

**16-6-2020, 9:22** PS Azar to Nadine

With a Heart one seems to live in hell – without Heart there is nothing. People prefer nothing.

**16-6-2020, 16:53** Nadine to Azar

I feel a huge inner urge to speak to you, it is because I feel that nobody else can save me. But what I write from inside is conflicting with the outside. I am in the middle of extreme conflict and chaos, and this is not a joke anymore.

As you say, the unconscious world is heavy on me - and there is a persistent tiny voice of consciousness at the bottom of me still. But the world - which also feels like me - is squeezing it at the same time, the resistant force is full power on, while at the same time something in me is refusing to give up, to disappear. It is the life and the world through me which are fighting as hell and are killing me as a human being.

All this happening in my home-village. I am not sure if I can go through this...

The only way is to dissociate from this bodily, but then the body is also pressing back in, simply because I have to exist in the world somehow...I cannot hide from this anymore

**17:01**

I think we cannot really compare our situations, because you were not the resistance, but I am it.

So I cannot live normally - because I am resisting life, I am not allowing it to happen. It is not that I suffer from my heart, I suffer because I am heartless, and cannot do anything about it. I am locked in it and everybody sees it, that I am a pack of lies. There cannot even be compassion for such a thing. When I cry it feels fake, when I speak it feels fake, everything about me is fake - because when I complain about something, it is me at the same time who is blocking the way out of the problem. So I cannot even confess my pain, because I am causing my own pain. I am just a fake pack of lies, carrying and living this body.

**7-7-2020, 22:04**

Azar,

I arrived in Ekomarka now. I am scared, I don't know what is going to happen now. Should I stay in contact with you...or should i not. Should I just feel the pain myself, and the fact that despite having you in me deep down, on the outside I don't, and it feels like I can never have. I am in a great struggle with myself, with everything and everyone - with life, I am scared to surrender to this, because I am losing consciousness, I am losing you, I am losing everything. I love you, and I am losing you. I don't know what to say, everything that I say is making things worse. I am losing you forever. I can't believe this. How could this happen, that I took you in so deeply, I lived you so deeply, and even now i have you in me deeply and your mirror in me all the time, which makes everything i say or do so false, and yet i cannot help saying or doing it, i am so lost, confused, and scared, and i don't want to allow this, i don't want to live in this world like this - without you, but at the same time i am doing everything i can to keep you away, in me there is nastiness which feels like me, which feels like it doesn't

want to have you, wants to keep you away, but i can never really get rid of you - because i love you too much, i am paralyzed, completely. How can I stop contacting you when i feel connected to you so deeply, and so dependant, how can i find you within when i am in such a panic - and resistance to live in the world without you - and resistance to you (at the same time).

I have two worlds in me which cannot meet, which contradict each other, and I don't know what to do...

it feels like, i have to choose - either living in the world and accepting that you will vanish, slowly, or keeping contact with you - but then something in me doesn't want to allow you, so keeping contact is going against this resistance... which makes no sense, i love you so much, i am so lost, and i know it is all my fault, for not meditating enough or not seriously enough what is happening in me, and trying to skip things and escaping what is the case now...wanting something different, all the time, and i created such a mess because of this, which feels like i can never get out of... and at the same time there is this refusal to open the heart, or to be in the heart, i cannot do this...but i am running after the heart, first going home, now going here, but at home i refuse the heart, here i refuse the heart, i am just one big running madness... please help me, oh god

it feels like i want to escape my own fate, and the more i try, the tighter it holds me, things get worse, messier ...

you are disappearing. If you disappear, I am lost. I die. That will be the end of me.

I want to run back home, and be with my family...because there is at least some heart for me, i think so... if i see you, i will explode from the conflict within, i cannot even imagine this. With my family at least it is easier, they love me, but i don't have to feel this conflict so much. They are not as conscious, so I can be with them easier, as ego. Wow, has this really happened to me, have I turned to ego completely on bodily level, while having you inside me to witness it all? Have I gone all this way only to become such a mess...such a disappointment for everyone, including myself. The worst thing is - this will take my whole life, easily, i can see that... because at the moment i am so full of it, it is driving me. I cannot stop this. I don't want to stop this.

i simply cannot allow losing you, but this is what is happening... i am losing you. The world I am heading towards is not containing you. This world is part of me, and i have to learn not to resist it... i have deep pain in me which is not with you, i am alone with all this pain and this is crazy, i don't know how much more i can hold this... i love my family, i love you, but i want to resist both... i am so alone, and i should not be... i should be with someone, either with you, or with my family.

i cannot be alone anymore, i cannot, it is not possible for me to be alone... i cannot do this, i just cannot. i need to depend on somebody

**22:27**

i know i could more or less easily let go of you, but i love you too much, too crazily much, to do that...

8-7-2020, 12:16 Azar to Nadine

Nadine,

That's quite a report again about your inner state. How terribly you show Woman. Woman's Split. If one has a strong Relation to the Other World - like me - one can even See the beauty of it, of this suffering as Duality. Well, i better turn this around. I Am from what seems to be the Other World, and i have a very strong Relation to this (earthly) world. Can one have a Relation to this world at all - and to its people - when one is not from the Other World, when one is lost *in* this world? Can one, lost, find again the Relation, when one (strongly) attunes to or is with one who Knows of this Relation?

If the Split in you wasn't there, i certainly had approached you - or, in fact, responded to You - more sexually, even though this sexual force was and is certainly not absent. Woman's Basic Dual Split between Love and Sexuality is what is blocking Life from being lived. Sometimes, like now, i feel like fucking you, fucking you through the split, pumping my light into your darkness from below, to pierce through the thick stubborn wall between the third chakra of control and the fourth chakra of love, not only thoroughly gradually almost invisibly unnoticeably from Above, but also from below, more feelable, perceptible in an energetic sense. In the end this energetic-sexual process is not about pleasure - although that's how it seduces people. That is: if the entering from below happens from the beginning in the Sphere of the Heart, it is not just a vain try to pump life into Woman, to recharge her battery with energy - which is, in itself, better than nothing, it seems, and that's why many women try to be satisfied with this. In principle, this 'pumping from below' (if it is practiced non-separately from the Heart) could make it easier to feel the Heart on an earthly level, the Heart bathing in energy - in the best case scenario. But, even if so, it will be only moments or rather short periods that it can be experienced that way. The whole constellation of forces here on earth is created in such a way that, for the sake of growing into a Conscious human being, not too much (or too long) dwelling in 'paradise' - which can be formulated indeed as: the Heart bathing in Energy, Man in Woman, Woman in Man - is 'allowed', tolerated, granted. When the Potion of Light seem to lose its force some time after the deed, the Dark sees its chance - it always sees its chance - to come up with the next surprise, the next challenge, the next kick - or, if you please, with the same surprise, in another creative form, covering up that basically it is 'just' about the Dark Force Itself that Wants to be Seen by and therefore Dissolve in(to) the Light.

It is a Natural Force. Already before reaching halfway the second paragraph of your mail, my whole second (sexual) chakra started tickling, is becoming much activated. By the time i came to the middle my penis was straight in the air. Needless to say: i don't do this. I, that's including my penis, respond to something, to your call on me, to Woman's Call on Man to be Saved, to the Call on Man that Asks that your whole Body becomes Conscious and not only the higher parts, the Call to not let you swim in the Dark Ocean with no Light, to make you Rise you from the depth of the Ocean to the Surface. My penis literally stands up from this. This is also why i say there is a Natural Beauty in all of this. When, simply responding, i feel like fucking you, i feel like going totally through you,

entering you from below and going, at least energetically, totally upwards, with every push higher, to in the end reach the crown of your head and beyond, to reach the heaven, by piercing through your head, piercing through all the resistances, layer after layer. The resistance is the Pain you feel all the time - the Resistance to Man, to be totally Pierced through. There is an identification with the resistance. Who are you still, when you are 'pierced through'? Have you become Part of Man then? Don't you have any direction of your own any more? But this direction wasn't there in the first place, was it? That means that Woman is in a big struggle to find out who, which man, is her Man, the One who ends her suffering as her self - her self that is: the separation from Man. We must be - or become - mature in realizing sooner or later that suffering will always be there. And yet, if this all happens in the Sphere of Man's Heart, it is bearable, no matter how unbearable it seems to be: Woman's flexibility in this respect may amaze us again and again, despite her truly huge resistance to suffering.

In a way, and since your body is not here, this writing, is also a form of 'piercing through', an ejaculation, a shooting of my non-material sperm into you - again and again, right until these words aren't necessary any more, and you feel the truth straight, bodily, the truth entering from below via my penis straight towards your womb, even when this is possible only in a Deeper Context. Is it a damned shame indeed, Nadine, that this realization takes so long, and goes inherently together with so much suffering. What to say, Woman doesn't Surrender just like that. Only the Man who Pierces through the Wall with his Heart - not separate from the Penis, though, for the Heart is One and cannot let some parts be cut off without losing Its Oneness - may 'have' her, not to be confused with the usual typical situation of woman having a man. What is 'have'? It means that a pathway has been created for Man to Show and Manifest His Heart on Earth, in the Form. Woman's Body is the Direction for this, but only your Body in which the Heart is Clear - for a body as such is nothing, completely nothing. Man doesn't like to fuck a body. He likes the Heaven and the Earth to Meet, also in the Flesh indeed, for that's an integral part of It in the End, He Sees that the Light and the Dark Need to Meet.

You Show Man the Dark. You must Love Him, indeed...

Is it sexuality that surrounds the nastiness that you mention - or, rather, the nastiness surrounding and hiding sexuality?

I would not be against it if you learn to share this darkness that you show in your mails, in my physical presence - although, true, it has happened a few times that my penis got unambiguously excited from Meeting the Dark in you when we were together. The Dark was shining through you, meeting its Other Side, and You got very beautiful and my penis went up. Only, 'you', if i may say so, closed the door of sexuality soon again then. For in that state you felt too vulnerable. The Light and the Dark were not allowed to Meet further, not more than a short non-physical touch. Of course, i cannot decide for you to - nor guarantee you can - learn to stay a little longer vulnerable in such a case, instead of safely returning to what you know already but doesn't bring you further, to the 'safe' mind, 'safe' for it is dead... But it is not impossible either to prolong the moments of vulnerability, and at least worth the challenge, i would say. There is not so much to lose after all, as you are discovering lately. For Man, Vulnerability in a woman is so attractive,

exciting, inspiring... And, at least as important, there is Truth in it... The Truth behind the Wall...

Azar

**10-7-2020, 5:56** Nadine to Azar

Hi Azar,

I feel extremely stressed, but perhaps we could see each other one of these weekends. I really don't know what is right or wrong anymore. After reading your email i felt energized for maybe half an hour, even could "stand amongst people", but then slowly it vanished. I think i am failing to see the beauty in all this at least for now. Sometimes, especially when i drink coffee, i can feel love being shot at me and being received from everywhere. I can be so happy in those moments, but then of course, i cannot drink coffee all the time. At least i know why people drink so much coffee... and also, why they eat sugar. When i eat sugar, my mind and body and everything gets totally blank. So, coffee and sugar is the best "cure" for life, when there is no alternative. In a way it is sad, i don't like so much either of that. Still i do it sometimes.

I think it is nastiness surrounding sexuality, surrounding everything. Probably. So it is now.

**22-7-2020, 21:37**

Hello Azar,

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

**24-7-2020, 13:47**

I feel i am growing further and further away...and it scares me

I don't want this, i just don't know how to fight this... i just don't know what to do anymore

I had pancakes with strawberries for lunch today, and it didn't make me happy at all... my mother wrote me she had a croissant for breakfast this morning, i wrote her this is nice to hear... i would call her and talk to her more, more honestly and more openly, but i cannot...because i am so locked up in myself. Like i am not free to do absolutely anything...

i feel so desperately empty, so lifeless, not moved by anything, and all i can do is to turn to you... i don't see any other way out, neither i have any strength for anything else anymore... or at least i don't feel it... i am turning to you from a total desperation. This is not romantic

n

**26-7-2020, 21:17** Azar to Nadine

Hi Nadine,

I'm sorry to read how you flipped over to the other side again, quite intensely. When you read this, you may have had a few next flip-overs by now. Your conversation with your mother, writing her that it's nice she had croissants, felt like a slapstick somehow. Friday morning i was still meditating when your message came that resigning from this weekend seemed better. I hadn't decided yet at that time. But anyway, you may have been 'inspired' to easily let go of the weekend by your bad state and our meditation here. I myself felt extremely bad upon waking up and afterwards. When we finally, exceptionally, had a meditation together, Satlova and me, Satlova fell into your coma state, and she was lying on the ground like dead. Quite something. You may have felt it through the ether. Today i'm much better by the way - have more buffer for things, to mention something.

Strange thing. In a - as he said - slip of the tongue, Henry told Gwendlyn the previous weekend that we had made love at some point during your long stay here. And now she is totally upset with me. What the fuck is this of her business, except for a nice outbreak of jealousy. Well, nice? She doesn't meditate on her triggered jealousy, but projects all kinds of negative things on me and you now in her fury. Her meddling and judgement is all the more absurd since already for a long time she is - even openly - sexually after Henry, although they never meet somehow and, so far, don't want to meet each other without me being there as well. People - women, that is - have a hard time doing normal and staying at ease and in their centre when it is about sex(uality). Somehow they don't start judging and raging when they are being told I have been eating, for instance, or shitting, nearly every day again - only when i make love to a woman, which doesn't happen often anyway. In the past there was even a woman, the wife of Radek, Esther, who went so much in resistance to me when she had heard that i had made love to a woman, an English/Scottish/Chinese/Birmese girl i had met in Greece, a beautiful pole-

dancer/striptease-yogateacher (no joke) who also practiced vipassana somehow and was well embedded in the Dark of Woman (apparently amused she said they called her Juicy Lucy) - which was the only one time in a period of 7 years, next to making love to Satlova and Anca now and then - that Esther never got out of her resistance again, and then, 6 years later, she died, much much too young. I don't think it is a total coincidence but rather that in such a big persistent resistance to reality cancer has free rein to grow and kill one.

Woman, in Her Duality, has a big interest to separate the Heart from the Body - seeing now again how Gwendlyn writes about me - which infuriated me, by the way, before i could laugh about the whole 'joke'. The girls want to, try to dehumanize me, or in general Man. As if this would help them... How sad does it get?

I hope your weekend was not all the time embedded in despair...

Embrace,

Azar

**27-7-2020, 19:04** Nadine to Azar

Hi Azar,

coming from work i have half an hour break, not so much and i feel quite rushed but i want to write you already anyway.

I think it was a good idea in the end that i didn't come to visit you the last weekend. Indeed i felt very bad that morning and so i was inspired to cancel the meeting, but also because in general, i felt so overwhelmed, overburnt by the process(es) with you lately, that i realized, i could do with some break from it - not that i want to break out of it completely (no not at all), but for a while, just to get a little bit of a break and time on my own to relieve myself from the hell i have been (totally lost) in. I felt so captivated, totally disconnected from the earth - unearthed, that it could not go like this anymore, i felt. I need to be also in "my" world, somehow. Or try to combine the two, live them more simultaneously...not forgetting the one when i am in the other and so on...

It helped me to be on my own this weekend, it felt like a holiday after a long time. Like after a long time i allowed myself to be at ease with myself, with my earthly sides and surroundings...to connect with them better again.

I needed to realize what do i actually want, and where i stand. It helped me to be on my own to do that... I realized a lot of things over the weekend. For one, i saw and felt the painful sides of me very much, the ones which torture me and tell me i should go away from you. I saw they are just part of me, i cannot get rid of them...i cannot do anything about them. They scream and shout they cannot be with you (they can never be with you, etc) but somehow i saw, and see now, that it is true for me to be with you despite them, that in fact it is the only true thing in my life which grounds me and which i can trust, that i need and want to be with you. Even if this means burning in pain most of the time. Even if this means the painful voices will never leave me, still it is not true to follow them...i don't feel that as true. Or i cannot feel that as true anymore... not after all this that has happened already between us, we are not at the beginning, i feel already in such a deep process with you, i see ( you see ) through me already so much, i feel you embedded in me - to whatever limited extent, but i do, you are part of my life as no one or nothing has ever been before. I left everything (gradually, to a point where i am now) only to be with you. Really nothing i feel makes more sense for me than to be with you. I don't even

feel like having any other aspirations, concerning my earthly manifestations, other than (try to) be with you...to whatever extent this is or will be possible. Everything else has already been dropped... it keeps coming back to me, the confirmation of this (realization) in a form that, when i feel i don't or wouldn't have you in my life anymore, i could just so easily die. It feels like i would have no other reason to live anymore.

I have your consciousness in my body, and sometimes i feel when it would go away i would be so empty. (Sometimes i get such a shock from it - even physically, the feeling of losing your consciousness from my body). You already fill me very much. All the difficulties which are attached to it are so worth it. I never regretted it or would want it otherwise. It seems the difficulties are now natural part of my life also.

So seeing all this more clearly was a game changer for me. Seeing and realizing that everything as it is now is just exactly as it should be, and i have no reason to go this or that other direction. And seeing that the resistance won't go away (probably), and it maybe even doesn't have to, as long as i keep on knowing who i actually am or what i really want. I want to be in a process with you. It has already given me and will probably keep on giving me so much. Without you i am really nothing. I don't even know where i would start (i would have to start all over again??) if i would leave you and try to now live some other life, attuning to some other consciousness... this would not feel natural i feel. If at all it would be possible in my case... when I've gone so deep with you already. You already shattered my whole being, my constitution, made me such a mess, made me feel so much pain, so much confusion and despair and things i cannot even name...losing myself really... you've already done a lot. And i still keep persisting on you, something in me, it must be true to be with you.

I also saw a lot concerning my family. And what role they play in my life. And my attachment to them - which, when i let go of it, gives such a freedom and breath. I can still be with them (keep in touch, if it feels true, and for now it does, they care for me and i love them...) but at the same time be a being on my own, relating to you, having (the right) to live my own life, taking care of my own space, etc. Otherwise i cannot be with them at all.

Last few days also, i begin to feel like i can be in my own sphere more, not losing myself in others as i did before. I can still be in contact and interact with others (and i am quite good at it, when i become my "earthly" self.) and still feeling on some string with you, even though i feel like i have to jump into another sphere or part of myself to be able to be like that (to be earthly), as i feel the separation. But at least on consciousness level i never lose you, even when i am earthly. It feels good to me to be like this, and i would like to work on it more...

Somehow i feel free now to talk to you like this, i don't exactly know how does this happen...i feel in my body disconnected from the lower parts, probably where all the pain is stored, like i am talking to you from top of myself now. But i am sure it must also do with the fact that i became kind of fed up - or not fed up, but simply tired of all the time being enslaved by the separating forces in me, that twist me and don't allow me to talk to you at all. Like i have lived them enough, suffered them enough, followed and respected them enough, been captured enough, to also have my own voice now. And live as myself now, and not all the time as them.

I would like to be with you as woman, as a woman who relates to you, as a woman can be with a man. I don't know if this is still possible, but i would like to try... of course i cannot exist as anything else, and without it it would make no sense for me to stay around here. I find you such a beautiful man, in all possible respects, i don't see any more beautiful man around anywhere else at all. I trust and respect you. All you are and do feels true to me. I feel i can (and want to) only live for you.

Also, all day today, i feel like making love to you. ...i just want to make love to you and be wild

For now, i am going to finish this email. I am back from work (again) and this time it is evening and time to cook some meal.

just a last PS - i also feel in me some fighting energy, finally again. Today i even confronted a man (or lets say, a boy), who works here (and is the only one who pisses me off sometimes by his nature and behavior)... and who was treating me like a piece of shit (talking to me like that, giving orders) earlier this morning. He already did this before, and has a strong tendency to do this as i noticed - that is,

treating women as inferior that he feels himself righteous to be on top of - by means of his own glorious nature as Man the Superior one. But without having any heart in his balls, he just treats women like they are nothing to him, like they know or are capable of nothing. Fuck him really, i am already again pissed. So after he explicitly enough treated me like this, i just burst and asked why are you talking to me like i am a piece of shit? He was a bit shocked, "what"?... but then it felt like it got him down from his leader a bit and later he was talking to me nicely again.

I wonder now how much of this energy could have been triggered by your mentioning of Henry /together with Gwendlyn) earlier this morning. Probably it resonated with me in some sense and added to my overall state.

Let's see how things go from now on. I feel on a rollercoaster of life which spins very fast. Everything is happening all together... i am also very happy with my life situation right now, i still want to say, meaning i am happy being here, on the farm, liking the job, people, etc. I feel the whole life as it is is such a big gift. I feel open to anything that will (still) come.

I messaged Jens earlier on Sunday to say I would be happy to come to him one of the coming weekends, if he likes, to help a bit in his garden or other projects. So let's see if he replies.

For now,  
hug, Nadine (and hoping your trip goes well on Saturday).

**19:43**

I also want to say that i will be with you despite all the heavy forces and painful voices in me which are there but don't feel true (no matter how hard they try). Or at least I don't see them as true. Not more true than you.

**1-9-2020, 20:09**

Azar,

I am in an absolutely crazy process right now...

**1-9-2020, 20:41** Azar to Nadine

I read you. I trust you that you can handle it...

**3-9-2020, 19:49** Nadine to Azar

Hi Azar,

suddenly, i don't know much what to say, now that i got down to write you. I am having crazy states recently... the most significant one is madness. I feel mad. Not just a word, mad, as i would say it before... not 'i feel mad', as also many people would easily say it. This kind of madness is different, it is real madness. I feel mad in the absolute reality of this word. I feel my whole consciousness system,

my body, my mind, everything that constitutes me - the reality of me, the reality of this world, is somehow mixing up, whirling, living its own life one could say. And i am not in charge of anything anymore, i feel totally discharged from living or controlling my life, it is like life lives me. As if it was not my business anymore. I feel i don't know anything, and i just have to follow what comes... nothing else is an option for me. I am having deep insights into reality, which come to me in flashes and are somehow "stored" in me, maybe for later...it feels like they form me. I feel like my whole system is disintegrated and something new is happening. But the feelings, the fear of going mad - the madness itself, the states changing, the inconsistency, the fear of consequences, the strength of experiencing myself in relation to you...the responsibility in it, everything, is extremely strong... and i feel overburdened, overpowered by it...by reality itself, it is such a force, and i am (somehow ended up) so deeply plunged in it,...have i gone too far? Did i "dare" too much? Did I want to know too much? And now i lost it, lost myself in it, lost control over everything, and everything feels so real...extremely real, i am scared of this realness. I think it may be a bit too much for me... it is an extreme, extreme burden for me...like seeing a pile of 10000 books knowing i have to read them all. I think it may be a bit too much. Too much of everything. God this is all so real! I cannot believe this, it was never this real for me before. I thought i was safe in it. Now i am in it, realistically, and it is not safe, nor fun at all. It feels dangerous.

I wonder if we should meet this weekend...

Nadine

**3-9-2020, 20:48** Azar to Nadine

Hi dear,

That sounds very good what you write, really very good... In the past Satlova, after a while of being with me, also had such an experience of everything being suddenly extremely Real. This pronounced intense reality is My World, Man's World of Conscious Reality, Consciously experiencing Reality (instead of hanging as some kind of a side-thing onto reality). It would be great to meet you There. In fact, that's the only Place where we can truly meet. In Woman's world there is no true Meeting, there is promise and striving and trying and failing and despair and trying to accept and the rest of the Inherently never-ending Female Drama.

It's true that i have quite meditated you again. Of course, I have done this with more people, but normally not with these results - except for Satlova. This danger of Reality that you mention is exactly what keeps people away from Here, or what makes them leave once i start seriously meditating them. In fact, It is Reality through and as Me that Meditates someone, i can't have any credits for this in the end - or it should be that my Heart is simply more Willing to Consciously suffer for Woman than any man i know or have ever heard or read about. But then again i didn't Create this heart here... This also touches what you say: in the end there is this overwhelming Reality left and there is no you any more - no illusion of a 'me' - that has anything to say in all of this, in all that happens and does not happen.

Oh, Satlova says just now that she could pick you up tomorrow from Trong if you feel like indeed, then she could go with the children to the children first. Did i understand it well that you can earliest be at 13.20 in Trong?

Just in case the fear threatens to take you completely over: meditate on/attune to 'me', possibly through seeing my image with your third Eye. Man should be with you in that vast Reality, or else

it seems too much indeed. That's also why no woman ever goes There, even if she had the Potential for it, for She hasn't Found Man, and then it's no go. Even seemingly without potential, if Woman finds Man a lot is possible... for You are Filled by Him, by His Formlessness, His Formless Presence that is Always There just Beyond the normal reality. Your True Potential is (the fathomless Depth of) Your Principle Openness to Man('s Presence)

Azar

**10-9-2020, 19:21** Nadine to Azar

Hi Azar,

I am in some rollercoaster of energy, of states, everything feels very turbulent in me now. Partly it must be that I've just come from work, but also many changes happened during this week, we have some new (2) people here to which i had to get accustomed (one very extreme case, by the way,) and another girl, quite ok, but still quite different from any other girls i met (here, but in general) so i was today busy getting used to her. Attuning and talking to her of course i become like her instantly, so somehow i got more energized and "in the sky". Another quite big change happened to me early this week, on Monday morning, somehow i saw through my madness state... which i was living lately and which was and felt very real, very serious by the end of my stay with you last weekend. It must have got to do with the resistance that i have, and losing myself in all the forms inside me. On Monday i managed to see through it, it felt like something pierced through this fog of madness, it did not feel like it had power over me anymore, in fact it disappeared instantly in that moment, or over a period of a few minutes (i was in the field), and after this i got such a big mental and bodily clarity, which i don't remember i had in a long time, and i felt more myself again, more ok, more at ease... lots of breath came with it as well. So since then i feel very different. On monday i felt very great, very conscious, on Tuesday i got messed up again, unconscious and confused. But it was ok for me to allow this..

Would it be ok if i would come again this weekend? Is Satl again going to forskola in Trong with the children?

Nadine

PS, i would not want to step ahead of things, but i feel like i am beginning to understand the process better, i can see it more clearly what is happening, i can see more inside me, things are beginning to be more clear... of course now i feel confused again and feel like i know nothing, but in general, i think, some direction towards clarity is there...

**11-9-2020, 11:59** Azar to Nadine

Nadine,

Indeed, as you suggest, a lot of your symptoms have to do with *resistance* - although it may not function exactly the way you assume it does. The resistance is related to not 'simply' allowing yourself to give back all the forms you associated with in this lifetime, and especially energies of people who were stuck as a duck themselves and didn't know what to do with it but to

unconsciously (but in some cases nonetheless forcefully) put this into other people - children are a favourite target, but anyone will do, especially if they have (up to then) a relatively or very open energy-system. The resistance can also be called karma. If people have dumped their karma in you - and your karma is: to half-asleep allow this instead of consciously fighting it - then, in the whole transmitted energetic-(un)consciousness package, you also take over their resistance to surrender, to give back what is not-Me (not referring to myself here), what is not True, not Ultimate, not Transcendental, but attached. Resistance and control are the same, in a way. What i felt last weekend was heavier than before, and this happens when the controlling force loses power, and then, paradoxically or not, you 'have to' (even) more do your best to not let go, not surrender, not give in - to not fall in my arms (or Heart) and cry, to put it this way. There's 'you' as the controller of life, as the karmic formation that you exist as - and 'There is You as Life, which is possible to live only in Consciousness.

This gift of last weekend was and is still going through me (and us). The children also responded quite strongly to this. On Wednesday morning i felt finally very strong again in fact, but then when we went in the afternoon to the dentist and to Kronstad afterwards we started to feel extremely bad, even quite worse than before. So no, we don't go to Trong this morning to the open forskola. For the rest i will meditate today further, to see if there is space enough again so that you could come tonight or tomorrow. As i say sometimes, the Man-Woman play or fight or love - choose your favourite - is a kind of ping pong. First i must meditate through the previous ping, before the pong can work well again and is ready for the next ping. So I wouldn't count on a weekend meeting, but meditation can do miracles sometimes, so stay attuned, and i'll let you know if the next ping pong can already take place or only later on. Anyway, perhaps you saw our morning FB announcement about the coming (possible) retreat. Already one person signed up: Radek. I guess you will manage to get off in that week from 25th Sept. on. Henry will arrive only on Monday probably. I make a compromise between Satl - who will be here with the kids during the first half of the retreat - and Henry second half. After the official end of the retreat, Wednesday 30th, i will still walk around for two days with Henry and possibly a few other men who stay a bit longer.

Azar

By the way, if you'd have some space for it in all your inner turmoil, i can recommend VR-Revealed 2020 hosted by Dr. Patrick, a 9 episodes documentary about the vaccination crime. Vaccination is one of the biggest crimes of 'modernity' against humanness.

**12-9-2020, 12:23** Nadine to Azar

Hi Azar,

I am not in a nice state either. As far as i can remember, i have always been cold, sort of heartless, emotionless, not letting people in or close, liking to be in my own world, not able or willing to "surrender" when i was blamed for something or i did something wrong. I was driving my mother (i think especially) mad because of this being "cold child" always at a distance. For me it was a huge change when i first encountered something like a higher consciousness and started following it like mad, with such certainty and confidence and despite everything, eventually i found more gentle, warm parts of myself as i was discovering my relationship with nature, with people etc... eventually i found heart, in me, and i thought this was me then. I found this was much bigger than anything and i nourished

this part of myself and followed only that and thought i could only be(come) that. So i followed all the way to you. I thought i would then become it fully. But no, i fell back into my "real" long forgotten state, which i remember from the beginning of my life, which feels like me on the deepest earthly level. Or part of it...

I feel extremely egoic, unwilling to let go or surrender, extremely stubborn... i feel worthless, sort of fake, etc... For me it is extremely unimaginable that i would now start "living" this part of myself, which feels like a total contradiction to what i saw myself as before. I see myself and how i functioned, always in the background. I am such a great, great ego. I really have totally no heart, except that i love You, and increasingly also you like mad ... somewhere in me, i feel my heart beating like crazy every time i manage to attune to you, and as i feel you increasingly in my body, i feel reassured and filled by that. I know i want to only follow that... at the same time, when i am with you, you trigger such extreme resistance in me, that i go literally crazy from that...

The problem is, i know how much i can love you, it is extreme... and in contrast to this, i feel the part which is not loving just as extremely. For now these two things are rolling and fighting in me like crazy.

You see in me really very strongly. I cannot avoid your eye, your heart any second, in anything i do. In this way, you are in me completely and "full-time". But to live myself in relation to you in truth is very challenging. The coldness, the heartlessness is there in me and seems unavoidable. Yes it feels like me. I am afraid of this. I am afraid of you. Of everything. No wonder i am so far away from reality, because entering reality is entering this.

**13-9-2020, 09:36**

Azar,

i want to force myself to you. In my mind there is an evaluation of everything i might potentially do or say. i feel like in some fort of utter loneliness, suffocating impossibility. At the same time, in my stomach there is something like an electricity, a movement of excitement, when i am writing to you. I want to get to you so much. So much i want this. So much i want to be closer to you. I can't possibly emphasize it enough, say it enough, how much i would really want this. I know my mind, my body is doing everything possible to prevent this, and at times it really feels impossible to me, as if, when i want to earthly relate to you, suddenly everything quiets down and slows down, almost to a no-(possible) activity at all. Sometimes i think, and feel, that something really deep in me does not want contact with you, and that i will have to eventually accept this, or follow this. But even deeper than that, something that i feel moves me from really very deep within, is absolutely undoubtedly and dedicatedly refusing to go anywhere away from you, anywhere away from the (seeming) impossibility to be or eventually get closer to you, even if it is a life-long struggle, even if i die from it, or you die first, and then i will be left totally alone, and without any hope, still - (i have these imaginations and, then i think...could i possibly stay close with Satlova, and the children, and grow old together like that...) i am somehow refusing to let go of the possibility of you, as if you were embedded too deep in me, and i am you, on the deepest level, so how can i possibly go or do something else... or to be with somebody else...IMPOSSIBLE. I cannot do that, biologically, i cannot do this anymore.

Maybe i should share more about the "madness" that i feel lately. It is really a scary state, and perhaps you should know this, or perhaps you have some opinion on this... i really feel often, like i belong to a mental hospital. When i talked with Satl at the end of my stay the last weekend, and she said something like, if you are a loonie - you better don't meet Baksh. And this struck me, because in my current (prevailing) state - i actually do feel like this loonie.

My sense of self is disappearing. I feel like i have no personality to hold onto. This makes life, and especially interactions very scary...because i don't know how i am, who i am in it. Or perhaps i do, but it feels like a very tiny stable "dot" somewhere deep inside me, underneath everything that is happening outside, which still feels like some secure point that i have. Everything else is "loose", is unguided, is somehow "not me" - or i am not centered in it. So, in this, all i have to rely on is some deeper movements of reality, of life, and my (often feels like random, or coincidental...) response to it. Often i feel so lost in it, that "forms" come to me so chaotically that i don't know what to follow anymore. Now i feel some cold stoneness, some seriousness when i write this... This is new to me, i have never felt like this before, i have never been so lost as i am now. I have always had some sense of (quite a strong) self, of commitment, of determination, of "direction"... now i have lost all of that, as if it was of no use anymore. I feel very vulnerable like that. As if everything depended on you, but you are not here yet... I feel so cramped somehow, not knowing if i really want this (you) or not, my whole body in panic. I feel i could lose totally everything if i allowed you. This sense of losing control and self as i have would get even worse, perhaps it would be detrimental. Perhaps i would not know how to handle this. Perhaps it would be too much. I feel diving into "your world" is losing my world. Plus, everything is so "abstract", ungrounded...so far, in me, in relation to you, perhaps even these words, these feelings, that it almost feels like some fairy-tale and not a reality. But it is a reality for me...everything on the "outside", in the world, is simply sleeping, dead, not activated, not moving yet. But i would like to get it moved somehow...i know the only way for this is to relate to you earthly in whatever sense. Related to my current state of vulnerability, of not being stable, secure enough, i often feel fears related to meeting with Henry. I really don't know how i will handle this.

so, at the end of this email i feel a bit tired, my head misty and heart beating. I hope i can see you still before the retreat, somehow. I hope my fears will not prevent me from ever trying to revolve around you, and to be with you. You are the only stable point i have, the only security, only hope, only everything.

n

**13-9-2020, 16:48** Azar to Nadine

Nadine,

Thanks for all your sharing, i still appreciate it very much, every time. To me you phrase what other (earthly) women could in principle share but never did, never dared to, never could.

About the loony. Also in this topic, i 'just' show you your state that you have always been in. You didn't really have a personality in your 'previous life'. You were an agglomerate of other people, entities, entering you. That's how many people construct themselves. In your case this is quite extreme. First the false construction has to be broken down, not by forcing, but, basically, by Seeing that it was and is not You - but also, the second important principle, by energetic release of all that is not You, through energetic vomiting for instance. I know this subject is not your favourite, but I still feel that Your being has been disrespected in the past, i could even say without any doubt that it has been raped - not talking about physical rape in the first place, but energetic rape. I guess nobody would agree to what i say here, and it seems stupid to compare anyway, but yes, one physical rape is less bad than a pattern of continuous or repeated energetic

rape in the dark. With physical rape there is an obvious 'enemy', an obvious trauma that you can work on. People who are (constantly, or again and again, structurally) energetically raped have no enemy, and like you they might even defend the rapist(s), the one(s) who thoroughly disrespected You. Once again, you get mad if you allow other people's energies without letting it writhe, contrast with your own, but swallow their energetic sperm without distinguishing if that substance really fits you or not, or that it is making you sick or mad in the Dark. The dark penetrators usually get away with it, there is no mirror or counterforce present and strong enough to address them and their acts. The worst case scenario - from the viewpoint of sooner or later Living Your Being - and this happens all too often, is that the penetrated people assume they love the penetrator (the Stockholm Syndrome). They start to identify with the content they were jabbed with. Without Distinction anyone is lost, lost and lost again and still and always and for ever. It is not for nothing that Satlova's biggest fear in the past, before she met me, was to lose Consciousness. For this meant you're a(n easy) prey to all the guys (and women) you don't want to live in you, and with their undetected (energetic) 'sperm' in your belly, with what they shot into you, you're convicted to a life of Unconsciousness, a sentence for life in a prison devoid of Light. Light only comes when we free ourselves or let ourselves be freed from the dark within. The dark (forms in us) will always stay in between 'me' and 'the beloved'. It's a law. As long as we protect the dark in us, we protect and create our own stuckness, lifelessness. Right or left, up or down, one way or another the dark should be exposed to the Light.

So, again, my point is that you've never lived as You. You have always been adjusting, to what others put into you. It's a huge job to turn around what you've been used to and assumed to be you, a big work to turn around such a strong pattern. Your Deeper Quality, Your Receptivity, becomes your burden if you don't know (yet) how to protect it and, related, how to manifest this, and if you are or have been in an environment that abuses such a receptivity instead of respecting it and appreciating it as a divine quality. Your 'karma' is not only 'simply' making space in your being for whom or what you truly love, but to, first, (further) distinguish what is real and not real, what is True and not True, what is You and not You but has nestled itself in you, stuck to you, in your body, making it incapable of moving to whom you love (or at least if this is with You in it). In this context of what i write it makes sense that you're afraid of meeting Henry - or i could say: someone like Henry. It's not bad if you meet - again - this penetrative force that is active in (quite some) men. This is especially worthwhile (and safer) when i am around, and you can see-feel in your system how a certain man affects you, and if you can relate and share your experience with me. For a controller like 'you', vulnerability is difficult to be in. Honestly, however, you can't Live Yourself without this quality of being vulnerable. The firmer you feel embedded in 'my' Heart, the safer you'll feel to be in this vulnerable state. If you feel like taking now and then a next step in this respect we could do some kind of practice together in which you have space to, without hurry or demand, feel what something does to you. That's up to you, of course, but then again, you don't want to stay an observer all your life.

We can ask ourselves, why would a kid stop being vulnerable? Or is it born that way?

Embrace, Azar

I will go in individual retreat in a few days. But i'm open to it if you'd like to come here next weekend. i think that's good.

13-9-2020, 18:53 Nadine to Azar

Hello Azar,

thank you for your honest feedback. I think i need this kind of confrontation with reality, quite desperately, as i am so susceptible to falling in some dream world, dream state, in which things are quite a little bit better (already) than how they are in reality. I think you are totally right, in the way you describe me and the way you see me. I do feel quite full of things, which keep me stuck and terribly unfree. I would like more than anything to get rid of them, to free myself, to breathe again, to not be a slave of whatever is raging on inside. I would like to unleash my inner freedom, which i feel so increasingly in me, and which feels insane to not live - or not be able to live - when it is there, almost within reach. And from which everybody and everything could benefit, because i feel so strong, so powerful inside, so free, but also loving, intelligent, capable, ... all these things. It has been insane for me to not be able to live those qualities, and only watch myself being dead, dead, dead, and lying to myself and to everybody, living what is not me. It has almost killed me, for god's sake, and it has a power to kill me... so strong is it in my mind. It is like a monster, whispering in me i am worthless, i am done for this life, i am too stuck to do anything, i am in too bad a situation, too heavy to go through...i am ugly, slimy, terrible...making me do things and act in ways which are not me, indeed. Absolutely terribly clever is this thing. And it can weave itself into me so cleverly that it is almost impossible, at times, to distinguish between me... and the monster.

For me, most of my life i have been stuck, almost totally buried, unmanifested. In Czech it was extreme. When i moved to England, things started to be a bit better for me... of course, the first year and a half (until probably half a year before my 1st vipassana retreat) i was in a terrible state, going through very difficult things. But eventually over time i managed a little bit to un-bury myself, bit by bit, of course the vipassana helped a lot, Henry helped a lot, you helped a lot, being far away from the influence of my family helped a lot...but i was slowly discovering what it felt like to be more me. And eventually, i think, i managed to manifest even quite beautifully, in the form of our project at the university and the people and relationships i formed during the time (especially the last 2 or so years) in Lancaster. Then coming to Sweden with high hopes... it felt i was on the rise. But boom, the opposite happened, i fell down like a pear from the tree. And ended up squashed on the ground. Even a cow would not eat me. This is not easy to accept... and i think quite some time for recovery is needed.

For me it is not easy to stay somehow detached from you, in a healthy way. I find i have a strong tendency to "kill" what could be natural. It is disguised as truth that has to be lived, given, but the truth is, it does not want to be given (not in the way it was possible to give during our email correspondance when i was still in England..) it just does the opposite (effect). Instead of bringing us closer, it keeps us more apart. So why should i be giving it... when it does not want to go to you. This feels like some kind of "fake" sharing. Faking it wants us to be closer, by this sharing, but deep down it does not want it. So maybe i just have to start seeing these things (tendencies) in me better. Indeed, as you say, start seeing more what is me, and what is not me. And if the current situation is i don't want to be given to you, to the heart...then i won't be giving it. It is actually quite relieving, now that i write this to you...

It is terribly true that i have to start "getting myself together", meaning, i have to become myself again. Live what feels like myself to a maximum possible extent. How else can i a) live, b) ever potentially get closer to you, be with you, c) at all do anything useful in this world. The only other option is to die. Really i don't see any sense in living in any other way, as some forever bugging bug.

It is not easy. I am in an awful state. Really awful, awful state. And many challenges and difficulties will come. Many forms of craziness will still come. But let's do my best...

Perhaps this is: learning to be a woman, ...to allow some vulnerability, but not too much stupidity, which cannot be processed.

Nadine

ps, that should be nice to see you next weekend. Let's be in touch about this still...  
i am open to any kind of practices with you, should it help, or not, let's try.

**Saturday, 3-10-2020, 18:57**

Dear Azar,

I am writing to tell you that i am in a huge conflict with myself, already since yesterday, and today especially. It is a huge, huge struggle that i feel. I am afraid i cannot do this alone, i feel so weak in it, often it is so huge, so big, that it takes over my whole being... and then i feel totally, totally lost... like today, i was so overwhelmed by it suddenly, that it felt very big, too huge, and very dangerous. Much bigger than me. It is a conflict that keeps telling me...that i am alone, too alone in everything, that i can never make it to you. That i was close to you, but the meeting didn't happen...and now i ended up in some dark black pit. And i can never make my way out...

I feel when i am sharing myself to you, it goes into some black barrier... It is like i want to share myself, but when i do it, it does not feel like it goes to you... i don't feel allowed to share myself. Anything dark, unconscious that i would say, would only add up to my own (overdose of) unconsciousness, of my pain. Speaking truth is somehow not possible to you... i feel if i allow the flow of pain, of everything that is in me, i will just have to die... it is too much to allow. I cannot take all this pain. I cannot use you to help me either...because somehow, i resist it at the same time... in my words there is so much pain, which i seem not able to process... i would have to admit that i am not with you, that i probably cannot be...that i am earthly, unconscious, and helpless. I still have this problem with vulnerability... i don't seem able to allow this. I feel so angry, full of pain. And at the same time i cannot allow this in any way to go out of me. I am losing myself in myself. I am a lonely woman - totally alone. Drowning in my own darkness. I went too far in this, and i cannot allow man anymore. I don't know how. It feels like part of me is so man-less, that i feel so hopeless in it... i just absolutely have no clue how to allow *woman* in me. I am so stuck. My words feel empty.

If i allow woman, i lose man. I am still holding onto you so much. But the woman in me is stronger, and it is dark, and i cannot seem to find a way to connect myself to you.

At the same time, this feels not true... i also have you in me, strong. These two things are maddening in me...

I feel this woman pressing, but i am so resistant to become this - to feel this. It is too heavy, too much... i don't know how to be this.

Really Azar, it feels much too much. Much too much to feel through. Much too much to bear. Too much to feel responsible for. I am so reluctant to become responsible... It is a different world, from what i imagined. It is a world of pain... of responsibility, to feel that i am not with you...and it is not your fault, it is entirely my own responsibility, that i am not with you. My own resistance. I feel the love for you - your aliveness, your everything, sometimes i even feel it in my body, it is extreme love - and extreme not allowing of this love, maddening...

I am feeling entirely awful today.

Before i was a woman embedded in man, now i am just a woman.

I feel this heaviness that has been building up in me has grown too big, and now i am losing strength, power, determination (man), to ever get back. To go through all this. It really feels too much. I cannot see how i could still do this. I am too full, and i am losing the game. The resistance to you is extreme. I feel rotten inside. So full of lies.

**4-10-2020, 10:23** Azar to Nadine

Dear Nadine,

The first part of this mail i wrote already on Wednesday or Thursday morning, i forgot which one.

In the context of understanding yourself, understanding life, understanding man and woman therefore: did you ever seriously or at all consider that as a girl you, like virtually all girls, have projected Man on men - as i also did in my naivety as boy. This delusion has big consequences - at least until we Grow Up (to Maturity). The male body that happens to be there is the one on whom the girl projects her feelings of love. If this man has little - or no - Man in him to offer (because he is overwhelmed himself by the Female Force and cannot and doesn't want to Transcend this within himself into Man) the girls' system gets imprinted and programmed in a way that is not easy to undo, to change. (Sexual) attraction is separated from (real) Love and associated with the lack of it. What's more, this (attraction) can even be considered love by the newcomer here on earth. It is not easy to be humbled to See that the love one felt - or seemed to feel - for someone was part of a delusion. It would be as if in that case, accepting it, you cannot trust yourself, your feelings any more. Every girl is in love with Man. Only, it is (usually) projected on a male *body* (and possibly the energy of and around that ‘body’) - not on his spirit, not on his consciousness, not on his Heart. To be Free, to be able to Freely Love, we must face the delusions of our childhood - and there, in facing this, allow ourselves to be de-conditioned, de-constructed. Love is Free. *Any* construction is blocking it. And this is all the more so if our 'love' as a child was projected on something or someone that lacks love. We can say bye to the child only if we first embrace it, see it, love it with our Mature Eye.

This writing may not seem to have to do much with the retreat we just had, but it comes up spontaneously now. And this means that meditating 'you', your inner luggage, in the retreat - which was a very intense meditation this time, even though fundamentally not different form otherwise - leads to this 'revelation'.

Now, or yesterday evening in fact, i read your last mail, desperate as usual, this time even more than usual. The retreat - and especially my intensified meditation before a retreat and the (extra) conscious force that this brings - is good for intensifying the awareness of one's real state. You say you cannot do all this alone, feeling so very miserable, so very weak, being lost in the conflict of Duality. In the presence of life, death becomes clear. It's true, i think we haven't met anyone before who lives such a deadened state constantly, who so persistently resists life. On the second day of the retreat, Saturday 26th, your real state became already very clear. How you looked at me at a certain point - it was just a glance - was telling. Beyond all normal social behaviour i turned out to be the Enemy. The one to be resisted forever. The one to hate. Hating it that the attraction is there at the same time. And that therefore you cannot freely live the ego. Love is the big Enemy of the Ego.

It's true what you say: i cannot help you. I cannot help the ego. I can be and am a Mirror. It shows the rottenness inside that you have always protected - for it seemed to overwhelm you once you'd allow the cesspit to be opened. I know more people who functioned as your mother did, who know they have to keep the lid tightly on the cesspit. it would be just too bad if it opened. The mother of Chantal said it literally: "No, that cesspit here will never open again". She presented herself as a very nice woman, but she was brimful of shit. It's true that when the cesspit had opened earlier, she was taken to a psychiatric clinic - only for some weeks fortunately.

Then again, in her understandable refusal to open up the dark slimy snaky sneaky cesspit, she transmitted the whole thing to her children. I had 'something' with Bayantha, her oldest daughter, and she was at a certain point, when she was 18, taken to the psychiatric hospital as well - not against her will, by the way; i think it was after she had tried to commit suicide. Bayantha was totally impossible to be with in a normal intimate relationship, unfortunately. She was the last girl i have ever been in love with. Cruel as she was towards me, at moments she was admirably honest suddenly, and she shared she wanted to totally crawl into me and stay there - or in my terms: Woman Wants to Return into Man('s Heart). But she was, like you, too afraid to be vulnerable. Also she had lost her (biological) father when she was very young - probably 5 years old - after big dramas between her parents. Then, years later, crazy as it is, i got into a relationship with her sister, Chantal - strangely enough without there being a connection between these two involvements, but it must have been a karmic relation: apparently i had to meet their family karma. And indeed, with Chantal i could go deeper into this - hell as it was - because Chantal didn't run away physically. She preferred us beating each other above separation.

It is clear that as long as the cesspit in you cannot be given energetically back to the world, you stay stuck. Your (deeper layer of) love for me is not the problem. The middle layer of hate is what separates us. This is the hate that you collected in your life, in your childhood basically, and that is the conglomerate of all the resistance to - or presumed powerlessness in - giving things back that came to you via people that got used to it that you don't give back, and so they went on and on and on with stuffing you with their karma, their unfelt unconscious pain and feelings. One of the few times you 'gave back' was when you abused your brother sexually - but, of course, this is not the way to liberate yourself. This is the dark way of 'giving back' and it doesn't relieve you truly nor anyone, it only adds more pain to the cesspit. No, energetically, all you have gathered in your childhood and that kept you stuck for so long, needs to return to the one(s) it came from. In principle, this doesn't need to happen in direct confrontation - although in practice, once the cesspit opens, it may not be easy to always avoid this. Important, anyway, is that energetically the whole thing starts flowing again - which, admittedly, is not easy or in fact impossible as long as 'family karma' is protected, and as long as vulnerability is not allowed, as long as the fear of vulnerability is bigger than the experienced pain of the stuckness where *life* should have been taking place.

With Chantal, when she allowed the cesspit to open up sometimes, it came - understandably - in the form of dramas between man and woman, even though i had nothing to do with them: (extremely unreasonable) jealousy was for her the trigger to open up the black box. When, finally, something in her understood that it had nothing to do with me, she started attending workshops to get freed from the dark force that was suffocating her. First thing she did was making love to another guy. This didn't solve the cesspit, however. The lies this event was covered up with at first - and not the act itself - was what made me very determined and decide to kick her out of the house. My house was a house of Truth, not of lies... Our relationship continued still for a year, however - despite next manifestations of Unfaithfulness that, via a man who had attended my satsangs in Groningen, i heard only later about.

It's not easy to guide the cesspit in a good way once it opens. It's true, i'm not volunteering to repeat with you a situation as with Chantal, to get the buckets of aggressive and really dangerous shit over me (I've seen a few hospitals from inside in that period), when personally i've nothing to do with them, but people of the past were responsible for it. The latter is the direction where the repressed aggression needs to go to – *fully*, whole-heartedly, shouting through the ether and whole-bodily returning to the earth all that has been 'borrowed' can be of substantial assistance here. Tearing down the Wall - or suffocate and die within the walls of the coffin...

It's also true that, as long as this resistance 'to me' is there ('and' the repressed cesspit), you can never be really with me and your love will die unused....The concrete Wall of resistance that, as indicated earlier, is built from hate to the things, energies, unconsciousness, nasty (repressed or expressed) feelings, that have been poured into you without defending yourself, without saying no. Without (learning to) saying no, you cannot say yes either later in life. Say no to death (dead, lifeless, unconscious energy), is saying yes to life... (Well, there's something beyond this duality, but for now, for you, what I just said is relevant.)

Was the (possible) punishment to expressing 'yourself' as a child - i mean giving back what you apparently had to swallow in the dark - then so severe, or sophisticated, manipulative, that you totally gave up, that you lost your Force of and as Yourself? It's so natural for a child to not agree and fight back to being pervaded with shit, with unconsciousness, with darkness - even though, true, often a big part of the transmissions is happening in the dark (often administered by women) instead of more openly (often by men).

Back to work, i'm working now on an older song called "Lies",

Azar

Here we are much busy again with the absurd corona measurements in the world and why and who is behind this crime against humanity. In Germany a third child has died from wearing a compulsory mouth-mask...

### **5-10-2020, 19:59 Nadine to Azar**

Hello Azar,

thank you for your email. I am aware of this, of this "hate" that separates us, of this huge inner load that i carry. Thank you for reminding me of it, again and again, it is something that i need to see and be confronted with. Overall, i am going through some extreme process altogether... the reality shatters in me, literally, i don't know how to describe this... it is like everything in me is dissolving, the reality in me is being separated into parts and i begin to see things, from inside, to the outside... but inside is still so separate from the outside... i experience deeply our interaction on the inner level, but more and more it is manifesting also on the outer level, there is no safe gap anymore, and this changes everything... i have your consciousness so deeply in me, and it changes my entire being, on all possible levels... i am under quite some construction...

As i read your articles (during typing your book), i find it actually helps me... On Sunday, i was feeling so miserable, i felt no connection to life whatsoever, i was just lying on bed like a corpse, no life in me, only thoughts of wanting to die, dying. I have this huge inner struggle often...almost all the time the past (weeks)...of seriously wanting to die. I realized, on Sunday afternoon, i think for the first time - in what state i was in all the past months. It was like i came out of it suddenly, after some minutes being just present in my state, paying attention to my body instead of my disembodied thoughts... and suddenly there was some sense of presence in me, slowly the deadness changed into aliveness, only by paying attention to my body, to the struggle, and i wanted to live again... i realized, for the first time, the ego-state is

not me. It was in me and living me so persistently, all these months, and i did not (want to) see it. I think i really saw it for the first time on Sunday. Before i was aware of it somewhere, in the background of me, but i never really wanted to really admit this to myself. But on Monday somehow it happened, that i came out of it by being present in myself. It felt so relieving.

I hope i can repeat this next time such a state comes to me...i hope in general, that i can be more present with things, in life, i found on Sunday this was really an essential part of the whole process, that without this presence, this consciousness i cannot ever come out of this terrible and terrifying state that i have been stuck in (for so long).

So i now feel more on the consciousness side of life, of trying to see if i can see myself through all of this. I also realized i need you for this, to see myself and embrace it all, somehow, i feel i really would want this.

The ego is so deadening, so terribly deadening... i am not sure if any other woman actually knows this from inside, how it feels. I do really know it now. I would like to live, Azar, i would really like to live.

When i typed your article, on Sunday evening, about Male and Female ways of feeling... this really resonated with me, and i found it quite relieving, to read this, because as you write, how woman experiences things, life, feelings...without an overview, how she is lost (in herself), that is exactly how i repeatedly feel. Only recently it really has been going to extremes.

I would really like to come out of this shit ego state, living my life as ago... it is crazy, i don't want this. I cannot want this. It is crazy, suicidal, crazy. I don't want this. Bah.

Living *woman* in me is not easy, i am not used to it in relation to a man. This is entirely a new project for me...

Thank you for your consciousness, for the retreat, and for all the difficult feelings that you bring. I hope i can manage a bit longer around you still... deeply i feel connected with you. This is true for me. Nothing has ever been more true than this.

Nadine

PS, when i shared with you (my difficulties) on Saturday evening, i felt instantly a great relief... something must have gone to you in the end. Inwardly a lot of things shifted, changed, i felt safe and embraced by you at night. Of course the following day was a hell again, even bigger, a lot of tension in awaiting of your response. Then the break-through on Sunday afternoon. The whole thing seems stuck, but in fact is still alive.

**20:24**

Also, what i realized is, i am so ungrounded...i have no grounding anywhere in the reality, in the world. That is why i am feeling so shitty, so inside myself, ... i have never actually touched the earth. I have never been in connection with it. And now, even more than before, i feel so far away from the earth... perhaps i have always been, only there was some illusion in me which was still keeping me "up" and happy, but now, i really have lost all illusions, and i just feel that me and the world are such strangers. We don't know each other, we never met. I would love to know how it feels, to be in connection with the earth. To be here, in it. I feel sharing myself with you in whatever way and in honesty as much as i can manage, and seeing the truth in me, trying to be present in what is the case, is the only way which can help me come back here.

I deeply appreciate this possibility that you give.

**8-10-2020, 19:40**

Hello Azar,

I feel quite awful, in general, in every possible way,...my whole world is absolutely shattered, i have no life anymore... i am just a piece of skin, skeleton, merely surviving...i have no life at all... i feel so awful, so totally awful, that hardly any words can describe this... my whole life is in pieces, i have abandoned everything, and care for nothing...

Well, i still write this to you,...i have a deep hope that this can still get better, that i can dig myself up from this absolute huge pile of mess, this mess that suffocates, kills everything... i can't believe I've been in this for so long, it is incredible, painful, more than crazy...unbelievable, that something like this is possible, to happen - to a human being... that life just disappears like that, just vanishes, stops existing...there is nothing left, totally nothing. No hope, no life, no care, no pulse... i can't believe this, Azar, ...how has this happened....i just jumped into it and have been in it ever since last october,... it is painful, it hurts.

I know i have been a burden, of not much help at all...to you or to Satl. I have not been myself, not for a second. I have been fooling and lying to you. I have pretended as if i was with you, when in fact i wasn't. I always had this lie in me. I am sorry for all this. I am sorry for the whole year since I moved to your place in September. I am sorry for it, Azar, Satl, i really am. It has gotten me, and i could not let go of it. It is such a strong stuff...

It has destroyed my whole life, basically. To an absolute zero. There is nothing left for me, nothing. I am at a total bottom, at a less than a zero place... I broke down, completely, wholistically. There is hardly any bigger break down of a human being than this.

I have not much more to say, i think... only just that i hope, i do hope, that things will get better still... that we can still make it together somehow. That we can find a way, that i can ... to still be together, to find a place in our hearts which still connects us, the only way in which it is possible to be...

I know i have been heavy, especially the last retreat and so on, but let me know if it is ok for me to see you this weekend, i know Radek is coming too...

Nadine

**9-10-2020, 1:27 Azar to Nadine**

Hi Nadine,

That's indeed extremely bad, what you describe how you feel. I'm really sorry that you need to go that far, to sink that deep to be able to, in the best case scenario, ever come out of the gutter. Despite your search for words, your description of your state is not bad at all. And i can say, for I See-Feel you. Perhaps superfluous to say but just to make sure, for your overview: You didn't jump into this state last October. This awful state was 'just' being revealed, 'simply' by being long enough in my mirroring Heart-presence for this to show up - and not without my meditation of you(r resistance). In principle, everybody's

real state shows up in my Presence. Apparently you were - or something in you was - not against this revelation. For most people make sure that they get the hell out of here before the revelation really manifests - and that while their state is or seems not even that extreme as yours. It's true, what's underneath their state is often something else. I remember for instance Govinda broke down once on the ground before me, totally devastated, and all she could still say through the tears was: "Save me, Azar, save me." Once your karma shows up, the whole world looks different. The hell is a chance to eventually not die in the hell - unconsciously. One's (late) twenties are good for visiting hell.

It's courageous that you see and say that you were not really with us during the half a year you've lived here daily, and that it was a lie in that sense. I guess this seeing will extend to other people as well. With a wall around our heart, without vulnerability, we cannot really be with anyone. You're a pearl - but you must know or find out how to uncover the shell. Presenting the cover will always feel like a lie - and there's something to it. Well, at least you don't have to pretend any more - as most do - that the shell is beautiful.

Keep writing, keep formulating. You need this, even if sometimes - or often - it may seem to you a repetition of what you have written earlier. As long as it is true the latter doesn't matter. You can't carry this burden alone. Your earlier three mails of Monday were also good by the way. I could feel you through them.

About coming here this weekend. It depends. First of all, we're not really in a good state ourselves - not only from meditating you(r state), although this is an ongoing process and never easy as you understand by now, but also lately we are much going into what happens in the world today, which is absolutely shocking and unprecedented. If Satlova does this - and she cannot stop doing this right now - this has a much bigger impact on our state than when i'd do this alone as man. Woman makes everything much more feelable on an earthly level. Perhaps you've seen the result of our meditation of it in the form of my latest hearticle, published today on the website (via FB). Secondly, i guess you haven't found an alternative place to be after 15th of October, which comes very soon already. If you haven't found anything else yet, then of course you must have a place to stay for the moment, and it's most logical that this would be here - even though it cannot be permanent (not yet, i hope). So if this is indeed the case, if since Oct. 15 you need to be here for a while, then we prefer to skip this weekend, and to be with Radek alone, even though in itself i have nothing against you meeting him, that's not the point in the least. The thing is simply that i don't want us to get energetically overburdened - repressed energy is also energy. In case you'd have an alternative for after 15 October and this would mean we wouldn't see each other for a longer while, then i think it's better if you'd come over for this weekend, and then we just see how it goes.

Azar