

23-10-2020, 19:45 Nadine to Azar

Azar,

i arrived home. I thought i would find some inspiration to continue the process further. I spent one year with you in huge resistance, it overwhelmed me so much that my whole body, whole system is dead already. It died. I died the moment i could not make it to burst through the suffocating energies which were imprisoning me all my life. I cannot make it through the energies in me, they are heavier than anything that exists...

i cannot seem to process the loss of you, the love and the possibility of you that met me in my life, that i experienced so hugely, so real in me, as me, ... in my meeting with you, somehow inside me, which met my consciousness, and led me all those years, every step i followed - was guided by you,... and i experienced a different life, different reality, something i didn't know before. And i lived it so fully, so 100% as if nothing else existed, or mattered to me...all my life was dedicated to that... and it was full of potential, full of life, full of you... everything else beside this had no meaning to me any more, no power any more. It was something i trusted so fully, so 100%, so radically - ... i knew you, Azar, i knew you... i belonged to you... you were all to me ...

Azar, the love i felt for you ... was more than i can ever describe ... was more than any words can ever encompass...

i can never "say it" to the world, this love that i feel for Man. i can never show it, live it here. I feel so extremely sorry for that, Azar, i am so sorry...

i don't recognize it here on earth, when i don't feel with you. It is a strange world, without any life, and without this love for you here i cannot live... anything of the Heart i try to manifest here does not "fit", anything i say which, if i would be with you, would be True - now those same words are not true any more, when i say them, they are dead... i cannot bear this pain, which i feel then, this deadness.

I cannot live here on earth without you, i cannot bear the loss of you... it is an unbearable pain. I don't know how to live.

you seem to exist only in my inner world, and not in my energy. I am totally lost.

i cannot bear that i don't feel you in me. it is much too huge to bear...

i feel so much of the energies that contradict you in me, around me, so much of this resistance, so much of this painful denials...of lies... i feel it all. And i feel my hopelessness to do anything with it. To stand against it, to stand in it...or fight it, or just feel it...i don't know, i don't know what to do with it all. With this fact that i can't seem to be able to be with you, that i refused you, said no to you, and stayed stubbornly in that half-hidden resistance to you, already for so long and now it is manifesting also realistically - all the more strongly since i came home. I chose to live my life in resistance to you, all the time i am giving a preference to this... instead of staying truthful to you. I am choosing the resistant energies instead. I am choosing unconsciousness.

the stuck pain is so huge in me, that through it i cannot love...

and i cannot express anything either. i am in a situation which is beyond me...

i am likely to take my life, tomorrow or in the coming days, for i feel i cannot stay and live like this. It is too huge, too painful, i cannot stand this pain. This loss. This no-you in my life. I cannot simply. Despite seeing and feeling the love around me, my mother's love for instance, she loves me very much. And i love her too...But i cannot feel fully any of this love, for there is always something in between, pressing, huge pain-pressure on my chest, all the time, and through it i cannot feel love. i feel extremely bad - and i hate myself for this - that i indeed want to take my life - in the face of my mother, who loves me, in the face of love itself...

despite all this love around me i cannot seem to "join" in it, to be in it too, i just cannot...too

much pain is in me, stored, unexpressed, unmanifested. An extreme lot. Too much. And i don't know what to do with all this...without Man...
i am just an "observer" of all this love, all this love surrounds me and i refuse to take it in, to participate...
as if it had nothing to do with me. I feel extremely stupid, to be honest... extremely stubborn
... shit.

i cannot live such a life.

19:52

life full of lies and denials and unclarities, of not being able to express myself, of longing for a man and never being able to get him, of feeling totally stupid and childish in it, while at the same time this whole thing being totally serious, nothing in me is separated from it... and i can't stand being at home here, i can't stand the humiliation of not being capable of anything, of being totally unconscious, of feeling totally dependent and lost...while at the same time refusing to accept any help, to open up, to love, to life... i feel so full of conflicts... the contrasts of how i was with you and how i am without you now. The contrast of consciousness and unconsciousness. Totally extreme. Humiliating... i don't know what to do with myself and showing myself to man like this is not an option... this humiliation takes me away from him.

23-10-2020, 23:17 Azar to Nadine

Nadine,

Thanks for sharing your state of the moment, and in general. Firstly, regarding taking your life, let's take it easy. Feeling bad or extremely bad and seeing no way out, no prospect for improvement, is in itself no reason to take your life - although on feeling level i can understand you. Even if you'd be for 100 % sure that things will never improve a single bit, or even only get worse - in fact, you cannot know this, and nobody knows - then at least you could 'give yourself to the whole', so to speak. I mean, you're a human and every human, also humans who are in a truly bad state, can be of service to humanity - if only by sharing honestly what happens in them, how they feel and seem to be, their truth even if this seems to be compromised. In the end you don't live for yourself. If this were so, if you'd only live for yourself, then there seems to be something to it, to take one's life in case there's not any prospect of feeling better than shitter than shit. Even if you can only feel that you live for yourself, then this is your gift, to bear witness in this and to share this. The pain of humanity needs to be shared. Some people need to do this. Instead of joining the rat-race to become happy, they have another function - perhaps a more valuable one in the end. You may not have been born to be able to make compromises with your heart, indeed, but to share the painfulness of an unfulfilled or non-manifested heart - so recognizable by so many including many who seem to have 'made it'. It is not impossible that the full acceptance of the pain, of the inner contradiction, of what cannot be accepted, of the resistance against your own will, you could say, leads to something that you can't imagine now. Although it's always tricky to

give myself as example, yet i didn't go for nothing into Woman and consciously Feel her from inside (which made me very *human*): the pain i have associated with at the time - and that to some may have seemed like a personal pain - is now something that has turned, transcended into a state of heart that has the potential to Touch people in their heart. Going deeply into Pain is not only a drama, it is part of our human nature. Sometimes, if people cannot find their way in normal life, this means they need to do/feel/allow something on another level than the ‘normal’ ones - like for instance the meeting with human pain that i just mentioned. For some people, everything has to fail, so that they are driven in a direction that otherwise, if there had been success or a form of happiness, they would never have gone into.

You might be surprised to find out about the intimate relationship between Pain and Life. If you see Life-Force here, then i can say this is not unrelated to the allowing of Pain in my life. It's true, it's not easy to trust consciousness when every day you are confronted with its seeming limitation. Acknowledge the Dark Night of the Soul. Every drop of consciousness brings a little more light in the Dark, even when it seems unnoticeable for the darkness is so vast and thick and slow. And don't be too arrogant to already know where everything will lead to. You don't. Feel. Feel the Wall, the Resistance to breaking out. Feel the apathy. Feel the lack of - or rather the blocked - impulse. It is possible that (part of) your gift is to allow (Man's) Consciousness in a world of (Female) Unconsciousness. To be a bridge between the unbridgeable.

I'm sorry that things are so bad for you, Nadine. I fully acknowledge your bad state. It was not for nothing that one year ago - around the 'change' that you said you experienced - i said that 'things will get worse still', while for you it could hardly get worse than it already was by then. I hope at least that by sharing your state with me and my reading of it, things become a bit more liveable for now...

I go to bed. Sleep well (at least that, if the waking state is not mild on you)

Embrace with my Heart,

Azar

24-10-2020, 14:34 Nadine to Azar

Hello Azar,

thank you for your email. It made me feel better, it made me feel more at ease, as i felt more in the direction of accepting the situation. I had a really bad night, as i was already preparing myself for taking my life today. I was planning to go for a trip to a nearby nature place and not come back. Also in the morning, before i read your email, i woke up with this intention. In the night, i felt my state very clear all of a sudden. My whole head was dead, misty, deadened... like a patient in a psychiatric hospital, who has no control over him or herself anymore, who is in a huge mist in which there is no one to be found...this state i felt clearly. My head was not functioning anymore. As if i was on some mutating drug. I thought, oh god,

how am i supposed to - or how could anyone possibly - live with such a condition. I felt also quite some stress in my body. Tensions, discomforts. In the night during sleep, i had a strange experience, which i never had before. It felt like suddenly i was leaving my body. I thought for a second that i was dying. That finally, i am dying. And tomorrow my body will be found dead ... i for a moment felt the position of my body - a corpse, as it was lying, and then something in me crawled out of it, and i was somehow crawling my way out, towards my brother... it was very real. For a moment i thought - now i am a ghost, what is going to happen with me now? But somehow i am still here.

So, i am still here... it is not easy. I try my best to communicate with my family. In the morning, after reading your (and Satl's) email and feeling relief, i went into the kitchen and even felt a drop of joy, so i petted my mother and Pawel's head and we smiled. Then i went to my room and i talked with my brother, somehow more openly and with ease. I think everyone sees that i am more at ease now and so the atmosphere is more relaxed and i can express myself more energetically, and with less withdrawal.

I think it is mostly the fact that i see the inevitability of all this and so i can give myself, not really "myself" but whatever has remained of myself - or is still capable of some expressions of "life" ... i give. Whatever the combination of my consciousness and the coming - inner and outer - energies can mingle together. To give some form to something. Even if these forms are somehow confused, unguided, inconsistent...unsure in themselves.

I feel i made a huge regress in myself... like i fell into my unconscious state, which i lived before moving to England. It is painful for me, because i think... i had a chance to make my way out, to "head for the best" or the better part of myself...and then start my life (process) from there. But somehow, it feels like i failed... and i fell into what i had always been before. And now, it is being Seen. By me, but also by everyone else. By my family...they see that, even after all those years of my "progress", of working on myself, of heading for something "big", better, special...i just am still the same Nadine that was there before she moved out to England. I did not change a single bit. I am still the same heavied, unconscious Nadine that was there before. And somehow, by this Seeing, for the first time, it feels real. It feels like this is who i am.

In this state, it is difficult for me to allow or express any heart. It never feels completely true. The impulse is there, but then the energy does not feel true enough to express it. It is like it is saying to me ... you have no right to fight for this Heart. You may feel somewhere that this is true, but you didn't deserve it to say it as "your" truth. Or i can say it, but it does not feel satisfactory, it does not feel like i am really standing behind it...it feels painful. It feels like i am lying...there is guilt, shame... i think.

I just had lost all my Heart, and i became this unconsciousness. The Heart in me feels somehow dimmed, dumped...not true anymore. It is still there...but it doesn't really have a say. It is not confident enough to express itself. When i say something to or happen to be with someone in more contact with the heart...somehow there is a cramp, lack of openness...sense of fakeness...my belly is saying this is not true enough. I am not separate enough anymore it seems to be totally confident in this (any form of) heart-expression. So i am totally on my knees before everything. I am on my knees before unconsciousness, which seems to be bigger than me. Seems to be more true than me. There is nothing i can do...

I can only feel, consciously feel, how painful it is to live such a life. Life which is not free. Falling into the heart is painful. It feels very painful...it feels like everything would have to stop existing then.

So,...i don't know what more to say now. I am going to be picking apples now from the trees in the garden. There are still a lot left on the (already) leaf-barren trees outside and i thought i could make a nice apple pie from it. I am feeling still very unsure about everything, the future is one big mist... i feel like i can never get this pain out of myself. Like i will stay forever stuck. It is a very stubborn pain, it does not want to come out, because it thinks it is embarrassing to come out, or perhaps too late...

Wow, the whole thing is crazy, shit and shit and shit... i shit don't know what to do, shit is everywhere...stuckness everywhere... wow.

This love truly deserves to be called non-romantic. Thank you for letting me speak to you. Thank you Satl for your late night email.

I love you,
Nadine

4-5-2021, 2:26

Azar, i don't know what to do ... I feel the inner torment is so huge nowadays, getting worse every day... I feel i am more and more absorbed by the dark energies within me, they are encapsulating me more every day, as it feels there is less and less escape from them. They won't let me speak, do anything... I feel i am in hell, literally... But the worst is, i see how it is the pain that grew in me in your presence when i didn't burst through as i felt i should to be myself and since then the dark energies took over and this huge unfelt-unshared pain and bitterness that i could not be myself and this i-'lost'-you bitterness and a feeling like i need to revenge... It just got such a momentum in me. (And i can't express it as me...) It felt ok and safe at first but it is getting very scary now as i feel it is so tight on me, this 'hate' and stubbornness from this unfelt pain, against you... Against any possibility of any heart... And i feel it deeply inside me as a huge moving force which feels Real and against the heart... I am scared to be in this position as it does not feel like me and i am sort of drowning in the whole thing... Being shut down from everyone ... Unable to relax, unable to be with others as i constantly have this 'cork' in my heart suffocating it, making me be on the other side... And it does not feel like what i want, i just don't know how to work with it... I feel so full of guilt now that i allowed it to come this far and to affect real relationships by it...

This lack of expression is killing me. Unexpressed darkness... Is making me turn into that darkness. All the bad things that are in life... I seem to be them now. And it won't get better

2:32

And the worst is, it all feels like it has no meaning... No reason. It does not help anybody. Unless i can find my way back to the heart it feels like a waste of time. But coming back to the heart feels impossible now

5-5-2021, 10:58 Azar to Nadine

Nadine, i feel you.

I also wrote you something in return, in attachment.

Azar

Dear Nadine,

I'll meditate more on your state, together with Satlova.

Next to this, let's also say a few words. I acknowledge the hell you're in. What to say? There is no simple remedy, and not only because the hell is part of life. But true, if it is Obvious that the Light Rules over the Dark, this knowledge of the hell always being there, is no longer a substantial problem. It takes years of relentless meditating/feeling/seeing to pierce through all the dark energies that prevent one to See this clearly. It seems that you have made the first step by now. To really see beyond escape how bad the situation is. Which doesn't make you into a bad person, by the way. Or else i wouldn't have allowed you here. It's just much, yes, and all the more this seems to be so if earlier you hadn't contact with it – or at least not much consciously – if the Dark Force was slumbering in the dark and no serious attention was paid to it. Everybody is invited, sooner or later, to See the Dark (Force) within. Everybody's in the hell, without knowing much of it, if at all anything, only intuiting it somewhere somehow and that even constantly so. Only if the Hell is (thoroughly) Seen one can Go beyond it. That usually people don't take the Invitation is exactly the background reason why it is such a mess in the world - because it almost inherently means that they will project the inner darkness on the outside world, torture their environment. If one Sees-Feels the Dark within, this escape is not possible and one is forced to turn further within to, usually not without despair, try to 'do something' about the torturer inside, make it stop torturing. Again and again, the Dark within (or in fact the Light seeing this) invites you - and anyone - to give it conscious attention. It asks for and needs the Light that somewhere you carry as well, or is at least available in principle. Usually people confuse 'the Light' with feeling good, which isn't true. This is a(nother) trick of the Ego. 'The Light' is the Force of Consciousness (from Above) shining on the Dark (Earth).

Talking about thoroughly Seeing-feeling the Hell, I remember now Rose feeling angry and offended when I seemed to suggest at some point that she didn't really feel all the pain inside her. She was always, already before she met me, aware of her suffering, so she was understandably upset with me. But it is true, she didn't really enter the pain, on Conscious feeling level, to the extent that there is nothing else any more than feeling and being aware of the pain, without resistance, without escape, without hope. The first time I saw her really entering it, during a Satsang I gave in Groningen Holland – the resistance in the room (with about 15 people) to 'me', to the Heart, being huge, really: almost the first thing I did when I entered was shouting as loud as I could, from pain, and to try to create some breathable space - was the last day of our being together. Rose left – despite that on that same day she had quite enjoyed making love with me; but well, what is the attraction and pleasure of that compared to the universe of pain looming... This pain was not what she was waiting for, hoping for. She wanted to do the process on her terms, not surrender to what was being offered. She was not ready for the Real Pain here on earth (feelable in the room as resistance to the Heart), and thus not for Real Love.

There are things to do, many possible things in such a state as yours, the Dark Night of the Soul. But, basically, the most important thing is living it, living through it, no matter how long it takes, no matter how deep the low appears to be. The Force of Light seems to require from us that our hope be totally gone. If one holds on to hope, things cannot transcend. The old way, the old life, needs to be broken down to the ground. Then a new seed that has always been waiting may manage to sprout and rise to the sky. On infertile, egoic ground nothing substantial can grow. Rot comes out of rot. The way needs to be cleared for the seed. The dark energies are 'protecting' the seed from receiving light. Aggressively one cannot get the seed out, cannot force it to grow. The way-less way is to, one by one by one by one, see-feel-live all the dark energies, the guards, to be aware of them, that they are there, and to acknowledge, more and more, that they were

always there. The way of Truth is humbling and humbling and humbling again. It is the opposite of 'the American Way' - wherein the Ego does this and that and that to feel better, and pretending to its environment and to itself that it succeeds, while in fact that is ridiculous. The Ego is helpless. Well, it is powerful in fact, but only in the sense of thoroughly, professionally fucking up your life. In principle, the longer you have stayed in the egoic state during life - avoiding real contact being one of its main characteristics - the longer it takes and heavier it is to get out, to let the pain of all of it be revealed as thorough and deep and much as necessary. But i would say it honestly if i considered it impossible. I respect you and your longing to be free, free from being ruled by forces that kill life rather than create, allow or sustain it. There is especially a good chance you could go through all the dark energies if you can find somewhere in yourself - still, or again and again - the place, the consciousness that tells you that Truth is more important than Ego, Ego in you or anyone, fake life, form-life. Perhaps in the darkest moments you cannot find even that any more. This is all part of the (unfathomable Process of Consciousness) Light Guiding you deeper into the Dark to Make Itself Clear.

It is difficult to stay in Touch with the Heart, you indicate. I think the seed cannot die truly any more. But on manifest level it may feel like it indeed - and in a way, to be able to go beyond the dark, it should. If you're still able, Locate 'me' in yourself. Or otherwise be aware of the fact that you lost 'me' and feel what this does to you. In feeling this, I am still somewhere...

Difficult though it is, the less the 'student of the Heart' - if i'm allowed to say this - is distracted from feeling-seeing the dark energies, and from being aware of the misery of the self, the faster - and, possibly, the more thoroughly - the process may go, even though it is, of course, never fast enough and things need time anyway. The tendency to go away from them, must be Seen, again and again. Paradoxically, if you become sort of one with them, consciously, if all escape failed, if you are forced by Life to Relax in the dark energy, for there's nowhere to go anymore, there's an opening... Yet, don't underestimate the (power of the) un- or half-conscious fighting the dark (energies) in the dark. This (fight) must come into the Light. The Light (of Consciousness) shining on it must, in the end, be Pure, not 'contaminated' by a secret agenda, by hidden wanting. The Resistance of The Dark to Allow seriously Light (of Consciousness) into itself must be Seen, in all details and in the end in its root. The inner Fight must be unravelled. Being so stuck reveals an inner fight. If you – or anyone – manages to do completely nothing by yourself – as opposed to Allowing It to 'do' you - then in principle, one by one by one, everything, every form, will be revealed that needs to be seen and felt.

Resistance to 'me' - which is not a personal thing, as you understand - is part of what needs to be revealed. Nearly everyone on earth resists 'me'. What you describe is true, that “huge moving force within you which feels real and is against the heart”. It is no illusion. It was already there, from the beginning. As is clear by now, you - or anyone - cannot skip this and come to 'me', to the Heart, just like that. The resistance can also be called hate indeed. The way of Love is right through the hate, as long and as intense as it is there. It is the way of, sooner or later, accepting, things as they come – which is not the same as that things will always stay the same; on the contrary: in true acceptance there is space for things to get moving, things that were stuck before, and unconsciously resisted or seemingly accepted but not really. Try to see the bitterness and hate just as it is, as pure as possible. You didn't create it, you are not the owner of it. It's your guest. Welcome the guest, even when it is a bastard.

You are not against the Heart. You could say, 'you' – or, if you prefer, the situation you were in - allowed the Dark Force to take you over without resisting too much, if at all. And, of course, then it feels now like a huge resistance to the Heart, to Life Itself. But I've Seen your beauty. It could manifest at least once. I think it was after the first time we kissed and you were radiating

‘my’ Light. I told you you look really Beautiful, and so it was. And I looked beautiful too, you said. I don’t mean this in a self-centred way, to show you what a great man I am to make you look so beautiful, if you could only allow ‘me’. But, it can be an eye-opener – heart-opener – to acknowledge that having a certain man in you – or : Man – opens you to a certain depth and in a certain way, while having another man (but not only men, also women) in you has another effect. This (distinction) is part of becoming (fully) Responsible. It’s interesting anyway to look into what or who made you feel so stuck earlier in your life, and what is being revealed now. This sticking, life-blocking force needs to be assessed. This may be an Impersonal Force in the end, true, but this doesn’t mean it doesn’t manifest through concrete persons who have taken up their role in that respect. And when we submit to what comes through these people, we in turn play a similar role in passing on and radiating the same life-blocking force. We need to distinguish, distinguish and distinguish, not soothe, not be soft (or hard). What makes us suffocate in Unconsciousness, makes us suffocate. What reveals reveals, makes us more Conscious.

As for me, I am not attached to manifestation of Beauty, of your manifestation beyond yourself – or: of yourself, as you seem to call it – but I loved anyway very much to See your potential manifested shortly. It seems a nasty trick of Truth to then take it away. For it is not Ready to manifest further. First other things needs to be Seen, Felt, experienced. It is a test, to let such a rare moment of manifestation be an inspiration instead of that it only turns into bitterness and hate, for you could not hold on to it.

I’m happy I’ve seen that moment of You, with You, truly happy I’ve seen You. I felt very with You, which is no doubt a reflection of the fact that you felt with me in that moment. It seems people are less and less interested nowadays, self-obsessed as our society has become, but I am still convinced with all my Heart and Consciousness that Man and Woman Together Create (or, in humble Love, Allow) a Force that neither of them alone can in no way get close to. Manifestation of our ‘Self’, happens through Being in Relation. This Relation is exactly what takes You beyond yourself. Heaven and Earth need to be Connected. I see this all the more in regard to and say this regularly to Satlova who nowadays, as a mother, considering the current big threats that are real indeed, has the tendency to merely focus on the earthly side of the coin. But we’d lose our True Life-Force if I would allow that (too much). We’d lose our Love. We’d lose Man, and without Man this world is really lost.

Talking about Man and Woman – about Life therefore – in and around 2004 Satlova did a great, exceptional job by allowing ‘me’ to reject ‘her’ Ego – the Ego through her, in fact. She’s the only one i have met so far who could take ‘my’ shouting, to name but one aspect of the process of humiliating the ego and putting it in its proper place. This shouting is freeing if one can allow it, which is actually feelable. Already, ‘I’ reject all Ego in anyone – not as the final judgement, but as the Force of Life that shows what is killing Life. This Natural Rejection is always there if one Meets ‘me’, but it only manifests in a form if one is ready for it, if people allow me to reject it, when it is getting tired of itself, of its limitless limitation. I cannot force this, nor anything. The Mirror is Helpless as itself, though not in a pitiful way. It’s a Force, Responding to the Call Beyond the self. The Force Showing the helplessness of ‘self’.

In a next video that we’ll publish in a few days I speak directly to the Dark Force from 43 min.10 on. Even though this is inspired by the Dark Force coming through the elite that is hijacking the world right now - and this will get worse still if they are not stopped - perhaps something resonates in you, too. For this you must have contact with the Love you feel for this Male Force addressing the Dark – which you have, somewhere. For if it would only be resistance, nothing can happen. There’s never only resistance. Although especially in some people things get really bad regarding the dark energies, the Dark Force is the Dark Force after all. If it is not addressed,

it fucks up not only ourselves but also our environment to whatever degree. Knowing this, quite some people – women especially – get cramped, stiffened, from not wanting to spread what they feel inside them. And they start cutting themselves, for instance, or perform other kinds of self-harming behaviour. Instead of outward expression of the dark, it turns inward and becomes self-destructive – which is not as absurd as some people presume. Usually, the latter people are more, let’s say for now, human; only, they don’t know how (or, still, resist) to deal with the dark in a constructive, transcending way. But either way, the Dark Force is all about self-obsession. Self-obsession is the opposite of (Allowing) Love. If one is strong enough within one is Ready for Love. Love is: no longer putting yourself (secretly) first – even when many people hide this (fact of considering themselves first, most important) by doing good in the outside world. Love is: Loving Love more than yourself.

Part of manifesting your Love is to offer the dark energies to ‘my’ Heart - this will let your Love for me grow and outshine the ‘hate’. One must be humble enough to do this – and, although understandable, there aren’t many women, to say the least, who allow themselves to be humiliated for this. But for the True Manifestation of Love here on earth, it is absolutely necessary that Light and Dark Meet, Man and Woman, and that we should not be self-obsessed about which role we have to play in the Divine Play. It is One play, it doesn’t work if we start mind-fucking about our own role. There is no own role. There is Light and Dark. If, in this, one is attached to one’s self, this IS the Dark protecting itself against Light (of Consciousness). As I said earlier quite a few times to you, at a certain point it is good if you start distinguishing in the Dark which dark energy or form is which, what it is, how it feels, what it leads to, all there is about it. You have the strong tendency to throw everything, all dark forms, on one pile of misery and that’s it and, please, someone or something get me out. You must distinguish, all the details. No, they’re not irrelevant. Only through the details you can get to the Whole, to the Heart that is. Well, in the beginning of your stay here you did share with me one dark ‘detail’, namely the abuse of your brother – which (sharing) was good in itself, although we might have gotten more into this, in retrospect. Especially it is important then to feel together into it and all around it, without judgement, (and unless there is still some hidden resistance to wholly sharing the dark energy) leading in the end to a state of relaxing in it while being together. In principle, a release happens then in your energetic system. Having shared a dark energy and feeling it is not resisted by Man – for he must be able to handle it – you’ll, probably, feel your Love grow towards Man. Needless to say it is not as easy as I seem to depict it now, for sharing something by words is obviously and usually not enough. You must make contact with the feeling level, and Be there, wholly present, which is in itself not impossible. If, then, resistance to this comes up – probably – this resistance is the thing to see-feel. Always first the most outer skins of the onion need to be peeled, addressed, the whole tragedy-comedy of self-protection. Anyhow, such a mutual process of Light and Dark being necessarily both involved is something very different from doing the whole process by and as your self – while the self *is* the very limitation to (surrendering into a wider) reality.

Remembering now how snug it was after making love, how together, your lying beside and with me. Feeling I was close with you, feeling my skin, without the usual physical distance, it feels almost as if you could share everything with me in that situation. Not insinuating, of course, that this is the great solution for going beyond the state of separation. But at least it shows, once again, that separation is not necessarily all there is. And it can be inspiring to manifest this same close-ness in general.

You're worth it, worth the whole suffering, I've Seen You,

Go deep. Don't give up what cannot be given up. I'm with you, whether you feel this or not,

Azar

12-5-2021, 6:51 Nadine to Azar

Hi Azar,

yes it was quite something when we were exchanging emails. For me it was the most intense and miraculous experience i ever had in my life. There was nothing like it preceding this and i don't think anything will. For now i feel kind of startled still from the love and life i felt inside and how it all stopped suddenly. I still feel love in me, longing to express my love, and feeling totally confused and not understanding why i am not able or allowed to express any of it. On top of that, my reality is sort of in pieces... when i attune to you, when you write me or i write you, it is like a different world, which has no grounding in where i am. Unlike when i was in England, where i felt the ground was with you. I am very confused and scared and groundless.

I feel like i have no one to share with, to talk to, that's because i am self-isolating. And unless i take the responsibility myself, no one can help me. I just became this pitiful self.

You can feel free to publish the emails, or what you feel like sharing.

N

6:53

It is very disturbing for me to be in contact with you, as i have no clarity myself, and no capacity for it (anymore)...

12-5-2021, 12:35 Azar to Nadine

Nadine, I was just writing a message to 'the mess', responding to your previous mails.

This self-isolation is indeed not very helpful. For, and even though I cannot prove it except for by reality itself, i know that if you would be able to start sharing again with someone - or, theoretically, even with Something if that would work for you - someone who doesn't resist the dark energies on a deeper level and who can handle it (because it is not easy), things should, at least in the long run, get lighter. Toxins entering our bodies doesn't happen only on a physical level. All levels or spheres of life have their toxicity and, just like the physical level, if we don't want to choke in or get sick from the toxins, we should release them from our Body, Body in the broadest sense of the word, on all levels. We should vomit them out, energetically at least. On subtler levels toxicity is not so much recognized by people, but it can suffocate us thoroughly. To

live, the darkness needs to come to light and the dark forms need to come out, by Seeing-Feeling them (with an emphasis on the latter of these two), one thing after the other after the other. Stuck darkness means intoxication of your whole system...

But, of course, as you say, in this self-isolation you cannot share, or at least not truly, even if you'd use the right words in this sharing. If there are a few things that you may have learned here, i hope this one is part of them: always, in the process of unravelling the knot, start where you are. Peeling the onion off starts at the outside and then you enter next and next skins. If self-isolation is the thing that has become clear - and it is sure that you became already quite aware of this when you were here - this is the thing to Be with, again and again, if not all the time, just as long as it is the most pregnant, pressing issue - being locked up in yourself, having or feeling no real connection with your (human) environment, perhaps accompanied by whatever feelings like self-pity, hate, distrust, giving up, feeling left (alone) etcetera. If at a certain point something else is more attention-demanding in your consciousness, then naturally you pay attention to that. This way you *follow* more and more, and you could, gradually, regain trust in Life Itself, instead of that you have to decide this or that by your supposed self, which would probably not be right anyway, whichever choice it would be. If people have been (unconsciously) overrun by other people, they cannot but lose trust in themselves, and in the natural course of life.

Like you, i have known very well the confusion in my life as to why i was not allowed to share my love with someone, with the world - even when i felt this love was more sincere, more True than i saw in by far the most people around me (and, in fact, in anyone, although I was not busy with comparing). This is a test, even when this word may be bothering to you, for instance because no one is testing you - no one but Life Itself. Can you and do you want or even need to stay in Love, even if life seems to 'punish' you for it, or at least doesn't reward you in any significant way for it? Or do you submit to life as expected, which usually leads to a form of fake-life, but with at least the illusion that you are part of the club? The latter makes you weak, in fact, even though you'll feel stronger at first. Facing the challenge seems to make you weak at first, but makes you innerly strong in the long run, if you (are willing to) pass this test. Do you want to feel better in the short run - because you feel terrible in the face of truth - or are you more into feeling good in the background and worse or bad in the foreground? All this is being tested in someone, anyone. Life itself provides these tests.

As you know, i fully respect it if, intuitively, you feel that having contact with me is only making things worse instead of bearing or providing some perhaps faint Light in the background.

Somehow something in you doesn't make it easy for you to be loved, but i love you anyway. I always See you beyond your (lack of) manifestation.

Azar

Partly as a reaction to the current threats in the world, there's an idea starting to set up sort of a commune somewhere, where we should be as much as possible independent from authorities. Perhaps in Poland somewhere, but we are following the developments in different parts of the world to see if some option could work, a place where our children could grow up relatively safe. (Polish authorities are at least as crazy as other Western countries, but Polish people stand up somewhat more against the regime than in other countries.) It's not sure if we will stay here in Sweden for another year (maximum), or move away earlier already. You could let things go through you if you could envision yourself in such a setting, although true, if so, it would be nice if your resistance to 'me' could at least be dealt with to a certain extent, that is, at least going up and down, and not only be there fixed in one tight place all the time - while understanding that

you cannot 'do' this alone, and me neither. For in case you're in a deep place convinced with 100% certainty that it will always stay there, untouched, unmoved, and there is no basic willingness to let (some) go one day, it may not make sense, of course. Anyhow, the idea of the 'commune' is that everyone should have separate houses - with their own kitchen, toilet and so - at a reasonable distance from one another. So there should be enough space to be in states that are let's say far from 'social'. Of course, we should grow as much food as we can by ourselves, be (much) less dependent of the money system - and be connected to the alternative parallel societies that are being set up in response to the current coup by the elite, their tyranny against the people. Up to this moment we inquired with Radek (he has two teenage daughters of which one would probably come with him), and with Boris and Govinda. They are all open for the idea.

17-5-2021, 03:45 Nadine to Azar

Dear Azar,

I want to say a few things. First of all, thank you for your messages and kind support even now when things are obviously doomed. I have been holding onto you like crazy. Holding onto your consciousness, which has taken such a deep root in me in the past years, to a point that I took it as my own, something that defines me and my life. I can't describe more how much your consciousness influenced me, how it redefined my reality, how much it showed me. Obviously all this time in England it was escalating and I believed in it so much, and the Love that it brought into my life, something I never knew that existed and how strong and beautiful it can be. How it allowed me to deepen and beautify my relationships that I valued so much... I feel like crying now because by letting you go it almost feels like I'll have to say goodbye also to those relationships... As if they could never be the same or continue the same as I wished or thought they could have... in the light of an even 'better' and more conscious person I hoped I would become in time. As if everything in me was dying now... And I still keep this aggressive grip on you, simply because my whole being cannot imagine the loss of you. But no matter if I want it or not, the whole universe within and outside of me is showing me that you are already gone. I mean the possibility of our process to continue further. It feels like being bared-skinned. Totally without bones too... Thrown in the world where I no longer have any confidence or feeling of place. Also left with all my 'problems' and insecurities that came up so strongly in your presence. But it is clear that we cannot be together, and holding onto you is a suicide. No matter how beautiful I thought it could be, how much I felt I could have loved you, and Satl, helping you in your garden and with the kids. Of whom I think very often still by the way... No matter how huge a world you meant to me. It is not up to me to choose such things, apparently. Now, I am scared of this process to continue further in me. I have no clue, how I am going to live from now on, but I'll have to start from scratch somehow. Getting used to my environment here. Allow myself to be here as fully as possible without holding too much onto the past, or at least give myself a chance. For this I have to let you go completely. Of course not the memories.

I still think with love about Sweden, even if my whole stay there was sort of a disaster.

I wish all the best for you, and good luck with your plans with moving to Poland or wherever you'll end up.

16-5-2021, 22:49 (Unsent email) Azar to Nadine

Nadine,

As you may, but probably do not wholly, understand: what 'I' beyond myself am Doing is Bring you to Earth, manifest the Truth of Man and Woman. For this, all dreams must be taken away, painful as this process is and without time schedule. I, if allowed, Bring You to Earth as Woman, not as you. The latter does, inherently, not Work. It must become Clear for Woman that Being Woman, being Woman with Her Man, is not about you, not about the personal in any way. Love is the end of all preference, all attachment to having things your way - there is nothing deeper than this. Of course, this should not be confused with the supposition that then it would be *my* way as the alternative - or even Man's way. This would be projecting Duality on Love, on Man and Woman. Man and Woman as One Organism Manifesting as Two are Beyond this Duality, Beyond their self. I admit that Working on a distance is not easy, but no one chooses this. Love is no one's ideas or preference, it is the Oneness of Man and Woman. In all the things you are losing or have already lost, the one thing you cannot lose is this Love for Man, since this is Your Nature. In case this Love could manifest truly with another male form i cannot but be wholly true to this. I am only dedicated to Love, not to you or me or anyone else.

You have the full right to say or scream NO to being brought Down to Earth - it is not nothing. You have the full right to, despite the screaming that happens anyway, let yourself be carried to the Earth anyway. Yes, the dream of Woman is so much nicer than Her reality. But, the dream is not Home. As Anca said some years ago, now that she, via 'Me', had entered the Dark Earthly Realm: "It may be shitty here, but the Dark feels like my Home".

Azar

Here is a more optimistic mail of yours from 10 months ago

I was planning to write you today, only right now my head feels so misty, confused after all day of work. Many forms are on top of me still, but i started to feel the connection to myself since yesterday evening. After 9 months, i feel finally again myself... so much is happening since my last visit to you, i feel it is very important, the processes that are getting triggered by my contact with you, more and more, a lot of things are happening in me that i never felt before, most importantly, i feel my heart physically in my body more than ever before, i never felt it like this... a physical feeling of my heart in my body, and that i actually feel things, happening in myself. I feel when my heart is active and when not. I get in very different states every day... on Monday i felt very earthly, yesterday i was so heavied and depressed, and got into heart again, i still feel very confused... but differently confused, now i feel more rooted in myself again, more willing to fight again, and stand where i am, and not only escaping... i get actually excited from all this, i feel life happening to me again, like i got out of some giant bubble, at least a little bit and at least for now, like i can breathe and be again. I feel more free. I am actually very happy. Sometimes, i can get so happy, just by seeing things, and the whole process that is happening, i see such a beauty in all this. Actually everything is beautiful.

But i am also very sad now that i write this, a lot of confusion is there... a lot of everything is there.

I actually just wanted to ask you if i could still come to visit you this weekend again.

Strange how when i get more clarity, the more confusion and craziness shows up... still i feel, things are different...

it is like i am getting to know myself, better and better, thanks to you. I wonder if i can ever uncover it... it is amazing what you can do. What you do in me... wow, i want to shout, wow, how amazing.. painful and incredible... incredibly painful and crazy and just incredible.... almost impossible...?? unreal...but so real at the same time, you are so real in me, what you do is so real...i still cannot believe it, what you do.

n

18-5-2021, 11:59

Dear Nadine,

I had started a letter earlier, but i won't send it. Let's just say: your farewell is only bearable if you don't give up, if you stay Faithful to Love. Sooner or later, you must find out that, despite what the world currently seems to show you in its delusion, I Am not Gone. I cannot be. It's an illusion indeed that you, anyone, could get rid of me - because i am no 'me'. That's the whole point. I Am your Heart. I am your Reflection of how 'you' deal - and have dealt with in the past - with your Heart, even if this way of dealing is bigger than you yourself, even if you don't have control over how this unfolds. I can, as you know, let go of you. I have let go of so many women who left - (but what did they leave, for Real?). Only, 'i' cannot let go of your Love for 'me' as Heart, simply because this is True, Real, and i cannot let go of Reality, the attempt of which would be absurd. I can let go of a form, but not of Reality - and neither can you. I am not attached to Love in its (lack of or crippled way of) manifestation, even though it is natural for me to work on this for life. But, as i could formulate it in a creative way, I Am Attached to Love, for i Am simply That. I can't undo myself. You cannot either. Resistance is strong, Love is Strong. There is, even when it's tempting to choose, a balance between these Two. Or else the whole universe would collapse. I don't know how long our bodies will be separated - perhaps for a life time - but our Hearts cannot. This is not up to us. It's true, i don't trust your ego, since it is not yours. But i do trust your Heart, the Heart you love and hate so much. The ego disturbs you and the Heart shows this. See how the ego deals with you, how compassionate, loving, caring it is, how it incessantly wants the best for you, how dedicated it is, how faithful, how strong, how stubborn. Keep seeing, keep seeing, right until...

Thank you too from the depth of my Heart, i wouldn't have wanted to miss your relationship to me - i prefer a huge resistance that is true above a million kisses that are not, but i have Seen your Love for me as well and it meant a lot,

Azar

Indeed, let go, let go, let go of 'me' completely, and Find Me thus... I am no other...

11-8-2021, 11:46 Nadine to Azar

Hi Azar, sorry to be writing you like this, but i really don't know what i should do... Being constantly pulled apart because i feel i am more and more pulled away from who i am and as if i had no control over it, i am further and further away... I know it is my own fear and resistance for i feel there is too much pain and discomforts to bear should i choose to go to the direction of myself again... So out of this desperation i am running away... I feel there is no one in the world to support me in this, like i lost all connections from the world by now... My own drivers to give up are strong... I don't know who to talk to, it is obvious that living in the world i will have to connect with it somehow... But connecting with the world feels like i would have to totally diminish everything i feel i am within... Because right now i am in such a position that my head is totally heavy and confused and with my mind i cannot think clearly, there is no clarity... So to have any kind of job that involves responsibility is out of the question... I don't know, i feel as soon as i would take up some responsible job or any kind of job it would just pull me down, and i would show my confusion, my lack of being myself, my total being lost would show up... And i would just drown in this. I don't know, it may be that i am still holding onto something that does not exist in me anymore, but i think i am just holding onto myself and the inner freedom and intelligence that i feel i should be able to live. But the reality is that i am becoming more and more alienated from myself and everyone and it kills me, because it is not true to live like this... i am turning into some kind of devil. But what else should i do, i am trapped by my own inability to express myself, the feeling of loss... I don't know. How can i feel in my skin again... When i fear to connect with the world so much, because i feel i had lost something that was giving me ground and confidence, now i only express as a lie and fear, if i unload myself to anyone it shows what a bad state i am in, and i fear that because the world won't be there to support me... I don't know how to speak truth anymore for i tied myself in lies. And to be here is difficult... In a position when i feel in no connection with anyone... Of course, i don't connect because i don't feel connection with myself in the first place... To connect with others, i would have to reveal so much darkness in me. And it overshadows everything... The weakness that i feel is related to what i lost and that is the ability to think clearly ... I feel lost

11-8-2021, 14:44 Azar to Nadine

Nadine,

Good to hear a bit from you. Bad news may sometimes be better than none. It's funny that you write me just now. Today i feel exactly (like) Jesus. It seems the devil felt this and sees if it can release itself a bit at least, for the burden it has to carry as itself is big and heavy. Well, it's not just wishful thinking. I remember you writing me 1st of February 2019. You were in a very bad state, and after you had released the darkness you were stuck with, the next day you felt much better and not only that but even responsible for yourself. You gained quite an insight into that matter of responsibility. Insights follow acknowledging, confessing and releasing the Dark. When the Dark is shared there is space for Light. Stubborn people, holding on to what doesn't serve them or anyone in the least, usually die in the Dark, sad as it is. If they are really taken over by the Dark and there is no serious compensation from the other side, no responsibility to Feel themselves, their states, piercing through, they even torture others in their endless fall, out of some feeling of revenge wanting to make the other(s) as themselves: Dark. This is ‘the Devil’ that has not been

fought/Seen (firmly enough) but tolerated while hoping for the best, which never comes. I keep inviting you to seriously meditate with 'Me' in your heart. The Dark needs to be smoked out, by Consciousness embedded in the Heart. It's the Dark Devil that is suffocating you. When it noticed/s you Love me - beyond a normal personal love-story/drama - it starts resisting for it hates Love. All the dark spots/entities in you start speaking up. They want you to take them seriously, and not this Love. They feel alone when they are not fed, when Love threatens to take them over. They whisper: he is not your Man, and many other seductions that seem hard to resist, hard not to take seriously. Again and to whatever extent you're doing this now - it can hardly be too much - you need to seriously meditate-inquire-see-feel into the dark in all its forms it presents itself to you, or at least when and if you are ready for that, which may come today or tomorrow, in 2 years, or never.

Speaking of insights following the meditation of the Dark, i remember last year September/October you also had good insights, not long before you went back 'home'. It's not that insights just disappear in the whole dark mess once time paddles on. They are the transparent brick stones you build upon on the way to next layers of darkness that may seem to never stop appearing. Nadine, it is the Love in my Heart that says: meditate on my Heart, again and again and again, and then follow, again and again, what follows, all the voices of the Dark that will be triggered and are threatened to be smoked out. If there's no one to talk to about it, share it with your diary, with me through the ether, or with me through mail contact. As i said before, back in 2019 - and you confirmed: as Woman you cannot do this all alone. You must include Man, in whatever way works for you. I Am There. I am there with you, not only lately now that i was indeed more obviously busy with you again. But always, always, always. When you don't feel it and you're desperate, attune to Me, Find Me, I Am There. You're not alone, as the Devil tries to keep imprinting in you. You know its boring song by now, it can only scratch false, not sing harmonically like *Me*. That was the past. If some energies/entities overwhelm you as a kid, you're alone, usually - a few gifted children exempted who have from the beginning an indestructible connection with the Beyond. But once you Meet the Heart, these energies/entities/impure consciousnesses can, in principle, be released. Your deepest willingness is where it starts. Without that nothing can start, and the Dark has easy play over you.

I love you. Feel this beyond fuss - even if just once and thoroughly. Although you couldn't allow much of it when you were here and i touched you sometimes with my hand, feel the love that was (and is) in these hands, how it moved over your body, head or skin, how it was in contact with you. Attune to what is in and comes out of this hand reaching out to you totally naturally. Don't sink (only) away in the Dark, See-feel acknowledge, accept there is also the other side. You must learn how to Dance, Dance with the Light and the Dark. You allow Man's Light in your Heart and this will, in principle immediately, as i noticed many times when you were here in my room, trigger the resistant side, the dark side to show up as well, and the forms this takes must be seen and shared/given back in whatever form.

I saw you opening, also sexually, quite a few times. That the Dark has a firm grip on you and 'you' close almost immediately then, doesn't mean that opening is impossible. On the contrary. Apparently, the Dark must again and again intervene, not to let you go, but wanting to keep you as its bride. The Bride in the Dark. If the Dark is active, it means it doesn't have total control over you. It needs to lock you up, to keep control over you. Mark my words, it hates love. Tease the Devil. Tease it with your sincere Love for *Me*, for the Man of the Heart. and Know it will attack you then, be responsible for that, and withstand the Devil's seduction, not by denying its existence, its power, but by laughing at it, giving it back that your Love is stronger, ultimately, and it cannot kill It.

To make sure, when i say 'I love you' this is beyond romance, as you will understand by now. I know 'you' cannot stand this love, and still you are attracted to it beyond yourself. I remember you were more at ease with the honest feedback on your ego Anca gave once in 2019. And it's not that i could not bark at your ego. I sometimes do this with people, full power. Only, usually this doesn't do something structural. Anyway, this is not my Way, to be part of someone's drama in which i need to play the part of shouting at the devil again and again, even though in itself i'm not against this shouting either if it's true in the moment. The Devil likes this dual fight - Me, the Devil's Master, does not. The Devil needs to be teased with Love. That is what it cannot stand, gets restless from. Teased, it starts entering a process of being undone, even though it will fight for its life, with all its might. Be in that fundamental Fight and recognize it.

In the deepest misery, feel that i'm with you... My brother once had a dream that he fell in the abyss. Assuming he would die, suddenly i was there and he didn't die. In reality, Satlova, when she had the car accident in 2006, went upside down with the car off from the highway. In that moment she Saw *Me*, and she felt total trust. She didn't die. On the stretcher and in the ambulance to the hospital she was in total bliss, and she didn't manage to explain to the ambulance personnel why she was so happy. Not to make you envious with such stories, but who or what are you faithful to? Who or What do you truly Love?

I hope Czech is not too hard on you regarding the insane restrictions. Love is tough enough without the shit of the satanists on top,

Azar

15-8-2021, 13:17

Nadine,

Let's share this night's experience with you, Nadine. It couldn't have happened without you contacting me a few days ago. It was already remarkable enough that, only for the second time in my whole life, i had a dream with sex in it, the first one occurring no more than a couple of months earlier. There was a woman, naked, presenting herself to me from the back. She was on hands and knees-feet, and very relaxed with the whole situation. It was clear that i had to go in. And, despite countless other dreams related to man and woman – usually about a woman who is around and sometimes approaching me but not being sure if she wholly wants to or, from a deeper perspective, should be with 'me', divided in two as she feels, and always the dream being without sex – this time the sexual entering happened. There was not much moving going on, if at all, this was not what it was about apparently. Lust or pleasure was not at the base of the happening, although the force to go in was strong. It was rather that the potential union between man and woman had to take a physical form - or it was the moment itself of manifestation of or the reassurance of (the longing for or natural heading for) this union, without sex (or physical union) being in any way separate from this or capable of being put aside as something totally different. When i woke up i knew this woman had all to do with you. The mind cannot interfere with such an inner knowing, all the less so soon after waking up. Her body was about the same as yours, also long and relatively slender,

although not exactly like yours. Also her face was obviously not the same. Yet, in dreams forms are fluent, flexible. Anyhow, waking up i was kind of meditating on you and/or this energy that i met in the dream – in fact, rather following images and feelings arising and disappearing than focusing – and then, after about 10 or 15 minutes or so, and strange or not, our energetic bodies merged into one another. From a vertical perspective they became gently united into one Body. And when this merging was finished – the merging procedure took but a few seconds at most – I could not distinguish between yours and mine, impossible. There was one energetic Body of Man and Woman left. This is in fact the second time in my life that i have such a happening, as far as i remember (and, generally, i have a good energetic memory). The first time of this energetic melting with a woman was with ‘big love’ Hellen in January 2015 (when i hadn't met her for 20 years by then). And that merging (which i wrote a hearticle about a few days later, published on the website:

https://azarbaksh.com/Azar_Baksh_The_Incredible_Realization_in_the_Process_of_Man_and_Woman.pdf) was more intense than now or at least it felt that way, since it was the first time i experienced it, and overwhelming in a way, in every positive sense of the word. Also, it happened after very intensely meditating a certain (earthly) woman, and after, finally after months, piercing through the involved stuckness during a meditation retreat. With you now, it was somewhat more subtle or slightly more ‘vague’ but at the same time, paradoxically or not, it was very Clear about what was happening. In both cases this energetic merging happened between - as I, to give Her a name, call it - the Earthly Woman and Me, Man. For the overview: the Union of the Heart of Man and Woman happened already back in 2004, with Satlova. Without that Heart Merging of Man and Woman, this current Energetic merging could not have happened, or at least not in 'me', since i follow the natural course of things, and 'I' start with the Depth, with the Source of the Formless Heart manifesting Itself, into Form, into (the world of) Energy. First the Formless Heart, then the Second, Energy, Form. Not saying by this that you are energetically so present (in your manifestation) - this would, for now, only happen when you allow 'the devil', the beast' to be released from the leash and run around wildly - not saying that that would be the ultimate truth, of course. Talking about the lack of Energetic manifestation, the (energetic) union of our Body - at least in the ether - could not have taken place without one day earlier Satlova having talked a few hours on the phone with Gwendlyn who suddenly called, as she also did a few months earlier (but after 2 years after she and i met) when i was the one to pick up. She used to have strange (but interesting) stories, but what is especially relevant here is that she, energy-bomb as she is, provided the energy, the carrier, for our etheric union to take place. And this, if you or anyone is open to it, leads to a very, if not radically humbling Insight: you - or anyone - cannot do the Process alone. And by 'alone' i mean that also a man and a woman cannot, just the two of them, do the Process and then eventually end up in Union, which is something that most couples are not consciously striving for anyway, but it is certainly a strong Force in the Background that, if they are in Touch with the Depth of Life, they can become Conscious of in principle. No, my experience and Insight make me say that a woman who wants to do everything ‘alone’ with her (chosen) man - or even with more men, which makes it even more complicated - will stay stuck as her self. She cannot be Freed by her Man. Different women have different qualities, needed for the Process. From the perspective of Truth it is a fair and most relevant if not crucial Test, if another woman can be allowed in a woman's Process of Approaching Man, or is her Ego too

good for that, too cramped, too stubborn, too self-obsessed, too afraid, too jealous. I remember one of the crucial moments that made Chantal (my partner for 3 years from 1999 to 2003) leave me, was when some months earlier i had allowed another woman to look in my eyes - without wanting anything physically intimate with that other woman, by the way. Chantal freaked out, as usual, but for the first time in a humble way, to my nice and touching surprise. For the first time she didn't blame me, oh great relief. She just cried and cried and said finally: "i just cannot, i cannot do it". She couldn't pass the test. And i couldn't - and didn't want to - push her over it, over what she assumed she could bear: apparently jealousy contains such a great deal of pain in its poison. Anyhow, any self cannot Unite with the Opposite Sex. Only the one who Knows-Feels that Love (between and of Man and Woman) is more important than his or her petty self, will find the Kingdom of Heaven, as Jesus called it. I felt this Kingdom now this morning, with you, with the merging of our energetic bodies - even though your physical body is far away. Lastly, an important factor that – from our side – lead to this Energetic Union in the form of the Merging of our Bodies into One Body - a preview of the Potential that we as Man and Woman Are – is that the previous morning I felt a strong impulse to, energetically undo all cramp in my body, which had certainly increased by Satl's conversation with the energetic roller coaster Gwendlyn. And I fairly well managed. I felt much freer afterwards and my voice lowered considerably – in itself such a success is always inspiring,. As long as Man is still full of Woman's Unconscious cramp in his Body, the Union will not come... Still it is remarkable, but not illogic from a deeper perspective, that the Energetic impulse to pierce through the content of the Dark that you handed over to me in your last mail and that you are conscious of – contrary to Gwendlyn who is not so much conscious of (nor responsible for) the dark in herself as you, although she is obviously also much bothered by it - came via Gwendlyn. Last year Gwendlyn even wanted to commit suicide and made some move in that direction, although she didn't do it, fortunately. This impulse to pierce through and undo energetic cramp reminds me of the fact that in the beginning of your long stay here I could still feel the strong impulse to, also energetically, pierce through the energetic blocks delivered ‘at my feet’, but when ‘your’ resistance increased this impulse weakened, as I noticed. The resistance hid in the dark – even though you (and I) were very aware of it - instead of energetically moving, and then the impulse faded.

In rare moments people are allowed to see the whole mosaic of the Process and are not obsessed or bothered by the specific role they, as one human form, play in it.

The union of our energetic bodies this morning in bed lead to a state in which, if someone experienced that state, it is impossible for him or her to still want anything. For this is what it is all about. This state of perfect harmony, Man-Woman. Nowhere to go any more. The Dualities of existence stop pulling you in one direction or the other. The state of Man and Woman Merged into One Body is undoubtedly very nice, but far beyond nice, although bliss is certainly not the right word here. On the contrary. Bliss is too earthly for characterizing this etheric Union. It is very subtle and so very real. It shows perfectly our Reality beyond our daily struggle. A deeper relaxation than in the Union of Man and Woman is not possible.

I wish you could feel even just a little tip of all this, if only as an inspiration to go on with your seemingly lonely struggle, and not give up on what cannot be given up. To start

where you are, to whole-heartedly and whole-bodily face the resistance instead of wanting to be at another place than where you are. To discover what this is all about, to become a scientist of love – instead of being merely a slave that always wants to be somewhere else, away from the hell. How does the hell actually feel, in your body, subtly or grossly emotionally? If you're stuck anyway, you might as well make a thorough study of it. Wanting to feel better is human, but it leads to nowhere. To get anywhere, we need to stop and discover what is exactly going on now, in the moment – not in the future.

Azar

Sunday, 15-8-2021, 20:31 Nadine to Azar

Hi Azar,

I can relate to what you write. Unfortunately, my reality is a bit different now. I am really not feeling well, feeling stuck in myself and as if everything i say or do is just worsening the situation. Well, it feels like part of me is indeed merged with you and another part of me hates it, which results in the fact that my life has stopped. And i don't feel alive anymore. I am hugely angry, and unable to express this anger. All the feelings and inner rage is turned inwards and has no outward flow. So i am dying from it. It is absolutely awful. Cannot relate to anyone. Fighting myself all the time. It is like you are part of my life and i cannot make this a reality also on the outside, now it is too late, and i am really not well from it. Not well from the fact that when i had a chance, as you describe when you could still help me come out, i didn't make the step towards you and release myself, i didn't, i could have had a life and now the life had stopped instead. My energetic body is merged with you as i feel how i still function a lot like you, feel and see the things like you do, being very sensitive and at the same time i have this earthly side which seems to be ruling over me and which is the complete opposite. I hate to be stuck in this confusing situation and would like to do something to at least feel like i am heading towards truth and not drowning myself and dying in a lie. I don't know what more to say and i am not sure if talking with you is actually not making things worse.

N

20:48

The problem is i now somehow slipped back to my pre-England, pre-conscious mindset of home when i felt oppressed and i am now re-living this oppression, but it doesn't feel true anymore, because i have seen enough by now to know that it is not true and i would like to express myself truly but there are things preventing me from it, and i feel like they are too heavy on me... And the anger and confusion related to the fact that i thought i was heading towards (energetic) liberation, which would allow me to stand better in the world, and which didn't happen... And i fell back now, i feel i don't have a place in the world as everywhere i am i am resisting, am not honest, am not fully there as deep as my consciousness goes, am withholding too much and so am not really present... Just as a ghost indeed, who hates the fact that it is unable to give itself or make itself be understood... For i know if this understanding would happen i would be alive again and happy wherever i

would be. So the way i started relating to you (accidentally or not) in Sweden i am now relating to everyone the same...

So being so terribly untrue with everyone, makes me feel like just a burden... This terrible withholding and being unwhole emotionally and energetically... The world is beginning to feel a bit like a trap

25-11-2021, 13:02 Azar to Nadine

Nadine,

Not claiming that what i want to say is totally new, still it's not bad to add something to your consciousness as to what is going on. You may not fully realize as to how much, how deep it has affected you as a small child when your father left. For a small child it is as if half of you is taken away suddenly – even though that ‘half’ is of another ‘substance’ than the ‘half’ represented by your mother. Just like you could feel me very well in you - in England at least, and here in the beginning - as a small girl your father was in you, naturally. So, in a way, it is literally that a substantial part of you had been taken away suddenly when you needed him to grow up. A father who represents the *man* for a young girl cannot be simply replaced by another man who comes in your life as an apparent substitute - a man is no form. What i mean to say is that - although not claiming that this is the whole story - the stuck state you have entered is and has been your TRUE state (on earth at least) since your father has left and you hardened emotionally to a very great extent. I am there for people to reveal their real state that they have usually forgotten. I am people's Mirror to get to their (forgotten) truth. Only if you are in contact with the forgotten truth - the forgotten pain - you can Relate to *Me*, to the Heart on an earthly relevant level. The pain and devastation and despair of a left girl, left by her father, as if MAN Himself left you, is so big that it screws up one's life later if one cannot touch it after all, seriously, thoroughly.

I remember you did touch it, in fact - shared with me, as I checked, in a night e-mail from 22 May 2019, and you had to stop writing for the moment and the rest of the night, for the pain was too big not to cry. I'm sorry for you that when you were here i apparently haven't brought you in the proper situation that you could cry through the whole past misery. But then again, first things first. All the layers of the Ego protecting itself against seemingly unbearable pain (of being torn apart and handed over to only Woman left (no Man) need to be peeled off in the proper order. First your true state around the time that your father left has to be felt beyond the pose that at the time you 'put on yourself', seemingly to 'survive'. Especially i 'd like to stress the point that things in this respect may, potentially, be shaken lose if you can energetically resonate with the little girl, if you consciously feel her. And it is important to understand that your leaving from me – from Man – could, in order to bring you back to what has not been felt through at the time as a kid, not be avoided. You must feel your hardened state as a reaction on your father's leaving - now triggered by my (supposed) leaving, which is, in principle, on emotional level the same thing. The click of the repetition of the drama of Man leaving is to resonate in you beyond your mind that may understand how these things may work indeed. So, this, our separation, after emotionally being invested in me as man, is not the real drama. The real drama happened to you as a girl - and 'your' consciousness may get you through if it connects to (crying as) the girl instead of (only) hardening and avoiding feelings as a response.

It is true that i don't see many women really recovering and living their full potential later as a woman when they had been left as a girl by 'the man in their life', the father. But if you weren't

able, i would not write to you now. Not many women that i came across (and with some of whom i had entered a relationship) knew how and could allow themselves to use me properly, as a revealer of their truth(s). The stuck state you have entered when you were with me, physically close around, is exactly what you needed to meet - nothing else, or at least not primarily (well, except for the true Love you’ve felt as well and always hastened to put away in the cellar, because allowing love means pain, as you seem to know by now). It's up to your Higher Self, as you could call it, whether or not you take the invitation, the revelation, whether you humbly follow what the Mirror shows you. The way to Life is the little girl, not what you as a grown up would like or want or need. The latter includes avoidance of pain that seems too much or unbearable. Nature gave you this pain to be felt. It placed you in a family situation in which the parents were destined to part. The pain has been offered. Who takes the pain that nature offers? Who is better than pain? Better than nature? The least we can say about it is that we cannot really Live without the pain that has been offered on our plate being recognized, acknowledged, consciously felt.

When i read again your letter of 22 May 2019 and read that you cried, i felt: yes, you can do it... i don't claim that you'd have to cry for years about the same thing - although this is up to nature, being un-Manned at such a young age is not a little thing - but somewhere the CLICK should be made, that it is about you and not a history of someone some long time ago that you have not do much to do with. The click back, back into the Body, into Life - instead of merely watching life pass by from above.

As you know, you cannot, by will, just enter the CLICK, the resonating, even if the ego would like this (well, the ego is always two...). As we can also learn in Vipassana, always start with what is first. If there is resistance – there is, big time – to enter the pain of the girl left by Man, this is to be seen–felt–meditated first. And this is, in itself, painful enough, to really feel as conscious as possible how the resistance feels like – or call it the stuckness, what’s the difference in the end... One form of pain has been substituted for another. I don’t claim that you haven’t done or tried to feel this, but as long as you stay stuck, apparently it hasn’t been enough yet, or perhaps you’ve tried to consciously feel this stuckness without allowing Man’s Consciousness/‘me’ in it somewhere in the background. The young girl in you should Know that now I am here with you, whereas before, when you were 3 years old, it seemed not to be the case. The paradoxical dance with the theme of ‘man-has-left’ is not a simple one. I must have mentioned it before, in your deepest intuition you must know that I am – Man is – with you, and at the same time realize that you’ve lost ‘me’/man, on an earthly manifest level.

It’s also paradoxical to feel the stuckness that is there in the first place because of not-feeling. Yet, it is possible to start wherever you are in the stuckness, to be aware of how it is, how it comes to your awareness, the stuckness, the lack of freedom, the lack of Man’s Breath in you. Even when you feel stuck, you can always – always – start feeling things around it, how it makes itself known to you. As I’ve said many times to you, you better not stay merely hanging in the general feeling(s) – of vague slumbering or more obviously manifesting stuckness, despair, loneliness etcetera – but go, also, into the more specific perceptible ones, into the details, no matter how insignificant they may seem; unless you can touch the whole Sea of Tears at once by attuning to the Drama of no-Man for you. But apparently, this is not the case.

In a way, that’s why I write you, to remind you that I Am There with you, next to being not. You should not forget about getting crazy from the gap between the Truth and the earthly level, otherwise you’d be unconsciously torn in two, as most people are. Only the tears over the gap can bridge the gap, tears in your consciousness that sometimes manifest as nature’s water flowing back to the Sea, taking you down from the hardened stony mountain into the Depth of the Sea in which your self dissolves.

In retrospect, I dare doubt if you would have cried as you did in June 2018 on the street before H's house if I hadn't left shortly before that. My intuition says that the Man-leave drama I talk about in this message had been triggered up already then. Even though you could act it out with H., and very well so, I don't think that without my leaving it had been evoked the way it did. The replacement of Man – sorry for the formulation – does not compensate for the Original Man that you Know in your Heart (and that, at first, is regarded by a girl to be the father). All the more reason to take the message of this letter seriously. It's not especially you, many women today have to go through the drama of losing Man, one way or another – and not many, if any, can give their true gift to the world for the Pain is not lived through. Seeing the disruption in families (and governments taking so many children away from their home), this is only getting worse and worse – and, if you have followed my FB-posts, it is clear(er) that disruption is at least partially planned by the elite, as part of their depopulation agenda. But let's not go into this now.

Another sign for the relevance of what I'm saying is that after having been here for half a year, on the last evening before you'd move out, you felt like making love, unlike usually. The second, sexual chakra is the same as the one where the emotional life is situated. This means that when the drama of leaving is triggered – you had also cried at that last day here – the secondary drama of being stuck (secondary, as it is a reaction to the primary drama of being left) is finally overruled by the real drama: Man is leaving your life. And something finally opens up, also energetically.

I remember that when I was with Tiara – the one left by her father at the age of 7 (he died) after which she was raped hundreds of times by the neighbour until she was 16 – we, too, had a man-leaving drama after half a year together. Besides her 'unfaithfulness' I got especially fed up with something in her that as a perfect wall she kept putting, projecting on me – to such an extent that I felt so suffocated that I, finally, left and went straight to another woman's house where in the night I 'even' made love with that woman that I had met not long before in a tantra workshop, a nice attractive woman with heart for animals (unlike Tiara), but psychologically at least as complicated, in fact quite worse (probably she was also sexually abused, I think only now seriously, strangely enough). Doing so, I responded to her inner drama of man-leaving that had to have a form, so that she could finally cry her stored, forgotten pain – for, in itself, I didn't want to leave Tiara at all. Relevant here is also that when the man-leave drama had happened and, after a few days of her continuous crying, we still decided to meet again, to say goodbye or to continue with each other – as she had somehow felt through the phone that my heart was with her and that I didn't really want to leave her – we ended up in bed that very night and I had not ever after again made love to such an open feminine woman. After the man-leave drama had opened her up she was gorgeously soft, feminine, open, beautiful, attractive. For the balance of things it is only fair to say that afterwards she, not surprisingly, could not stay so deeply energetically open. Or should I say: I didn't manage to keep triggering her past pain to stay in her consciousness so that she could manifest herself through that - well, I could have done that, but I knew she couldn't bear more for the moment, and thus, if I had continued to mirror/trigger up her hidden drama, she had left indeed for good and she would be stuck with the pain for sure. On the contrary, she closed so much, so rigidly, that it is sort of a miracle that we made it together for the hellish 3 months afterwards, to not split up. No problem, if only for the fact that when as a couple you manage to go through a serious drama together, this is only beneficial for the relationship, for the bond – unless some (hidden) grudge or reproach remains smouldering somewhere.

It is true, by the way, that it holds true for men as well: if they haven't lived through their earthly pain of losing Woman, they are stuck as well. The ones, men and women, who, by grace, by understanding, dedication or natural humbleness, have (consciously) entered the earthly reality of

the Drama of losing the Beloved (of the Other Sex), will be able to truly fully give their Heart on an earthy level. The other ones are, generally speaking, in some kind of waiting room, waiting till they are finally admitted to the earth’s realm. Without seriously entering the Pain of losing the Beloved, this will be a long wait. Not rarely, quite a few of these people, screw up the earth during their waiting time for admission – whether out of unconscious revenge, darkness not dealt with, not understanding that in their non-manifested position they cannot feel what their acts do actually to the earth, or similar background reasons.

Okay, let’s stop here, for now...

I say ‘for now’, for, although Woman is able to feel that Man has left her, as (manifested) Man I cannot *not* feel you in my Heart...

Azar

25-11-21, 13:45 Nadine to Azar

Hi Azar,

I have to say that staying in contact with you causes me quite some stress, as i feel the distance between us is too big and it quite confuses me, even scares me.

I feel indeed torn between the world of you and the world i am in. I know that perhaps if i caught it early enough i could somehow dig into the pain that is stuck in me and at least partially get some relief. Something in me is holding onto you like crazy. Things get very illogical. The heart feels somehow illogical, the head doesn't get it... But then again, losing the head is not good either. Every day i am further and further away from the feelings that i store in me. Because i don't really have my earthly situation sorted enough to have some peace-space for feeling more what is going on inside. Like the job situation, for example, i am not sorted here and living is also not ideal, i am constantly in some state of stress and unease. So that external situation not sorted enough by me is taking up a lot of space while at the same time i feel a constant pressure of things inside wanting to be felt, sorted, consciously. So this is tormenting me. At the same time i am so distant from everyone close around me. Because i am hiding so much inside, the distance is huge between us. Nothing of what i say or do is honest enough and i feel a huge separation from all my loved ones. There is part of me which is leading me to give up, because i am already too far. And so the distance grows... The small steps based on give-up ness have led me quite a way into the empty void. I feel like a ghost. Someone who is not living. I find it hard to in any way relate to life again. I start to see myself as a dead soul. The heavy cloud of confusion in my head is getting thicker and i am entering it more and more, rather than keeping some safe distance from it. I feel further and further away from my body. The sugar madness has been growing more and more and now my body is so saturated with the sugar that to be present is getting more and more difficult. To let emotions come? How, when i feel so insecure on the basic survival level. It’s like i am in such a panic that i cannot seem to be able to sort my environment enough for it to be at least a little bit logical and in my control, where i could find a little bit of peace. I really don't know, how this will all continue. It seems overwhelming.

Nadine

25-11-2021, 15:24 Azar to Nadine

Dear,

The stress i seem to provide is not mine, as you know. I reveal the internalized stress to a perceptible degree. Anyhow, you have to go through this period of repetition of the Drama i wrote about. It is not the end of the world in itself, although very heavy, but it is rather a re-livening of what was earlier the case, but now consciously. Without the consciousness you have absorbed over the last years you cannot go through the youth experience that you forgot to experience. What you experience now is - already - part of re-living the drama of earlier. See this. It is not something new. Recognize it has always been there (well, at least since you were three and your father left and you got stuck and seemingly emotionless) - only now with Consciousness on top (and, more or less, Man in the background). For anyone wanting seriously to get rid if his or her past and conditioning and be free there is no other way than to relive the emotions of the small kid but with a mature Consciousness present now. If you need to start with feeling unsafe, as you say you feel, and therefore you cannot go into emotions, then this unsafety issue is the first thing to address, to be more and more conscious of. And it's true, if 'man' is suddenly gone, a kid, usually, doesn't feel safe. Somehow you need to get in touch with the sense of fear, uncertainty, no hold. It is true that if in your outer circumstances you have or find no space for attuning to this fear, it is more difficult. Then again, you could take the current uncertain outer situation into your whole 'meditation' of the subject of unsafety and the current situation might then also touch deeper layers of feeling unprotected or unsure at a certain point. Again, i'd like to emphasize that the whole thing may take years, and if you feel that it has to go away as soon as possible this is understandable but not realistic. Also the ghost - or dead soul - has to be felt and acknowledged, since it seems that in your youth you merely adjusted to others, while the ghost was already there, the ghost of your self. Of course, it is alienating to realize that in fact, already in their younger years, many 'dead souls' or ghosts are meeting and talking and making love etcetera... Anyhow, if you keep being conscious of your (currently real) state(s) it won't stay for ever as it is now. Consciousness doesn't work that way. It is rather that if people prefer to stay unconscious of what is now truly the case inside - including the past that has its effect and casts its shadow in the now - then nothing will truly change, except for outer circumstances. In the course of our lives, we can, in principle, increasingly - possibly with ups and downs - trust Consciousness, that It leads us to where we need to be, what we need to See. This Male perspective is another one than the, more limited, Female perspective that wants to have a good life now, a safe life, an interesting life, a life with hope, with feeling, or perhaps rather not too much feeling, etcetera etcetera. At a certain point it is time to welcome Man and See that this is all not about you. You Are Lived, by a Bigger Force. If this includes feeling extremely shitty for an undecided amount of time, what to do? Did you make up yourself? Was it you who decided to close off from the tragedy of losing your father as a 3 year old? The only thing that can be allowed - in this humble attitude - is to let the whole thing unwind again. It was wound up, and at a certain point, getting conscious of this, it is allowed to unwind again - not only by not adding new suffocating threads on top, but in the very first place by acknowledging your current state(s). Consciousness unwinds... It relaxes.... I 'make' you

more relaxed by making you aware of the life long gathered stress inside. I reveal the problematic, i don't add. I make things so obvious that they can no longer be denied any more - simply because i am not separate from you and you have trusted me in giving me all your shit, your hidden feelings, via unavoidable transmission. There was a Deeper Force guiding you to me, because It said you cannot (truly) live like this: become conscious of what was really the case all this time, so that you start living-loving. This same Force says: hold on girl, this is what you wanted, even though it feels like shit...

I wish you could just cry for a few days in my arms, without fuss, just cry...

Azar