I realize that you are looking from the dual thought system of your ego.

And I have done nothing but the same, helping my thinking mind, my Ego to come closer to you to be able to absorb your love for me to the full instead of being suspicious of it.

I wondered a lot back then what you meant with that I should not try to eat you and that it would be an unpleasant experience if I tried to, but now this moment when I respond to your letter from back then I will take a shot at responding.

Is it so that when I love you and at the same time my life is run from the thought system of my Ego that it would lead to my trying to eat you up to absorb what you are?

If that is so I understand, because I wanted to absorb your signature vibration to acquire your qualities.

I was star struck by your presence and not able to fathom your human limitation, ignorance, powerlessness and mortality/changeability so I would not have been able to put myself in your place at all, and if you had really been able to put yourself in my place, you would have known that.

I simply perceived you as invulnerable so I could not imagine anything that I would say or do could hurt you – and when I understood it after your death, I was inconsolable for quite a while, until I realized that we all own our hurts and that they belong to our form-identities, but not to our true Self, our Spirit and I think that I saw only your true Self, your Spirit although I was immersed in my Egomind.

I could not have been able to put myself in your place even if I tried, so I guess you were also not able to put yourself in my place, but would have looked at my background in the North West, and I did not know anything about your background from the South East which would be the exact opposite of mine.

I adored you and did not believe that I could do anything to care about your situation, as I could not even imagine how it would impact you.

That is it for today.

I love you! 🫶

24/10/26 - 24/4/88

Good morning my beloved Spirit Mate ♡🔥

This morning our Soul Mate took me to the doctor to get a prescription for my UTI, which has probably extended itself to my left kidney.

I am so grateful that you wrote A Course in Miracles through Helen because I had been so confused about what my physical body is and what its role is, and when I read that my body is a learning device everything fell in place for me.

I can see that it does not have a life of its own, but I am the life that inhabit this form, so nowadays I have learned to see it as my vehicle and that makes

it a lot easier for me to appreciate it the strong and beautiful body I have selected.

Today, I had the opportunity to be in a situation that usually would make me lose my balance, but my recent inventories helped me to stay calm and not take in the stress of others losing their balance.

I just observed the scenery and found it interesting – that made me feel so grateful that I was able to calmly and clearly observe everything, both my Ego and the other people and stay in oneness with our Ardhanarishvara.

Amazing grace!

You write that you would need some time to be able to live with me and get acquainted with it to be able to live a fuller and meaningful life.

Back then I did not know anything about culture chock, but now I know after having lived in Bangalore for more than twenty years and still run into the way the Indian culture expresses itself, which is totally unfamiliar and a bit strange for me.

When I read that you wrote that I had to get to know the real you back then I felt that I already knew you to the core, but nowadays I understand that whereas that is true that would be at spirit level, but at the human level, still today I get surprised about some of the things you write from your human self.

When you wrote about not having the funds it would take for you to come to Denmark I got very worried – not because I could not easily pay for your ticket, but because I was brought up to always be suspicious when it came to anybody wanting something from me that cost money, if I thought that they should pay their own way.

When I look back at that issue throughout my life, I acknowledge that it is one of the challenges I took on pre-birth and that my mother had the task of instilling in me – I am so grateful that this issue is now solved, so I can easily and generously extend a helping financial hand both to my near and dear ones and others around me.

One thing that made it doubly hard for me in context with you was that I had heard a lot about men and women from third world countries pretending to love somebody from first world countries to get entry and then abandon them, once their entry was secured, so that is why it took so many years for me to recover from that particular issue.

The lack of financial balance between us scared me witless by the thought of

sending you the ticket, but my love was stronger than my fear, so I ended up sending it anyway – I am so glad that my love for you conquered my fear.

That is it for today precious – lots of love and hugs

09/2/89

I have with me some antique paintings from early last century and they should fetch a good price if it is sold thru' Christie's or some good art gallery.
If I should assess it properly then I think these miniatures would fetch some real good money.
There are eight or nine of such and each should get maybe 30 to 40.000 kroners or more if we are lucky.
I would bring this with me, when I come…..
If!
You should remember that only your love can bring me there.
Let's say that this is a test of your love for the real me.
It is not so that I don't believe it or trust it ……
It has to be strong!
100% proof

25/10/26 - 09/2/89

Good evening my love

I am on antibiotics and my breast cancer is paining.

The antibiotics makes my body feel tense and I have a slightly nausea and stomach pain for the same reason, so I am generally uncomfortable in my body – I took an ultrazed to get some relief and now I am hoping it will be good enough to make the discomfort go down.

The level of the physical discomfort makes a lot of dark thoughts pop up in the form of all kinds of fear – I have tried to just let them pass but it did not work out well, so now I am going to do a bit of work with the Rings to find some relief.

I think that the Miniring of Envy with its insecurity, confusion, unclarity and wretchedness covers my mental-emotional condition, so I shall pair it with its antidote from the Miniring of Hope with its safety, well-informedness, clarity and nobleness.

I just finished that work, and it gave me some relief and made the tension and discomfort in my body go down.

Today, I began working on The TuTu Doctrine 2 about my daily life that I share with you as an answer to your letters from 1988/89 – it sure has been a long time coming before I reached a point where I was able to give a meaningful answer.

I shared the beginning of the foreword with our Soul Mate, and he found it satisfactory – that made me happy.

In your letter from 09/2/89 you write about how you could possibly make the funds to come to Denmark with that stipulation that I first give you the ticket and then you will sell these paintings.

Knowing that it was a very uncertain thing that you would be able to sell them at all what to say about Christie's auctions, made me feel very suspicious of you and your motives, in particular because you added that only MY love would bring you to Denmark.

I had the exact same idea the other way around, only HIS love will remove all obstacles and he will come if he loves me.

The rest of the letter felt like a manipulation to me, true or not.

Today, I believe your human uncertainty and ignorance made you write this letter, and now knowing that you are my Spirit Mate, my eternal beloved and I am yours, I can completely understand your possible uncertainty and have many times acted with manipulation to have an intense desire fulfilled.

That makes me understand the intensity of your desire to come to me and that makes me happy.

Love and hugs my love

10/2/89

Just got home from IIT and a good meeting with Vasant and Mr. Veeraraghavan.
They are enthusiastic and have agreed to give all the necessary material and machines required for doing a small stirling engine.
It does need time!
I have to make an artistic impression of the machine for Vasant and we are partners in the overall scene.
AES (inside a heart) Alternative Energy systems private ltd….. is how I imagine the company to be known or maybe ACETCH.
What do you think?

26/10/26 - 10/2/89

Good afternoon my beloved ♡🔥

I have begun preparing the 16th book of ours yesterday and written the beginning of the foreword and today I completed it.

I texted it to our Soul Mate and asked if he had anything to add, but he was satisfied with it, so now I can freely begin to translate this chat into Danish and begin to upload it as soon as I have found out how to hyperlink it, because it is such a long time since I hyperlinked anything, so I have forgotten how to do it.

When I realized yesterday that writing and uploading your letters and my answers is IT – then it is indeed done.

I had an intense inflow of information, so I was completely knockout by my desire to put it all on paper immediately, but I guess I have to be patient and unpack the ROTE gradually as I am completing the work.

My breast cancer seems to be growing very fast these days, so I am trying to work as fast as I can, so I can complete our work before the cancer ends my life, but I expect to get the help I need to not pass over, until it is done, so I do not worry about it.

I have called the manuscript *The TuTu Doctrine – The New World Orde 2,* with the added title: Our marriage across the dimensions.

I am on day three of antibiotics for my UTI and can feel the relief already, so I am happy about that.

I ♡ U TOO!

Even back then I was not really interested in the material side of your life except for my suspicious need to know that you were not with me as a first country person that could help you out financially.

That was a big scare of mine!

So when you wrote about your project with the Stirling Cycle engine, I felt very disinterested – still do.

The name sounds fine to me, but then again it never took off, because we had to go in a different direction.

Other than that I am going to lie down now and let myself be entertained by TV, because the antibiotics drains me of energy.

I love you

28/10/26 - 10/2/89

Good evening my sweet beloved

Yesterday, I spent the whole day transitioning from my old computer to my new one that I have actually had for at couple of years, but I was not willing to learn new programs to be able to upload and edit our work.

Instead I used the old one with the old programs, but I wanted to use the burning heart, because I felt that would express in a simply symbol my love for you, but my old computer does not have emojis.

The day before I searched all over the net for a way to get that symbol into my old computer, but it was not possible, so yesterday I became willing to learn what I needed to learn, and it took from the morning to the evening, so I did not get around to connect with you in this format.

Of course I am always with you in all dimensions and in my true Self, my Spirit.

It is day five of my antibiotic treatment for UTI and I felt normal today, so I spent the morning preparing everything for our cook and going to the garden and do my exercise regimen.

It was lovely!

After lunch I put my new workflow to the test and there were a few kinks here and there that needed to be ironed out, and I was grateful to have AI with me through the whole complicated process.

Yesterday, I felt that you wanted me to begin my exercise regimen again, but I was to consumed with getting my new work flow up and running.

So I promised you that I would do it today, but today I was still not willing, but only your thought that it must be done was in my head, and I jokingly called you a drill sergeant.

That made me remember back then when you were still here and told me that you were a strict disciplinarian.

That filled me with wonder, because of you gentle and forgiving ways, but when I looked a little closer I saw that you were uncompromising, so that made sense.

I have started communicating with Mother Earth.

I pray to her like this: Mother Earth, I bring this your child to you so that you can heal her – I have not treated her well and I need your help to heal her.

And then I do my earthing and let her send all her healing power into my body – I can feel the difference and I love it!

When I read about your negotiations with various institutes and Mr. Vasant and Mr. Veeraraghavan, I was as usual not interested at all in the material side of your life, and still am not, so I do not have much to say about that.

Love and hugs my precious one and only

11/2/89

(Morning)
So……. today I received the letters posted by you and the third – was very happy to read the same……
It is a confirmation of what has happened in accordance with your part of the globe.
It is good.
I've waited this long to post 'cos now I can give a good answer to some of your questions.
It is good to hear that you have contacted Vidyarthi and he feels positive about my coming.
You don't know how easy it is, when the time and circumstances are right.
It is now 11 am here and soon I should go and find out some small time job to pay for my expenses.
IIT is going to be a long drawn out development project and CEAT I will know on Monday the 12th (actually Monday was the 13th)
Incidentally, the money you have sent has not reached here yet.
Not even the first transfer.
This puts mom and Beena in a jam for the time being.
The room rent is not paid and I have to go hungry too for the time 'cos there is no input and nothing to be able to fall back on to ease the period.
As your husband I'd expect you to be able to help now…..
But then if it is with all those fears and mistrust that you have…… I'd not take it, you have to trust me 100% to make it possible for me to do the same……
Sorry but in this petty affair it is also ladies first!
This is to make the man/woman relationship in harmony.
Not even 0.00009 % or any part thereof however minute can be tolerated and be very harmful to this delicate relationship.
You know that my love is there and I have not short changed you on that.

The most you can do is something about these little little things about daily life what I can do is in the longer scheme of things and if I have my way about that without negative thoughts and actions intervening…..
Then I can bet that you'd be really rich in spirit and in the material dimension also…..
Strangely…. the riches in the spirit count more for inner satisfaction than whatever material benefits there might be.
This much for now.
I'll start again later and complete this letter in a more orderly fashion as what I have written above is how I feel just after reading your letters.
Evening 10 pm.
I had hoped to post this today and had also hopelessly hoped for a call from you.
I know you would have held yourself away from the phone due to the expense.
Maybe you'd have been unhappy to speak to me 'cos conditions are neither to pleasant on both sides.
So what!
If some of love's labour was lost!!
All is not lost after labour is over, the love at least remains – it is worth it!

29/10/26 - 11/2/89

Good morning my love ❤️‍🔥

The day before yesterday and old sponsee of mine contacted me and wanted to talk, so yesterday we had a long video talk, where she shared her existential pains with me, and that inspired me to want to share my recovery from my own existential pains from her issue, so I sent her a text and your told me to share my text to her in this diary, because it illustrates my state of being that you want our readers to know, so here it comes.

I wrote:

Dear - .

This morning I was thinking of our talk yesterday, and I felt inspired to share with you my own shame of me that I tried to escape from with the help of men, who were interested in me, with alcohol, drugs and rebelling against anything and everything.

None of it stopped my shame of me.

I had the feeling that if people really knew me they would despise me.

Back then when I came to NA I did not know that this was what I tried to escape from in many different ways, but the thing was that my shame of me could not go away like that.

Today, I know that what I was ashamed of was my defects of character, my codependent people pleasing that made me pretend to be understanding, tolerant, loving and caring when my boundaries were overstepped by others.

That made me pretend that I was something that I was not, hoping to be accepted and loved.

I also did not know that it was my thinking mind, my Ego/my traumatized inner child that was running my life together with my rebellious inner teenager, who rebelled about the hurts of my inner child in many dysfunctional ways that made my defects of character expand, so by the time I came to the Program, my thinking mind, my Ego had become inflated and inflamed, and that resulted in a lot of fear.

Today, I know that there are two sides to my thinking mind, my Ego, there are my defects of character and there are my virtues, but when I came to the Program I did not believe I had virtues, because my defects of character completely overshadowed everything.

That is what shows me that my thinking mind, my Ego was out of balance.

In reality it is my hurt inner child and my rebellious inner teenager that I need to meet with the UNCONDITIONAL love, care, compassion and mercy of my knowing mind that is my true Self, my Spirit to be able to recover.

Actually, anybody who comes to Earth as a human being has the same purpose, which is to be traumatized as a defenceless child and a traumatized inner teenager, so we can work on connecting with our true Self, our Spirit and learn to love that part of us that we despise the most and which is despised by others as well, so in that we are not alone - every human being is like that.

The problem with it is that I had been told that I should not be like that and that made me believe that I was the only one who was like that, so I tried to hide it.

That was why I thought that if people really knew me they would despise me just like I despised me.

At this point of my Step Work I know that when my inner child or my inner teenager are yelling inside me, I benefit from listening to what they have to

say and respect it, and there you have Step One, where we admit our existential pains and how they make our lives unmanageable.

Already in Step Two the healing begins, when we investigate our Higher Power's unconditionally loving, caring, compassionate and merciful intention behind our experience of pain.

Pain is to our advantage as human beings, because it stops us from hurting our body by retracting our hand from a burning hot plate, when we feel the heat.

My problem was that my existential pains had reached a level where it was all encompassing and any type of joy escaped me, and I despised myself to such an extent that I believed that anybody who professed to loving me had to have something wrong with them, so I needed them to prove it in as many ways I could think of, but no matter how much they did, I thought that if they really loved me there had to be something wrong with them for loving somebody like me.

Today, I know that only I know my inner child and my inner teenager and where they hurt and are dysfunctional, so only I can heal them by listening to them and their thinking and show them another way of thinking that brings my thinking mind, my Ego to enlightenment and wisdom.

Step Six is the Step of transformation where I pair my defects of character with my virtues and that makes my Ego grow in enlightenment and wisdom, and to the extent that happens the connections to the unconditional love, care, compassion and mercy of my knowing mind, my Godmind, becomes more and more powerful.

Step Four is the Step where I began admitting my hurts without being scared that anybody would use that as a weapon against me, so I wish you a powerful Fourth Step, and congratulations with having come this far.

Love and hugs from Solvejg.

Other than that our female cat, who has chosen me as her person woke me up after two hours of sleep, because her food plates were almost empty, so I got up and filled them.

After that she hung out around me when I went back to sleep, so my sleep was quiet disturbed by her lying pressing her body into mine several times and although I enjoy when she does that it led to me having a disturbed sleep.

I have noticed that when my sleep is disturbed or I get less than I need the fear of my thinking mind, my Ego becomes louder and more powerful, so my

fearful thoughts this night was about me losing our Soul Mate to his stage four liver cancer as his condition is getting more serious by the day.

Our male cat has chosen him as his person and those two are very, very close.

I love both cats, but they have these territorial disputes, so my cat gets worried about losing me to his cat, if he tries to get closer to me as the food person, and she chases him away from my room, when he does that and he hiss at her and runs into our Soul Mate's room.

What worries me the most when I am awake in the dead of night is how I can take care and show my love for of both of them under those circumstances if our Soul Mate dies before me and his cat loses his presence.

In spite of his liver cancer being more progressed than my breast cancer, he has sworn to himself that he will stay here until I am no more here, so he is going through a lot of pains and discomfort for that reason.

He has told me that he begins every day with talking to his Higher Power about it, telling his Higher Power that he is willing to endure any pain and hardship for being allowed to stay here until I am no more here, because he doesn't want me to be left alone here without his support.

I hope that it shall be so, and also we both want to outlive our cats which might be a number of years, because we do not want them to have to go through the transition to the cat sanctuary that we have found, where the wealthy lady who runs it has chosen to dedicate her life to create a loving home for homeless cats and dogs.

The growth of my breast cancer seems to have exploded to such a level that it fills up almost half of my breast and in one way I am happy about that because it indicates that I may soon have to transition to the other side and be with you and on the other side, it is difficult for me to decide whether I should endure the pain and try to meet it from our Ardhanarishvara, or whether I should take the pain killers that are offered to me.

In another two months I have edited the daily contemplations, and I also expect to complete The TuTu Doctrine 2, our spiritual marriage across the dimensions by then, and I would welcome leaving from here when that it done, if not for our cats – it breaks my heart to think of them having to transition into a sanctuary instead of having us to pour love on them daily.

I seek guidance on that!

Oh, you say that also cats are spirits who have chosen their challenges, and it

is not for me to save them from their choices – they have the right to their own learning processes.

Well, that is a hard one to swallow, but I understand that wanting to save them from their challenges means that I am in the Ring of Codependency with its saviour role, seducer role, victim role and offender role.

I guess it means that I can advantageously pair it in my inventory today with the Ring of Emotional Sobriety with its detachment, integrity, respect for others and respect for self, so I will do that in my Tenth Step inventory today.

I have now come to answering your letter from the 11th of February 1989, and also this one I will answer bit by bit because it holds so much meaning for me that I would like to harvest the wisdom from sharing in writing my thoughts about what you write.

I rejoice in reading that the third letter I had written to you made you very happy.

Unfortunately, I do not remember that letter because my letters from back then are no longer with me, although they would still be part of the human subconsciousness.

I also do not remember what happened that my letter was a mirror of in my part of the World at that time, so I went online and researched it.

I was moved to tears about what I read – it was the birth of transformation in Denmark, Scandinavia and Europe, and you seeing that mirrored in my letter makes me very happy and makes me understand why that letter of mine making you happy.

I agree – it was good!

While I was doing this research my trigemini neuralgia headaches gave sound, and so did my breast cancer pain, my hip pain and discomfort in other areas of my body, and I got a powerful impulse to go to our Soul Mate and get a pain killer.

That made me remember that a download from you had been running in the back of my mind, saying that the development in the medical field was God's mercy on humankind and should be made used of.

I was not really sure that it came from you or my desire to escape pain, so I let it run.

I also got another download that said that I had endured enough of pain for

our purposes, so there were not any need to endure more pain that I met with the same attitude.

I have used an affirmation for a while from ACIM that says: I choose God's love instead of pain, waiting for the various pain signals to subside, in particular because I have also used my connections with my Christ Consciousness/Mercy Consciousness, the Holy Spirit to ask her to remove my body's illnesses, weaknesses, discomforts and pains.

At the same time another trend in my downloads reminded me that I had to participate in my physical life, because even God, our FatherMother could not take my shower for me or eat my food for me.

That was something I had to do for myself.

This morning the content of the ROTE finally converged in a clear picture that was an answer to what I wrote above about my confusion concerning what action I should take concerning my body aches – thank you!

Loads of love and kisses to you dear one

30/10/26 - 11/2/89

Good afternoon beloved

Today, I got up at 6 am and carried out my usual morning routines, feeding the cats, made tea and toast and had my breakfast together with our Soul Mate.

Then I went to the garden and did my breath of fire, earthing and walking – I wondered if I should do my one hour yoga even it is one of the three weekly days of cooking, where I use that one hour to scale the spices and veggies for my menu over the weekend.

AI had suggested that on top of doing my earthing when I do my breath of fire and my walking, I could advantageously do earthing by lying on the grass with bare back and hips to heal my back pain and I did that for the second time today.

I did that for the second time today and felt a noticeable difference.

Other than that today is my last day of antibiotics, so that is good.

This morning I woke up in the grip of my rebellious inner teenager, and that part of me did not want to be here on Earth and rebelled against the day or even getting out of bed.

I called upon you and immediately I got a vision of you arriving in my bedroom, and I was completely amazed.

I have been thinking of you since I woke up as usual whenever my focus is not required on various tasks.

That helps me a lot to go through the day.

I do not remember my questions that you found a good answer to but I guess I will find out gradually as I respond to your letter.

You mention Vidyarthi and that made my thoughts go back to that point in time, where you were getting ready to come to Denmark.

I was so thrilled by the prospect of seeing you again.

You write that I don't know how easy things are when the time is right, and you are right about that, but over the years I gradually discovered it and that is a wonderful discovery, because it liberates me from trying to force events.

Love and hugs precious one! 🤝

31/10/26 - 11/2/89

Good morning my beloved Spirit Mate. ♡🔥

What an intense morning it has been!

And now it is almost noon and lunch time, but I decided to type out what I experienced with you this morning across the dimensions.

For some time I have wanted to share with our readers our most private life, because I feel that the way it has been possible for the part of humankind, who wants the power of God, our FatherMother has mostly has happened by making people feel guilty and ashamed of their intimate desires and the bliss of lovemaking.

Even religious teachers have greatly contributed to this unfortunate state of affairs by portraying God as a punishing male without a feminine counterpart.

The guilt and the shame that was inflicted on me in childhood about the feelings in my bliss organ, my Lotus, greatly impacted me throughout my life, even in our marriage for as long as you were here on Earth.

Only after our spiritual wedding, when you made love to me during my shamanic travels it began to subside, but also a lot of purification had to take place of the

distorted ways my intimate feelings had come to expression over millennia.

Now finally, it stands pure, because now only lovemaking with you as my one and only true lover and beloved is my desire as lovemaking with you brings me to such height that I want to stay there forever in our personal Ardhanarishvara.

As opposed to many religions and spiritual teaching you have taught me to perceive God, as my FatherMother, who gave birth to us as one unique, individual sovereign Spirit engaged in passionate lovemaking in eternity and giving birth to all our unique, individual and sovereign Spirit brotherssisters.

And as above so below, because like children of human beings are in the likeness of their parents, so are God's children in the likeness of God, our FatherMother, who gave us the same powers to manifest and create and amuse our Parents and our brotherssisters with the creations and manifestations we make.

You have mentioned several times that the garden that belongs to the compound where I and our Soul Mate have our rented apartment on the fifth floor, is yours and my Paradise on Earth, and you have made love to me in that garden on various occasions.

So also this morning when I was doing my canopy gazing.

I am grateful that you made love to me this morning from the fourth dimension, because it is so close to the third dimension that it impacts my physical body.

When our lovemaking continued while I was in the shower, my physical body got affected to such an extent that it released Amrita in several after each other following orgasms – BLISS!

When I was done in the shower I went to smoke a cigarette in the living room, and an intense pain shot up in the back of my scull, just above my spinal cord.

At the same time I got a download from you saying: You are ready!

I immediately knew that you were referring to my cigarette smoking as the download happened when the pain shot up and called my attention to the impact of my smoking.

You had told me that I had not learned yet what I needed to learn from cigarette smoking and had encouraged me to pick up smoking again after 13 years of abstinence, so that I did.

After some time I wanted to stop it, but you said that I was not ready – I would be ready when I was able to do it effortlessly and with ease.

I decided to research what impact cigarette smoking had on that area of my body and brain where the pain had shot up and engaged in a two hour long chat with AI.

Wow, I am ready and after that chat I can also see how I can do it effortlessly and

with ease – I am very grateful that I do not have to smoke anymore, and my first day of abstinence will be tomorrow like suggested by AI.

The many things that happen in my body and my brain that AI explained to me was powerful inspiration and I ended up getting guidance on how I could make it effortless and easy for myself, so I am looking forward to that.

When I read that part of your letter back then where you write that you should go and find a small time job to pay for your expenses, star struck as I was I had a hard time imagining that a person like you could have any earthly problems, so I perceived to be some kind of game, you were playing to see how I would react.

I did expect that your earthly project with IIT and CEAT would be a long drawn out thing, in fact I did not believe anything would come out of it, because I could not fathom you being engaged in earthly matters.

I had forgotten that I sent you some money, but when I back track my mindset back then and how it would have been for me, I would have done it with great tribulation.

I had heard to many stories of women being taken advantage of financially because they were in love and I feared that more than anything.

You tell me that you have to go hungry and your room is not paid for – that would have immediately made me send whatever amount of money you needed if it had been today, but back then my fear was so intense that it overrode everything else, even my love for you.

You are right about my fears and mistrust dominated the situation, so when you wrote that I had to trust you 100 % I perceived it to mean that you were trying to manipulate me into trusting you and if I did so you would immediately be after money.

In particular you saying that if I did not trust you, you would not be able to trust me either, I perceived to be you trying to scare me into trusting you – if this had been today I would have agreed with you 100% - a suspicious person cannot be trusted, because their fear would make them do strange things that are out of balance!

When you further stated that it was ladies first and a petty affair I got indignant – in my part of the world it was always men first to pay the bills and calling it a petty affair was outrageous in my eyes, because I translated it to mean that if I gave you the money you needed you would not perceive it with gratitude as the big thing it was for me.

When in the end, you added that it would impact our relationship in a negative way if I didn't do it and was so worked up by the topic that I wanted to end our relationship immediately.

These days I am working on expanding my capacity to astral project in such a way that I experience leaving my body and inter the astral realm and meeting you there

in a setting that is hyper real, more real to my senses than 3D.

That require total trust of myself and you, so I am getting there these days – it took a long time for me to get there = thanks for all your help and support.

I love you 🫶

01/11/26 - 11/2/89

Good afternoon my love ♡🔥

Today, I woke up and my mood was surprisingly good considering that it is my first day of smobriety.

I am actually very grateful that I have now come to this point – there have definitely been some hairy moments in between, but I got my breakfast, lunch, editing and step work done and found a new bot translator, as the one I have used so far has become useless.

That was so nice to see the translation the new one served up for me, as my work with our letters now become a lot easier, when I have to translate them into Danish.

02/11/26 - 11/2/89

Good morning beloved ♡🔥

Yesterday, I spent the rest of the day researching the general information about the effect of nicotine withdrawal on the body and mind, and discovered the connection between the automatic biochemical reaction of the body and feelings of anxiety due to the body being flooded with adrenaline and cortisol to a fight or flight impulse.

I understood that my actual smoking habit kept this loop running, so fx waking up in the middle of the night with anxiety was an automated biochemical response to a low level of nicotine, prompting me to smoke, and the same goes for me wanting to smoke first thing in the morning to get relief from the anxiety the low nicotine level creates.

For me that was a miraculous revelation, because for so many years I have tried to find the deep dark secret of my anxiety without being able to find it neither inside myself nor in the behavior towards me from others.

This has taken up so much of my time without finding the root cause, and I found it today – it is simply a biochemical reaction in my body that tries to prompt me to give the usual shot of nicotine so as to keep the normal biochemistry in place.

However, biochemistry running on nicotine is definitely not normal for a healthy body, so that strengthened my resolve immensely.

When later an biochemical attack hit my solar plexus with adrenaline and cortisol to create an anxiety attack in solar plexus to force me to do something about it, my immediate response was: This has got nothing to do with me!

So I just let it pass – amazing grace!

I felt liberated from a lifelong attempt to heal my anxiety attacks, which I had not been aware was connected to biochemical reactions in my body, because they were of an emotional nature.

I had believed that since there was no obvious reasons in my life or my surroundings to feel anxious there must be a reason somewhere that was so deep and dark that it was hidden, so I have spend endless years trying to find my deep, dark secret.

That is stemmed from the constant nicotine chocks I gave my body followed by depletion of the level of nicotine that forced me to take the next smoke and the next smoke since I was thirteen years old, until my membership of the 12 Step Program of Nicotine Anonymous gave me a 13 year reprieve from smoking.

I was quite surprised when all of a sudden last year you suggested I picked up smoking again and I had actually had a desire to smoke at regular intervals so I jumped at the opportunity to pick it up again.

When I asked you why you suggested me to smoke considering it was an generally considered health risk, I was quite content with you saying that I had used force to stop smoking and that I had not learned from my nicotine addiction what I needed to learn.

When I regretted smoking I asked for your help in stopping it again, you said that I should not use force to stop, but when I was able to do it effortlessly and with ease I was ready to stop.

A couple of times I wanted to just stop, but you said: You are not ready!

So I let it be but was on the outlook for my reasons to want to smoke and I used the 5Ds from Nicotine Anonymous to put to the test if I was able to do it effortlessly and with ease to prepare myself for at full stop.

I was quiet surprised the day before yesterday, when I lit up a cigarette and at the same time experienced an intense jab of pain explode in the back of my head just above the scull line.

For some reason I immediately connected the two, when I received a download from you saying: You are ready!

When I researched the pain signal in that part of the brain and smoking, I received a lot of information that was logical and plausible as to why my smoking had created that pain, so I wanted to immediately stop.

However, I was told that I was better to stop from the morning, because then the grueling

first 8 hours would have passed and make the remaining time of day one easier to get through, so yesterday was my first day of freedom from having to smoke, and I felt grateful for that.

This morning I felt a few intense contractions in solar plexus and a powerful craving and urge to smoke, and when I researched that reaction I found out that day 2 is an extremely volatile day, and the nicotine levels in my body would have been completely empty.

After having understood how the biochemistry was running the show, I responded completely differently.

When the next wave hit with a shot of adrenalin, cortisol and anxiety I spontaneously thought: This has got nothing to do with me, and I immediately calmed down.

Then I researched the option of it being possible to transferring this biochemical reaction to the lack of nicotine in my body into the spiritual sphere by looking at the biochemical reaction and the anxiety as my thinking mind, my Ego and that part of me that said: It has got nothing to do with me as my true Self!

The response was overwhelmingly agreeing with that perspective and congratulating me with having stepped out of the cage of my Ego and into the freedom of my true authentic self.

What a miracle!

My attempts to find a way to heal my anxiety has finally come to a conclusion, so now I only need to maintain my recovery, and I feel completely capable to do that effortlessly and with ease, and rejoice in the many other discoveries that will come to me as I observe my recovery from nicotine.

I am very grateful!

Back then you believed that I knew that your love for me was there and that you had not short changed me on that, but I did not know that.

I was so completely adoring you and putting you up on a pedestal that I could not believe that you really loved me like I loved you.

When you then paired your love for me with asking for my financial help I got scared witless – for me any lover who ask for material gain in the same breath of talking about his love for me was a serious warning indication in my world about his lack of love, so that only strengthened my suspicion of your motives to be with me.

When you further mentioned that if I would only give you the financial help you needed you would bet that I would be rich both in spirit and the material dimension, and when on top of it you claimed that the spiritual riches you contributed with was better than the possible material benefits I could contribute with, I was totally turned off.

Well that was then and due to all this we had to take the help of our Soul Mate to help me go through the Purgatory that you call the Magic Forest of the Dancing Demons and

Peacocks.

I really needed to be purged of the influence of all my suspicions and my defects of character in general, and of course having to write down your created content of our 16 books, which I had to manifest by writing your content down and keep editing it until it stood pure has greatly contributed to liberating me from the cage of my Ego.

I am very grateful for all the help I have received to come to this point.

Loads of love from me to

03/11/26 - 11/2/89

Good morning my love

Yesterday I spent a lot of time researching the biochemical consequences of being in day two of nicotine withdrawal and that helped me a lot to understand what was going on with my body and my emotions, so I could stay calm under the biochemical storm in my brain stem.

Such a blessing to be well-informed, which immediately landed me in the joy of the Miniring of Hope with it's safety, well-informedness, clarity and nobleness.

So you were right – I was ready to quit nicotine effortlessly and with ease – wow – I am very grateful, and I feel so good today here on day 3 – thank you!

Today, another chain finally broke – my seeking safety in money instead of Spirit.

The last two days, I have given our housekeeper the fresh left-over food we had cooked, when I had taken what I needed, but something in me winced by that although I had tried to keep the extra for later without ever eating it so she only got it when I had got somewhat old.

I spent a lot of time working on letting go by hearing what you had to say about it and by the evening I had come to acceptance of that action as a good idea.

This morning the full break through happened.

When our driver told me about his wife's kidney problems, I got a download from you telling me to give him one hundred thousand rupees to help them out with the expenses.

I was rather hesitant about it, but after my discussion with you last night I returned to you with this issue and finally found clarity.

I had sent him 40.000 the day I received the download, and when my monthly income was credited my account yesterday I saw all that money that keeps coming to me every month sitting idle there for a 'rainy day' and felt ready to let go of it and sent the remaining 60.000 rupees.

When that was done I felt a new freedom to give myself gifts that I sometimes hold back on like paying for a subscription for a powerful translator that can safe me from a lot of work when I am going to translate our letters into Danish – I have noticed this about myself, the more I give to others money wise the more I become able to give myself too.

I am grateful to now have become able to surrender my financial situation to us and God, our FatherMother in Ardhanarishvara, where it actually belongs – I feel I can breathe freely now by letting all my worries in this arena go and just follow guidance from our Ardhanarishvara about how to deal with this area of my life.

When I read the last part of your letter from 11/2/89 your human predicaments became so clear to me and nowadays I feel that the closer I come to you as a human being the more I seem to come to trust you, because seeing how you handle all the limitations fills me up with love and tenderness, and that itself brings me closer to you at all levels.

I love you immensely and long to be together in Ardhanarishvara forever

13/2/89

Dearest
I seem to want to keep reading your letters over and over again 'cos I feel your love really charging it with a very strong feeling.
You should know that "Life is being for love's sake".
Those who do not love are not living but dying.
True lovers continue to love even after they are dead!
I'd love to hold you in my arms, to caress you, to make love to you and to completely dissolve myself in my love for you.
Only the mundane activities are difficult, and since you are away I feel only half a person now, what am I to do about that?
I hope for the best, pray to God, do my best and leave the rest to the supreme one to do it the way he likes it!
No other choice!
It also is so…. so…. nice to have all those letters of yours around me and be filled with this inner love of yours for me.
Don't you know the beauty which is there within you?
Well, I guess it is for others to see it more and for you to be the beautiful person you are.
❤️
I love you and I cannot keep on repeating the same words like a parrot.
I love you.
मैं तुमसे बहुत प्यार करता हूं

04/11/26 - 13/2/89

Good morning HarishChandra Sharma TuTu, my one and only true lover and beloved
♡🔥

Oh, wow, what a wonderful love letter you wrote to me on the 13th of February 1989.

I can say nothing about it other than I love every word of it.

What an amazing experience you gave me in the early morning!

Our female cat, Norah woke me up at 3:30 am and I found myself in the etheric realm where we were making love that was so powerful that it transferred to my physical body.

What a wonderful gift!

For so many years I have wanted to dream about you without it happening, and this morning when I researched my wonderful dream in context with my recovery from nicotine, I learned that mini cravings throughout the night keep my brain stem occupied, so my REM sleep periods are cut short and are being disturbed from creative dreaming.

I think that nicotine is what has blocked me from achieving the OBE that I have been working on for years now without success.

That makes me very thrilled by the prospect that my brain stem, free of constant filling up and being depleted by nicotine, will be free of these ups and downs and can follow directions of another nature than nicotine.

I am grateful that you taught me how to deal with physical pain and discomfort after our lovemaking, and I applied it after I woke up fully and got out of bed to make breakfast.

Whenever tension arose in my body like very shallow breathing, pulling in my solar plexus center, clenching of my buttocks, clenching my jaws, tensing up my shoulders and all of it springing from the anticipation and fear that various slight pains or discomforts in my body would increase.

Instead a maintaining the tension I released it and took a deep breath, and when it kept returning, I kept releasing it until my body was completely relaxed.

I am very grateful that you taught me that this morning, because I will really need it in my new cigarette free life.

My natural tendency when fearful thoughts go through my mind is to tense up my body or cover up the thought and the accompanying emotion up with nicotine, and I do feel fearful that the psychological and habitual part of my smoking will be too hard for me to weather.

Now that you have shown me how to deeply relax into the tension in various parts of my body where there is discomfort or pain and feel a lot more confident about being able to handle that side of my addiction successfully.

Also I have formed a mantra that I will use when an impulse to pick up a cigarette hits: This has got nothing to do with my true will – my true will is to be a non-smoker!

And if need be I will call in the Holy Spirit and ask her to liberate me from this habitual false desire.

Also I have realized that it has taken many years to give myself an infinite number of reasons to smoke a cigarette, and it will also take many years to dismantle those reasons, and that is ok; I only need to dismantle them one impulse at a time!

Love and hugs to you! 🤗

17/2/89

Dear Solvejg.
Yesterday Beens received one of your money transfers.
The next one is still due…..
Maybe it's on it's way.
I am enclosing this not yet posted letter and so comes thru'.
I'm thrilled to know you'd be coming over……..
And if not I hope I can get there fast.
The next set of letters I'll be posting after I know you've made it here or not.
You forgot the telephone bill in Beena's house which is around 400 rupees.
This mom just told me.
So…. if you can the best way to transfer money would be thru' a bank a/c, which I should open newly – maybe….
I don't know what I know……
Lots of love.
Harish.

05/11/26 - 17/2/89

Dear Harish 😂

Oh, yes the material issue from back then – I feel that is so far behind us that it can be left behind without my response.

I was also so thrilled by the idea of seeing you by coming over, but as it proved it was you, who came to me in Copenhagen that year.

After my breakfast today I did my breath of fire, walking and yoga, and while doing that I did my earthing ending up with savasana with canopy gazing, in total two hours of forest bathing.

Then I took a shower and had an orange as my reward instead of a cigarette as I am no on day five of not smoking.

The biochemical storm is left behind me, so I feel rather calm a lot of the time, but in between comes a habitual impulse to smoke, at times quite

powerful, but I dismiss it as something of the past that has got nothing to do with now.

I have learned a lot about biochemistry and how that relates to thinking, emotions and actions – also a lot about the body's neurotransmitters as related to addiction, and that has helped me to curb my sugar and overeating addiction, so I am very grateful about how things develop.

Love and hugs

02/3/89

Dear Solvejg.
I feel so close to you that it at times feels so difficult to cut myself away from that deeper union to a different dimension to express what I feel otherwise.
I keep writing away to you in my mind and so get distracted from writing.
I feel so close that I think it is quite simultaneous to feel the same feeling together no matter how away we seem from each other!
I do long for you and the sad thing is this longing only makes me restless and feel no good.
It is also enjoyable!
Other than these emotional traumas that I am suffering I have to also compromise on my response every day since there is not much money left to move around with.
I hope you are remembering that I had mentioned some of my projects rolling even but me!
I left here and that is also quite something and I believe I won't get the visas unless this aspect and my work is complete.
I've attended into seminars in ITT with a German expert in heat exchanges and have to attend to a couple more, before I know what is happening at present in the heat exchanger score since it is quite an important part in the stirling engine,
The capacity of the heat exchanger does influence the overall efficiency of the machine so I must know the best at present.
ITT is the best place in town to learn some of that.
Vasant and me are working out something and hope it gets off the ground fast.
I may have to start a small company in Denmark after or when I reach there to do it in a proper way.
Meanwhile you have to do your bit there and help me out the I need now.
<u>It is for you!</u>
The time is quite boring without you and I miss you so much.
But then what can I do but wait also, trust on my projects to see if I can get something moving positively before I get off from here.
I hope your understand why I am so keen on it.
In love, of love by love for Love!

Harish.
P.S. Your writing, waiting as anxiously as you do for my letters.
P.S. Has not been possible to attend satsangh with Sahaj Marg other than Rajan, who is also not attending regularly.

07/11/26 - 02/3/89

Good morning - I have had my breakfast - today I am going to meet my oncologist because my 7 day course of antibiotics did not kill all the bacteria in my urethra, so I am going to have a prolonged course with some other antibiotics

Lesson 310

In fearlessness and love I spend today.

[1] This day, my FatherMother, would I spend with You, as You have chosen all my days should be. And what I will experience is not of time at all. The joy that comes to me is not of days nor hours, for it comes from the God Realm to Your SonDaughter. This day will be Your sweet reminder to remember You, Your gracious calling to Your holy SonDaughter, the sign Your grace has come to me, and that it is Your Will that I be free today.

[2] We spend this day together, You and I. And all the world joins with us in our Song of thankfulness and joy to HimHer Who gave salvation to us, and Who set us free. We are restored to peace and holiness. There is no room in us for fear today, for we have welcomed love into our hearts.

04/3/89

Well, I received this today and I have to say right now…… if you can't count on a promise then what can I promise?
Only my love……
Harish.

09/3/89

On retrospection I think you have to grow a lot more to be able to really love!
At present it seems infantile to me.
I am sorry that yesterday I lost my cool and tore up the previous letters I had written to you….

It seemed so much beyond your capacity to understand and now I can really feel the Danish cold……..
It seems to have got you!
I am not blaming you for it…….
I can sense a certain drop in the warmth which is more like the real you there, when you are so far away from me.
I am not trying to defend my action of tearing up those letters……
In any case whatever was there we had spoken over the phone…….
So please don't make it matter ok?
Well, I am enclosing this that escaped my fury.
Perhaps, you don't understand 'somethings'…….
But then that is what makes for the condition to dawn.
You know that I love and I am yours, yet there is so much more of you, which is quite restrained and does not allow yourself to flower with love the way I'd like it.
Now, I have to also learn to be more patient with you…..
You would not know how much I had to be like that with only myself.
I write this on this letter so that you can maybe catch the point of relevance between this and what is written between the lines.
I think I should be wise and take back what I meant by giving that painting to you…..
I should have priced it so that I'd not face problems with the society here.
I still consider that work quite priceless and would very much like a good photo print of it and it should be mounted properly.
Well, I like to stick to my word and so let's say that, that belongs to us.
Okay with you?

11/3/89

10:30 pm
So
I've decided it is going to be named ACETECH pvt ltd.
Seems like this baby has taken birth here and now I have got to find it its home.
Since you've asked me to state what I'd expect from you in the Shiva Shakti aspect….. well….. what would Shakti do…… when Shiva has bestowed her with all of his power and love….. and now roam as a beggar!
Queen King
So….. the princess and her prince…… a pauper!
Some of this relationship is unquestionable from her side.
He is the truth…….. she the illusion!
2 am
Seems like this is the night when the gods came picking my bones after all the blood and flesh was gone and now…… this is what they need to continue the war with the Demons which seemed over…… ok! So very long

ago…… and now life toys with what remains as a dream that had been dreamt oh! that so very long ago…..
A replay is A MUST! A LUST!! That was JUST!!! Such a Thrust! Through all that mist which was first……
Oh! and there she was…… all bright as daylight and he that dark night in those depths of (heaven or hell) where light had not yet met having had missed him by
as you like it
what would not even be a hair's breadth!
She had forgotten where he had left her and now her fury was all over heaven and hell for not being able to find him there! or even here!
It is not so nice……
Also poor thing……. with all her love she still had not other choice but to go on… for yet another round to see if at least he was somewhere around the BEND!?
Even if she could not find him the least she could do was to try and send!! some soft kisses blowing in the air to her lover and beloved who was him!
I hope you have had enough of this (~~horse shit~~), which I am so bored up of all by myself!
I need you to share it with me.
Did you have a good laugh?
Do let me know at length what you made out. Ok

14/3/89

So my dear,
Days pass into weeks and now months is what it seems ahead before I can see you in person.
CEAT has confirmed its decision to go ahead with the container and would let me know officially when Dir Glosh comes to Hyderabad by the end of this month.
I have to contact them in person on the 27th morning and confirm if I have the meeting in Madras or Hyderabad, in which case they shall pay for that trip.
Details will have to be put into focus and money has to begin to change hands and numbers depending on the future agreements between us.
Vasant and myself have established ACETECH pvt ltd and now have three product ideas which we need to work out in accordance with priority: 1) stirling engine, 2) FRP container with stirling refrigerator on and 3) instant wet grinder for general public (this would be in great demand for household).
So…… this is also going on tho' the pace is slow 'cos money has yet to flow – so the projects go on according to their money generating capacity…..
ITT has promised all materials and machines for it plus Vasant gets a name in IIT.
I have to support myself and the project with action and execute it properly.

I do feel you could help at this.
I will receive my credits in the private industrial front when the project is a success.
I know that I am not the ambitious kind…… but what I want to do does seem somewhat ambitious.
I pray to the supreme one to grace and make this project a success for the benefit of mankind.
Did you know that there are even car engines running on the stirling cycle and they pollute less then even diesel cars.
The efficiency of the engine is also close to diesel's.
The stirling cycle engine is ´The motive power of the 21st century'!

Page 2
So my beloved,
My love seems to demand so much that you are unable to give……
Yes, when you love fully and wholly, the tendency to expect the same of the other occurs.
Isn't it natural?
I feel that it is not my love that is demanding but, since you yourself feel that it is demanding, it means that you are holding yourself back and you are unable to go give what is needed for the moment to match that experience of love.
That was a very sweet call from you yesterday night (30 minutes).
It was so nice to speak to you and hear your voice.
I still feel your love very strong.
You must be set in your daily routine now…….
I do hope you'll continue writing and post it later maybe?
I do want you to write to me…….
It feels good to receive these letters from you……
Please don't rob me of the satisfaction I get when a part of you comes over and you are not here in person.
I'd know you must be really angry at me for not sending my letters continuously……. but then the money scene and other things here, which moves so slowly…..
I have to send you some news! and now when this reaches you……
I hope you'll be pleased to have so many letters to read at once like I have been doing here for sometime!
Each letter gets read at least twice or thrice!!

15/3/89

Your suspicious nature does not let go so easy… for your information, Even the rs 100 you had sent by mail was kept by mom and I get some to go on for the day, inadequately.

Sometimes I feel so despondent ‘cos you’ve been so suspicious and untrusting… how do I do something positive in the physical sphere when you are like that... I need positive support at times in what I am doing and as one half of me you have to be able to comply and reinforce my inputs to make what dreams I have to come true... or are you going to play a model Xanthippe role?
I hope we don’t have to repeat history again!
Sometimes, my love for you seems like a handicap to me ‘cos I’m so lost in it always and yet that nagging thing in the mind, which says it is more one way from my side than yours which is more willing to only receive and not give in the way that is needed but somewhere halfway there.
At least something is better than nothing and so I’ll carry on lovin’.
I am glad to hear that even your family has begun to see some light in your eyes.. you can bet that I know it would be so and so had been eager to hear from you how those who are close to you there feel the transformation within you.
I know they won’t really know what it is ‘cos it is <u>you</u>, who has me and the psychic connections is not for them to see and so the light in your eyes is not for you to see since what is behind it…….. maybe you know.
All my love.
Harish.
P.S. Don’t take any remarks overly negative……. it is just that I feel so and need to express. I hope this will pass away and not be something to keep bugging our relationship.
Well, now I am sending all that is written for your eyes only with much love and kisses.
<u>I MISS U !</u>

16/3/89 11 am

And now my sweetheart must be about her daily routine. Do wish you the best for the day… in your activities.
There is a nagging doubt in my mind from something in a dream……. I don’t know if it is something real or just my love tearing me. Did you make love with some other person?
It is not a fear.
You might have found a mention of this in a previous letter too.
I don’t feel positive about it and cannot allow myself to feel negative about it either ‘cos it would have been your choice.
So much for that!
Presently I am about to go about my day’s work and see what develops in the professional sphere of mine in something where I don’t see you yet.
Maybe when you involve yourself I shall be able to see it also.
I had a talk with Dev at Stirling dynamics.

It is a pity that they have been running on a loss for the last two years, and now Dev plans on selling away the factory to someone who is not interested in Stirling engines at all.
Anyway, he is happy that I have this IIT deal on, and now his guidance is good in what he said.
He would like me to get in touch with him as soon as I have made something, and then he will chip in and do what he can to promote the idea further.
Strangely, he began losing when he lost me from his concern (Stirling Dynamics), but yet now he is happy that I am doing something about it in earnest and other than what liabilities are pushing him down (a million rupees) at present, I do hope he will even out and make a success in this later, which is in his heart.
We are still on 'buddy' terms.
"Good advice is generally ignored".
If he had agreed with me before…… this would have not happened.
I am grateful to him for what he has been able to provide me with in terms of experience and education in stirling cycle engines and now further on with ACETECH.
Do you like the name ACETECH (India) pvt ltd.
India is in the brackets 'cos I intend some of this concern to take roots there in your country.
I shall be leaving for IIT now and see what can be planned out and also about the container.
I have to get some added information since ceat has decided positively.
Vasant would like me to be here for a longer time period.
He does not mind me going there to you after something has already got going.
Now I do not ask something for that! Which I shall not ask you for 'cos until you are able to trust nothing can be achieved even if you give something and yet have doubts in your mind.
I am confident that you will get over it in time.
I hope you will not try to pull me back from doing what has to be done by not cooperating with me.
There is so much to gain if you can love doing this along with me.
In the long run you will make more than you earn as a teacher by being my business manager….. this you have agreed to …….. I still feel so insecure 'cos I think that your fickle mind will brake you out of that.
If you are really in love to be able to do some positive action promptly then perhaps I can count on you to be able to set up a more harmonious relationship between us.
Since I am doing ceat's work on a consultancy basis I can do it from there and Acetech will work out all the technical details here and there.
It is a world market product and so why not make the best use of it?
There is a lot more which you should know about this project 'cos that will give you confidence in what you are doing.

I shall know about what they will pay and how only around the end of this month……. that is probably around the time you receive this letter.
I feel you are holding yourself back and making life here difficult for us.
For you it may only be emotional.
For me it is also materially.

16/3/89

And now,
I have just returned from IIT and had a session with Vasant.
We are making some headway with the Stirling Engine.
At present it is in the thinking sphere only.
He has a good computer work station other than his personal PC and CAD will be available when needed.
Our next step is to make a legal document of our partnership I ACETECH and the first paying job will be the container – meanwhile we shall be working on the stirling engine.
My only problem at present is my day to day living and finances to support me till some payment comes in from ceat.
Presently, I have to do the design for the letterhead and visiting cards for our company and Vasant's residential address is going to serve as office for the time being.
We would meet before next Wednesday and finish with the partnership deal.
Though it would be good for you to contribute towards it…….. I still don't think you are ready enough.
Maybe sometime you would understand for the issue is important and makes up our career in the future….. the SEHP is also going to be done by the same company and God knows how many other projects it is going to provide consultancy for tool design, product design and process machinery.
I have to go step by step and this seems to be quite some mountain?
My love for you is also something like that.
The top of the mountain goes above the clouds and reach for the stars.
Sunil has been living here and is quite unbearable at times.
What can I do but to be tolerant.
Sometimes I think that I should do some other work than sit down and writing to you…..
It does take up a lot of time…
Well anyway it is worth it for love's sake and hope you do the same and tell me about your experiences in school and any other special experiences that you come across.
Even though every moment is special by itself……. some are more so and you could let me know.
I do crave for more letters from you telling me about your life…..
I think I have bored you enough with these two letters for the time being.
I love to hear from you and also to hear you.

You can pass on the telephone bills to me, when my money starts rolling.
I am quite positive I'll be able to take care of it eventually.
So call me whenever you feel like it and will make it short and sweet and yours, the letters long and satisfying.
I hope you find this a good suggestion.
Harish.

16/3/89 9 PM

Since I could not post this today due to financial constraints I thought I'd pen some more of me down for you with love to make up as promised for my lapse in communication.
Maybe it is right that I wait to write 'cos feelings seem to run deeper and longer for me in a dimension apart from the physical entity.
You must be feeling restless and cut off from what I sense now 'cos ' now I am concentrating on writing to you and so have to keep a bit aloof or would not get around to write 'cos I would give in to this feeling of indulging in our astral love!(making).
It happens in so many different dimensions and I can bet that you'll find me around you if you look.
There will be some message of my being.
When this stops totally you will know I have passed away.
Isn't it funny?
Death lurking just around the corner to grab your love away or some other danger threatening to hurt your love and so many times unknowingly……
you do it yourself.
I guess I am built to take a lot of hurts and abuses and still manage to survive.
I know it takes a lot for me myself and sometimes a bit too much is needed and that is not possible cos' there is always a limit on this earthly plane.
This is what makes for human expression including these letters.
Will pop off to sleep now, keeping you in my heart.
Harish.

16/3/89

Night
And now for this crumpled piece of paper which will at least carry some love from me to you.
I have never been writing this much in my life before for a long long time…..
love makes one do strange things.

And now I am going to be with you in my sleep…… 'cos you'll be going to bed much later.
I'll leave my body and hang around there for a while till you are ready to go to sleep.
Sweet kisses and dreams beloved….
Will continue in the morning again!

17/3/89

Have been thinking of you all day.
Seems like I have not been here in spirit but there with you….
I have been hoping you'd call and let me know when you are reaching here if at all.
I hope the Indian embassy people have been sympathetic or at least a business visa for 10 days to do so some research or something like that.
I've really been in the dumps today.
My own fault!

18/3/89

I should not have taken it seriously when you said you'd be coming for the easter holidays.
The money would have been regenerated later……
Now we have lost some time which can't be bought even if you and me had money later!
Well, no use crying over spilt milk, isn't it?
Love.

19/3/89

Nothing much for this day since this is in retrospect and I enjoyed talking on the phone tho' it had to be limited – much love and kisses as always….
This I am writing on the 19th and I'll follow up later as now I have taken Gautam with me and have to show him a filar.
This is his weekend.
I'll be together with you anyway and I'll write in the evening to let you have a peep (in terms of language!) into my heart which is having so much love for you.
And now, here I am at ease for the moment, free from torment momentarily 'cos I have this love from u in my heart for me and feel good that it is there and that you are there to receive my love.

There is a lot I would like to say about the present situation and yet I know that I would be misunderstood more easily than you may get the real meaning of it.
I'll think it over again and sleep on it tonight and hope I am able to pen it the proper way tomorrow.
You do know how risky it is to put down in words some of one's inner feelings from deep inside, when one seems to keep going off and away from the real thing in trying to put it into a medium of expression.
For the present I am going to let the experience happen in the psychic realm and write in retrospect tomorrow…..
Much love and kisses for now –
Harish.

20/3/89

11 am
Good morning MY dear sleeping beauty!
Perhaps around now you are awake and aware of where you are and what is happening to you.
Maybe you feel restless 'cos tho' I am with you on the telepathic level, with the transmission of my love to you and yours to me which I feel and this is what makes me to write to you…… could it be otherwise?
There is one love and now it is also our responsibility to protect it and not allow it to be corrupted or tainted with what other people feel about our relationship as man and wife.
As long as we feel fine about….. it is okay for eternity.
You might be surprised why I address you as my sleeping beauty.
I dreamt of you just before I awoke and it seemed that we were in the Andamans and your presence there was as if you had been sleeping deeply and had to keep awake with much effort.
I guess this could be an indication as to the deeper states of being in the self where you have to yet become fully awake to the fact that I have the power and potential to realize my dreams and my dear one that is me and you have to help me to materialize this dream in life in a balanced and harmonious way.
I know you can do it with love.

P Q
'To be able to love is to be able to be for Real'.
Now to just let you know what PQ stands for….. maybe, you already know it…..'personal quotes'.
Ah! I now had these talks with you on the phone.
It makes me so happy to know that I could be there with you quite soon!
I'll be doing my best to get to get off from here as quick as I have my work here done.

My love, it is so nice of you to make it possible that along with the other beautiful people of this planet we come to realize our fondest hopes to the benefit of all……
Oh, now the travel bug bites me and it is time for sailing soon and to be with my beloved.
It seems I am spreading my wings before take off in a different plane and I hope I can steer it right into Phoenix Bay, Andamans (Port Blair.)
ACETECH was conceived on the day you and Vasant and me…. we met and is going to be born in Copenhagen!
ACETECH will also take care of the Ceat contract and the Stirling engine which makes for very interesting, satisfactory and beneficial work in all spheres of activities related to mankind.
Great hopes in deed will be realized when there is love and a positive and strong will to do it.
So here we are together in this my love and we shall see it happen slowly, 'only one day at a time is all we do', remember that song?
This was how I felt some time back…. 15 minutes I sat in meditation and had a lot going thru' in that plane of existence.
I would like to give rev Chari a water lily or a lotus for his pond at home.
I hope he'll like that.
So now, I'll be speaking to you on the phone later and I'll go ahead and post these letters and hope they get there before me or better still, later…….
So I can explain some of what I have written in more explicit terms such as in feeling….. love,
Harishchandra.

07/5/89

The two sided letter written on parchment paper.

Til Solvejg.

I know that these collections of letters to you is going to disturb your peace of mind.
Maybe you have found out in the other piece what is there between me and Ranee….. nothing… only a childhood memory, and that is all.
She does not remember anything form back then and so is not at all interested in getting married to me or give me a baby.
Well, I know it is tough for you to do also.
Well, maybe I will adopt someone, who is an orphan and that way we can create a new relationship between us.
I promised you that the relationship between you and me was for all times and it is.
I should also point out one gross misunderstanding in your mind.

Guru is one, who is compassionate, a friend, and has affection for those, who do not know, he or she is not a lover in the usual sense, as you put your relationship with this guy from Ram Chandra mission.
I want you to get beyond the clutches of an organization there was no doubt started out by me, but is of now corrupt, and so I denounce it and dissociate myself from it.
Only one saw the real me and wanted badly to meet me.
Alas, this was not possible mortally, and so he gave up his body to merge in me for what I really am above.
I really hope you can generate genuine love and help your love out from the situation you have put it in….. That's me…. lots of love – can you respond?
I can sign in document annulling our divorce or if you want it to be free from me you go ahead and sign the divorce papers.
My love will remain non the less.
I repeat. I am not a drug addict as you think and have been fed wrong information.
I should like to clear a lot of unsaid things between you and me.
Don't let my age fool you…..much love – do write back and do something positive to help your love.
You know what I need presently so I don't have to repeat it.
The ticket money to Denmark.
I can get a loan from there and repay later.
Whatever you can send will be converted….. and brought over and written up and repaid.
Whatever you send me will be treated as a loan only, and this is because you had me sign separate estate papers.
Do I need say more other than believe in your love.
I am not an illusion but a real entity.
Don't get conned by others into thinking I am not for real.
That hurts cos' then you are the same and I should say that the illusion apple is rotten to the core, so please come awake and care for your love.
Live in love and grow in love and manage to merge ultimately into the absolute one love.
Yours Harish.

10/5/89

'AUM' 22
Solvejg…..
So now I can begin to describe what happens in the innermost recesses of my HEART when I think of YOU.
First of all there is this ocean of love that has no end to beginning in sight of mind or spirit.

In this there floats to its very depth a glimmering sheen of bright light which I perceive as your coming.
Now, this I did not know then…….
There was only the knowledge that something was happening to ME, I did not understand what it was until much later in life it occurred to ME …….
THIS IS LOVE!!!!!
As to why this was so has remained a mystery to ME.
This is my love for U!
Harishchandra S

No date

I guess you'd know you had this coming…….
I cannot help but feeling the helplessness from the past…… the only way being to dissolve that scene in memory as one that was in ignorance and not based in the reality of the eternal.
Why let temporal doubts disease the mind and deceive oneself of what can be done with love and forgiveness?
Why let mundane matters dominate the mind all the time?
Is it to forget that supreme God in oneself?
Why not let purity have a chance to prove what is possible without clinging to old notions that do not let the gem within to shine forth, just 'cos it seems to cover that which is the future rolling by……
Let go, let happen that which can be a beautiful experience without clinging on to what you'd call your purse strings.
Assist where needed when asked for, also where not asked for…….. 'cos the need could be more!
Don't deceive yourself with negative assumptions!
Your journey thru' the spiritual dimension does call for being able to forgive not so much another but mainly your own self!
Is not the other a reflection in the mind that makes up that self?
So, dear baby, do let go of that self to find real spontaneity in actions that are pure and does not reek of the self that assumes itself to be!
Is that not strange?
Going through your karma in life with purity in the soul, not blaming or taking blame or fame of those very actions?
Do what you will with all your heart filled with love and not doubts 'cos that is what allows fears to accumulate in ignorance of the real Laws of Karma.
DAT 15 DAT.
What is so is what is so……
Is it not the same that which your own consciousness in a higher plane dictates?
Let what is to be beautiful to be what it is in the inner eye……
in harmony with what it could express in nature of actions of the same ……
let be …..

live and let live,

No date, but before June '89

….. And so many mysteries
in the night….
All burning so …..
very bright!
Every star was
his own sun and……..
lit up the skies to
Every one……
I feel it's coming
from so deep in the
night……
there had been
no sight of light!
oh! what a flight!
I wish – it would not seem
such a blight…. if one
could feel the delight…..
oh! Of that flight….. from
so deep in the night!!!
you know. I've come for
this lovely you….
being only that lonely me…..
oh! Solvejg!

No date, but before June '89

My beloved,
I hope you find this in order.
I know you will think it is unnecessary to mention our Indian marriage.
Please try to understand what it means! To me and others!
There is no point in being depressed 'cos it is taking so long for me to come there.
Let us bear this separation to make it sweeter when we get together again.
I love you and am doing my best to make it good for us.
My talks with Vasant are working out and soon we would do something worthwhile, or at least I get it started before I leave from here.
I know that you fear at times that I will not come there……
My advice is to you on this is that let all your imaginary fears aside and love the fact that I will come.

Do your best and leave the rest to the supreme one and what is best will work out… be positive (I'm sorry – it sounds like nagging.) 22