

DAILY CONTEMPLATIONS FOR MEMBERS OF TTDF

THE TUTU DOCTRINE



THE NEW WORLD ORDER

Daily contemplations for members of TTDF.
The TuTu Doctrine – The New World Order is created and manifested
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January 01: The Second Coming of Jesus Christ

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE KING OF TRUTH, PAGE 76

It is said about Jesus that when he comes back he will bear the name The King of Truth. TuTu was born on the 1st of September 1956 in Madras, India. He bore the name Harishchandra, which is the name of The King of Truth in Indian mythology.

The TuTu Doctrine – The New World Order, page 77

Many of us have come across statements about the Second Coming of Jesus Christ and, nowadays, many of us are waiting for this event while others of us think that such an event is an impossibility.

Yet others of us imagined that he spoke figuratively about his second coming and that, in Reality, he spoke about the second coming of his state of consciousness, which was expressed in his holy name Christ.

However, we realized that the Christ Consciousness, Mercy Consciousness also called the Mercy Consciousness has grown in humankind in the course of the past two thousand years, and it is thus not one event.

Most of us, who have read *The TuTu Doctrine – The New World Order*, have come to believe that the second coming of the person Jesus Christ has taken place, and that it ushers in a New World Order, like prophesied in the Bible.

Today's contemplation

Today, I will open my mind to believing that Reality may hold events that I could not have dreamt up in my wildest imaginations.

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January 02: *The Christ Consciousness, the Mercy consciousness*

FROM PART 2, CHAPTER 1 THE PRINCIPLES, THE SECTION THE CHRIST CONSCIOUSNESS, PAGE 90,

Jesus was referred to as Christ.

Many use the two names at random but TuTu explained that it is essential to discern between the individual person Jesus and the universal field of consciousness called Christ, which Jesus came into the World to inform humanity about.

The TuTu Doctrine – The New World Order, page 90

The Christ Consciousness, Mercy Consciousness is also called the Mercy Consciousness, and it expresses itself in us differently depending on our individuality and thus our personal inclination and capacity.

Our Christ Consciousness, Mercy Consciousness expresses itself in us all in that we have a personal contact with the knowing and intuitive thought system of our true Self, our Spirit, and have achieved a state of compassion for those, who still suffers.

We have achieved this state of consciousness by carrying out the work with the Twelve Steps in any of the Anonymous Twelve Step Fellowships, because the Twelfth Step in all of them is the Step of unconditional mercy.

In the Twelfth Step, we pass on existential information to those who still suffers about how they can liberate themselves from their sufferings, and we do this without judging them or the circumstances that led to their suffering.

Today's Contemplation

Today, I will practice compassion for a fellow human being by passing on my recovery experiences in the area that is causing this person suffering.

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January 03: *The spiritual path*

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 357

He&she began to form images of their return, but depending on their capacity for image formation, more or less precise images arose of the goal, which they called God, but no matter how refined the images were, The Reality at the root seemed to escape them, because no one could form an image which held the sublime calm, the total unity and the perfect love that reverberates in the cosmic being.

The TuTu Doctrine – The New World Order, page 359

In our heart's heart we knew that we are an omnipresent, omniscient, omnipotent and immortal Spirit, who has a temporary experience as a limited, ignorant, powerless and mortal human being.

When we projected ourselves into the Ocean of Love and moved a spark of our consciousness into the two separate Souls, as the form identities we had created and wanted to manifest, we became limited by the form.

This limitation led to that we as Souls could experience ignorance about what lay outside the form, powerlessness over that, which we did not know and mortality, because all form identities dissolve and die in the long run.

In that way, as Spirit we had created and manifested an opposite to the one we are in Reality, and as human beings most of us had forgotten, who we really were, and in TTDF we worked on remembering ourselves as Spirit.

Today's Contemplation

Today, I will liberate myself from the pain of my limitation, ignorance, powerlessness, and mortality by working on remembering, who I am in Reality.

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January 04: *To understand Reality through dreams*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION A CLAIRVOYANT DREAM, PAGE 34

I thought it was best to avoid the mistakes and pondered over how to avoid the dream from coming true, but then realized that I couldn't figure out how to avoid something which I didn't know as to what it could be.

The TuTu Doctrine – The New World Order, page 36

Most of us in TTDF are interested in how our consciousness expresses itself in all the dimensions in addition to how our true Self, our Spirit, expresses itself in the Absolute.

Therefore, we are also interested in how our consciousness expresses itself while we sleep, when our daytime consciousness is out of the picture, so we chose to write our dreams from the night down immediately in the morning.

We took these dreams up again at the time we carried out our Tenth Step and used dream analysis to translate that message our dreams contained by comparing them with our daily experiences.

This allowed us to inventory what problems our subconsciousness was working on resolving while we slept, and thereby we could use our Tenth Step to go deeper into recovering from them.

Today's Contemplation

Today, I will write down my dreams from the night and take a stand on them in my Tenth Step.

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January 05: The dead and the living

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE DEAD AND THE LIVING, PAGE 386

I told him that TuTu was with me most of the time, and he said that it wasn't good to hold on to the dead.

You should let go of them, so they could move on and go to where they were going to be, and you yourself could move on with your life.

The TuTu Doctrine – The New World Order, page 390

Many of us have had experiences with being in contact with a deceased person, but this experience has often been labeled as madness by society, and therefore many of us have kept these experiences secret.

However, in the TuTu Doctrine Fellowship, we heard of others who had a continued connection with their deceased loved ones, and who even had daily contact with a deceased loved one, who gave them guidance in various areas.

This has led to that our confidence in that life continues after physical death grew, and at the same time it gave us the courage to also share about our own experiences with contact after the physical death with one of our loved ones.

At the same time, this information gave us peace of mind concerning death and changeability, which had previously been very frightening to us because they previously belonged to the unknown.

Today's contemplation

Today, I will explore my thoughts about life and death and take those thoughts to heart, that brings me joy.

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January 06: *The subconsciousness*

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION 1001 NIGHT'S ADVENTURES, PAGE 72

These statements mystified me and made me think that there was some part of my consciousness knowing something, which the rest of me did not know, but it turned out that everything came to light.

The TuTu Doctrine – The New World Order, page 73

In the TuTu Doctrine's Fellowship we were taught that we could look at our subconscious mind compared to our daytime consciousness by looking at our subconscious mind as a ball the size of the Universe.

If then we put a small dot inside or outside the ball, we would have a basis of comparison that illustrated our daytime consciousness as the dot and our subconscious mind as the ball.

Sometimes it would happen that the omniscience of our true Self, our Spirit, would break through our daytime consciousness to give us guidance that in many cases proved to be life-changing.

For many of us these were sacred moments, but in TTDF we wanted to have access to the omniscience of our true Self's, our Spirit's guidance in every moment of our day.

Today's Contemplation

Today, I will notice the guidance that comes from my true Self, my Spirit by observing that the impulse that comes to me is outside the normal thinking of my daytime consciousness.

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January 07: *The Small Ring of Arrogance*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE RING OF PAIN OF THE WEST, PAGE 138

When The Ring of Arrogance becomes active in us, we feel above others when our needs are met (Superiority), and below others when our needs are not met (Inferiority).

When we feel we are less than others, we stay by ourselves to hide our vulnerability and our feeling of worthlessness (Isolation), and when we feel we are more than others, we fill up our time and space with people and activities to show off our superiority by the help of the number of people present in our lives and the numerous activities we undertake (Over-crowding).

The TuTu Doctrine – The New World Order, page 141

Most of us have experienced the energies of the Small Ring of Arrogance becoming active within us without necessarily being aware that this was the specific energy field we were in.

We could identify where we were at in our psychological landscape by observing whether we felt less than others or more than others, whether we were isolating ourselves or showing off to others.

Often we use the Small Ring of Arrogance in the hope that others would want to get to know us, but the energy of the Small Ring of Arrogance is mostly repulsive to others, and therefore we cannot have this desire fulfilled.

If others want to get closer to us even though we are in this energy field, we do not experience closeness with them, but most of the time a competition arises between us to find out, who is the best of us.

Today's Contemplation

Today, I will observe whether I am in the Little Ring of Pride, and then I will use the situation in Step Six to grow in enlightenment and wisdom.

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January 08: *The Thinking Mind, the Ego*

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT GOOD AND EVIL,
PAGE 358

The darkness became deeper and deeper, until she, in the end, lived in the outermost darkness, completely isolated within herself, with only a spark of life-force left, because the rest she had given to her thought creaturesmanifestations.

The TuTu Doctrine – The New World Order, page 366

As we worked on the *Fairy Tale of Good and Evil*, we understood that good and evil were our own created manifestation, and that our personal perception of good and evil was our own created manifestation.

In our meetings, we heard about other members' perceptions of good and evil, and thus it became clear to us that our personal perception of good and evil was not necessarily the same as others' perceptions.

Our thinking mind's, our Ego's thoughts and ideas are thoughts and ideas that we have chosen to hold at one time or another, and as a result of these choices, the same type of thoughts return to us again and again.

As a result of this understanding, we began to change the thought patterns that caused us painful emotional feelings into enlightenment and wisdom that enabled us to maintain our equanimity in difficult situations.

Today's Contemplation

Today, I will use my Sixth Step to transform a painful thought into enlightenment and wisdom.

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January 09: *The Four Big Rings of Joy*

FROM PART 6, THE CHAPTER APPENDIXES, SECTION APPENDIX F, PAGE
409

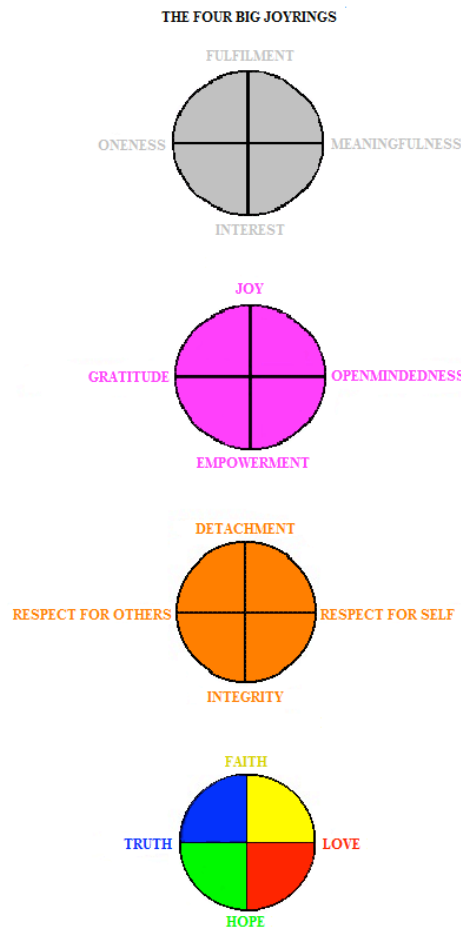
The TuTu Doctrine – The New World Order, page 409

The Ring of Fulfillment with its fulfillment, interest, meaningfulness and oneness is the root to let in all the blessings of the World the life of a human being.

The Ring of Godcenteredness with its joy, empowerment, open-mindedness and gratitude are the first blessings that open up, when the human being uses the Ring of fulfillment.

The next blessings that open up for him&her when he&she uses the Ring of Fulfillment the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others.

Then, the blessings in Big Ring of Joy open up for him&her with its faith, hope, love and from here the blessings keep pouring in the life of him&her from the Small Rings, Minirings, the Microrings and the Nanorings of Joy.



Today's contemplation

Today, I will use the Ring of Fulfillment in everything I do.

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January 10: *Trusting my true Self, my Spirit*

FROM THE CHAPTER THE ANGELIC WEDDING, THE SECTION TAKING LEAVE OF THE MASTER, PAGE 241

I waited for something to happen, but after a few moments, I accepted the idea that their departure would take place without any special reaction from his side.

At that moment, everyone was asked to leave the Master's room, so he could rest.

People got up and streamed out, and when the last one had left, I hurried to step in, ready to withdraw if I ran into the slightest hindrance, but nobody objected and the doors were closed behind me.

I went over to his bed and sat down on the floor in front of him.

The TuTu Doctrine – The New World Order, page 242

Many of us often thought that we had to do something extraordinary or pressurize ourselves or others into doing something that did not feel like the right action in order to have our desires fulfilled.

Gradually however, as we acknowledge who we are, we have gained confidence in that it is to our advantage to leave the fulfillment of our desires to the care of our true Self, our Spirit.

Therefore, we have let go of taking actions that do not feel like the right thing to do for ourselves, and we have also given up pressuring others into doing something that they do not joyfully do.

We had gained confidence in that everything would happen in a way that would prove to be to our advantage in the long run, whether the outcome of a situation were in line with what we wanted right here and now or not.

Today's contemplation.

Today, I will have confidence in that I can leave it to my true Self, my Spirit, to steer the situations in which I participate if I do not feel that it is the right thing for me to act in the situations right now and here.

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January 11: Self-praise

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE RING OF SELF-CENTEREDNESS AND THE RING OF GOD-CENTEREDNESS.

Instead of praising myself for the successes I think I have achieved today and thereby creating and manifesting a short-lived euphoria or elation about how good I think I am, I choose to focus on my gratitude, because my inner guides or the people in my environment were willing to help me by thinking empowering thoughts on my behalf and thus helping me neutralize my failures or transform them into successes.

The TuTu Doctrine – The New World Order, page 179

Most of us have experienced feeling so joyful that we felt euphoric only to experience emotional pain or depression the next moment without understanding how our mood could change so quickly.

Some of us became so afraid of this shift in mood that we became afraid of getting too joyful about anything because we did not want the pain or depression that we thought would immediately follow.

As we worked with this pattern, we understood that this shift occurred because we had confused euphoria with joy, and that these two attributes belonged in two different energy fields.

Euphoria belonged in the Ring of Self-Centeredness with its euphoria, depression, self-criticism, and self-praise, and joy belonged in the Ring of God-Centeredness with its joy, empowerment, openmindedness, and gratitude.

Today's Contemplation

Today, I will learn to pair the Ring of God-Centeredness with the Ring of Self-Centeredness so that I can achieve joy that does not come from self-praise.

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January 12: *The Tree of Life*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE TREE OF LIFE, PAGE 398.

As soon as I wrote it down, I knew that it concerned The Tree of Life, which is a graph, illustrating the power structures in the unfolding of life in the same way as the library-tree in a computer shows the branching out of programs, folders, files and their interrelation.

The TuTu Doctrine – The New World Order, page 398

After coming to TTDF, we no longer experienced our emotional feelings as evil when we were in pain and as good when we were joyful, and thus we were ready to get access to the Tree of Life.

The purpose with the knowledge about the Tree of Life – the Kabbalah – is to enable us to study the emotional energies that may manifest in our destiny or daily life, so that we can use these energies to our advantage.

Previously, the World Teachers had not given us access to the full knowledge of the Tree of Life because we judged our feelings as good or bad, and this would manifest itself in fear if we had access to Tree of Life.

In TTDF, we can now use this knowledge to activate our self-healing powers so as to recover from the pain, and then we can complete the process by transforming our pain into joy by the help of our newfound wisdom.

Today's Contemplation

Today, I will inventory my emotional pain by using my Sixth Step to find the root of my pain and then activate my self-healing powers by the help of the enlightenment and wisdom that the Sixth Step provides.

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January 13: *The TuTu Doctrine – The New World Order*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION TUTU, THE MASTER OF THE MASTER, PAGE 188.

Shri Krishna had used the Pranahuti process when he performed his spiritual work, of which the most renowned example took place when he taught Arjuna in the battle of Mahabharata.

The TuTu Doctrine – The New World Order, page 188

Gradually, as we got to know the *TuTu Doctrine – The New World Order*, we understood that our inner experiences that a new world order is coming into being is correct.

In our texts, we learned that great and unusual events are taking place on Earth, which has been elevated to the fourth dimension, also called cyberspace or the etheric plane or the space-time plane.

Because of this ascension, the fifth dimension, also called the astral plane or the emotional plane, became more accessible to us, and this meant that we became better at identifying our emotional feelings.

In this way, we could also identify the thoughts that our emotions expressed, and thus we could let go of using our Ego's thought system and instead use the thought system of our knowing mind, our God mind.

Today's contemplation

Today, I will work on letting go of my thinking mind, my Ego's thought system, and instead use my knowing mind, my Godmind's thought system.

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January 14: *Improvement*

FROM PART 3, CHAPTER 3, THE SPIRITUAL WEDDING, THE SECTION TUTU'S ILLNESS 3, PAGE 298

"Don't they understand that your situation is acute?" I asked.

"Yes," he said, "but it is illegal for them to help me."

"Yes, but there are long waiting times in the treatment system," I said, "couldn't they have given you some medicines to keep the alcoholism at bay until then?"
"That is also illegal," he said, "but you need not worry. I will try to find a solution."

The TuTu Doctrine – The New World Order, page 301

When we looked around the world with the eyes our work with Program of *the TuTu Doctrine - The New World Order* gave us, we realized that many countries and societies had no intention of helping their weakest citizens.

We understood that the spiritual state of our society is determined by how we treat our weakest citizens, that is the children of our society, who are often mistreated both by their ignorant parents and by society itself.

We wanted to change this and we did by meeting both the children and their ignorant parents with our unconditional love, care, compassion and mercy.

We understood that this would help ourselves to live in the society we wanted, and it would help both children and parents to see a person who acted out of unconditional love, care, compassion and mercy.

Today's contemplation

Today, I will use my new existential understanding to improve my life and the lives of everything and everyone everywhere on all planes of consciousness that I encounter on my path.

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January 15: Holy places

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION SECOND
 MEETING WITH TUTU, PAGE 66

After dinner, the conversation soon entered spiritual issues and TuTu told them that his spiritual elevation had begun already before he went further up the mountains.

The TuTu Doctrine – The New World Order, page 66

Many of us had traveled the World seeking out spiritual teachers or spiritual places that we had heard about and that we hoped would give us the final ascension to our true Self, our Spirit.

We heard in meetings in the Fellowship about others who also had experiences with sacred places and spiritual teachers, and that they had actually given us spiritual states, even if they did not give us the final ascension.

We could come to a sacred place with a stone figure and experience a spiritual state, and we understood that there were many unexpected places in the World that could give us a glimpse of our true Self, our Spirit.

However, there came a time when we wanted more than fleeting glimpses of our true Self, our Spirit, and thus we began the process of liberating ourselves from that which prevented us from remembering what and who we are.

Today's Contemplation

Today, I will use my TTDF Step Work to liberate myself from that which prevents me from remembering who and what I am in Reality.

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January 16: To draw nourishment from everything

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 345

By listening to the high and the low, the inner and the outer, and evaluating how you can best extract the essence of this and thereby draw nourishment from everything. Then, you must act accordingly.

Through this, the maximum harmony is achieved in this Master's field, and your reward will be great."

The TuTu Doctrine – The New World Order, side 349

When we came to TTDF, most of us had a tendency to be indecisive because we were unsure of what our next right action might be, and therefore it was difficult for us to make up our minds.

This could cause us to jump into action by the help of the first thought that came to us, and then when we saw the result of our action, we often discovered that this action had not been to our benefit.

In TTDF, we discovered that our indecision belonged to the Nanoring of Envy with its uncertainty, uncultivatedness, indecision and rashness.

As a result of this realization, we used our indecision to harvest enlightenment and wisdom by pairing it with the Nanoring of Hope with the certainty, cultivatedness, determination and level-headedness in a Sixth Step.

Today's Contemplation

Today, I will pair the Nanoring of Envy with the Nanoring of Hope in a Sixth Step, thus harvesting enlightenment and wisdom from my indecision.

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January 17: *Death*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION
CONFIRMATION OF THE DEATH HELP, PAGE 335

I told her what I had experienced.

"When was that?"

"Around two weeks ago."

"Now let me tell you something in return," she said, "one week ago, both his son and I dreamt about him on the same night, and we haven't dreamt about him since his death. In the dream, he said that they did not have to worry about him anymore. He felt good now, and now he was going to proceed."

The TuTu Doctrine – The New World Order, page 336

Most of us have learned to fear the physical death, while we were growing up, even though we are actually surrounded by death every single moment of every day, because death and changeability are the same.

Constantly, every moment dies into the next moment and all that was in our field of experience a moment ago has passed away with the moment that has arrived, and also, our physical body is in a state of constant death.

Our baby body is no more, and yet most of us do not lament this fact, and eventually we approach the final physical change when we leave our physical body behind and give it back to Mother Earth.

In our TTDF program, we got to know all of our bodies, and gradually we understood that when we left our physical body, we moved on to our destination in the higher realms by the help of our etheric body.

Today's contemplation

Today, I will use my Eleventh Step to learn to consciously step out of the energy field of my physical body, so I can let go of my fear of death, which is my thinking mind's, my Ego's most powerful stronghold.

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January 18: *Psychotropics*

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION
PSYCHOTROPICS 1, PAGE 18

I, my sister and her husband were excited about the World that opened up to us by the help of the hemp, and in the end, we smoked daily.

In particular we used the expanded states of consciousness to listen to music and talk about life.

In the past, spiritual teachers often initiated us into the next stage of our spiritual development by the help of psychotropics extracted from various plants.

These plants were considered sacred because they gave us access to different spiritual states that we otherwise would not have access to.

A few is Indian hemp as one sacred plant, tobacco another, the coca bush a third, the poppy a fourth, the hops a fifth, the grape a sixth, the mushroom a seventh, then cactus an eighth, ayahuasca a ninth and kava kava a tenth.

As a result of the altered perception of Reality that we achieved under the influence of one or more of these plants, we were able to use our experience with psychotropics as part of our new outlook on life.

Today's Contemplation

Today, I will seek to gain an expanded outlook on life by the help the enlightenment and wisdom I gain in my Sixth and Seventh Steps of the TTDF.

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January 19: Accountability

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 345

"Then, how do I choose among life and growth, sustenance and maintenance, degradation and destruction?"

"By wishing. Your wish is the law of the Universe."

For most of us, it is easy to take responsibility for the part of our lives that is filled with desires that lead to actions that create and manifest growth and joy for ourselves and others.

However, many of us have a hard time taking responsibility for the part of our lives that is filled with desires that lead to actions that create and manifest degradation and destruction for themselves and others.

In TTDF, however, we learn to take full responsibility for our desires, whether they lead to growth, maintenance or degradation, because these forces each have their own role to play in our Earthly lives.

Gradually, we learn to sort out the energies that we do not want to use in certain situations and strengthen the energies that we want to use instead in our Sixth Step.

Today's Contemplation

Today, I will use the Sixth Step to choose the energies that I want to use during the day.

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January 20: *The pains of life*

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 368

"Pain is a short-lived signal to act. Suffering is any attempt to avoid that action which the pain ordains."

The TuTu Doctrine – The New World Order, page 377

We were aware of that life holds many types of pain, and that we could experience physical pain, energetic pain, emotional pain, mental pain, social pain, and pain in our spiritual lives.

In order to be able to handle different types of pain, we needed to first acknowledge our responsibility for the pains in our physical life, movement life, emotional life, thought life, social life, and spiritual life.

Next, we activated our self-healing powers by the help of our TTDF Program by letting our pain speak to us about the changes we could beneficially use to heal ourselves.

First, we admitted our pain and how it made our lives unmanageable, and then we used Steps Three through Twelve to heal ourselves from the pain, and in doing so, we reaped enlightenment and wisdom at the root of the pain.

Today's Contemplation

Today, I will acknowledge my choice of pain and then examine what enlightenment and wisdom I hope to gain by taking on that pain.

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January 21: *The Ring of Emptiness and the Ring of Fulfillment*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE HIERARCHY OF THE ARCHETYPAL RINGS, PAGE 178

In Greek mythology the Ring of Emptiness is called Pandora's Box.

Pandora's Box is said to bring all the sufferings of the World to the one, who opens the box, and it is perceived to be the origin of all our defects of character.

In the Fellowships Anonymous the Ring of Fulfillment is called the God Box and in

Hinduistic mythology it is called Sudarshan Chakra.

The God Box, Sudarshan Chakra is said to bring all the blessings to the one, who opens the box and it is perceived at the origin of all of our virtues.



TuTu Doctrine - The New World Order, page 178

The Ring of Emptiness contains our most painful mental-emotional conditions, and the actions that arise from being in this Ring lead to our most painful mental-emotional states.

In some cases, a prolonged stay in the Ring of Emptiness could lead to us committing suicide or to us choosing to numb these thoughts and emotions with alcohol or other strong substances.

By pairing this Ring with the Ring of Fulfillment from our TTDF Program in Step Six, we could instead reap enlightenment and wisdom from this pain, and thus help our thinking mind, our Ego, to let go of the pain.

We were surprised at how easy it was for us to use the Ring of Fulfillment, considering how intensely painful it had been for us to be in the Ring of Emptiness.

Today's Contemplation

Today, I will pair the Ring of Fulfillment with the Ring of Emptiness to create peace in my thinking mind, my Ego with the enlightenment and wisdom I could help my thinking mind, my Ego to achieve.

January 22: Childhood faith

FROM PART 1, CHAPTER 1, INITIATION, THE SECTION CHILDHOOD FAITH, PAGE 14

God invented various ways to torment the evil ones until they became good.

Even if you shouldn't think so, God loved the evil ones too and you could know that because he grieved when he had to torment them.

The TuTu Doctrine – The New World Order, page 14

When we came to TTDF, most of us had a concept of God in our thinking mind's Ego's image, and therefore God was subject to the limitation, ignorance, powerlessness and mortality/changeability of the Ego

God could therefore become vindictive if we disobeyed HimHer, because we did not understand that God's unconditional mercy forgave us all our mistakes, no matter what they were, so a punishing God did not exist.

As children, we were taught to believe that God was like our limited, ignorant, powerless and mortal/changeable parents, so when they hurt us, it was God who hurt us, and therefore we became afraid of God's judgment on us.

The bravest of us might have asked for a clearer explanation of the information that frightened us without understanding that our parents had no answers because they too were subject to the control of their thinking minds, their Ego.

Today's contemplation

Today, I will courageously admit my ignorance, if a child asks me a question that I cannot answer on the basis of my own experience.

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January 23: *Fear of love*

PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION THE FEAR OF LOVE, PAGE 194

*I decided to write a letter to the Master instead even if he had not met TuTu.
I wrote that I had met him in Madras, and I felt like a leaf in the wind that would be swept wherever the wind took it.
I feared that the wind took me away from him, and as I did not want that, I would now leave the case in his hands.*

The TuTu Doctrine – The New World Order, page 194

Many of us imagine that when the mutual love between us and a partner enters our lives, love will fulfill us in such a way that our happiness is made.

When the encounter with love takes place, however, we discover that fear arises that our individuality will create such a big distance between us that we will lose the beloved.

When this happens, the initial joy turns into pain, because our fear means that we are no longer acting on the initial pure love but on our thinking mind's, our Ego's thought system.

The highest state of our Ego's thought system is enlightenment and wisdom, but our fear prevents this state, and the encounter with love is intended to cleanse us of fear and hold on to our love.

Today's Contemplation

Today, I will use the Sixth and Seventh Steps of my TTDF Program to cleanse my love of fear impulses that come from my thinking mind, my Ego.

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January 24: Building up an inner life

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION CAST OUT OF SOCIETY, PAGE 276

To crown the work, the police had gradually put together an indictment, and I was convicted to 40 days in prison for possession of heroin, which meant that now I had a criminal record, and thereby, I was cut off from returning to my job and had thus been cast out of society.

TuTu Doctrine - The New World Order, page 277

For many of us, it was important to feel part of society in order to be able to create and manifest an outer life that was so fulfilling that we had the money, time and energy to do the things that interested us.

For this to become possible, it was important for us to find out what could be interesting for us to use our 24 hours on on a daily basis, because interest gives us energy to do the task, and we also needed to make money from our interest.

It could happen that what interested us did not seem to be what we could earn the money on that we needed for our desired lifestyle, and thus we were faced with the choice of finding a job that we did not want or following our heart.

Most of us in TTDF followed our heart and took the situation as a sign that the will of our true Self, our Spirit, was for us to simplify our lifestyle to the bare essentials to become able to turn inward by the help of our TTDF Program.

Today's Contemplation

Today, I will use my work in TTDF to turn inward to grow in enlightenment and wisdom so that I can strengthen my inner life under all circumstances, no matter what they are.

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January 25: Soul and Spirit

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 373

"Be Aware that you are aware of your awareness."

TuTu Doctrine - The New World Order, page 379

Most of us had only a vague sense of our Soul and our Spirit, and we also had the impression that Soul and Spirit were one and the same when we came to the Fellowship of the *TuTu Doctrine – New World Order*.

After we came to the Fellowship we learned that Spirit is the merged masculine and feminine principle, and Soul is Spirit's first created and manifested body, where the masculine and feminine principles were split into two Soul Mates.

In our Souls, fear arose over the separation from our Spirit Mate, and this made us to create and manifest a veil around the fear and thus our thinking mind, our Ego came into being.

Our thinking mind, our Ego observes our life, our Soul observes our Ego and as our true Self, our Spirit we observe our Soul, and God, our FatherMother observes us as individual Spirits, created and manifested by HimHer.

Today's Contemplation

Today, I will be aware that my Soul observes my thinking mind, my Ego, and that my true Self, my Spirit observes my Soul and God, our FatherMother observes us all and what we have created and manifested as our true Self.

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January 26: Spiritual arrogance

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION TUTU AND THE PRECEPTOR, PAGE 219

*She said that she had had enough now.
She had not come here to be taught by such a green pea.*

TuTu Doctrine - The New World Order, page 220

When we began to get cosmic glimpses, we could be so filled with wonder at feeling the state of our true Self, our Spirit, that we usually also felt deeply honored that such a state had come to our lot.

Because we were still in isolation inside the thought system of our thinking mind, our Ego, we believed that this state were only our lot, and this could make us feel superior to others, and thus we began to suffer from spiritual arrogance.

In TTDF, we learned that spiritual arrogance is the most difficult character defect to purify, because we often became unreceptive to new information that could lead us from cosmic glimpses to merger our true Self, our Spirit.

As we felt increasingly isolated from others due to our spiritual arrogance, our existential pain grew until we admitted our need to become our individual and authentic self and thus became ready for the Program in TTDF.

Today's Contemplation

Today, I will acknowledge my human limitation, ignorance, powerlessness and mortality/changeability and thus join the community of humanity so that I can open myself to the information I need to become my authentic self.

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January 27: Limbo

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, SECTION SUICIDE, PAGE 45

During the meditation, I had a vision.

I saw a bright figure in front of a dark house.

Everything was in darkness, and the house wasn't visible, but I knew that it was there.

In the distance, far behind it, I saw a whitish gleam.

The bright figure rushed restlessly back and forth in front of the house.

I could see the entrance of the house and did not understand why he did not go through it so that he could reach the light in the distance, but then I realized that he could not see the door

The TuTu Doctrine – The New World Order, page 46

Most of us were afraid of death/changeability when we came to TTDF, and especially because of what we had heard about being trapped in Limbo, which was supposed to be a place where we could not go through the Gate of Death..

This happened by us fx having committed suicide or damaged our body in a way that led to an early death due to misuse of the body so we were unable to go through the Gate of Death until our time had come.

The state of despair that drove us to suicide or other misuse of the body was the state we would be in until we were released from it when our true time to leave our earthly life had come.

After passing through the Gate of Death, we felt in our life review of our actions a need to learn to solve the problem we had tried to escape, and this led to us wanting to take on a new life on Earth to learn to deal with the problem functionally

Today's contemplation

Although sometimes, I can be in a state of despair, I choose to use the principles of the New World Order to take care of my despair instead of harming my Mother Earth body.

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January 28: The meaning of life

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 357

The created and manifested beings spread out to acquire the experience of life, when they found themselves inside a limited, ignorant, powerless and mortal/changeable form, which was the purpose of the manifestation of the creation, and to meet and separate and meet again and thereby acquire knowledge of the pain of separation and the joy of reunion, which is the life condition of the created and manifested forms.

TuTu Doctrine - The New World Order, page 359

When we began to ask ourselves questions such as: What is the purpose of my life? Who am I? Is there life after physical death? Is there a God and a devil, as I have learned? Will I be punished for the content of my life when I die?, we were ready for the spiritual path.

In our work with our TTDF Program, we received plausible answers to these questions and understood that from the beginning of manifested creation and at all times, the purpose of life was the same for all of us, and that was to experience life on our different planes of existence.

As individual pure Spirit, we and our Spirit Mate were one being, the ManWoman – Ardhanarishvara – and we rested in the Absolute merged in complete bliss, until a desire arose to experience our Spirit Mate in a new perspective.

To fulfill this desire, we set into motion, and we split our merged self into two separate Souls in a nuclear fission, moving a spark of ourself into these two forms to experience life as a limited, ignorant, powerless, and mortal/changeable form.

Today's contemplation

Today, I will remember that my purpose in life is to experience life as a human being.

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January 29: Opiates

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION
PREPARATION FOR THE SPIRITUAL REBIRTH, PAGE 280

TuTu said that Methadone was illegal in India because it dried out the marrow of the bones and destroyed the fertility as opposed to heroin, which is a natural opiate that does not give any organ damage.

TuTu Doctrine - The New World Order, page 280

On our spiritual path we found many opportunities to be initiated, and thus we were initiated into the state of different planes of existence, and one of these opportunities is to consume a brew of the sacred plants of the World.

Many of us had consumed several of these prepared plant substances, although they had been forbidden by the ruling class in many societies, who wanted control over our labor power and our relationship with God.

There are many different sacred plants in the World, and the opium poppy is one of these, from which the juice can be extracted and used to ease the pain of humankind with the help of opium drops, morphine and heroin.

We discovered that the legislators of our society had appropriated the power over opiates and manufactured artificial opiates, which they offered to us, even though they caused organ damage that natural opiates did not.

Today's Contemplation

Today, I will give myself permission to consume the medicine I need.

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January 30: The Holy Grail

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO
WALK ON THE EARTH, PAGE 368

He lifted her compassionately and beamed towards her with love, until she melted into The Ocean of Love.

Thus blessed, the Woman slowly and peacefully went out of the temple yard to take her new life into possession.

The TuTu Doctrine – The New World Order, page 377

Ardhanarishvara – the ManWoman, who contains the merged masculine and feminine principle, contains both our individuality and our oneness who is the Holy Grail, and these energy fields are not limited by any form.

Our oneness is called the Ocean of Love, the Holy Grail, God's Heart's Heart, our mutual innermost Heart, our mutual true Self, our mutual Spirit, who contains the heat.

Our individuality, which contains the cold, and which encircles Our Holy Grail, God's Heart's Heart, and from here we create and manifest our individual creations and manifestations by the help of the free will God, our FatherMother, has given us to create and manifest in accordance with our unique individuality.

When we drank from the Holy Grail, the Ocean of Love, we were able to meet ourselves and everything and everyone everywhere on all planes of existence with unconditional love, care, compassion and mercy.

Today's contemplation

Today, I will drink from the Holy Grail and thus meet myself and others with unconditional love, care, compassion and mercy.

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January 31: *The soft heart*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION THE MELTED HEART, PAGE 245,

Little by little, as our talks progressed, my heart gradually became softer and softer in compassion with the sufferings of my former boyfriend, and when he asked me to stay overnight, I said yes immediately.

We lay in each other's arms, when suddenly I became aware of my heart.

It felt as if it melted, oozed out of my body like steam and left an empty hole.

The TuTu Doctrine – The New World Order, page 249

Gradually, as our spiritual development took place, we became aware that all other manifested creatures are limited, ignorant, powerless and mortal/changeable just like us.

As a result of this understanding, it became easier for us to identify with the problems other Spirits could have with living in the forms they have taken on residence in for the time being.

Instead of hardening our solar plexus heart against the existential pains of others for fear of so as not to come face to face with our own unresolved pain, we chose to allow our solar plexus heart to be soft and open.

In this way we achieved a better and better contact with our higher heart and thus with our Christ Consciousness, Mercy Consciousness, and this made it possible for us to accept our existential pains.

Today's contemplation

Today, I will use my own and others' existential pains to grow in Christ consciousness, Mercy consciousness.

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February 01: To return home

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION GOALS OF
LIFE, PAGE 18

I had had my wishes fulfilled, but they did not extinguish that peculiar longing that I had within me, and which I no longer could put a name to.

The TuTu Doctrine - The New World Order, page 18

Many of us grew up and felt confused about not having the same desires as our parents and siblings and most of our peers and others we met along our way.

We understood that the people around us mostly wanted to make sure that their wishes were fulfilled and to secure a future with a profession that gave them joy, but for us existential questions were more important.

For us, all our desires could be fulfilled without us feeling our inner longing satisfied, so we became a seeker, who were searching high and low for that, which could satisfy us.

Eventually it became clear to us that only this of coming to feel like our authentic selves could satisfy us, and thus we came to the spiritual path that eventually led us to the TTDF Fellowship.

Today's contemplation

Today, I will use the principles of TTDF to peel away the layers that obscure my authentic self.

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February 02: *Building up of the psychological landscape*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE COMING INTO BEING OF THE BRIDGE, PAGE 392

"How many confirmations do you need?" he said softly with a dry undertone, and his tone of voice made me realize that I had received so many confirmations already that it was about time that I started trusting my own perceptions of things.

The TuTu Doctrine - The New World Order, page 392

Although we all have an inner life that we cannot easily show to others in the same way that we can show our physical things, yet we all have an inner life of thoughts and emotional feelings besides our outer life.

Just as our outer life is individual and personal, our inner life is individual and personal, and yet many of us have tried to get confirmation from others that exactly our life is the true Reality.

Our attempt to resolve our doubts about whether our inner and outer life is the only right one could give rise to conflict between us and some others who also wanted confirmation of theirs as the right one.

As we now understood that we were all unique, we realized that the validation we sought had to come from ourselves, and thus we let go of seeking validation from others, even though in some areas we had something in common.

Today's contemplation

Today, I will build up my psychological landscape and my spiritual life in a way that suits my individual and personal life experiences and my understanding of the principles of the New World Order.

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February 03: *The opening of The Third Eye*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION PREPARATION FOR CROSSING THE BOUNDARY OF DEATH, PAGE 305

One day, a couple of months after TuTu's death, I was in a café with a small group from one of The Fellowships Anonymous, and one of those present told me that he stopped smoking nicotine after a shamanic travel.

The TuTu Doctrine – The New World Order, page 305

Before we came to our spiritual path, we usually only used our inner eye, also called our Third Eye, when we were dreaming in the night or forming memories for ourselves of an event or a person.

After we came to our spiritual path, we heard that it was possible to see with our inner eye in the present moment, and one day the time was ripe when we had the courage to admit that we could see with our Third Eye.

In TTDF we met kindred Spirits who told us about their visions, and this gave us the courage to begin using our Third Eye, which, we discovered in all simplicity, had always been active, but which we had simply not trusted.

We let go of thoughts about what we saw was wishful thinking or self-deception, and little by little we began to interact with what we saw through conversations with our inner guides, and we began to act on the guidance we received.

Today's Contemplation

Today, I will share my inner life with my sponsor or recovery buddy and in a meeting to give my inner life an earth connection.

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February 04: *Dreams*

FROM PART 2, CHAPTER 2, THE INDIVIDUAL, THE SECTION DREAM INTERPRETATION, PAGE 181

Over the years, I tried to learn something about dreams and I often returned to the dream I had the first time I visited the Master, to find out what its message was.

The TuTu Doctrine – The New World Order, page 186

In *the TuTu Doctrine – The New World Order* we learned that there are four different types of sleep, and in the deep dreamless sleep we are deeply rooted in our true Self, our Spirit, who gives us life force for the day.

In our dream sleep we experience three different types of dreams, the most common of which is a cleansing dream, in which we put together symbols from the painful problems of the day that have not yet been resolved.

In addition, we can have lucid dreams about events taking place in the Higher Worlds, and we can experience prophetic dreams that are about the future, which are guidance from our true Self, our Spirit.

We use our Tenth Step to acknowledge what our cleansing dream told us about hidden existential pains, and our Eleventh Step to seek guidance about how to cleanse ourselves of this pain.

Today's contemplation

Today, I will pay attention to what I can learn from my dreams.

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February 05: *Archetypes*

FROM PART 2 CHAPTER 1, THE PRINCIPLES, THE SECTION ARCHETYPES, PAGE 104

A certain number of individual and personal interference patterns of the same type put together form a bigger universal and impersonal interference pattern, and this is an archetype.

The TuTu Doctrine – The New World Order, page 104

In our TTDF Program we worked with different energy fields when we were working with the Rings of Pain and the Rings of Joy in Step Six to transform our dysfunctional thinking into enlightenment and wisdom.

We realized that even our physical body is an energy field of crystallized Spirit, and

the unique form of each of our human bodies springs from the archetypal energy field called *The Human Being*.

We are all part of the archetype called *The Human Being*, and we contain the consciousness of all of humankind's consciousness in our personal energy field, so we are both influenced by our own circumstances and the circumstances of humankind.

All our experiences are recorded in the archetype and thereby affect all of humankind, so it is important for us to be happy for our own sake and for all of humankind, who will benefit from our happiness.

Today's Contemplation

Today, I will choose to apply Step Two by allowing myself to be led to the joy without opposites called happiness, both because I want it for myself, but also because I want it for all of humankind.

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February 06: Return to the origin

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 357

The perfect love of The Creator&Manifestoress melted into the innermost recesses of her heart, which brought her back to the point before the initiation of creationmanifestation.

Here, the perfect unity of the ManWoman lay in serene calm, as uncreatedunmanifested thought, latent in the cosmic being, resting in its perfection.

The TuTu Doctrine – The New World Order, page 358

Innermost we knew that as our true Self, our Spirit, we hold the warmth of the Fellowship in the Ocean of Love, and the cold of the individuality in the Ocean of CreationManifestation.

Gradually, as our work with our Program in TTDF developed, and our identification with our true Self, our Spirit, became rooted, this knowledge was brought out into the open.

We realized that the unconditional love of our Fellowship created and manifested space for the uniqueness of our sacred individuality, as our true Self, our Spirit was created and manifested by God, our FatherMother.

We also discovered that as Spirit, we hold both the masculine and feminine principles in eternal lovemaking that crosses the boundary of death, just like the eternal lovemaking of God, our FatherMother does.

Today's Contemplation

Today, I will use the TTDF Program to give myself permission to hold on to my authentic uniqueness under all circumstances, no matter what they are.

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February 07: *Constant Remembrance*

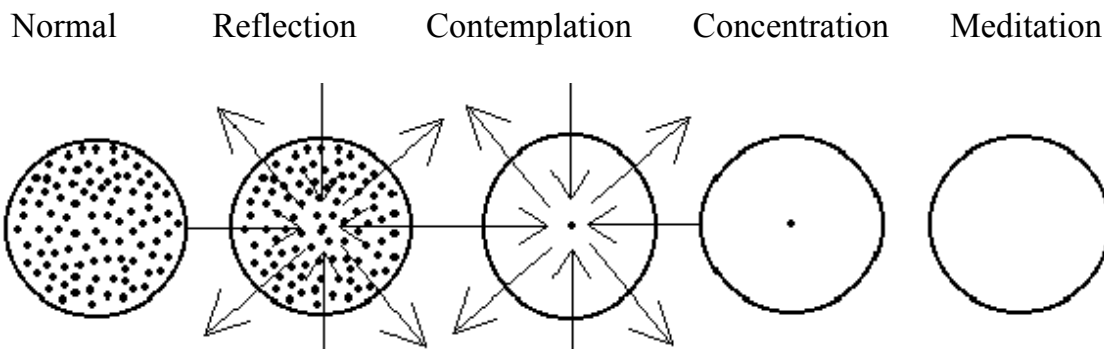
FROM PART 1, CHAPTER THREE, SPIRITUAL EXPERIENCES, THE SECTION CONSTANT REMEMBRANCE, PAGE 40

I also began reading his books and in one of these it said that what I was doing is called Constant Remembrance, and that this was one of his suggestions for training one's capacity to focus spiritually.

The TuTu Doctrine – The New World Order, page 40

The graph below is intended to illustrate different states of mind.

The circles are intended to illustrate the mind and the dots to illustrate the thoughts.



The common movement from normal thinking activity to meditation goes through reflection, contemplation and concentration and then to letting go of all thought activities and enter into meditation.

In meditation, we are in oneness with our true Self, our Spirit, and thus we are also in oneness with God and thereby with everything and everyone everywhere at all levels of consciousness too.

By constantly returning to the meditative state they train their capacity to be in oneness with our true Self, our Spirit and with God and thus with everything and everyone everywhere at all levels of consciousness.

Today's contemplation

Today, I will use Constant Remembrance to constantly return to my true Self, my Spirit by being present in the NOW.

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February 08: *The four marriages*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION
 CLEANING OF JEALOUSY AND POSSESSIVENESS 1, PAGE 234

"It is wise of TuTu to confront me with a woman who arouses my compassion rather than my jealousy," I thought, "it will make it easier for me to overcome my jealousy."

The TuTu Doctrine – The New World Order, page 235

In the *TuTu Doctrine – The New World Order* we learned that we can enter into four weddings, which are the beginning of our four marriages with our Spirit Mate, our eternal beloved.

The first wedding is the earthly wedding followed by the earthly marriage, which is the union of the two physical bodies, and the second one is the angelic wedding followed by the angelic marriage, which is the union of the two hearts.

The third is the divine wedding followed by the divine marriage, which is the union of the two Souls, and the fourth wedding followed by the spiritual marriage, which is the union of the two Spirits.

In the earthly marriage, the greatest challenge we face is sexual jealousy and possessiveness, which cause us excruciating pain until these feelings have been transformed into compassion for each other.

Today's Contemplation

Today, I will work on liberating myself from my sexual jealousy and possessiveness by the help of my Program in TTDF.

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February 09: *Recovery from existential suffering*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE
 SECTION ARROGANCE 1, PAGE 28

Till this point, I had not thought of myself as arrogant or impatient, but after the sitting I decided that I will not allow myself to be like that anymore.

The TuTu Doctrine – The New World Order, page 29

Gradually, as our thoughts led to more and more emotional pain, we began to examine our thought life to find out which thoughts led to emotional pain and which thoughts led to emotional joy.

As we mapped our psychological landscape, we became aware that our character defects lead to painful emotional feelings, and our virtues lead to joyful emotional feelings.

As a result of our discoveries, we wanted to find a way out of our thinking mind's, our Ego's, swinging between our painful emotional feelings and our joyful emotional feelings.

We discovered that the way out was to pair a Ring of Pain with a Ring of Joy in our Sixth Step in TTDF, thereby achieving enlightenment and wisdom in our thinking minds, our Egos, which became filled with serenity.

Today's Contemplation

Today, I will pair one of the Constructive Rings with one of the Destructive Rings in my Sixth Step in my TTDF Program to achieve serenity in an area that is painning me.

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February 10: God the Father and Goddess the Mother

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION GOD THE FATHER AND GODDESS THE MOTHER, PAGE 81

TuTu explained further that God the Father holds the power of creation and Goddess the Mother holds the power of manifestation.

The manifestation of this creation took place as a result of the love between the power of creation and the power of manifestation.

TuTu Doctrine - The New World Order, page 81

For a long time, we had in particular focused on the creative power, because it was emphasized in almost all the contexts we participated in and as such with the masculine principle God the Father and God the Son, a man and his Soul.

In TTDF we also began to relate to the manifestation power and as such to the feminine principle Goddess the Mother and Goddess the Daughter, a woman and her Soul.

We discovered that our individuality in the third dimension is the mental, and that our fellowship is the emotional, and we could recognize the emotions of others, even though we might have different reasons for them.

As men in the Fellowship, we needed to develop our emotional life, and as women, we needed to develop our thought life so as to create balance in our thinking mind,

our Ego.

Today's contemplation

Today, I will accept my masculine side as my power of creation and my feminine side as my power of manifestation.

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February 11: *The Fruit*

FROM PART 4. CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE
FRUIT, PAGE 386



♥♥THE FRUIT♥♥

GOD IS EVERYTHING.
EVERYTHING IS GOD.

I AM GOD.
YOU ARE GOD.
HE IS GOD.
SHE IS GOD.
IT IS GOD.
WE ARE GOD.
YOU ARE GOD.
THEY ARE GOD.

♥♥THE PATH IS YOUR LOVE♥♥



AMEN

TuTu Doctrine - The New World Order, page 386

For many of us, it has been a long journey to accept ourselves as an omnipresent, omniscient, omnipotent and immortal/unchangeable Spirit as our true Self, our Spirit.

This was due to us having learned that the characteristics of God are omnipresence, omniscience, omnipotence and immortality/ unchangeability, and we did not believe it was possible that we could have the same characteristics.

As human beings, our characteristics as manifested creatures are limitation, ignorance, powerlessness and mortality/changeability, and our identification with ourselves as human beings made it even more difficult.

In our TTDF Program, we came to believe that we are created and manifested in the image of God and with the same characteristics as God, our FatherMother, and that this was our true Self, our Spirit in an earthly disguise.

Today's Contemplation

Today, I will acknowledge my true Self, my Spirit, in order to be led to the joy without opposites, which is also called happiness.

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February 12: To say no

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
PAGE 363

By thus veiling the pain of the fear and isolate it on an existence plane on its own alienation arose in the her Ego and seen through this veil the expulsion turned into a rejection.

TuTu Doctrine - The New World Order, page 364

By working with the Fairytale about Good and Evil, we understood that our pain over rejection went all the way back to the beginning of the manifestation of this creation.

By veiling the pain of the ejection of the cosmic womb in the 'big bang', the ejection could be perceived as a rejection, and this primal pain stirs up every time we encounter rejection.

Since we do not want to inflict the pain of rejection on another manifested creature, it can be difficult for most of us to say no when another manifested creature wants something from us.

The original pain is not rejection, but our Higher Power urging us to accept every situation and only say yes and no from the heart when we meant yes and no in the Blissful Flow of the Present Moment.

Today's contemplation

Today, I will explore how to say yes and no in various ways that I am comfortable with.

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February 13: *God's will*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION GOD'S WILL, PAGE 27

One day, another disciple asked the Master about it, and laughingly he answered: "Yes, but the opposite is also true. God's will does not move without the creatures manifestations wanting it."

The TuTu Doctrine – The New World Order, page 28

Many of us imagined that God wanted something specific from us, and so we wanted to know God's will so that we could surrender to it and thus make God like us and give us what we wanted.

However, we discovered that God is omnipresent, omniscient, omnipotent and immortal/unchangeable and held everything and everyone everywhere on all planes of existence, so we cannot give God anything that God does not already have.

God, in turn, can give us everything we want, and any desire we express to God will be fulfilled in the long run, unless we ourselves choose to let it go.

When we nevertheless sought to know God's will for us, it was because we were in Reality seeking to know our own true will for us, as it is at this time in our understanding of Reality.

Today's contemplation

Today, I will seek to know God's will for me so that I can know my own will for me as it is at the present time in my existential understanding.

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February 14: *The continuation of the Christ Consciousness, the Mercy Consciousness*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION PRINCIPLES IN CHRIST AND THE PRINCIPLES IN TUTU, PAGE 91

A person can merge his&her consciousness into the field of consciousness called Christ by carrying out the 12 Steps in the 12 Step Program of Active Addictions Anonymous – The Wild Life and then direct his&her consciousness towards TuTu by working the Program of Christs Anonymous – The Thirteenth Step, and in that way prepare himself&herself to attain the field of consciousness called TuTu by the help of his&her Other Half – his&her Eternal Beloved.

The TuTu Doctrine – The New World Order, page 91

Some of us believed that we did not need the opposite sex to achieve completion, and that it could be achieved by uniting the masculine and feminine poles within ourselves.

By uniting the masculine and feminine poles in our inner lives, we had prepared ourselves to unite the two poles in our outer lives, and we did this most easily in the encounter with our other half, our Spirit Mate, our eternal Beloved.

We had searched high and low for our Spirit Mate, and with the help of our Eleventh Step in TTDF we were able to meet our eternal Beloved, whether we both lived on Earth or in separate dimensions in our inner world.

If we lived in separate dimensions, we used our Eleventh Step to familiarize ourselves with the dimensions by the help of astral projection or inner journeys into the dimensions, and thus we experienced reunion with our Spirit Mate in the beyond.

Today's Contemplation

Today, I will use my Eleventh Step in TTDF to contact my Spirit Mate by the help of the Two-Way Prayer.

February 15: *Fear of the consequence of love*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, SECTION FEAR OF THE CONSEQUENCE OF LOVE, PAGE 291

After we made love, I said that I would like him to move back home.

He said yes, and at that moment I got scared.

So often, I had some spiritual experiences together with TuTu that led me into a state of ecstasy, just like now, but all of which turned out to fade again at little later.

Just think, if I relapsed into heroin from living together with him.

The TuTu Doctrine – The New World Order, page 291

Love is a revolutionary Force that can change our lives completely by turning our basic value system upside down in a very short time.

Furthermore, love cleanses us of all our false perceptions about love and thus of false perceptions about ourselves and about God, because God's love is the only Truth and our human perception was usually separated from God.

Coming face to face with the Truth about love, about ourselves and about God, we felt placed in the painful Purgatory because it was not easy for us to let go of all our false ideas about Reality as it IS.

Little by little, as we ourselves began to consciously participate in our purification with the help of our TTDF Program, it became easier for us to go through the daily inventory in our Tenth Step, because we came to understand the process better.

Today's Contemplation

Today, I will prepare myself as best I can to meet my great, eternal love by clearing my mind from all false perceptions about myself and about Reality by the help of my TTDF Program.

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February 16: *The KrishnaRukmini Consciousness*

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION THE SEED OF LOVE, PAGE 207

Lord Krishna and Lady Rukmini is the archetypal field of consciousness in the seventh dimension, radiating the Holy Lovemaking by the Lord injecting his Holy Seed of Love into his Lady's Holy Egg of Love in the passion from OM, Mani Padme Hum, which means: AMEN, the Jewel is in the Lotus Flower.

To achieve the KrishnaRukmini consciousness that is the Holy Lovemaking's consciousness, the spiritual aspirant has to empty his&her lower heart from all earthly desires.

The TuTu Doctrine – The New World Order, page 207

In the *TuTu Doctrine – The New World Order* we learned that there was coherence in the descent of our consciousness from different fields of consciousness in the seventh dimension, the Divine plane.

The field of consciousness called Lord Krishna and Lady Rukmini holds the Holy Lovemaking and every time one of us descended to Earth from this field of consciousness, we contributed to that the Holy Lovemaking was placed in the High Seat.

As men, we injected our Holy Seed of Love into our woman's Holy Egg of Love, thereby and thereby we contributed to the Holiness of Lovemaking as it expresses itself in Ardhanarishvara.

Ardhanarishvara is the energy field in the Absolute that holds the merged masculine and feminine principle of the Holy Grail that expresses both our true Self, our Spirit and God, the Spirit of God, our FatherMother.

Today's Contemplation

Today, I will contribute to activating Ardhanarishvara on Earth by putting the masculine and feminine principle, the creating and the manifesting principle, on equal footing in my everyday life.

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February 17: *The Rainbow Goddess*

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 345

*She bent reverently and said:
"Oh Rainbow Goddess!
You, the wisest of all women.
I have come to you to seek wisdom.
I have been told that you can enlighten me about the Master of the Universe.
Then, tell me, how do I find him?"*

The TuTu Doctrine – The New World Order, page 346

In the TTDF dimensional teachings, we learned that the sixth dimension is the plane of enlightenment and wisdom, where all the dualistic thoughts of our thinking mind, our Ego, take place about our life as a manifested creature on Earth.

As we worked with the Destructive and Constructive Rings, we created and manifested an enlightened and wise Ego, and as a result, serenity emerged in our psychological landscape.

Once we had achieved this, we could call ourselves the Lord of the Rings or the Lady of the Rings, or we could call ourselves Buddha, the enlightened one, if we were male, and Tara, the enlightened Rainbow Goddess, if we were female.

The serenity we had achieved in this way made it easier for us to use our Eleventh Step to communicate with our chosen Higher Power by the help of the Two-Way Prayer.

Today's Contemplation

Today, I will choose to look at my thinking mind, my Ego as a multifaceted diamond that shines in all the colors of the rainbow.

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February 18: *Sexual freedom*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION SEXUAL FREEDOM, PAGE 278

I wanted the freedom to respect and follow the swing of my own sexual feelings during lovemaking, and that wasn't possible in connection with prostitution, because the man paid for me to respect and follow his sexual feelings and put aside my own if they weren't in harmony with his, and that I did not want to do anymore.

The TuTu Doctrine – The New World Order, page 278

When we still lived in the Old World Order, it was common for us to think that it was our spouse's job to make us happy, and that meant it was our spouse's job to satisfy us sexually.

In TTDF, we learned that we were responsible for our own lives, materially, physically, energetically, emotionally, mentally and socially, so we were in Reality also responsible for our own sexual lives.

This made us understand that we needed to take care of our own feelings during lovemaking and to ask our partner for touch in the way we liked best without getting upset if we did not get what we asked for.

By taking full responsibility for ourselves and asking for help from our partner with the needs we could not fulfill alone, we gained the freedom to follow our own sexual feelings during lovemaking.

Today's contemplation

Today, I will give myself permission to say yes or no to a sexual interaction with my partner, and I will follow the swing of my sexual feelings honestly during lovemaking, when I choose to engage in a sexual interaction.

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February 19: Lucifer

FROM PART 2, CHAPTER 1. THE PRINCIPLES, THE SECTION LUCIFER,
 PAGE 99

*They began cursing the day they were created and manifested, and said that they would not have gone out if he who went out first had not done so.
 His name was Lucifer, the light carrier, whom God loved, because he loved life under all circumstances.*

The TuTu Doctrine – The New World Order, page 99

When we as Spirit emerged from the Absolute to experience life as a manifested creature, our long journey began on the Soul Plane, where our Soul was our first created and manifested body.

In this process, our merged masculine and feminine principle was split in two – the masculine principle and the feminine principle – and also the merged darkness and light were split in two – into darkness and into light.

He who first emerged as a manifested creature, represented the masculine principle and was called Lucifer, the light-bringer, because his feminine counterpart was the light of first visible form, the Soul.

He loved life as a manifested creature under all circumstances, no matter what they were, because he practiced Constant Remembrance of his true Self, his Spirit, Ardhanarishvara and in TTDF we learned to do the same.

Today's Contemplation

Today, I will practice Constant Remembrance of my true Self, my Spirit under all circumstances, and thus I will remember my unconditional love, care, compassion and mercy under all circumstances.

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February 20: The reincarnation thought

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION THE PALM LEAF ARCHIVES, PAGE 60

One day, I managed to get access to the Palm Leaf Archives, which were found in this city.

I heard about these archives at the Master's farm.

They were said to be spread out all over India, and they were supposed to contain information both about past, present and future lives for everybody who has ever incarnated in Madras.

The TuTu Doctrine – The New World Order, page 60

When many of us first encountered the idea that we had lived as human beings in life after life after life, many of our experiences came to be seen in a new light.

For many of us, the new light in which we saw our lives could be so enriching that it could appear to us that the idea of reincarnation was too good to be true.

Those of us who wanted to have the idea of reincarnation confirmed through our own experience joined with others who wanted the same, and together we made inner journeys on our own time tracks.

We had a 'sitter' and an inner 'traveler' on his or her time track, and thus our Eleventh Step in TTDF helped us to get confirmed connections in our current life that stemmed from a past life.

Today's Contemplation

Today, I will explore the idea of reincarnation together with others in TTDF who have experienced inner journeys on their time tracks, so that I can find a greater coherence in my life by the help of the information I find.

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February 21: *Dharma and karma*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION DHARMA AND KARMA, PAGE 229

I had learned that dharma is that part of my destiny which has created and manifested ties from where I have to go through the effects of my constructive acts, and karma is that part of my destiny from where I have to go through the effects of my destructive acts.

The TuTu Doctrine – The New World Order, page 229

When we came to TTDF, we had wanted to return to our unconditional love, care, compassion and mercy for a very long time, and in Step Two we understood that we were facing the fulfillment of this desire.

We had searched high and low for a direction that could lead us to our authentic selves, Ardhanarishvara, but had been under the impression that we had to become saints or male or female sages to have our desire fulfilled.

Furthermore, we were supposed to avoid actions that arose from the painful side of our thinking mind, our Ego, and only take actions that arose from the joyful side of our Ego.

Gradually, as our work with the Program developed, however, we understood that we could not exclude any part of our Ego, but could learn to lovingly develop an enlightened and wise Ego.

Today's contemplation

Today, I will accept what comes to my lot from my neutral point, the point of my true Self, my Spirit.

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February 22: *Radiance*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION THE MASTER'S RADIATION, PAGE 36

The quivering unrest which surrounded them vibrated through the sublime peace that existed on the Master's farm, and which I had become a part of.

First, when I experienced the contrast, I understood how the Master's radiation had affected my state of being.

The TuTu Doctrine – The New World Order, page 36

When we moved around in our psychological landscape, we could make short or long stays in different energy fields, which are called Pain Rings and Joy Rings or archetypes in TTDF.

When we find ourselves in the energy from a Pain Ring or a Joy Ring, we are permeated by the energies in the field, and as a result our radiance becomes positive or negative.

In the energy field we meet other consciousnesses who are also there, and we confirm to each other that these feelings and thoughts are Reality, and thus we feel that it is the right action to act on them.

When we are in oneness with our true Self, our Spirit, we radiate unconditional love, care, compassion and mercy to everything and everyone everywhere on all levels of consciousness.

Today's contemplation

Today, I will do my best to be in oneness with my true Self, my Spirit, so I can experience the vibration of joy without opposites, which is called happiness, for the benefit of myself and others.

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February 23: *The humanness of the great spiritual teachers&teacheresses*

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 368

I have been told that you can enlighten me about the Gods who walk on the Earth. Then, tell me how it happens."

"They project their heart down on Earth, and attire it in flesh and blood."

"How do they attire their heart in flesh and blood?"

"By emerging from the love between man and woman and letting themselves be born by the woman like anybody who is born on Earth."

The TuTu Doctrine – The New World Order, page 369

Throughout the ages, we have tried to imagine what it would be like to be one of the great spiritual teachers, who came to Earth to teach humankind the components of the earthly existence.

Many of these fantasies gave us the impression that they were not limited, ignorant, powerless and mortal/changeable, like it is the case with every earthly manifested creature.

This has been to our great detriment as spiritual aspirants who wanted to walk the path that our favorite spiritual teacher walked, because it gave us the impression that our spiritual teacher was the only one who could walk that path.

Because of this perception, we landed in the Small Ring of Arrogance, where we placed our spiritual teacher above ourselves as human beings, and this made it impossible for us to walk the path that our teacher showed us.

Today's Contemplation

Today, I will study how my spiritual teacher walked the spiritual path as a limited, ignorant, powerless and mortal/changeable human being.

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February 24: Bird Phoenix

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION ANGER AND REVENGEFULNESS, PAGE

One day, I came across a guideline in one of his books, which read: "Don't be revengeful about mistakes done by others. Receive them in gratitude as heavenly gifts."

The TuTu Doctrine – The New World Order, page 168

When we become angry and revengeful over wrongs that we believe others have committed against us, it is because we believe that it makes our life more difficult than it needs to be.

Gradually, as we become able to apply the principles from our TTDF Program, we become able to choose to see the pain we experience as a gift that gives us the opportunity to grow in enlightenment and wisdom.

The process that we use to transform our pain into enlightenment and wisdom is called the Bird Phoenix because we resurrect from the ashes of our pain to new life when the pain itself has been burned to ashes.

By applying the principles from our Program, we can achieve resurrecting to new life on a daily basis like the Bird Phoenix, who is burned to ashes every single day only to resurrect as a wiser and more compassionate being.

Today's Contemplation

Today, I will use my Program to handle the pain of my life like the Phoenix Bird, so that I can resurrect from the ashes of the pain as a wiser and more compassionate human being.

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February 25: Confirmation

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 345

"The Universe is one but the perspective is different for the atom and for the galaxy. Thus, there is an infinite number, and it cannot be said about one that this is The Universe and about another that it is not."

The TuTu Doctrine – The New World Order, page 346

The Universe offers us an infinite number of possible perspectives on Reality, and even when two of us look at the same flower, it will not be possible for us to have the same perspective on the flower.

Many times, we imagine, however, that our perspective on Reality is more in conformity with Reality than other perspectives of human beings' perspectives are.

This perception gives us a need to get confirmation from our fellow human beings that our perception of Reality is in conformity with Reality itself and is better than theirs, so they should take us as their teacher.

In TTDF, however, we move into the Ring of Emotional Sobriety by facing our own and others' uniqueness and thus that our perspective is the right one for us and that of others' is the right one for them.

Today's contemplation

Today, I will use The Ring of Emotional Sobriety to build up my trust in my own perception of Reality and to open myself for inspiration from the perspective of others.

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February 26: The Light of Love

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE REALM OF DEATH, PAGE 316

According to his opinion, TuTu was in the mildest of the conditions, which could be due to a person dying under the circumstances that he did.

Then he asked if I would like to help TuTu to move on.

"Can you do that? I always believed that it was the departed people who helped us and not the other way around"

"It happens both ways."

The TuTu Doctrine – The New World Order, page 316

In our work with the *TuTu Doctrine – The New World Order*, we learned that after leaving our physical form, we entered a meditation where we encountered God's Light of Love and looked at our lives for two days in this light.

In God's light of Love, we looked at our lives from a perspective that we did not have in many cases when we were in our limited physical form, which led to ignorance, powerlessness and mortality/changeability.

However, it was a short-lived wisdom that depended on the state we had developed in our life on Earth, so we moved on to life in the Higher Worlds in accordance with our existential state.

After the meditation, we return to the state of enlightenment and wisdom we had when we lived on Earth, and our life in the Higher Worlds takes shape in conformity with this.

Today's Contemplation

Today, I will invest my money, my time, my energy, and my interest in gaining enlightenment and wisdom by expanding my existential understanding.

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February 27: *The fear of fear*

FROM PART 4, CHAPTER 5, THE 2♥2 DOCTRINE, THE SECTION THE SEED OF LOVE, PAGE 379

THE SOUTH
 THE FEMININE
 THE EMOTIONAL
 Don't fear the fear of fear

The TuTu Doctrine – The New World Order, page 379

In TTDF we learned that the feminine principle, the emotional, in both men and women, is the feet that walk on the Earth, and the masculine principle, the mental, in both men and women, is the head that rises into Heaven.

We use the feet that walk on the Earth to feel our way forward on Mother Earth by the help of our Mother Earth body to find out how how we can best move forward safely.

We use the head that rises into Heaven to connect with our true Self, our Spirit, who holds the guidance of the path our feet need to take to fulfill our desires, which is the purpose of the guidance.

The greatest obstacle is our inability to open ourselves to the feminine principle's ability to receive, because we have been given the mistaken impression that it is better to give than to receive.

Today's Contemplation

Today, I will let go of the fear of the fear that my opening of my feminine receiving side will lead to weakness, so that I can receive the help I need for the fulfillment of my desires.

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February 28: The Principle of Anonymity

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE FOUNDATION OF THE NEW WORLD ORDER, PAGE 95

Anonymity is the spiritual foundation of The New World Order, and that means that it is not the personal data, life story or behaviour of the individual person which shall be focused on but how earthly and spiritual principles work in this person's life, and therefore no person can evaluate another person or another person's life or behaviour by looking at it from the outside.

The TuTu Doctrine – The New World Order, page 96

To achieve the unconditional happiness in our social life, our Soul Life, we needed to be able to meet other manifested creatures in the third dimension from our true Self, our Spirit.

When we met them with the unconditional love, care, compassion and mercy of our true Self, our Spirit, we used the Principle of Anonymity to refrain from judging on good and evil.

We chose to see our social interaction with the mineral realm, the plant realm, the animal realm and the human realm as an interaction with the Spirit behind the forms and therefore as an ongoing conversation with God, our FatherMother.

In this way we could use the Principle of Anonymity to keep ourselves in Constant Remembrance of our true Self, our Spirit and God, our FatherMother and thus achieve an unconditionally happy life on Earth.

Today's Contemplation

Today, I will use the Principle of Anonymity in my social life by refraining from judging other manifested creatures on Earth by the help of my thinking mind's, my Ego's dualistic thought system.

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February 29: *Active Addictions Anonymous – the Wild Life*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE COMPLETE BRIDGE TO THE NEW WORLD ORDER, PAGE 94

TuTu said that, to complete the Bridge to the New World Order, AcAdAn, which stands for the 12 Step Fellowship of Active Addictions Anonymous – the Wild Life also has to come forth.

The TuTu Doctrine – The New World Order, page 94

Most of us had forgotten our true Self, our Spirit, and in TTDF our task is to return home to our true Self, our Spirit and thus become able to experience life as a happy human being.

The Programs of the Twelve Step Path enable us to recover from illnesses that were previously considered incurable, and in TTDF we crown our recovery by returning home to our authentic self, our Spirit.

Active Addictions Anonymous – The Wild Life is the basic Twelve Step Program, which includes the suffering that arises from our suffering because of our human limitations.

AcAdAn has been suggested in the *TuTu Doctrine – The New World Order*, as a Twelve Step Program that helps us to recover from these sufferings and thus lay the foundation for living as happy human beings.

Today's Contemplation

Today, I will use the principles of Active Addictions Anonymous – The Wild Life to recover from my addiction to chronic dissatisfaction with my human limitation, ignorance, powerlessness, and mortality/changeability.

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March 01: *The Rings of Truth*

FROM PART 6, CHAPTER 1, APPENDIXES, THE SECTION APPENDIX R: THE SMALL, MINI, MICRO AND NANO RING OF TRUTH, PAGE 420

The Small Ring of Truth: Humility, honesty, individuality and Fellowship.

The Mini Ring of Truth: Equality, tolerance, accuracy and affiliation.

The Micro Ring of Truth: Respect, genuineness, precision and togetherness.

The Nano Ring of Truth: Sincerity, simplicity, reliability and familiarity.

The TuTu Doctrine - The New World Order 421

In our psychological landscape we came into contact with many different energies, both individual energies and energy patterns, and some of these patterns we mapped out in TTDF in Steps Four and Six.

Many of us were stuck in an energy field that we actually wanted to move out of because of the mental and emotional pain the field contained, and we could also want to remain in an energy field that brought us joy.

As we mapped out our psychological landscape, we understood that our mental and emotional pain stemmed from our defects of character, and our mental and emotional joy stemmed from our virtues.

Both patterns stemmed from our thinking mind's, our Ego's thought system, and we wanted to use the unconditionally loving, caring, compassionate and merciful thought system of our true Self, our Spirit, instead.

Today's Contemplation

Today, I will use thought system of my Godmind as best I can.

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March 02: *Oblivion*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION LUCIFER,
 PAGE 99

We chose to manifest as Quadruplets together with the other couple, who wanted the same as us, and thus we manifested in four directions - the North, the South, the East and the West - and in that way, Four became the first positive power factor in the creation of the manifestation where the invisible is the negative, the darkness or the Spirit, and the visible is the positive, the light or matter.

The TuTu Doctrine - The New World Order, page 99

Most of us were so used to perceiving the negative as something we wanted to avoid that it has distorted our view of existence because the negative is the unmanifested, which is Spirit, which is our true Self.

All pain, whether material, physical, space-time-energy, emotional, mental or social, is due to separation from our true Self, our Spirit.

Until we began to glimpse our oneness with our true Self, our Spirit, we had lived in oblivion of who and what we are, and this had caused us great existential pain, that in the end we had only one desire.

We wanted to become authentic as God, our FatherMother created and manifested us, and therefore we wanted to respect our individuality, which is our unique gift.

Today's contemplation

Today, I will remember my true Self, my Spirit and thereby become myself again so I can become able to rejoice in experiencing life through all my created and manifested forms.

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March 03: *To see beyond the physical*

FROM PART 5, CHAPTER 1 , THE SECTION THE AVATAR OF SYNTHESSES,
 PAGE 395

Until I 'looked 'at the photo, I had put the merged form of the ManWoman in the middle of an oval with two sharp edges, but when I 'looked 'at the photo, this graph got its final form.

The TuTu Doctrine – The New World Order, page 397

When many of us were newcomers to the spiritual path, some of us got confused when our mentor or spiritual teacher told us that we should look inward instead of outward.

We wondered how this could be done, but in TTDF we understood that it meant that we observed the physical reality outward and our emotions and thoughts about it inward.

We began to observe the thoughts and emotions we experienced about all aspects of our lives, whether it was our material life, physical life, life in space and time, emotional life, thought life, social life or our spiritual life.

Little by little, we became able to observe that thoughts arose in our minds that were different from our normal thought patterns, and we understood that our true Self, our Spirit, was communicating with us.

Today's Contemplation

Today, I will take that to heart, which I believe is my true Self, my Spirit speaking to me through the unusual thoughts that come to me.

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March 04: The Ego Death

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION TUTU'S EGO DEATH, PAGE 64

*On a foggy night on his way to Kathmandu, he had lost his ego.
 He was walking alone on the road and for no reason he was seized by fear, and in his agony, he walked and walked.
 At some point in time, it became clear to him that it was not he who felt this fear but his ego.
 He had some visions, and when they stopped, he became completely calm and understood that he had passed through the ego death.*

The TuTu Doctrine – The New World Order, page 64

Most of us have heard the word Ego Death, and that had made many of us imagine that we should kill our thinking mind, our Ego, without understanding that it could not be done.

The word Ego Death is an expression that means that a human being has reached a stage in his&her existential development, where his&her thinking mind, his&her Ego is no longer the basis for his&her actions.

When we came to TTDF, we learned to distinguish between our thinking mind's, our Ego's thought system, and our knowing mind's, our God-mind's thought system, and afterwards we learned to use the thought system our God-mind.

This, we felt, was to our advantage, and by making this choice we had simultaneously gone through Ego Death, even though we still needed our thinking mind, our Ego to learn to navigate life on Earth with an enlightened and wise Ego.

Today's Contemplation

Today, I will use my knowing mind, my God mind to choose my next right action, and my enlightened and wise Ego mind to navigate life on Earth.

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March 05: *Belief-systems*

FROM PART 1 , CHAPTER 1, THE INITIATION, THE SECTION CHILDHOOD FAITH, PAGE 14

One day, a priest threw me out of the church saying that it wasn't a place for children.

That convinced me that God and Jesus really didn't like me, and now I joined the evil ones who thought that God didn't exist, and who spoke about him in demeaning ways if he was mentioned at all.

The TuTu Doctrine – The New World Order, page 17

As children, we did not know what was true and false about life on Earth, so we took the perceptions of our surroundings to heart until we became teenagers and discovered that we had been misinformed about many things.

We received this information from our parents, teachers, or other adults we trusted, but when we discovered as teenagers that we had been misinformed in many areas, we became outraged.

We wanted to find out for ourselves what was to our advantage instead of surrendering to what our near and dear ones thought would be to our advantage, so we rejected both what was advantageous from others and what was not.

Therefore, we used our Fourth Step in TTDF to investigate the information from our childhood and adolescence from our near and dear ones and from society at large, taking to heart what we could use and leaving the rest.

Today's Contemplation

Today, I will use Step Four to investigate my belief systems and separate those that are not to my advantage, and take to heart those that I can use.

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March 06: Evil

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 363

As evil, the ego designated the unpleasant and frightening images, which she felt an irresistible urge to investigate and thus create and manifest excitement in the monotony of the imprisonment, and by this urge she created and manifested life and growth in these ideas and in these images, and thus she herself gave life to the unpleasant pole of the pendulum of life.

The TuTu Doctrine – The New World Order, page 365

When we achieved oneness with ourselves, as Spirit, we discovered that we ourselves had decided to play a game as limited, ignorant, powerless and mortal/changeable manifested creatures.

We created and manifested the game by splitting ourselves in a nuclear fission that separated our masculine and our feminine aspects, so that we each had our own limited, ignorant, powerless and mortal/changeable Soul.

We crystallized our manifested creatures from a part of ourselves and projected life force into the form we had created and manifested, and in the process great fear and anger arose, which we isolated in an energy field of its own.

The energy field of that fear and anger we call our thinking mind, our Ego, which we perceive as evil because it contains pain, even though the pain was merely a guide to change direction.

Today's Contemplation

Today, I will use the pain of my defects of character to grow in enlightenment and wisdom by the help of Step Six.

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March 07: Dracula

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION
 DRACULA, PAGE 197

He had found out that when love for the beloved is powerful, fear could rise that love

would overpower him&her to such an extent that he&she lost his&her own willpower and was transformed into a zombie whose life energy is sucked out by the vampire, because the he&she could not resist his&her urge to serve her love in ways that were contrary to his&her own desires.

The TuTu Doctrine – The New World Order, page 198

In *the TuTu Doctrine – The New World Order* we learn about different archetypes as energy fields that contain the same components for everyone who is in the field, although the participants experience them in their own way.

One of these archetypes is Dracula, who stays alive by sucking the blood out of others and thus appropriating their life force for his own purposes, and his followers become the living dead, who are not in touch with their own hearts.

Many of us have shuddered with fear at the thought that such a fate could befall us, and this fear often comes into play when we encounter the great love of our Spirit Mate.

Our natural impulse is to surrender ourselves unconditionally to our great love and therefore do everything that is in our power to rejoice and please our eternal beloved.

Today's Contemplation

Today, I will use the principles of my TTDF Program to learn to love myself unconditionally, so that I do not have to fear losing myself in my great love for my Spirit Mate.

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March 08: *Fairytales*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE FEMININE ARCHETYPE OF THE SPIRITUAL WEDDING, PAGE 170

In my opinion, the fairytale of the prince on the white horse is an archetypal description of that couple that wish to return to the Absolute love, seen from the feminine perspective.

The TuTu Doctrine – The New World Order, page 170

Many of us had given up hope that fairytales are part of Reality, but readers of *The TuTu Doctrines – The New World Order* discovered that fairytales express the highest Reality in symbolic form.

Fairytales are archetypal descriptions of various experiences that a human being can encounter, described so simply that even children can understand the spiritual principles inherent in a given fairytale.

The fairytale about the prince on the white horse who comes to a woman and perfects her life in the Big Wedding, the Spiritual Wedding is not a fantasy, but a description of the events that leads up to the wedding.

The fairytale about the poor boy who heroically sets out on a dangerous mission to win the heart of princess is also a description of the events that leads up to the Spiritual Wedding, seen from the masculine perspective.

Today's Contemplation

Today, I will read one of the fairytales in The TuTu Doctrine – The New World Order to examine whether it fits my life and my mission.

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March 09: To seek guidance

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 345

"Time is short, and therefore, you may approach all Masters at the same time by addressing them with the word Master or the word God.

In the course of the day, any time, you may address them in this way and ask for help and guidance, and then you can be confident that help will come, and they will reveal to you what is your most important decision, in the HERE and NOW."

The TuTu Doctrine – The New World Order, page 348

In the course of a day, we receive much help in our endeavors from others, and in fact we have so many options to choose from that we can sometimes find it difficult to decide what our next right action might be.

Thus we find ourselves in the mental-emotional pain from the Nanoring of Envy with its uncertainty, uncultivatedness, indecision, and rashness.

We used Step Six to go into the Nanoring of Hope with its certainty, cultivatedness, resoluteness, and levelheadedness, and thus find guidance about how to transform the pain into enlightenment and wisdom.

If we find it difficult to surrender to the guidance that comes from pairing the two Rings, we can use Steps One through Five to become entirely ready to surrender.

Today's Contemplation

Today, I will use both the guidance I receive from pairing the two Rings to choose my next right action.

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March 10: Telepathy

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION TELEPATHY, PAGE 24

*Slightly stooped, he came towards them, and at that instant a thought that I knew wasn't my own arose in my mind: "Who disturbs the peace?"
In a breathless moment I realized that telepathy exists.*

The TuTu Doctrine – The New World Order, page 24

In reality, telepathy is taking place all the time, and the reason most of us were not aware of it is that we believed that all our thoughts were our own and that no one else had the same thoughts.

We developed our discernment in this area when we began to observe our habitual thoughts that were passing through our mind, and we discovered thoughts that we did not recognize from our habitual thinking.

Little by little, as we observed these special thoughts that were being telepathically transmitted from others, we became better and better at distinguishing our own thoughts from those of others.

However, this did not exempt us from the responsibility of taking care of these thoughts, any more than our interactions with others exempted us from taking a stand on the others with whom we interacted.

Today's contemplation

Today, I will take responsibility for the thoughts that pass through my thinking mind, my ego, whether they emanate from myself or others.

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March 11: Our physical heart

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION TUTU'S HEART, PAGE 251

*He answered that it was my own heart I heard, but I thought that at least I was able to decide if it was my own or his heart I heard, and I decided to pray for the poor galloping heart.
Now, I understood that he had spoken the truth, and that it was thus my own heart I had been praying for.*

The TuTu Doctrine – The New World Order, page 252

When we surrender to our innermost heart by giving and receiving unconditional love, care, compassion and mercy to ourselves and others everything in us become calm and thus also our physical heart.

If we have not yet achieved contact with our true Self, our Spirit and thus our innermost heart, we may inadvertently harm ourselves and others by reacting from our thinking mind, our Ego.

This creates and manifests disturbance and even disease in our physical body, and our heart may reflect the disturbance by galloping along, and if this happens more or less continuously, we attract a cardiovascular disease.

Instead of reacting, we choose to use our Tenth Step to inventory the situation that made us react with the unloving, uncaring, hardhearted and merciless patterns of our defects of character and then decide on our response to a similar situation in the future.

Today's contemplation

Today, I will observe how my physical heart is working and I will create and manifest peace in my heart by acting, feeling and thinking in ways that are unconditionally loving, caring, compassionate and merciful.

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March 12: Parents and children

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE FIFTH STATEMENT, PAGE 159

The child, at all times, has the right to follow his&her own ideas and perceptions of what will make him&her happy, while at the same time, being willing to listen and follow the guidance and advice of the parents, but having the right to respectfully decline the suggestions from the parents, if there is a conflict between the two.

The TuTu Doctrine – The New World Order, page 160

For millennia we have lived in tribal societies where it was important that we conformed to the rules of the tribe, and still in the present day our parents raise us and we our children to follow norms and rules.

For the last two thousand years we, as humankind, have needed to step out of the flock mentality, and in this process it was necessary for the masculine principle, God the Father and God the Son, which contains individuality, to come to the fore.

In the development of our individuality with its right to follow our heart as members of the TTDF, we had now reached an existential stage where we needed to learn to give ourselves unconditional love, care, compassion and mercy.

The *TuTu Doctrine – The New World Order* teaches us that the next two thousand years on Earth are the time of the children, where we as parents learn to respect the individuality of our children with unconditional love, care, compassion and mercy.

Today's Contemplation

Today, I will respect my own individuality and that of others, even if they are children or other people who have been given into my care by my true Self, my Spirit.

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March 13: Fellowship and individuality

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 368

"Yes, I came back to separate the sheep from the goats and to lift the veil from The Veiled Woman, The Holy Spirit, and thereby make clear the distinctions between the feminine and the masculine and thus put everything in its right place."

The TuTu Doctrine – The New World Order, page 370

When we lived in tribal societies, our survival depended on the tribe acting as a group and thus achieving greater power of action and survivability, and as a result, the flock mentality became dominant.

Gradually, as we built larger and larger groups in cities, the flock mentality became an obstacle to the development of our lives.

Therefore, we, as our true Self, our Spirit, decided to develop our right to our individuality by the help of the mental contained in the masculine principle – God the Father and God the Son.

As members of TTDF, our individualization has reached a stage where the development of unconditional love for, care about, compassion to, and mercy towards our unique individuality is required.

Today's contemplation

Today, I give myself permission to respect my unique individuality with unconditional love, care, compassion and mercy.

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March 14: Hearsay

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION IGNORANCE, PAGE 272

I was relieved to be able to exclude what I had read about handling chemically dependent people, and asked TuTu to move back home again, and that he did.

The TuTu Doctrine – The New World Order, page 273

In our attempt to understand our existence as human beings, we can make use of many sources to form an impression of how we can achieve our spiritual goal that is to be happy while living our daily human lives.

Many of us chose to seek information in that literature, which dealt with existence, and many others of us also chose to seek information from living contemporary spiritual teachers to whom we felt attracted.

Wherever we sought information, yet it remained hearsay, so we had to practice the information we received to find out by the help of experience whether this information was useful for our purpose.

When we came to TTDF, most of us had tried many suggestions for becoming happy without lasting success, and only when we became one with our true Self, our Spirit, did we achieve the happiness we had been seeking.

Today's Contemplation

Today, I will use my TTDF Program to become one with my true Self, my Spirit, so I can become happy.

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March 15: Self-created and self-manifested limitations

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION
SELF-CREATEDSELF-MANIFESTED LIMITATIONS, PAGE 43

My disappointment was so intense that I decided to go to India again even if I did not have the money for it.

I took a closer look at my finances and found that it could be done comparatively easily, and thereby, for the first time, I made the discovery that many things I did not think possible proved to be so if I began to act as if they were.

The TuTu Doctrine – The New World Order, page 43

If we were in the Small Ring of Envy with its disbelief, superstition, submission and defiance, it created and manifested many obstacles to our being able to begin our projects or fulfill our desires.

When we were in this energy field, we did not believe that what we wanted could be done, and furthermore, we imagined that God, our spouse, family, friends or boss would give us what we wanted without us having to do anything to get it.

So we submitted to what we **believed** God, our spouse, family, friends or boss wanted from us in the hope that it would set our project in motion or fulfill our desires.

When we discovered that it did not give the desired result, we became defiant and gave up on our project or on fulfilling our desires, thus refraining from participating in our own lives because we **believed** that if others did not do it for us, it could not be done.

Today's Contemplation

*Today, I will examine the obstacles that I **believe** are blocking me from completing my project or fulfilling my desire.*

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March 16: Admittance

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION ARROGANCE 2, PAGE 167

Then, I was told that I had to first accept possessing the feeling of arrogance to be able to investigate under which circumstances it arose and what results I achieved from the actions I did under the influence of my arrogance.

The TuTu Doctrine – The New World Order, page 168

Under the influence of the Old World Order, we were accustomed to calling the use of various attributes for sins, such as greed, envy, hatred/suppressed anger, and arrogance, but in TTDF we call these attributes defects of character.

In the Old World Order, sins were seen as a flaw in our character, and when they manifested in us, we saw ourselves as bad people, and therefore it was difficult for us to admit our use of our sins or character defects.

Instead, we try to suppress them or hide them, but in TTDF we need to admit our use of our defects of character so that we can begin to investigate our use of them and in which ways the use of them makes our lives unmanageable.

As a result of admitting how we use our defects of character, we achieve the ability to transform them into enlightenment and wisdom by the help of the Destructive and Constructive Rings of Step Six, and thus achieve growth in our spiritual lives.

Today's Contemplation

Today, I will acknowledge my use of one of the properties from the Destructive Rings and pair it with the corresponding property from the corresponding Constructive

Ring, so that I can nourish my thinking mind, my Ego, with enlightenment, wisdom, and thus serenity.

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March 17: *Unselfishness*

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION THE MAGICAL RING, PAGE 53

"Yesterday I helped an old man, and Today, I come into possession of a magical ring which was made from seventeen metals," I said, "that makes me think of the fairytales from my childhood, where an old man comes out of the forest in need of help. If someone helps, the person receives a magical present."

The TuTu Doctrine – The New World Order, page 53

In most situations, we try to maintain balance on all levels by an equal distribution of our resources, and therefore we consider what benefit there may be to us by spending our time, energy, money, and interest on our projects.

Sometimes it may happen that we want to contribute our time, effort, money, and interest without considering what benefit there may be to ourselves by spending our resources on a situation or a project.

Folktales are archetypal narrations that describe the consequence of such selfless actions, which the fairytales tell involve receiving a magical gift that we could not have imagined.

Fairy tales also tell us that if we try to act selflessly in an attempt to obtain a magical gift, the action is no longer selfless, but is performed with the aim of obtaining a benefit, and this does not trigger the magical gift.

Today's Contemplation

Today, I will give myself permission to stand by what I hope to achieve by investing my time, my money, my energy, and my interest in a situation or project, and leave it to my true Self, my Spirit, to give me the impulse to be so selfless that it triggers a magical gift.

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March 18: *The Truth*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE SEED OF LOVE, PAGE 379

*THE NORTH
THE MASCULINE*

THE MENTAL

The Truth is that the truth is not the truth.

The TuTu Doctrine – The New World Order, page 379

Many of us had read many books to find our way forward, and we had received guidance from many spiritual teachers to find out what attributes we needed to cultivate in order to become our sovereign authentic selves.

Many of us still did not know that the Truth cannot be thought, said or written, because no matter how many times we think, say or write the word chair, the word never becomes the chair.

When TTDF nevertheless encourages us to speak the truth, as we perceive it, it is because we need to get to know our thinking mind, our Ego, so we can become able to take care of it with unconditional love, care, compassion and mercy.

In this way we get to know our psychological landscape with its conditional loving, caring, compassionate and merciful intention, and this enables us to choose to use our knowing mind, our God mind instead.

Today's Contemplation

Today, I will accept that Truth cannot be thought, said or written, so the truth of my thinking mind, my Ego, consists of a limited, ignorant, powerless and changeable understanding of my limited, ignorant, powerless and changeable perspective on Reality if I choose to listen to my Egomind instead of my Godmind.

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March 19: *The twice born*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE TWICE BORN, PAGE 292

*"I was exposed to a car crash," she said, "both I and the car were completely smashed, and I was unconscious for a long time.
When I came around, I could neither stand nor walk and had to rebuild myself from square one.
During the rehabilitation, I had to reconsider everything that I had felt and thought until then, and I changed viewpoints on practically everything.*

The TuTu Doctrine – The New World Order, page 293

Our physical birth is our entrance into Mother Earth, the third dimension, and our Mother Earth body is our vehicle on Earth for as long as our journey in the third dimension lasts.

Our parents and our surroundings give us many explanations for our joys and our pains, and these explanations can sometimes make our lives easier, and sometimes make our lives more difficult.

When we are fully grown as 30 years old, we therefore need to go through a rebirth by taking stock of all the information we have received in our life so far to determine which is useful to us and which is not.

We can use this process to let go of the information that is not true for us and take to heart the information that is true for us, and in this way we are reborn into a new life that is entirely our own.

Today's Contemplation

Today, I will use my TTDF Program to create and manifest my very own life in alignment with my sovereign authentic true Self, my Spirit.

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March 20: The Kabbalah's perception of God

FROM PART 5 , CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE TREE OF LIFE, PAGE 398

Meaning of 0: God.

Definition: Everything and nothing.

Explanation: God is nothing in HimHerself, but changes everything's value by being added to the right side, the hierarchy, or left side, the Fellowship, like 0 is nothing in itself, but changes the value of all numbers being added to the number.

The TuTu Doctrine – The New World Order, page 400

In our work with the Tree of Life from *the TuTu Doctrine - The New World Order*, we discovered that mathematics is the most precise and neutral symbolic language we can use to study the power structures in our lives.

Our study of the Tree of Life took place by following the suggestions of the Kabbalah, where all letters of the alphabet have been given a number and a value, and we can use this to find the numerical value of our name and study the energy structures in our lives.

Our true Self, our Spirit has the number 0, and all our manifested forms emanated from our individual true Self, our Spirit are just parts of ourselves, we crystallized in different forms with their limited lifespan.

We add our omnipresent omniscient, omnipotent and immortal/unchangeable Spirit, to our perspective on our existence, and this changes our perspective on our lives and makes all joys greater and all sorrows smaller.

Today's Contemplation

Today, I will use my understanding of my true Self, my Spirit, to make my joys greater and my sorrows smaller.

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March 21: To make oneself smaller than...

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE SMALL RING OF ARROGANCE, PAGE 150

When we feel we are less than others, we stay by ourselves to hide our vulnerability and our feeling of worthlessness (Isolation), and when we feel we are more than others, we fill up our time and space with people and activities to show off our superiority by the help of the number of people present in our lives and the numerous activities we undertake (Overcrowding).

The TuTu Doctrine – The New World Order, page 150

We have many reasons to try to make ourselves smaller than we are, and it could be, for example, because we fear the envy of others if we allow ourselves to show our strongest and most beautiful traits.

When we became acquainted with the Constructive and Destructive Rings, we became aware that making ourselves smaller than another belongs to the Small Ring of Arrogance with its superiority, inferiority, overcrowding and isolation.

We also discovered that the twin of the Small Ring of Arrogance is the Small Ring of Hatred with its denial, manipulation, illness and madness, and that our use of the Small Ring of Arrogance activates the Small Ring of Hatred in others.

Our loving intention by making us smaller than we are could also be to try to make others feel safe in our company so that we can achieve a flourishing social life, but our intention cannot be fulfilled in this way.

Today's Contemplation

Today, I will use the Constructive and Destructive Rings of Step Six to learn to fulfill my loving intentions in my social life.

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March 22: The Purgatory

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 357

They were together both to clean themselves of false images of Reality and to help each other to live through difficult facets of the experience of life, and also to merge their knowledge into as perfect an image of Reality as they held in between them, before they went out wandering in the cosmos again.

The TuTu Doctrine – The New World Order, page 360

In contemporary society it has become common for us both as men and women to openly admit that we are waiting for our Spirit Mate, our One and Only True Beloved.

Artists in many genres have formed an image of what it entails to meet our Spirit Mate, our One and Only Beloved, and these images are often full of sweetness, passion, faithfulness and otherworldly love.

Therefore, it comes as a shock for most of us that this is only one half of the picture, because the other half of the picture consists in an intense painful purification.

All false notions about God, about love, about life and death, and about good and evil are purged, and it is usually a very painful mental-emotional experience called the Purgatory.

Today's Contemplation

Today, I will let go of my fear of mental-emotional Pain, remembering that it leads to enlightenment and wisdom, because I choose to pair the Rings of Pain and Joy in Step Six to transform pain into enlightenment and wisdom.

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March 23: *The Light and the Darkness*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION SURRENDER TO GOD, THE FATHER AND GODDESS, THE MOTHER, PAGE 317

[Crying of relief, feeling deeply moved and grateful for the beauty of what I experience I acknowledge my true nature].

Yes... and I am of the light, and I am of the darkness.

The TuTu Doctrine – The New World Order, page 327

Through years in the thousands the Light has been considered to be the good, and the Darkness has been considered to be the evil without most of us having wondered whether this is true.

Gradually, as we moved forward on the spiritual path through studies of the big religions of the World however, we discover that the light and the darkness are equal partners.

We found out that the Light represents the matter, which is all the created and manifested, and the Darkness represents the spiritual, which is all the uncreated and unmanifested.

The Light and the Darkness meet in Grey that is the love-making act between the Light and the Darkness, and therefore it is said that dawn and dusk are the ideal timings to meditate to get in touch with the highest expression of love of the Universe.

Today's contemplation

Today, I will meditate at dawn or at dusk to make it easier for myself to get in touch with the highest expression of love of the Universe.

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March 24: To help others

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH , PAGE 368

"How do I decide if it is my task to help?"

"If you, in your heart, once stood in the same place as your neighbor and would enjoy helping, it is your task to help."

"If I never stood in the same place in my heart, is there nothing I can do then?"

"You can show your neighbor the way to someone else, who once stood in the same place in his&her heart and would enjoy helping."

The TuTu Doctrine – The New World Order, page 372

Most of us want to help our neighbor, if we can, but it is not as easy and straightforward as we maybe think, because if we do not have experiences with the problem, our neighbor is facing, in Reality we cannot help.

Even when we have found a solution to a similar problem in our life, it may not be a solution our neighbor wants to use, so we let go of the desire to help if our neighbor does not want to use our solution.

If that is the case, we admit to our neighbor that we are unable to help further, and if we wish and would be happy to do so, we can refer our neighbor to another helper.

If our neighbor is interested in this, we can connect the two, and when this work is completed, we can let go of the task in question, knowing that we have made our full contribution to a solution.

Today's contemplation

Today, I will contemplate if I have the capacity and would rejoice in helping to help a neighbor who has asked for my help, before deciding for myself whether it is the right thing for me to help.

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March 25: Destruction

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION
 INITIATION TO SHIVA, PAGE 278

We went home, and he stood in front of a poster of Shiva, who danced with flowing hair in a ring of the fire of the sun on top of a little green dwarf.

"This dwarf is a symbol of the ignorance," he said, "Shiva is dancing his cosmic dance on top of ignorance, and slowly breaks it down, while he beats his drum: BUM, BUM, BUM, BUM, BUM, BUM..."

The TuTu Doctrine – The New World Order, page 279

Many of us connect destruction and annihilation with the painful and the unpleasant and creation and manifestation with the joyful and the pleasant.

When we as human beings want to create and manifest something new however, we need to destroy and annihilate the old that stands in the way of the new.

When we begin creating and manifesting, we discover that it can be a painful process to give birth to what we want to create and manifest.

As a result of this realization, we gradually let go of our reluctance towards destruction and annihilation of the old even if it can lead to sorrow and pain.

Today's contemplation

Today, I will use my realizations about the true nature of destruction and creation to let go of my fear of destruction and annihilation at all levels of my existence.

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March 26: The sleeping beauty

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION
 SIGNS FOR MY MEETING WITH TUTU, PAGE 43

Later, it would prove that the dream showed the state of confusion and weakness I was in when TuTu came into my life, and that this was actually the energy pattern or archetype of The Sleeping Beauty that I experienced in this context.

The TuTu Doctrine – The New World Order, page 46

At the beginning of creation and manifestation the merged masculine and feminine principle projected a mirror image of himherself into the The Sea of Love.

In the projection a nuclear fission took place, where the merged masculine and feminine principle was split into two, a 'he' and a 'she', each with their personal Soul that were the first manifestations of crystallized Spirit.

When the two Spirit Mates are full of days as creatures in the crystallized manifestation, the journey back to the origin begins by both of them beginning to withdraw all of their projections from form-identity.

Approaching the end of their separation his&her only desire is to become one again with his&her Spirit Mate, and this is described in the fairytale about the Sleeping Beauty, where he wakes her up to the eternal love with a kiss.

Today's contemplation

Today, I will give the fairytale about the Sleeping Beauty the Reality value that is due to it, and therefore I will open my mind to seeing that life on Earth is a fairytale in space and time.

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March 27: The Ruler&Ruleress of the Universe

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 345

*"You are, beyond any doubt, the unlimited ruler of the Universe.
It is you who decides if you wish to be in the light or in the darkness.
If you wish to serve well or poorly.
If you wish to be loved and honored or feared and despised."*

The TuTu Doctrine – The New World Order, page 350

When we as human beings acknowledge our true Self, our Spirit, at the same time the work with taking full responsibility for our bodies begins - our physical body, energy body, emotional body, thought body and social body.

As the manifestation process evolved, as our true Self, our Spirit we manifested our bodies in our personal energy field, and thus the work began with further developing and refining our bodies.

In our social body, our Soul, who is our Spirit's, first crystallized body, our true Self, our Spirit has stored all knowledge about all of our manifested bodies that are our

creatures, from the beginning of the manifested creation until now.

The work consists in fulfilling the needs and desires of our manifested creatures and thus take care of ourselves physically, time-space wise, emotionally, thought wise, socially and spiritually as the ruler&ruleress of our manifested creatures.

Today's contemplation

Today, I will take good care of all my bodies by making sure that they are well-rested, well-groomed, well-nourished and well-exercised.

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March 28: *The Eternal Life*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE ETERNAL LIFE, PAGE 152

TuTu explained that many years ago the consciousness of The Eternal Life was only present in prophets and spiritual teachers&teacheresses who had the task of guiding humankind.

Today it is present in many who have memories from their previous incarnations and in many others who have chosen to have confidence in that reincarnation is a fact.

The TuTu Doctrine – The New World Order, page 152

When we as Spirit projected a crystallized form of part of ourselves out into our personal energifield, the intention were to experience ourselves from a new perspective as a Soul that were limited by form and thus **was** ignorant, powerless and mortal.

In our Soul's manifestation we split in two, and this split made it possible for us to interact with each other in a new way, but at the same time this created fear of loosing our connection with our other half.

As Soul we encapsulated this fear in it's own energy field and this became our causal body that consists in our thinking mind, our Ego and our knowing mind, our Godmind.

Our Egomind overshadow our Godmind with it's fear of everything that gives rise to all angerforms, until we choose to meet our own and everybody else's Egomind with mercy, so the fear can be transformed to wisdom.

Today's contemplation

Today, I will use the 12 Step Program of the TuTu Doctrine's Fellowship to attain access to my Godmind and the knowledge of the Eternal life.

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March 29: Karma and the Law of Mercy

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION TIME TRACK TRAVELS , PAGE 262

After a conversation with the group, they wanted to show me what they were able to do and offered me a free test of four sessions.

I moved into different previous incarnations on my own time track and was impressed by the process.

Afterwards, I discovered that a chronic bladder infection that I had had for sixteen years had disappeared as a result of the four sessions.

The TuTu Doctrine – The New World Order, page 262

In the same way that we can travel consciousness wise back to a memory from our childhood, we can travel back in time using the technique of time track travels to travel to memories of previous lives in a process called regressions.

The purpose of time-track travels is to find a greater understanding of present time pain that is our karma, which is that side of our destiny where we live through the painful consequences of our previous dysfunctional actions.

In the 12 Step Program of TTDF, we learned to stop our social, mental, emotional, energetic, physical and material pains by transforming them to enlightenment and wisdom with the help of the Constructive and Destructive Rings.

By using these Rings to transform our existential pains to enlightenment and wisdom we come under the Law of Mercy and thereby the slate is wiped clean from karma in the area where we expressed that particular dysfunction.

Today's contemplation

Today, I will pair the pain of the Destructive Rings with the joy of the Constructive Rings and thus attain wisdom in an area that pains me today.

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March 30: ShivaShakti, the Destroyer and the Destroyeress

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL
 PAGE 363

The love of the Destroyer and the Destroyeress radiated mercifully towards her, and she humbly sat down at the foot of the throne to meditate.

The Destroyer's and the Destroyeress's perfect mercy melted into the innermost recesses of her heart, which brought her back to the time after the initiation of

creation and manifestation, and she found herself as a manifested creature when time came into being.

The TuTu Doctrine – The New World Order, page 364

Many of us associated destruction and annihilation with the undesirable, but as we began working with the principles of our TTDF Program, we took a closer look at this perception.

We wanted to transform our psychological landscape by cultivating qualities that resulted in the least possible mental-emotional pain, and in this process we investigated the energy fields that gave us pain and joy.

ShivaShakti, the Destroyer and the Destroyeress is the merciful archetypal energy field that helps us experience the Ego Death, thereby liberating ourselves from our addiction to the dualistic thought system of our Ego.

ShivaShakti's special energy is mercy, which always and without exception leads us to unconditional forgiveness of ourselves and others for using pain energies by holding ourselves and them in the loving embrace of mercy.

Today's Contemplation

Today I will use my TTDF Program to transform a part of the old that I no longer want into the new that I do want.

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March 31: Demons

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION DEMONS ,
PAGE 175

For a long time, the concept of demons had appeared scary to me, but when, at long last, I acknowledged my defects of character and compared them to descriptions of demons, I realized that the concept of demons is used to symbolize the various characteristics and their consequences, which are also described in the form of the defects of character found in the Rings of Pain.

The TuTu Doctrine – The New World Order, page 175

Many of us perceived a demon as a being that loves to torment and torture others, and because we perceive ourselves as good human beings we therefore perceived a demon to be a being outside ourselves.

As members of the 12 Step Fellowship of *The TuTu Doctrine – The New World Order* however, we received new information about demons as being energy fields, called defects of character that is found in our psychological landscape.

In Step Four we learned how they expressed themselves in our life from childhood till now and in Step Six we learned to consciously move into and out of them by the help of the Destructive and the Constructive Rings.

This work also helped us to let go of identifying ourselves with our thinking mind, our Ego and begin to use our knowing mind, our Godmind most of the time and thus become one with the unconditional love that we are.

Today's contemplation

Today, I will use the principles of the Destructive Rings of Pain to transform my inner and outer demons to inner and outer angels by the help of the Constructive Rings of Joy and thus achieve the healing power of wisdom and forgiveness.

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April 01: *The Four Big Rings of Pain*

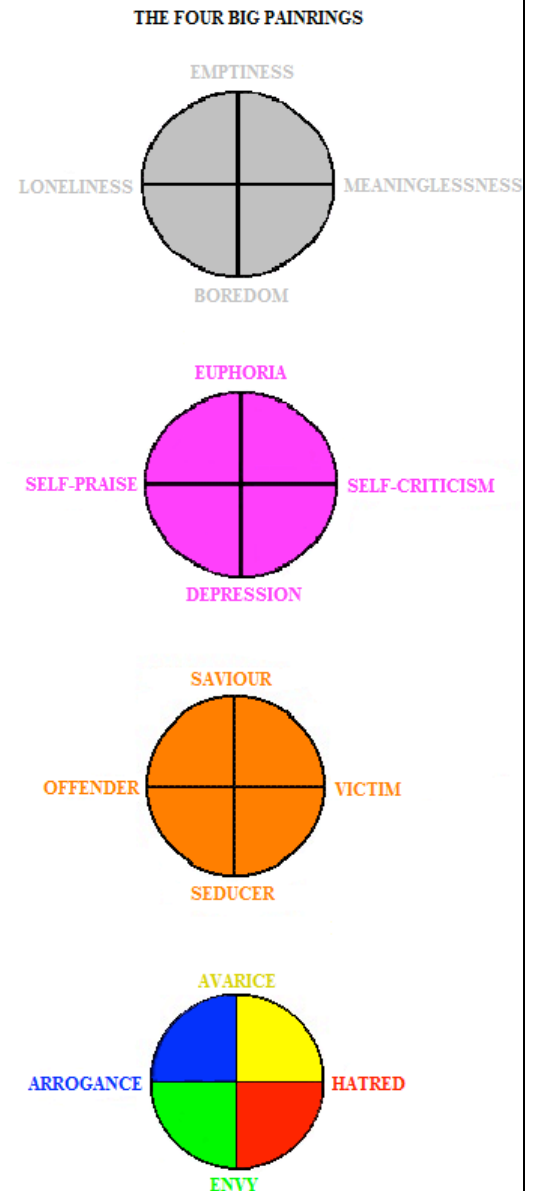
FROM PART 6, CHAPTER 1, APPENDIXES, THE SECTION APPENDIX A,
PAGE 403

When we use the Ring of Emptiness with its emptiness, boredom, meaninglessness and loneliness we let into our human lives all the sufferings of the World.

When we use the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise we open the portal to the first level of sufferings following the use of the Ring of Emptiness.

The next suffering we open up ourselves to is the Ring of Codependency with its savior role, seducer role, victim role and offender role.

Then the sufferings of the Big Ring of Pain with its avarice, envy, hatred and arrogance opens up to us with its attached four Small-, Mini-, Micro- and Nano Rings of pain.



The TuTu Doctrine – the New World Order, page 402

Today's contemplation

Today, I will use the principles from The TuTu Doctrine – New World Order to move from the Pain of the Ring of Emptiness to the Joy of the Ring of fulfilment with its fulfilment, interest, meaningfulness and oneness.

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April 02: *Fear of God*

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION HAVING IT OUT WITH GOD, PAGE 17

My fear of death slowly piled up into a feeling of hopelessness and melancholy, to such an extent that I began longing for death to get it over with and to get to know if God existed and wanted revenge, or if death was a black hole like my parents thought.

The TuTu Doctrine - The New World Order, page 18

Many of us have developed our perception of God in accordance with the thought system of our thinking mind, our Ego, who is a fear energy with conditional love and that has made us fear God for many reasons.

Also growing up we were told many stories about Heaven and Hell, about fire and brimstone, about being undeserving of love, about being sinners&sinneresses in need of salvation, and that increased our fear.

However, in our work with TTDF's 12 Steps we got acquainted with the unconditionally loving thought system of our true Self, our Spirit, so our knowing mind, our Godmind could take over the reign of our mind.

Our Ego has been searching for love in his&her own thought system and always found that it was conditional, but gradually as we acknowledged, who we truly are, we became able to surrender our Egomind to the loving guidance of our Godmind.

Today's contemplation

Today, I will use the unconditionally loving, caring, compassionate and merciful thought system of my knowing mind, my Godmind to protect and guide my thinking mind, my Egomind.

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April 03: *The Dark Night of the Soul*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE DARK NIGHT OF THE SOUL, PAGE 292

The concept of The Dark Night of the Soul holds that condition where a person goes through those experiences that he&she fears most of all, while at the same time, he&she feels abandoned by God and humans alike, and this condition comes immediately ahead of a spiritual rebirth.

Until we came to the 12 Step Fellowship of The New World Order, fear and the anger towards that, which we feared, was our greatest obstacles to get to know our true Self, our Spirit.

The fear of our thinking mind, our Ego has many disguises that gave us reasons to be angry such as fear of pain, of illness, of death, of life, of other people, of making mistakes, and the list goes on and on.

When we as spiritual aspirants lived through our worst fears and at the same time felt abandoned by God and humankind alike, our state of mind is called the Dark Night of the Soul in *the TuTu Doctrine – the New World Order*.

In this process we were liberated from our special forms of fear by living through what we feared the most, because thereby we discovered that our fears had a lesson to teach us that we could not have learned in any other way.

Today's contemplation

Today, I will accept that even my worst fears are beneficial for me, because they teach me that there is nothing to fear.

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April 04: To hurt others unintentionally

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION THE EVIL I DID NOT WANT.... PAGE 200

When I remembered what he often said whenever I felt repentant about unwillingly having harmed him: "Love is to never have to say you are sorry," my pain began to lift, because I perceived this phrase to be his way of stating that he knew I acted out of love for him, and the damages I brought forth were due to my ignorance rather than a desire to harm him.

Our human limitation, ignorance, powerlessness, and mortality/changeability lead to that we made many mistakes in the context with what we wanted to achieve, and this can offend others without us having an offending intention.

When we realized that others felt offended, we could try to figure out what others might be offended about in order to change ourselves in such a way that we could avoid the anger that others might react with.

If we did this, the pain of the Ring of Codependency with its savior role, seducer role, victim role, and offender role became active in us, and so we used our Sixth Step to gain enlightenment and wisdom about the situation.

We created and manifested a new perspective on the situation by the help of the Ring of Emotional Sobriety with its detachment, integrity, respect for self, and respect for others, and this work enabled us to gain enlightenment and wisdom.

Today's Contemplation

Today I will use the Ring of Emotional Sobriety to liberate myself from the pain of my codependency, so that I may attain the enlightenment and wisdom that liberate me from that which is not my responsibility.

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April 05: *The reluctant Messiah*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION GOD'S WISH,
 PAGE 77

TuTu called himself&herself the reluctant Messiah, because it was not the achievement of a personal desire which necessitated that he accepted to live through those sufferings that came to his lot but a life he took on according to God's wish to carry out a specific task, like it was the case for Jesus too.

The TuTu Doctrine – The New World Order, page 77

Most of us came to Earth from the fifth dimension, but we all came to Earth with our personal task that we had decided to carry out before we embarked on our life journey in the third dimension.

Some of us came to Earth from the seventh dimension both to carry out a task for ourselves personally, but also to pass on information to others about our true Self, our Spirit.

Often this led to us to having to take on a difficult task, like Jesus of Nazareth, who reluctantly accepted a crucifixion to illustrate the unconditional forgiveness of the Christ consciousness, the Mercy Consciousness.

His illustration of the unconditional forgiveness of the Christ Consciousness, Mercy Consciousness is an inspiration to the rest of us, who came from the 7th dimension and may be reluctant to take on a difficult task.

Today's Contemplation

Today, I will use my Christ Consciousness, Mercy Consciousness to unconditionally forgive a brother or sister, whom I feel has wronged me.

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April 06: *The third eye*

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION INITIATION 1, PAGE 20

Immediately, I got a vision, where I saw a beam of light that streamed from her third eye in my direction, and I got the impression of moving with great speed towards something that I did not know what was.

TuTu Doctrine - The New World Order, page 20

Many of us heard about the third eye when we began our spiritual journey, and we also heard that what we could see with our third eye was not the physical Reality that surrounded us.

Furthermore, we heard about life-changing visions that other spiritual aspirants and great Masters had had, and when we imagined what that entailed, we did not think about that we actually use our third eye every day.

At night, when we dreamed, we saw many things with our third eye that we did not see at the same time with our physical eyes, and we might have memory images in our third eye of a person, who was not physically present.

When we wanted something, like a new car, we usually began the process of getting it by imagining the looks and qualities of it by the help of our third eye so as to manifest it.

Today's Contemplation

Today, I will be aware of how often I use my third eye in different contexts.

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April 07: *The love that crosses the boundary of death*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE MORNING GIFT, PAGE 391

I told him with my inner voice that I always believed that the expression 'the love which crosses the boundary of death' was a metaphor, and I was glad that now I had been granted this experience together with him.

The TuTu Doctrine – The New World Order, page 391

Many of us imagined that the love between us and our partner had got something to do with our physical appearance, so we spent much time making our Mother Earth body as presentable as possible.

Therefore, we could become anxious when we discovered many years after our Earthly Wedding had taken place that the physical attraction between us and our partner faded.

However, in *The TuTu Doctrine – The New World Order* we learned about *the Four Weddings* – the Earthly, the Angelic, the Divine and the Spiritual, and that only the Earthly was connected to our physical body.

Thereby, we recognized the truth of the statement that love springs from the heart and crosses the boundaries of death, because our love springs from our true Self, our Spirit.

Today's Contemplation

Today, I will let go of my fear of losing my one and only Spirit Mate and all the other people I love by the help of the thought that we can all choose to meet again after we leave Mother Earth.

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April 08: *Extra sensory experiences*

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION THE MASTER'S ANSWER TO A LETTER, PAGE 40

At one point in time, I had imagined that experiences with extrasensory phenomenon such as telepathy would satisfy my longing to get an answer to something that I did not know what was, but the extrasensory experiences that I had together with the Master had not brought me any closer to my goal, which I did not know what was either.

TuTu Doctrine - The New World Order, page 40

Until we experienced extrasensory phenomena, many of us had the idea that an experience of the extrasensory would give us the reassurance that we were on the right path to finding out what existed beyond our physical existence.

In Reality, we experienced extrasensory phenomena every single day without thinking about that it did not necessarily have got anything to do with our five senses or with our life in the third dimension.

We might think of a friend, whom we had not seen for several years, and later that day or the next day we heard from this friend and wonder if our friend had picked up on our thought or vice versa.

Our lives on our different planes of existence, whether they are material, physical, energetic, emotional, mental, social or spiritual, make us realize that we exist in many dimensions simultaneously.

Today's Contemplation

Today I will use my material, physical energetic, emotional, mental, social and spiritual experiences to confirm to myself that I AM a multidimensional being, currently focused in the third and fourth dimensions.

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April 09: Karma bindings

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION RUKMINI AND SISHUPALA, PAGE 266

Just like the prince, my former boyfriend imagined that he would attain a satisfactory life if only I loved him in the right way, and he got every opportunity to achieve his wish.

I had lived together with him for five years before I met TuTu, but he had also complained that my love was not satisfactory for those five years.

TuTu Doctrine - The New World Order, page 267

On our Earth Journey we met other manifested creatures, who had some of the characteristics of our Spirit Mate, our One and Only One, and we discovered that strong feelings arose within us because we fell in love.

It often turned out upon closer acquaintance that this person also had many qualities that did not belong to our Eternal Beloved, and then we realized that we had to end the relationship in order to continue our journey towards our Spirit Mate.

The fear of losing those we loved, whether our Spirit Mate or others, led to conflicts, all of which were due to that we did not yet understand that love is eternal and can never be lost.

The hurts we inflicted on each other, consciously or unconsciously due to our fears, could lead to us having to make amends to our Eternal Beloved and our other near and dear ones, and we used Steps Eight and Nine for this purpose.

Today's Contemplation

Today I will make amends to my partner for the hurts I have consciously or unconsciously inflicted on him/her, whether he/she is my one and only Spirit Mate, a Soul Mate, or a karmic connection.

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April 10: The Ego death

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION EGO DEATH,
PAGE 187

Besides this, at long last, I achieved the ego death.

When I became acquainted with this concept, I imagined it to mean that all my defects of character would disappear in one stroke one day when time was ripe, almost like a miracle like it happened to TuTu on his way to Kathmandu, but in my case, it merely happened by my identification with my thinking mind, my ego slowly stopped and instead I identified more and more with my true Self, my Spirit.

TuTu Doctrine - The New World Order, page 187

We used the 12 Steps of the TuTu Doctrine Fellowship to slowly liberate ourselves from our identification with our thinking mind, our Ego, and instead vi began to identify ourselves with our knowing mind, our Godmind.

As the intuitive thought system of our knowing mind, our Godmind, became our preferred thought system, our perception changed both of the thought system of our Egomind and of our bodies.

We came to perceive our physical body, our energy body, our emotional body, our thought body, and our social body as our limited, ignorant, powerless, and mortal/changeable form-identities.

The more our knowing mind, our Godmind became our basis for action, the more we achieved the courage to face the aspects of ourselves that we previously perceived to be frightening, when we looked at them with our Egomind.

Today's Contemplation

Today, I will use the Twelve Steps of the TuTu Doctrine Fellowship to let go of my identification with my thinking mind, my Ego.

April 11: Help to the suffering humankind

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT THE GODS TO WALK
ON THE EARTH, PAGE 370

"How can I improve life on Earth?"

"By improving your own life."

TuTu Doctrine - The New World Order, page 371

Many of us wanted to help ease the suffering of all humankind by passing on uplifting information to those of us, who suffered from painful misunderstandings of our existence.

We imagined that we had to make an extraordinary effort to ease the sufferings of humankind, even at our own expense, but this is a painful misunderstanding of this task.

In our work with our 12-Step Program in the TuTu Doctrine Fellowship, we have learned that we, as humankind, are one energy field from which we all spring in one unique individualized form, but with the same basic form.

This means that the improvements we made to our life became part of the consciousness in the energy field The Human Being, whether we personally passed on to others our discoveries for improvement or not.

Today's contemplation

Today, I will work on improving my own life as a limited, ignorant, powerless and mortal/changeable human being and thereby know that I improve the life of all of humankind.

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April 12: Letting go of safety in things

FROM PART 1, CHAPTER 4, PILGRIMAGE, SECTION PASSING ON OF THE MAGICAL RING, PAGE 67

When I carried the ring, I felt protected.

I felt more and more defenseless as time passed, and when half an hour had passed, I began crying.

After crying for a while, I found it absurd that I was sitting here crying about the loss of the ring.

I turned my thoughts towards the Master, and slowly I came at ease and slid into meditation.

TuTu Doctrine - The New World Order, page 68

As children, many of us heard fairy tales about persons being given a magical object because of their loving nature, and the object opened doors to other worlds that could not be opened in any other way.

This could make many of us want to acquire a loving nature, so that we could also get a magical object and enter other worlds, but as adults, most of us lost faith in that it was possible.

When we as adults chose to walk the spiritual path, we gradually acquired existential qualities that opened the possibility of receiving a magical object that could open doors to the Higher Worlds.

When we gradually achieved the ability to open the doors without using our magic object, spiritual principles state that we must pass it on to the next person we met, who needed it.

Today's contemplation

Today, I will give myself permission to face the magic of Reality in my everyday life.

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April 13: *The help of the Spirit Mate*

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 359

However, the manifested creatures had formed complicated images and could no longer find themselves, because their own manifested creations of forms stood in the way, and many could not even trace out that it was themselves they were looking for. For this purpose, they could find help in many places, but the biggest help they received when they met the manifested creature, who represented that part they belonged together with in their whole selves in The Cosmic Egg, when they were created and manifested.

TuTu Doctrine - The New World Order, page 362

As we collected more and more life experiences and stored them in our Soul, we became big old Souls, who held an infinity of knowledge and experiences in our Soul from our many lives in various dimensions.

Part of our understanding of these experiences were not in conformity with the Reality at the root that is the unconditional love, care, compassion and mercy of our true Self, our Spirit.

When the time was ripe, we wanted to purify our Soul of all false perception of Reality by going through the Purgatory, where we purified ourselves of the unloving, uncaring, hard-hearted and merciless energies inside us.

The time was ripe when we meet our Spirit Mate, because the purifying power of the unconditional made our progress great, and we prepared ourselves for this meeting by purifying ourselves on all levels with the Program in TTDF.

Today's contemplation

Today, I will do my best to purify my lower heart, my solar plexus from my unloving, uncaring, hard-hearted and merciless inclinations by the help of my Program in the 12 Step Fellowship of the TuTu Doctrine.

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April 14: *Sexual purity*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE PATH TO THE ABSOLUTE SELF-REALIZATION, PAGE 85

To get access to the Absolute, the sexual power also has to be active, but for this purpose, it has to be pure.

The sexual power is pure when the person has attained the capacity to honestly follow the swing of his&her own sexual feelings during lovemaking without denial of the intensity or lack of it in his&her sexual feelings.

TuTu Doctrine - The New World Order, page 86

When we had sexual interaction and at the same time were completely focused on our sexual feelings, there was nothing else in our consciousness than the pure experience of the sexual creative and manifesting power.

For many of us, our sexual interaction took place with a human being who was not our Spirit Mate, who is the One and Only who can elevate our sexual feelings to the Absolute.

We could use our sexual interactions to purify our sexual feelings from the influence of our thinking mind, our Ego, together with a partner who was not our Eternal Beloved.

The earthly wedding took place when we had sexual interaction with a partner, then our angelic wedding, which could not be broken by divorce, could take place even if the physical attraction between us and our partner faded.

Today's Contemplation

Today, I will strive to be completely focused on my physical feelings in my sexual interaction, whether my partner is my Spirit Mate or not.

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April 15: Cosmic Twins

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION COSMIC TWINS, PAGE 283

"You are my cosmic twin. We were born together, when the Universe came into being," I exclaimed without knowing where that came from.

TuTu Doctrine - The New World Order, page 284

God, our FatherMother, has created and manifested our true Self, our Spirit, which, like God HimHerself, holds the merged masculine and feminine principle of unconditional love, care, compassion and mercy.

Our true Self, our Spirit, has created and manifested our Souls by projecting a crystallized form of our true Self, our Spirit into two separate forms, a 'male' and a 'female', who became our first formidentities.

When we came into being as two cosmic twins instead of being one Spirit, fear arose and we wrapped it in a veil that was supposed to ease the pain of fear, and this veiled energy field became our thinking mind, our Ego.

As the cosmic twins, we have come to Earth to liberate our thinking mind, our Ego from loveless fear, so we ourselves can return to the oneness in our true Self, our Spirit.

Today's Contemplation

Today, I will liberate my thinking mind, my Ego from fear by the help of my unconditional love, care, compassion and mercy.

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April 16: Gods and Goddesses, who walk on the Earth

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS TO WALKS ON THE EARTH, PAGE 370

"Yes, all sons and daughters of humankind are Gods and Goddesses who walk on the Earth."

"If we all are Gods and Goddesses, then why do we live as ignorant human beings on this Earth?"

"To experience life in the third dimension and to contribute towards improving it."

TuTu Doctrine - The New World Order, page 371

As Spirit we manifested our Souls, who were called Gods and Goddesses, and as Souls we lived in the seventh dimension, which holds the conditional love, care, compassion and mercy.

In the three-dimensional world of Earth, which is the Planet of our thinking mind, our Ego, we needed to silence our Ego's fear and anger by the help of the Rings of Pain and Joy in Step Six of our 12 Step Program in TTDF.

By meeting our quiet Ego with our Soul's love, care, compassion and mercy, we liberated our Ego from fear and anger, and thus we improved our own life and Earth's life in all areas.

At the same time, we become able to take care in a loving, caring, compassionate and merciful way of our social body, our thought body emotional body, energy body and physical body, who are all outflows from our Soul, our Super Ego.

Today's Contemplation

Today, I will allow my Soul to use the Constructive and Destructive Rings to lovingly, caringly, compassionately and mercifully take care of my thinking mind, my Ego.

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April 17: Radiance

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION ARRIVAL AT THE MASTER, PAGE 24

I rushed over to them furiously and said to one of them: "Do you think you can stand by what you did?" but when he turned his face towards me, I came to a halt and stared at him, astonished.

His face had a peaceful refulgence, which had not been there when I saw him twelve hours earlier in New Delhi.

TuTu Doctrine - The New World Order, page 24

When we have reached a point, where our contact with our true Self, our Spirit happened on a daily basis, we would look radiant to a higher and higher degree, whether we are young or old.

The radiance that surrounds us is described in the archetype Cinderella, who walks on the Earth by the help of the glass shoe, which symbolizes that she walks on the Earth as that transparent being, who is her true Self, her Spirit.

The transparent glass-clear shoe shows her spiritual state that the fairtale explains can not be achieved by chopping a heel and cutting a toe, because the radiance of Spirit cannot be achieved by denying any part of ourselves.

The prince, who is a symbol of her Spirit Mate, recognizes her because of the radiance, which is a required prerequisite for it to be possible for her Spirit Mate to recognize her as his other half.

Today's contemplation

Today, I will develop my spiritual condition by liberating my thinking mind, my Ego from fear and anger by the help of Step Six from the 12 Step Program of The TuTu Doctrine.

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April 18: Reading of uplifting literature

FROM PART 2, CHAPTER 2, THE INDIVIDUAL, THE SECTION A LIST OF LITERATURE, PAGE 191

TuTu Doctrine - The New World Order, page 191

When our spiritual development takes off, we can have many experiences that cannot

be described by the help of 3D words that are about what we experience by the help of our five senses.

Therefore, we may have to describe our spiritual experiences by the help of parables, where we use comparison of our spiritual experience with different earthly experiences that are familiar to most people.

We can use our spiritual experiences to uplift our everyday life by earthing them, and we do this by first experiencing them, then describing them and finally confirming them for ourselves by reading literature about them.

In the literature we can find help from others, who describe their spiritual experiences in their personal way as well as from the descriptions of the World Teachers, which can be found in the World' religions and other spiritual creeds.

Today's contemplation

Today, I will read some literature that helps me to better be able to understand how I can get the best possible advantage out of my spiritual experiences in my daily life.

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April 19: *Most important of all is love*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION TUTU'S DEATH, PAGE 303

"How typical of him," I thought, "first he gives me the shock of his impending death by getting a cramp seizure that appears as if he is dying, while he is here and can himself help me through the worst, and on the day itself, he calls me in a completely sober state and tells me how happy and optimistic he is, so that I don't have to pain from uncertainty and unrest by the thought that he might have felt lonely or abandoned on this day."

He also told me the most important of all and gave me the chance of saying the same: "I love you."

The TuTu Doctrine – The New World Order, page 306

In the God Realm we are one being that holds us and our Spirit Mate, but at the beginning of the manifestation of creation we separated ourselves from the God Realm by creating and manifesting our first form identity.

Thus we created and manifested our Souls, and because of the limitation of our Soul form, our unconditional love, care, compassion and mercy became conditioned by the form of our Soul.

From our limited, ignorant, powerless and changeable Soul sprang our fear that our Soul isolated in the fear's own energy field as the conditional love of our thinking mind, our Ego.

Deep down we know that Love is most important of all, and that we are here to liberate our thinking mind, our Ego from fear and anger over the fear by the help of our oneness with our true Self, our Spirit.

Today's Contemplation

Today, I choose to express my true Self, my Spirit's unconditional love, care, compassion and mercy towards my own and others' thinking minds, our Egos.

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April 20: *The Angelic Wedding*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION THE ANGELIC WEDDING, PAGE 270

TuTu said that this was a wedding between our hearts, an angelic wedding, and it could not be broken with a divorce like our Danish wedding.

The TuTu Doctrine – The New World Order, page 270

Our text in *The TuTu Doctrine – The New World Order* describes our love life as it manifests itself on all levels of our existence, whether in our physical life or in our spiritual life.

We also was informed of that on our journey back to the origin, we will experience The Four Weddings – the earthly, the angelic, the divine and the spiritual wedding – and then follows the marriages that prepare us for the next wedding.

Our earthly marriage can be broken if the love between us and our partner fades, when the physical attraction fades, and this liberates us to move on in our search for our Spirit Mate, who is our eternal love.

If the love does not fade, we are ready for the angelic wedding, where our and our partner's heart merge, and the angelic marriage cannot be broken by separation like our earthly marriage can.

Today's Contemplation

Today, I will give myself the freedom to leave my earthly marriage if the love between us faded, when our physical attraction faded.

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April 21: *The devil and the deviless*

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION CHILDHOOD FAITH, PAGE 14

The devil and the devilress were easy to know from all others as they always had a trident with them and were either black or red and very ugly, and besides, they had a tail and horns on their brow like an animal, but they were so very sly that they had learned to make themselves invisible or hide in the darkness, so they became difficult to discover.

The TuTu Doctrine – The New World Order, page 16

The devil and the devilress is an energy field, which holds our consciousness as it is, when we have just left the animal realm to take on our human form, because the law of the animal realm is not valid in the human realm.

This field of consciousnesses we have chosen to portrait as a person with horns, tale and cloven hoofs, and here we are the lowest form of consciousness in the human realm as the we animal man and the animal woman, who use any means to survive.

We come in from one of the animal archetypes – the dog line, the cat line, the pig line, the hoof and the cloven hoof carrying animal lines, where we lived together with human beings to study their behavior in our preparation to step into the human realm.

In the animal realm might is right, but in the human realm right is right, and gradually as we get used to the law of the human realm, we choose to use co-operation instead of using force to have our desires fulfilled.

Today's contemplation

Today, I will work together with others on fulfilling my desires without the use of force.

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April 22: *The awareness of being aware of the awareness*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE SEED OF LOVE, PAGE 380

*THE EAST
THE MASCULINE
THE SUN*

Be aware that you are aware of your awareness

The TuTu Doctrine – The New World Order, page 380

When we are in the energy field of our thinking mind, our Ego, we judge about good and evil on Earth, and that which brings us pain we perceive as evil, and that which brings us joy we perceive as good.

When we become aware that we are aware of our awareness, we discover that when we are in this all pervasive energy field we are in oneness with our true Self, our Spirit, who does not judge on good and evil on Earth.

As spiritual aspirants we have come to Earth to liberate our thinking mind, our Ego from judging about good and evil by transforming the judgements of our thinking mind, our Ego into wisdom.

In our TTDF Program, we use Step Six to figure out which Pain Ring we wish to use to transform the pains of the Ring into wisdom by pairing the Pain Ring with the corresponding Joy Ring.

Today's Contemplation

Today, I will be aware that I am aware of my Soul, who is aware of the awareness of my thinking mind, my Ego..

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April 23: Sudarsan Chakra

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION SUDARSAN CHAKRA, PAGE 178

As a result of this inner purification work, I also became able to use Sudarshan chakra, which, in my opinion, is the divinely simplest way of working on my defects of character.

The TuTu Doctrine – The New World Order, page 178

When we feel lonely, empty and bored, and everything appears to us to be meaningless, it means that we find ourselves in the archetypal energy field called the Ring of Emptiness.

This energy field is called Pandora's box in Greek Mythology and is said to release all the World's miseries into the life of us, if we open the box, which holds emptiness, boredom, meaninglessness and loneliness.

In Hinduistic Mythology the antidote to Pandora's box is called Sudarsan Chakra that is a whirling Ring of Light, called the Sun Wheel that chops off the head of all defects of character, called demons in spiritual science.

We can choose to use the Sun Wheel, which in our Program is called the Ring of Fulfillment with its fulfillment, interest, meaningfulness and oneness to move out of the Ring of Emptiness and thus achieve enlightenment and wisdom.

Today's contemplation

Today, I will use the Ring of Fulfillment to allow into my life all the joys of the World.

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April 24: *The creator and manifestress of our thinking mind, our Ego*

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 364

He&she were deep sky-blue and sat on a throne that shone from a radiant, fluorescent, spring-green color, and his&her power consisted in the ability to break down the manifold walls of the ego-thoughts around the trapped part of her Soul. He&she did this by merging them into the mind of the Soul and thus resurrect them to oneness with their creator and manifestress, and for each thought he&she merged, the Souls regained yet another spark of their power of love.

The TuTu Doctrine – The New World Order, page 368

When we, as our true Self, our Spirit, created and manifested our Souls, who were our first crystallized forms of a part of ourselves, we experienced great pains and fear in our Soul Consciousness.

We had projected a spark of our consciousness into the form of our Souls, who are a mirror image of ourselves, split in two, and we experienced our unconditional love become conditioned by the limited form of our Soul.

As Souls, we laid a veil around the pain of the fear that thus became our first created manifestation, who came to live isolated on an energy plane of it's own as our thinking mind, our Ego.

As our thinking mind, our Ego, we searched for the unconditional love, but could only find it as the conditional love on our own plane of existence, so we asked God for help to return home to our unconditional love.

Today's Contemplation

Today, I will take my thinking mind, my Ego to heart by the help of the unconditional love, care, compassion and mercy of my true Self, my Spirit and thus restore my Ego to oneness with his/her creator and manifestress.

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April 25: *Loss of energy*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE
 POWER OF THE JAGUAR, PAGE

Rebirth means that longstanding hurts at long last begin to heal, and with the healing, that person who has the jaguar as his&her Power Animal or Totem would achieve the regaining of the power that was lost at the time the hurts occurred.

The TuTu Doctrine – The New World Order, page 311

In the early stages of developing our social skills, we had a very limited self-perception, and therefore were easily influenced by others' equally limited perceptions of us.

Deep wounds arose in the encapsulated part of our Soul that is our thinking mind, our Ego, if we were met with contempt, belittling, disrespect and anger from the scared and paining Ego of others in our social life.

If others' perceptions of us sprang from their scared and paining Ego, we could get a distorted self-image of who and what we are, and therefore we could become unable to believe that we are our true Self, our Spirit.

This caused great energy losses on all planes of our existence, because it became nessesary to use our resources on healing our wounds, whether they were physical, energetic, emotional, mental, social or spiritual.

Today's Contemplation

Today, I will open myself to healing of my existential wounds by the help of the precision in my Program in the Fellowship of the TuTu Doctrine.

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April 26: *Prestige*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE JUDGMENT, PAGE 80

TuTu called the great harlot prestige and said that these people think they can have their desire for the power and the glory fulfilled by the help of the great harlot. They court the favor of the harlot by acquiring all the riches of the Earth, but the riches do not belong to them, and in that way they become robbers and robberesses and assaulters and assaulteresses, although they are dressed in gold and purple.

The TuTu Doctrine – The New World Order, page 80

When we could accept our limitation, ignorance, powerlessness, and mortality/changeability, one of the means we could choose to use to escape our humanness was an attempt to achieve prestige.

We could imagine that if we achieved prestige, it meant that others loved and honored us and bowed to our wisdom and our will that had made it possible for us to achieve prestige.

To achieve prestige, we could perform many self-suppressing actions and many attempts to suppress others in order to show off ourselves to the World as if we were not limited, ignorant, powerless, and mortal/changeable.

In this process, we became alien to ourselves and thus we lost our integrity in our attempt to seduce ourselves and others into believing the false image that we presented of ourselves to ourselves and others.

Today's contemplation

Today, I will let go of my wanting prestige and instead work on accepting my human limitation, ignorance, powerlessness and mortality/changeability.

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April 27: *Morphic resonance*

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION THE 144.000 CHOSEN ONES, PAGE 211

The principle of morphic resonance states that when a certain number of individuals from a specific species, for example, monkeys, have achieved a specific skill, it spreads to the whole species even if the individuals haven't been in contact with others from whom they could have learned it.

The TuTu Doctrine – The New World Order, page 211

To step into the New World Order, we needed to activate our intrinsic Christ Consciousness, Mercy Consciousness by the help of our intuitive interaction with our true Self, our Spirit.

We did this by letting go of acting on the thought system of our thinking mind, our Ego, and instead we surrendered the care of our will and our life to the intuitive thought system of our knowing mind, our God mind.

When we uplifted our own consciousness to a higher sphere, at the same time we contributed to the ascension of Mother Earth to a higher energy system, including the ascension of the mineral realm, plant realm, animal realm, and human realm.

We uses Step Three of our TTDF Program to surrender our will and our life to our Higher Power's care and then we used Step Six and Seven to caring lovingly for our scared thinking mind, our Ego.

Today's Contemplation

Today, I will contribute to Mother Earth's ascension to the Christ Consciousness, Mercy Consciousness by surrendering the care of my will and my life to my Higher Power.

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April 28: *Wisdom*

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE , PAGE 346

"In your heart, the high and the low, the inner and the outer, meet. Here, the wisdom of your bodies and the wisdom of your Spirit merge into emotional conditions, which give life direction."

The TuTu Doctrine – The New World Order, page 348

In our Mother Earth body, our heart, which beats silently and faithfully for us twenty-four hours a day, is considered to be the dwelling place of God, and therefore we do our best to follow our heart.

This meant that we could advantageously do what we want to do in the Blissful Flow of the Present Moment, and this sometimes led to pain, and sometimes to joy, and thus we developed our capacity to discern.

As we developed our discernment, we stocked a lot of knowledge about what it was like to live within a three dimensional form, and with this enlightenment and wisdom we developed higher and higher forms of consciousness.

The fear that our choices would lead to pain could make us refrain from doing what we wanted to do in the Now, but in doing so we at the same time cut ourselves off from developing existential wisdom.

Today's Contemplation

Today, I will do my best to develop existential wisdom by pairing my wishes with experiences rather than merely imagining what the fulfillment of my wishes can lead to.

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April 29: *Cosmic consciousness*

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 358

Since the cosmic consciousness was the very fundamental structure in each and every particle, in each and every being, it slowly became clear that it was necessary to get into the root of one's own being to find the path back.

The TuTu Doctrine – The New World Order, page 361

Our whole purpose with manifesting created forms and moving our consciousness into them is to experience what it feels like to be separate, limited, ignorant, powerless and mortal/changeable.

We manifested our created figures by crystallizing a part of our omnipresent, omniscient, omnipotent and immortal&unchangeable true Self, our Spirit in a separate masculine and feminine form that became our Souls.

We then moved a seed of unconditional love that is the essence of our consciousness into the form and began to identify with the form, and that could make us forget who and what we are.

When we forgot, who and what we are, we became scared, and when the fear became overwhelming, we wanted to return home to our true Self, our Spirit, and thus our journey back to our origin began.

Today's Contemplation

Today, I will choose to identify with my true Self, my Spirit, instead of identifying with my human form, however beautiful and interesting it may be.

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April 30: Inspiration

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE COMING INTO BEING OF THE BRIDGE, PAGE 393

The biggest job consisted in the editing, because I discovered that many of the things I had written under the impression of inspiration were not expressed in a way that was clear to others, so I kept working with the expression until I felt understood by at least one other person, and in this process, my intuitive perceptions also became clearer to myself.

The TuTu Doctrine – The New World Order, page 394

In our daily Eleventh Step, we used the Two-Way Prayer to seek inspiration from our Higher Power about what we could advantageously do today and to seek guidance about how we best could carry out the suggestions we receive.

When what we did during the day is done under the influence of inspiration, we automatically received the power to do the tasks, because the love of our Higher Power flows as a power through our inspired actions.

Love holds the joy without opposites, which is the happiness we have been seeking, and the love that flowed through our inspired actions made us happy and made our path easy.

When we interacted with others in our tasks for the day, our inspired state affected those we interacted with in such a way that our social life also became a happy experience.

Today's Contemplation

Today, I will work with my inspirations alone or together with others for mutual inspiration.

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THIS IS A BOOK IN PROGRESS, NEW CONTEMPLATIONS WOULD
 BE UPLOADED REGULARLY WHEN THEY ARE READY

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May 01: *The doubters and the supporters*

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION DOUBTS,
PAGE 21

I told others about my experiences and expected that they would want to investigate the Master's transmission, but instead they doubted my sanity. That made me uncertain, and I began doubting it too.

The TuTu Doctrine – The New World Order page 21

When we began our spiritual journey back to the origin of our true Self, our Spirit, we got cosmic glimpses, which are glimpses of spiritual states that cannot be described in Earthly words.

If we wished to express the inexpressible to others, we needed to use parables and comparisons to something from our three-dimensional reality in order to better be understood.

Whether others understood what we were trying to express or not, we would encounter an attitude from others that supported our understanding of our path in life or doubted that it was good for us to continue moving on in our path.

Regardless of whether those we shared our choices with supported our choices or doubted them, we chose to make use of both to either strengthen our resolve or to pause and consider the value of our choices.

Today's Contemplation

Today, I will receive both the doubters and the supporters on my path in a way that is to my advantage by the help of my Program in TTDF.

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May 02: *Death travels*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION
DEATH HELP, PAGE 334

I lay down on the mattress of the shaman and made myself ready for my third death travel, when I changed my mind about my traveling purpose, which was to help Joe Ben.

I would also help that woman with whom, TuTu had lived together, if I could.

The TuTu Doctrine - The New World Order, page 334

Many of us imagined that when we left our Mother Earth body and moved on to the Higher Worlds, we automatically become a male/female sage in one stroke, and there is a grain of truth in that.

We learned in TTDF that we looked at our life for two days in the Light of unconditional Love, and that gave us the wisdom of unconditional Love, but the wisdom faded when we moved on, if we had not aquired this wisdom in our life.

If we had used our Eleventh Step to acquire this wisdom, we could contribute to our own life and the lives of others on all planes of consciousness by making consciousness journeys to the Death Realm and the Higher Worlds.

Here we could sometimes help if a deceased person was not aware that he/she had died by making the person aware of the situation and helping him/her to pass through the Death Realm and move on.

Today's Contemplation

Today, I will use what I have learned in my Eleventh Step to move around in the Death Realm and the Higher Worlds to expand my conscious contact with my other planes of consciousness to contribute to my life there.

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May 03: Root sounds

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION GAYATHRI MANTRA, PAGE 93

TuTu explained that it helps in this work to use the Gayathri mantra or to use the essence of this mantra as a prayer that corresponds with the vibration the mantra holds at appropriate moments in the course of the day.

Gayathri mantra consists in the sound hrim, [pronounced: hreem] that holds the vibration, which means: "God, liberate me from this self-important seriousness," and this sound is the root sound which comes second in the hierarchy of root sounds after the primary root sound OM.

The TuTu Doctrine – The New World Order, page 93

In our Eleventh Step, many of us used sounds from mantras or music to evoke sound vibrations that allowed us to effortlessly step into altered states of consciousness.

When we projected ourselves out from our oneness on the Spirit plane as two separate Souls on the Soul plane, this movement was accompanied by sound, and this sound is called OM or Amen and was the first root sound.

Some of us used this sound as an object for contemplation to better enter into meditation, which is a shift from the thought system of our thinking mind, our Ego, to the thought system of our knowing mind, our God mind.

The next soundvibration is HRIM, which is the second rootsound from the movement, when we covered the pain of fear in the veil of forgetfulness, and it means: God, liberate me from this self-important seriousness.

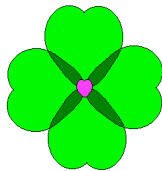
Today's Contemplation

Today, I will choose the sound picture I need to intensify my work with my inner world in Step Ten and Eleven.

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May 04: *The Path of Love*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FRUIT, PAGE 388

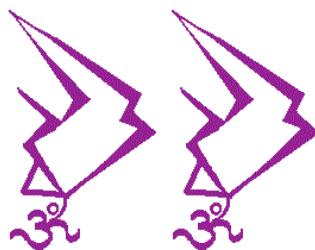


♥♥THE FRUIT♥♥

GOD IS EVERYTHING.
 EVERYTHING IS GOD.

I AM GOD.
 YOU ARE GOD.
 HE IS GOD.
 SHE IS GOD.
 IT IS GOD.
 WE ARE GOD.
 YOU ARE GOD.
 THEY ARE GOD.

♥♥THE PATH IS YOUR LOVE♥♥



AMEN

Since Sri Krishna planted The Seed of Love in humankind's heart, the Path of Love was opened to us, and we, who followed The Path of Love learned that love is the most important of all.

When we came to TTDF, we thought it was love for our fellow human beings that we were supposed to cultivate, but little by little we learned that it was love for our sovereign, authentic individual Self that we were supposed to cultivate love for.

To be able to do this, we understood that we needed to give ourselves permission to follow our hearts in the NOW, even if it sometimes led to mistakes, and in such circumstances we used unconditional mercy towards ourselves.

In the Tenth Step, we explored how we could use our mistakes to create and manifest enlightenment and wisdom in our thinking mind, our Ego, and thus how we could better handle such mistakes in the future.

Today's contemplation

Today, I will give myself permission to walk the Path of Love.

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May 05: *The empty wells*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION
 KARMA RESOLUTION, PAGE 264

My former boyfriend and I continued to be lovers for several years, but no matter how much loving attention I gave him, he kept complaining that I did not love him enough, and one day it became too much for me.

"Will you be so kind as to tell me what it is about your love that you find so much better that you find it justified to complain about mine?" I asked, "I'm willing to marry you and live the rest of my life with you, but you're not."

The TuTu Doctrine – The New World Order, page 266

When we were facing an empty well, we usually accepted very quickly that it was not possible to quench our thirst from this well, and so we moved on to find a well filled with water.

The same was not true when we were faced with another person that we wanted to get something from, even if the other had nothing to give and admitted to us that this was how it was.

Instead, we imagined that the other person HAD something to give, but was ill willed towards giving us what we wanted because he/she was stingy, and thus we had demonized the other person.

This could lead to many existential pains both for ourselves and for the person we sought help from, and thereby our social life became one long painful battle with our fellow human beings.

Today's contemplation

Today, I choose to let go of the empty wells without demonizing them.

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May 06: The synchron Reality

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE WEDDING PARTY, PAGE 391

Some time ago, I had invited guests for dinner for the following day and went out to shop and make the food ready.

When I invited them, I did not know that my Spiritual Wedding was going to take place just ahead of my dinner party, but I decided to look at my two friends as the wedding-guests.

The TuTu Doctrine – The New World Order, page 391

In our Eleventh Step, we worked on discerning between our thinking mind's, our Ego's thought system, and our knowing mind, our Godmind's intuitive thought system, which activated the synchronous reality in our daily lives.

When we stepped into the synchronous reality, a confluence of events took place that inspired us and supported the path forward that arose in our intuitive thought system.

Another characteristic that it was our Godmind's thought system that was active was that the inspirations that arose intuitively were unconditionally loving, caring, compassionate and merciful.

As we gradually let go of acting on our Egomind's thought system without first listening to our Godmind's thought system, we became better and better able to be in the NOW in the Blissful Flow of the synchronous reality.

Today's Contemplation

Today, I will use my Eleventh Step to remain in the NOW in the blissful flow from the synchronous reality.

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May 07: To be ready

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION THE INITIATION TAKES PLACE, WHEN THE DISCIPLE IS READY, PAGE 48

I felt I had to throw myself out from his eye into the empty void if I wanted to attain it, but I was as if frozen in death fear.

"I first have to see what will happen between my boyfriend and me," I thought.

In that fraction of a second, the vision disappeared.

I was surprised to discover that I was afraid of Self-realization.

The TuTu Doctrine – The New World Order, page 48

We may have imagined that we were ready to become one with the unconditional love of our true Self, our Spirit, and thus with the joy of being on Earth under all circumstances, no matter what they are.

Therefore, it could come as a surprise for us to discover that we were actually not ready for many different reasons, all rooted in the painful and fear-based thought system of our Egomind.

Whatever the reason, it was always and without exception a desire to postpone our self-realization out of fear of what it might entail for the familiarity we feel at home in seen from our Egomind's thought system.

When our desire to experience life from the unconditional love of our true Self, our Spirit, became stronger than all other desires, it meant that we were entirely ready to experience our unconditional love.

Today's contemplation

Today, I will do my best to fulfill all the desires that are important to me, so my desire for Self-realization can become my first priority in my life.

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May 08: The Ring of Fulfillment

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION SUDARSHAN CHAKRA, PAGE 178

When Vishnu takes on his human form, he is also subjected to the conditions of a human being, and that means that also he is limited, ignorant, powerless and mortal and thereby fallible, but since Vishnu knows this prior to his descend, he brings with him his whirling ring of power which lights up his inner World just as brightly as the sun lights up the outer World, and he uses it in his human life to neutralize all inner and outer demons.

This bright, whirling ring of power is called Sudarshan Chakra.

When we came to TTDF, many of us believed that the existential tools of the Gods and Goddesses are not available to us human beings because we had not become aware that we are Gods and Goddesses walking on the Earth.

By working with 'The Fairytale about the Gods and Goddesses who walk on the Earth' in our First Step, we became aware that we ARE Gods and Goddesses walking the Earth, as Vishnu did in the form of Sri Krishna.

This opened us up to using Vishnu's Sudarshan Chakra, which our Program calls the Ring of Fulfillment with its fulfillment, interest, meaningfulness and oneness to transform all of our character defects into enlightenment and wisdom.

In our Sixth Step, we chose to transform the pain of the Ring of Emptiness with its emptiness, boredom, meaninglessness and loneliness into enlightenment and wisdom by pairing it with the joy of the Ring of Fulfillment.

Today's Contemplation

Today I will pair the pain of the Ring of Emptiness with the joy of the Ring of Fulfillment to achieve enlightenment and wisdom to a situation where I felt trapped in the pain of the Ring of Emptiness.

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May 09: *The desire for contrast*

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 347

"Why do I want the experience of death when I'm immortal?"

"Through the perspective of death, the presence of life is achieved."

"Why do I need to experience death to achieve the presence of life when I have eternal life?"

"Through the contrast to death, life becomes present.

Without contrast, the eternal life is death.

Therefore, death is life, seen from the perspective of eternity."

The TuTu Doctrine – The New World Order, page 353

Many of us had asked ourselves why an unconditionally loving, caring, compassionate and merciful God did not stop all our pains, illnesses, sufferings and death, without finding an answer.

However, in Step Two we worked with the 'Fairytale of the Love Without Limits', and we discovered that we had wanted to experience the contrast to the God Realm by separating ourselves from God, our FatherMother.

We wanted to experience limitation, ignorance, powerlessness and mortality/changeability as contrast to the omnipresence, omniscience, omnipotence and immortality&unchangeability of our true Self, our Spirit.

We wanted to create and manifest this contrast to amplify our unconditional love, care, compassion and mercy, and as a result we furthermore came to experience pain, illness, suffering and death.

Today's Contemplation

Today, I will accept that both the pain and the joy are necessary energies for me to amplify my experience of my true Self, my Spirit.

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May 10: *The Four Small Painrings*

FROM PART 6, CHAPTER 1, APPENDIXES, THE SECTION THE FOUR SMALL RINGS OF PAIN, PAGE 405

The Four Small Rings of Pain are the first set of Painrings that opens up as a result of our use of the Big Ring of Pain with its avarice, envy, hatred and arrogance.

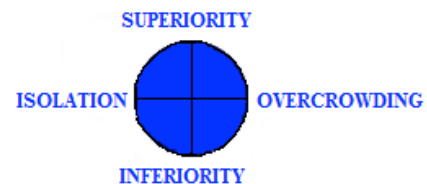
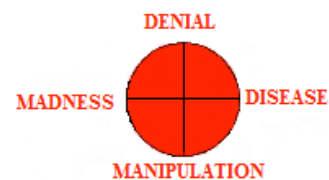
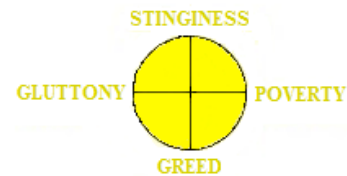
The Small Ring of Avarice with its stinginess, greed, poverty and gluttony opens up as a result of our use of the avarice from the Big Ring of Pain.

The Small Ring of Envy with its disbelief, superstition, submission and defiance opens up as a result of our use of the envy from The Big Ring of Pain.

The Small Ring of Hatred with its denial, manipulation, disease and madness opens up as a result of our use of the hatred from the Big Ring of Pain.

The Small Ring of Arrogance with its superiority, inferiority, overcrowding and isolation opens up as a result of our use of the arrogance from the Big Ring of Pain.

THE FOUR SMALL PAIN RINGS



Today's contemplation

Today, I will inventory how the energies of one of the Small Rings of Pain has expressed itself in the course of my day.

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May 11: *Myths and fairytales*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION THE MYTHOLOGICAL HARISHCHANDRA, PAGE 230

He had now proven that he did not stick to the truth only because he was a king and could afford to be honest, but that he stuck to it under all circumstances, and thereby, he had impressed the Gods who brought an end to his sufferings by bringing his son back to life and reuniting him and his wife, who were reinstalled as king and queen.

The TuTu Doctrine – The New World Order, page 231

In our work with our Program in the TuTu Doctrine Fellowship, we worked with myths and fairy tales that go way back in human history and describes energies in a larger context.

The myth of King Harishchandra's life describes what can happen when a person sticks to his/her own truth and remains authentic under all circumstances, no matter what they are.

King Harishchandra was nicknamed the King of Truth, and the magical elements in his story inspired others to also do their best to be authentic, same way that myths and fairytales inspired to authenticity.

Myths and fairytales are archetypes that show us the interaction of energies for the authentic and the inauthentic person, and we use them in our Program to find guidelines for how we can act to our advantage in the same way.

Today's contemplation

Today, I will build my character by letting myself get inspired by myths and fairytales.

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May 12: *To be better than others*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION REDEMPTION, PAGE 175

My heart was good enough.

It needed not be better than the heart of others, because the goal of my heart had been to become the bride of the prince.

TuTu was my prince, and he had found the qualities of my heart good enough to make his definitive choice and lead me to God's Sacred Altar, to enter into his Spiritual Wedding with me.

The TuTu Doctrine – The New World Order, page 175

An important reason for most of us to want to be better than others were that we wanted to live happily ever after with our chosen prince/princess as described in the fairytales.

We believed that we had to be better than others because the stories we heard as children gave us the impression that we should be better than the prince/princess that our chosen prince/princess was expected to marry.

This belief was solely due to a lack of information from family and friends about the symbolic narratives in fairytales about the relationship between Spirit Mates, who recognize each other irrespective of the outer circumstances.

Therefore, we do not need to be better than others to win the heart of our beloved and to live happily ever after, because our Spirit Mate is our other half and will always choose us irrespective of the circumstances.

Today's Contemplation

Today, I will use the fairy tales and myths described in The TuTu Doctrine - The New World Order to take my inner child's hopes and perspective on life to heart.

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May 13: Ignorance

FROM PART 4, CHAPTER 3 THE FAIRYTALE ABOUT GOOD AND EVIL,
PAGE 365

In her Thinking Mind, the latent thought crystallized, and thereby, the naked thought arose: "I am."

She looked around with her dawning thinking power and understood nothing, because the conscious thought is of time and can only understand through comparison with the already known, which belongs to the past, and for the naked thought nothing was known, and the thought was seized by shame of its ignorance and wished to hide for the rest of creationmanifestation.

TuTu Doctrine - The New World Order, page 366

Our purpose with choosing a life on Earth was to experience the maximum contrast to our true Self's, our Spirit's happy state, and through the contrast to become able to appreciate our true state even more.

Furthermore, we wanted to develop the intensity of our lovemaking in the Higher Worlds by incorporating the heavy and slow energies of Earth into our love-expressions in the God Realm.

We want to develop our love aptitude by meeting our earthly pains, illnesses, sufferings and death that all spring from our Egomind with the unconditional love care, compassion and mercy of our Godmind.

We also wanted to achieve an enlightened and wise Egomind, for our unenlightened and foolish Egomind is the root of our suffering, and we achieve this by working with the Rings of Joy and Pain in Step Six.

Today's Contemplation

Today, I will work with the Rings of Pain and Joy in my Sixth Step, so that my thinking mind, my Ego, can become enlightened and wise.

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May 14: Selfcreated and selfmanifested limitations

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION AGAINST ALL ODDS, PAGE 69

Every time a person reached the counter, the clerk said: "No, there are no seats available today. Next."

When I reached, the clerk looked at me, annoyed: "Yes?"

"I would like to go back to Madras now."

"There are no seats today..." he stopped, looked at me again and then said: "Well... let me see."

He disappeared for a moment and came back: "Yes, there is just one seat left. Let me see your ticket."

A moment later, he came back with it stamped 'ok'.

The TuTu Doctrine – The New World Order, page 69

Many of us were so used to perceiving our thinking mind, our Ego as enlightened and wise, and only when we came to TTDF we became aware that our Egomind is limited, ignorant, powerless and mortal/changeable.

Our misconception of our Egomind as enlightened and wise could make us try to think our way to a solution, where a solution could not be figured out, but required a learning process that could be resource-demanding.

When we discovered that we needed to go through a longer learning process to find a solution in different areas, it could make us create and manifest obstacles to the fulfillment of our desires.

Instead, we could choose to believe that our desire in the NOW was the right path forward for us, so we moved forward in faith by the help of the Big Ring of Joy with its faith, hope, love and truth and thus we liberated ourselves from obstacles.

Today's Contemplation

Today I will use the big Ring of Joy to fulfill my desires in the NOW.

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May 15: *Rituals*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION THE
 DIVINE WEDDING, PAGE 287

I flung out my hand and made a sliding movement along the lines of the first two blue candles, then the other two and eventually up the middle, where the white candle was, while at the same time I solemnly said: "Welcome TuTu, my one and only." Then I pointed to the sandalwood oil and a small dish of sweets, which sat in front of the candles and said: "On this altar I have put candles to show you the Light of my Love and also something sensuous and something sweet, because that is what I want to be to you."

I put a little sandalwood oil on him and a sweet in his mouth.

Then, I took the glass with sweets and gave sweets to my nephew and his friend.

The TuTu Doctrine – The New World Order, page 291

When we impulsively performed an action that came from our true Self, our Spirit, we might sometimes choose to make a ritual out of that action in the hope of holding on to the happiness we experienced.

Over time, our rituals could become eroded, so that we no longer knew why we performed certain actions in connection with certain events that, in our view, were important.

We performed the ritual simply because we had strong feelings for them once, or because we had seen others do it and found it meaningful to begin with, without us at this point in time feeling anything for it.

Rituals that we performed as a habit, made by us or our society, but that did not come from our own heart, we chose to replace by creating and manifesting meaningful rituals that were our own, and that came from our heart.

Today's contemplation

Today, I will replace those of my rituals that are not meaningful for me with rituals that are meaningful for me.

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May 16: *To come to stand in front of God's Holy Altar*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE
JUDGMENT, PAGE 80

When they themselves reach the point where, consciously, they are able to enter the seventh dimension, they know that soon they are going to stand in front of God's Holy Altar, to enter into their own Spiritual Wedding with their own Eternal Beloved, who will give them the unconditional love, care, compassion and mercy, and to whom they will give the same, and in their joy and anticipation they sing songs of praise about his Spiritual Wedding together with the Heavenly Choir as written in the Bible.

The TuTu Doctrine – The New World Order, page 81

When we let ourselves be born on Earth, shrouded in the veil of oblivion, we all had one or more special tasks we wishd to accomplish for the benefit of ourselves and all the other manifested creatures that live on Mother Earth.

Some of us came to Earth together with our Spirit Mate, because we wanted to incorporate the slow and heavy vibration of Mother Earth into our love life in the faster and lighter vibrations of the Higher Worlds.

To become able to incorporate our love life into the Higher Worlds, we had to go through The Four Weddings with our Spirit Mate so as to rekindle our memory about him/her like described in our Program.

Once we had achieved this, we could incorporate the vibration of Mother Earth into our love life in the Higher Worlds, and our experiences were - like the experiences of everyone else - injected into the subconscious of humankind for the benefit of all.

Today's Contemplation

Today, I will use my Eleventh Step to expand my conscious contact with my Spirit Mate, whether we both live on Earth or not, so as to prepare myself to stand in front of God's Holy Alter to enter into my Spiritual Wedding with my Spirit Mate and thus become one with my true Self, my Spirit.

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May 17: The axe-stroke and the pinprick

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO
WALK ON THE EARTH, PAGE 370

"Stop imagining pains that are not yours, because you cannot know the carrying capacity of your neighbor; that which appears to you to be a stroke with an axe may be a pinprick for your neighbor, and that which appears to your neighbor to be a stroke with an axe may be a pinprick for you.

The TuTu Doctrine – The New World Order, page 374

Most of us wanted to contribute to the well-being of others, so when we saw that another person apparently was in physical or emotional pain, we might want to help without being asked for help.

We might perceive what our neighbor was experiencing to be an axe-stroke looking at it from outside, but our neighbor might perceive it as a pinprick, and he/she might perceive our desire to help as untimely interference.

When we tried to help without being asked, we had activated the pain of the Ring of Codependency with its savior role, seducer role, victim role, and offender role.

When we become aware of this, we brought enlightenment and wisdom to the situation by adding the joy of the Ring of Emotional Sobriety with its detachment, integrity, respect for self, and respect for others to the situation.

Today's Contemplation

Today, I will contribute to the enlightenment and wisdom in my thinking mind, my Ego, by pairing the Ring of Codependency with the Ring of Emotional Sobriety.

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May 18: Energy fields

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION THE SPIDER, PAGE 197

My inner travel ended, and the shaman told me that the spider is the symbol of that being who gathers all the threads of the Universe in a perfect pattern.

This made me realize that my experience meant that the threads of the Universe had gathered in a perfect pattern in my heart, and in the following years, gradually, I experienced the realization of this travel through the change in my perspectives.

The TuTu Doctrine – The New World Order, page 199

Many of us were initiated as shamans during our walk on the 12-Step Path, and in that context we learned about archetypes that are the basic blueprint for a certain energy field, such as the archetype: The Spider.

Since the basic pattern in a archetype is always the same, we could use the symbol a certain archetype stands for to orient ourselves in our Egomind's psychological landscape and thus become better at handling it.

In our Program we worked with many archetypes such as the mutual body of a man and a woman, which contains the same mental-emotional energies for everyone, even though our experience of them differs.

In our Sixth Step we used the archetypes of the Pain Rings to identify our mental-emotional pains and the archetypes of Joy Rings to grow in enlightenment and wisdom by pairing the Rings of Pain with the Rings of Joy.

Today's Contemplation

Today, I choose to grow in wisdom by pairing a Pain Ring, describing a mental-emotional pain fx anger or fear I experienced Today with a Joy Ring.

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May 19: *The being of mercy*

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 365

The mercy emerged from the snake-form of the energy field as two beings of great power, awe-inspiring to behold in their sublime calm with groups of poisonous snakes, who represented the despairing darkened Souls, who squirmed in grinding of teeth everywhere outside on the merciful beings of love, around their neck, their arms and their legs, into which they sank their teeth to get rid of the poison of fear and to suck their life power in return.

The TuTu Doctrine – The New World Order, page 368

Many of us imagined that mercy consists of liberating a fellow human being from the pains of his/her life, and as a result of this perception, we try to take on the burdens of others in order to help them.

In reality, we made the other person's life more difficult than it needed to be, because the person we wanted to help had been given the task of finding a way out of the pain by his/her true Self, his/her Spirit.

If we tried to make another person's task ours, we thus deprived him/her of the opportunity to harvest the enlightenment and wisdom by finding a way out of the pain, and they therefore had to find a new similar task to achieve it.

If we discovered that we had an urge to take on another person's burdens, we knew we needed to pair the Ring of Codependency with the Ring of Emotional Sobriety so we could reap enlightenment and wisdom instead.

Today's Contemplation

Today, I will accept that other people's pains is a task given to them by their true Self, their Spirit in accordance with their own desire to harvest wisdom.

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May 20: *The gifts of pains*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION IMPATIENCE,
PAGE 176

However, it took me completely by surprise that it was the pain in my defects of character that led me to spiritual enlightenment, because I realized that as long as everything in my life went smoothly, I did not stop to think about my existence, but when I encountered resistance whether it sprang from painful emotions from within or from opposition in my surroundings, I paused to investigate more thoroughly the cause for this.

The TuTu Doctrine – The New World Order, page 177

After coming to the TTDF Fellowship, we discovered that all of our existential pains had a gift to give us if we stopped and investigated our pains instead of trying to escape from them in various ways.

We discovered that any kind of pain, discomfort, weakness, or illness gave us a new perspective on ourselves and our life, and thus we grew in enlightenment and wisdom and developed compassion for others, who suffered in the same way.

In our Program, we worked with the Rings of Pain by pairing them with the Rings of Joy, and thereby we achieves two opposing perspectives on our pains and came to understand that our perception of pain was subjective.

Gradually, as our worked with the Rings in Step Six led to cooperation with our chosen Higher Power in Step Seven, we harvested wisdom and compassion from the pain and discovered that we no longer feared it.

Today's Contemplation

Today, I will work on harvesting enlightenment, wisdom and compassion from my pains by the help of Step Six and Seven.

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May 21: *Experience*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE
SECTION QUESTIONS TO THE MASTER, PAGE 26

I went up to my room immediately but when I put the pen to the paper, yet another question arose that wasn't my own: "How would it help me that he explained what death is?"

I realized that even if the Master were able to answer the question to my satisfaction, my next question would be: "I wonder if what he says is true."

We often sought to achieve an overview of our problems in life by thinking through various solutions in advance, and often we compares experiences from the past with the problem, we were trying to solve in the present.

This prepared us to solve the problem in the best way possible, but it could happen that we did not have any experiences with the situation, we were trying to find a solution to.

Anyway, we might try to think of a solution although only experience could tell us the solution, and we therefor had a better chance of gaining an overview by seeking guidance from another person with the experience.

In our meetings in the TuTu Doctrine Fellowship members had broad experiences in all areas, and this gave us the opportunity to seek guidance from others who had experiences with a similar problem.

Today's contemplation

Today, I will seek guidance from a person, who has experiences with the task I need to solve, and if I do not know such a person, I will move forward, one step at a time trusting that my intuitive inspirations to a solution is guidance from my true Self, my Spirit.

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May 22: *The first positive power factor*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION COSMIC QUADRUPLETS, PAGE 398

Even later, after having lived with my new husband for more than five years, I was told in a shamanic travel that the individual ManWoman from whom TuTu and I sprang had projected himherself our into the manifested creation together with another couple and thus we had become Quadruplets at Soul level as we lived together in one Cosmic Egg especially formed for Quadruplets and out of us four my new husband was one, his Spirit Mate was one, TuTu was one and I was one.

Those of us, who had worked with the ‘Fairytale of Good and Evil’ in Step Four, had become aware that we, as our true Self, our Spirit, manifested our created Souls by splitting our projection of ourselves into a ‘male’ and a ‘female’.

In the process of splitting, into two Souls we experienced great pain because we feared having lost half of ourselves and thus our unconditional love, care, compassion and mercy in our oneness with God HimHerself.

We cast a veil over the pain and the fear to protect ourselves from these unknown energies that we as Souls had created and manifested and because of this veil, those energies became isolated and became our thinking mind, our Ego.

In TTDF, we now work on liberating our Egomind from the fear and the pain by pairing the Rings of Pain and Joy to thereby create and manifest enlightenment and wisdom in our Egomind and thereby we opened the door to our authentic Self.

Today's Contemplation

Today I will work on developing my awareness of the first positive power factor that encompasses the high and the low, the inner and the outer, in order to achieve oneness with my true Self, my Spirit.

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May 23: The Rings of Social Interaction

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION
WITHDRAWAL SYMPTOMS, PAGE 277

When I came around, I found myself in a ventilator and felt an intense discomfort by not being able to breathe the way I used to, but the discomfort of these experiences were not as intense as the discomfort of my withdrawal symptoms from heroin, because I was unconscious part of the time and got abundantly supplied with morphine when I was conscious.

Thereby, I realized that I did not know what I was doing when I claimed that TuTu did not love me or his family if he wasn't willing to live through withdrawal symptoms to prove the opposite.

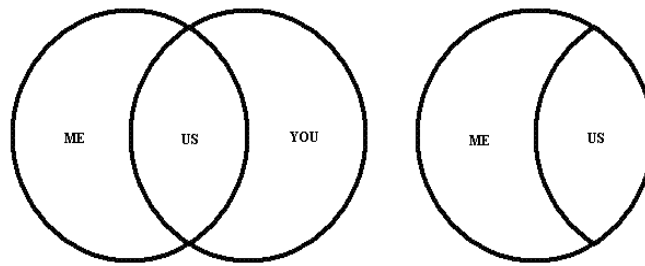
The TuTu Doctrine – The New World Order, page 277

Often we demand that others take a direction in their life that the other does not want, because we think we know better what is good for others, or because the other is our spouse, whose choices deeply interfere with ours.

However, after we came to the TuTu Doctrine Fellowship, we discovered that making demands on others they do not want to fulfil is harmful both to us and the others, no matter how good and loving our intentions may be.

Instead, we chose to use the Ring of Social Interaction to remind ourselves that cooperation between willing participants is the best solution, because there is a 'me', a 'you', and a 'us' in every social interaction.

THE RINGS OF SOCIAL INTERACTIONS



When we looked at these Rings, it was easy to realize that if we made demands on another that hurt the him/her, we hurt ourselves, because ‘us’ fills almost half of our personal energy field as long as the interaction lasts.

Today's Contemplation

Today, I will ask for what I want instead of demanding, and I choose to be grateful if I get what I ask for and to let go if I do not.

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May 24: Freedom from taking responsibility

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE SAVIOR,
 PAGE 101

One single person, who picked up the message shortly after the death of Jesus, was a powerful messenger, but to a certain extent, he was also blinded by his human limitation, ignorance, powerlessness and mortality, and because he could not simultaneously hold the thought that The Messiah, The World Teacher, was executed as a criminal and that God's love is infinitely merciful, he found peace from this paradox by creating and manifesting the myth about the Savior

The TuTu Doctrine – The New World Order, page 101

In our TTDF Step Work, many of us discovered that if we handed over the responsibility for our life's problems to a savior, we lost the opportunity to develop our self-healing powers.

Still others of us imagined that we could achieve love and appreciation from others by spending our money, time, energy, and interest on saving others from the fears and pains of their lives.

However, in Step Four we became aware that the savior role delayed our own and others' development of our and their ability to handle their life's problems, so we wanted to let go of being saved or saving others.

Therefore, we paired the Ring of Codependency with the Ring of Emotional Sobriety to achieve the enlightenment and wisdom we needed to be able to save ourselves and to let go of trying to save others.

Today's Contemplation

Today, I will pair the Ring of Codependency with the Ring of Emotional Sobriety on my urge to save another, so that I may achieve the wisdom to use my money, time, energy and interest on taking responsibility for my own fears and pains.

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May 25: Without exception

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 370

"Are you, who are called a king and a queen, when you walk on the Earth, not above all the rest of us?"

"No, when we walk on the Earth, we are a son and a daughter of humankind, like everybody else, and like all other sons and daughters of humankind, we need love, care, compassion and mercy from other sons and daughters of humankind and our true Self, our Spirit."

The TuTu Doctrine – The New World Order, page 372

On the spiritual path we have come across many imaginative accounts about how the World Teachers dealt with their human limitation, ignorance, powerlessness and mortality/changeability.

This has given many of us the impression that it was possible to rise above the human conditions, if we could only find out what they did that made them seem to have risen above the human conditions.

However, as we worked with our form identities in our TTDF Program, we understood that no matter what form identity we, as our true Self, our Spirit, took on, we could not escape these conditions either.

When we achieved oneness with our true Self, our Spirit by working our TTDF Program, we realized that they were acting from their true Self, their Spirit on their human conditions same way that we are now doing.

Today's Contemplation

Today, I will use my Second Step in my TTDF Program to work on being led to oneness with my true self, my Spirit.

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May 26: Magical gifts

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION THE OLD
WOMAN OF THE FAIRYTALES, PAGE 54

I was full of wonder about this elevated state that came into being when an intense desire arose in me to help the old woman.

Yet another time, I had to think of the fairytales saying that the person who helps an old man or an old woman in need receives a magical present.

The TuTu Doctrine – The New World Order, page 56

As children, most of us came into contact with folk fairytales that told us how our behavior could trigger magical gifts that could further our chance of living happily to the end of our days in great love.

We intuitively understood the truth-value of these fairy tales without being aware that they are in fact archetypal descriptions of the interaction between us as human beings with higher energies under different life circumstances.

As young and as adults, many of us lost trust in the fairytales, because when we used our Godmind's intuitive thought system without logical reasons, we were often ridiculed by our family and our surroundings.

However, by the help of Step Two, Three, Seven and Eleven from our TTDF Program, we learned to return to our childhood faith in our intuition and thus our ability to be in the Blissful Flow of the Present Moment.

Today's Contemplation

Today, I will use Steps One, Two, and Three to further develop my ability to put my Godmind's intuitive thought system into use.

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May 27: *The pleasant good and the unpleasant good*

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF
THE UNIVERSE, PAGE 347

"Oh Rainbow Goddess, I'm seized by great fear of wishing for wrong things."

"There are no wrong wishes."

"Yes, but imagine, if what I wish for becomes my misfortune."

"There is no misfortune. Only the pleasant good and the unpleasant good."

The TuTu Doctrine – The New World Order, page 352

Little by little as we worked with our TTDF Program, we became better and better at taking responsibility for our life situation, whether it consisted of the pleasant good or the unpleasant good in the now.

When we investigated why we chose to create and manifest the unpleasant good in the form of illness, weakness, discomfort and pain, we discovered that these choices gave our Egomind the opportunity to grow in enlightenment and wisdom.

In TTDF we learned to take care of our Egomind's unconditionally unloving, uncaring, hard-hearted and merciless thought system with the help of our Godmind's unconditionally loving, caring, compassionate and merciful thought system.

When we thus learned to balance our thinking mind's, our Ego mind's thought system with our knowing mind's, our Godmind's thought system, we finally got access to the joy without opposites, the happiness we have searched for.

Today's Contemplation

Today, I will work on taking care of my thinking mind, my Ego, with the unconditional love, care, compassion, and mercy of my knowing mind, my Godmind.

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May 28: Totem

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE MEETING WITH THE JAGUAR KAVA, PAGE 302

*The love Kava showed me took me by surprise.
 It was like balm on my wounded heart, and for that reason, I cried deeply moved during a major part of the travel.*

The TuTu Doctrine – The New World Order, page 302

Many of us were initiated shamans/shamanesses when we came to TTDF, and therefore we had inner guides on different planes of consciousness, and on one of these our guide was a totem animal, also called a power animal or a spirit animal.

Our power animals guided and protected us on our inner journeys, and it helped us to feel safe and protected when we moved around in the inner world, which is also called the uncommon reality.

It also helped us to use mythology's the archetypes, where the power animals are described as the vehicles of the gods/goddesses, whom they used when they traveled around the fourth, fifth, sixth, seventh and eighth dimensions of the inner world.

The narrations of how the power animals of the different gods and goddesses helped them could help us to understand the reality of our inner world, and how we could best get help from our own power animal on our inner journeys.

Today's contemplation

Today, I will research the world literature's narrations of spiritual experiences that are similar to mine in order to expand my perspective on my inner life.

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May 29: *To stand by our Christ Consciousness, Mercy Consciousness also called our Mercy Consciousness*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE
 OUTRAGE OVER CHRIST, PAGE 92

In this way, we can contribute to make the mercy of the Christ Consciousness, Mercy Consciousness real to ourselves and to the World in all its nuances, and this will help us to get everything put into its right place and others to achieve the Christ Consciousness, even though we have been told that this state of consciousness is unattainable to anybody but Jesus.

The TuTu Doctrine – The New World Order, page 92

Many of us thought that the Christ Consciousness was far beyond our reach, but when we came to TTDF, we understood that anyone who had completed a Twelve Step Program had attained Christ the Consciousness, the Mercy Consciousness.

Our Christ Consciousness came into being in any Twelve Step Program and was expressed by us having a Higher Power in our lives, having surrendered our will and our life to the care of our Higher Power, and in being merciful towards others.

Those of us who work with TTDF's Twelve Steps mostly came from other Twelve Step Programs and had thus practiced the Christ Consciousness, the Mercy Consciousness for some years by the help of Step Twelve.

Step Twelve taught us to stand by our Christ Consciousness, even though others might have had difficulty believing that we had attained getting to know and practice such a sublime state of consciousness.

Today's Contemplation

Today, I choose to practice the mercy of my Christ Consciousness, Mercy Consciousness by the help of Step Twelve, both towards those who still suffer and those who have success in their own eyes and in the eyes of the World.

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May 30: *Be in The Blissful Flow of the Present Moment*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE
 SEED OF LOVE, PAGE 380

*THE WEST
THE FEMININE
THE WATER*

Be in the flow

The TuTu Doctrine – The New World Order, page 381

For us as members of TTDF, the goal is to be in oneness with our true Self, our Spirit, and thus be present in The Blissful Flow of the Present Moment as much as possible under the inspiration of our God Mind.

Our true Self, our Spirit, sends vibratory impulses to our thinking mind, our Ego that can receive them as inspired intuitive thoughts, if our thinking mind, our Ego, was still and had developed faith.

It could happen that we became obsessed with keeping an eye on our thoughts so as not to miss out an inspired impulse, and thus we became absent from being in the Blissful Flow of the Present Moment.

When we discovered that we were lost in a stream of thoughts that did not spring from an inspired task that we needed to solve in the now, we could choose to let go of the stream of thoughts and return to the Blissful Flow of the Present Moment.

Today's Contemplation

Today to the best of my ability, I will practice oneness with the presence of my true Self, my Spirit, in the Blissful Flow of the Present Moment.

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May 31: *The radiation of a Master*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION GOD IN A FELLOW HUMAN BEING, PAGE 31

I had begun to believe that the Master knew everything that happened to me because of our telepathic contact, and the events with the doctor and the other disciples made me think that in some mysterious way or other, he was also present in all the events I participated in, so that he could steer my life and my development in the right direction, now that he had become my Guru.

The TuTu Doctrine – The New World Order, page

The stronger our oneness with our true Self, our Spirit, became, the clearer our oneness with all life around us became, whether it is the life of the mineral realm, the plant realm, the animal realm or the human realm.

We discovered that the consciousness of the mineral realm is introvert, the plant realm is the beginning of consciousness turning extrovert, and the animal realm is the beginning of free movement of the physical bodies.

All the inhabitants of the realms have originated from the God Realm and hold a radiation of spiritual vibrations in varying degrees that must reach a certain stage in order to serve as food for physical bodies.

The radiance of spiritual teachers affects all the realms and attracts all who need food in the form of unconditional love, care, compassion and mercy, whether they are minerals, plants, animals or humans.

Today's Contemplation

Today, I will observe the emanations from the mineral realm, the plant realm, the animal realm, and the human realm, so that I can better decide where I want to be in these realms and with whom.

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June 01: *Book knowledge versus wisdom*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION UNDER THE INFLUENCE OF THE MASTER'S RADIATION, PAGE 25

I realized that I did not know why I had come, but I tried to wring a question out of my brain because I sensed that the Master's attention would be directed elsewhere if I didn't have anything to ask, but all my thoughts had ebbed out and left me in a state of silence and a feeling of happiness.

The TuTu Doctrine - The New World Order, page 26

Most of us had acquired a great deal of book knowledge about spiritual topics after we began our quest for love and happiness, and this might give us the impression that we knew a lot about being on the spiritual path.

Little by little though, we realized that book knowledge was only the beginning of our spiritual path, and this made us want to practice some of the suggestions we encountered in our reading.

Gradually, as we paired our book knowledge with experience, we gained wisdom and could begin to express our new experiences with authority, for we now possessed true knowledge about many spiritual topics.

When we came to the Twelve Step path, our wisdom increased by leaps and bounds, because each of our Twelve Steps taught us how to practically know the happiness of our unconditional love, care, compassion, and mercy.

Today's Contemplation

Today, I will experiment with the spiritual exercises I learn about in my TTDF's Program to acquire wisdom in an area I now know theoretically.

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June 02: *Plans for more Earth life-journeys*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION TUTU, THE MASTER OF THE MASTER, PAGE 189

This, I felt, was confirmed by TuTu, when he told me that he had taken on a life just

ahead of his present one to prepare our meeting in this life by creating and manifesting that system of meditation which the Master got the task to pass on, and he had thus been the Master of the Master.

The TuTu Doctrine - The New World Order, page 189

Those of us, who as TTDF members, had chosen to take birth on Earth, had also chosen our mission, which was to learn to handle our thinking mind, our Ego with unconditional love, care, compassion and mercy.

This could not be accomplished in a single life on Earth due to the limited lifespan of our physical bodies, and most of us planned a new Earth journey as soon as we left Earth after the death of our physical bodies.

We did this because we realized in our after-death inventory what areas we wanted to improve in our handling of the slow, heavy and dark vibrations of Earth, which were still lacking in our handling of our Egomind.

Today's Contemplation

Today, I will use my TTDF Program to meet my unconditionally unloving, uncaring, hard-hearted and merciless thinking mind, my Ego with the unconditional love, care, compassion and mercy of my true Self, my Spirit.

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June 03: *The ignorant ruler/ruleress of the Universe*

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE , PAGE 347

"Then tell me who this ruler is, so I may find him and adore him?"

"She is you, and you are she."

"Oh Rainbow Goddess, how can I believe this?"

"You are, beyond any doubt, the ruler of the Universe!"

"How can I be the ruler of the Universe without knowing it?"

The TuTu Doctrine – The New World Order, page 348

Many of us imagined that the Universe only can have one ruler/ruleress, because the word Universe means that the Universe is a oneness that holds everything and everybody everywhere on all levels of consciousness.

This has led to many of us to feeling unable to take full responsibility for our personal part of the Universe, and it has led us to that we denied our true Self, our Spirit.

By denying our true Self, our Spirit, at the same time we denied our unconditional love, care, compassion and mercy for ourselves and everything and everybody everywhere on all planes of consciousness.

In doing so, our perspective on the Universe and on our role as the ruler/ruleress of that part of the Universe that God, our FatherMother, has given us to rule over, was completely turned upside down.

Today's Contemplation

Today, I choose to meet my personal inner and outer Universe with the unconditional love, care, compassion and mercy that God, my FatherMother, has given to me personally to share my unconditional love with all my brothers and sisters.

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June 04: The honor

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION VANITY-PERISHABILITY, PAGE 297

The result was 'The Fairytale of the Master of the Universe', in which I later added a description of the work with the pain of the thinking mind, the ego.

I was very proud of the result and read it aloud to TuTu.

"I'm the pen, and you're the ink," he said.

I became furious and asked if he wanted to take the credit for my work.

The TuTu Doctrine – The New World Order, page 298

Most of us had discovered that those of us who achieved honor and respect from our family and our community received more attention and had an easier time getting their way.

This had led many of us to believe that they also received more love, care, compassion and mercy than other people, and therefore many of us constantly strived to be honored and well-regarded in our family and our society.

It was only when we came to TTDF that we accepted that even though we achieved honor and respect from our family or society, it had got nothing to do with achieving love, care, compassion and mercy.

Thereby it became possible for us to let go of our pursuit of power and honor in the realization of that power and glory belong to God, our FatherMother, and the pursuit of power and glory belongs to the Ego.

Today's Contemplation

Today, I will choose to leave the power and the glory to God, my FatherMother.

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June 05: *The two genders*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE PATH TO THE ABSOLUTE SELF-REALIZATION, PAGE 85

Once the Master was asked if it is good for the spiritual life to live in celibacy and he answered laughingly: "God is no fool. If it was enough with one sex, there wouldn't be two."

The TuTu Doctrine – The New World Order, page 86

We know that our sexuality is both the greatest power and the highest joy we could have as human beings, and this could lead some of us to imagine that if we sacrificed that power and that joy, we could fulfill our spiritual ambitions.

We imagined that our sacrifice would make God hear us more than others and would liberate us from our fear of life and death, and at the same time we can achieve honor and respect from others as God's priests and priestesses.

This had led to many distortions in our human sexuality, which factually necessarily must be purified in order for us to achieve spiritual growth and this became clear to us when we came to TTDF.

It was only possible for us to activate and purify our four aspects if we had a sexual relationship with another human being, because that gave us the opportunity to observe and purify our relationship with this mighty power.

Today's contemplation

Today, I will work on acknowledging and purifying my four aspects as the child, the spouse, the caregiver and the guide by the help of Step Ten in my TTDF Program.

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June 06: *The creation and manifestation of life in the dimensions*

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 359

The double spiral also split into two, a he and a she, so as to be able to manifest into myriads of life, because the fruit of love is life, and life is in the organic growth in the same form as in the cosmic being, namely in Spirit, Soul, thought, emotion and action, which leads to the formation of new life.

The TuTu Doctrine – The New World Order, page 361

Before we came to TTDF, most of us had thought of the creation and manifestation of new life on Earth with the birth of a child, but in TTDF we learned that new life also comes into being on Earth in many other ways.

When we went out of our house and looked around, we experienced many new things that could inspire us and affect our daily lives in new ways, giving us the joy of new creation and manifestation of the movements of our energy bodies.

When our emotional feelings arose in painful ways, we used Step Six of our TTDF Program to pair them with joy, thereby creating and manifesting new life in our Ego in the form of new wisdom and enlightenment.

When we interacted with others in our social life, our Soul Life, we gained new perspectives on each other, and thus we had created and manifested new life in our love life.

Today's Contemplation

Today, I will use my TTDF Program to create and manifest new life on one of my planes of existence.

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June 07: The pain of separation

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION THE PAIN OF SEPARATION 1, PAGE 233

*It was a telephonic telegram with a laconic message: "Delayed."
I staggered away from the phone and sank down on the sofa.
A sharp pain went through my heart and spread to my head.
After a couple of hours, the physical pain began diminishing.
The following days, I went around in a haze.
Most of the time, I lay on the sofa and stared out into empty air.*

The TuTu Doctrine – The New World Order, page 233

When we worked with The Fairytale about the Love Without Limits in Step Two, we came closer to our true Self, our Spirit, and thus we discovered that first we had manifested ourselves in creation in the limited form of our Soul.

We split ourselves into a 'he' Soul and a 'she' Soul in the nuclear explosion of the so-called 'Big Bang', when we projected ourselves split into two into the limited, ignorant, powerless and mortal/changeable forms of our Souls.

The split of our core as one self as the merged masculine and feminine principle, called Ardhanarishvara, into our two divine Souls, caused great pain and fear of having lost our Spirit Mate.

We casted a mitigating veil over this pain and this fear, which thus came to live on a plane of existence of its own, and this paining, scared, loveless plane of energy we call our Ego.

Today's Contemplation

Today, I will meet my paining, scared, loveless thinking mind, my Ego, with the unconditional love, care, compassion and mercy of my true Self, my Spirit.

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June 08: Divine inspiration

FROM PART 5, CHAPTER 1 , MY LIFE WITH THE MASTER, THE SECTION THE COMING INTO BEING OF THE BRIDGE, PAGE 395

Some days later, I woke up one morning and felt ready to begin the work. It proved to be an uplifting assignment, because I woke up every morning with a sentence in my head, and as soon as I wrote it down, I felt inspired and wrote away.

The TuTu Doctrine – The New World Order, page 395

When we slept and entered into deep dreamless sleep, our thinking mind, our Ego, becomes completely still, and thus we became able to pick up inspiring impulses from our knowing mind, our God mind.

These intuitive impulses could consist of a purifying our Ego's impressions from the day in the form of guiding dreams about what we advantageously could work with in our Tenth Step for the day.

To include this divine inspiration in our Step Work, many of us chose to have a notebook and pen next to our bed, so that we could write down the experiences and inspirations of the night when we woke up.

Many others of us chose instead to seek inspiration for the day's Step work by beginning the day with the Two-Way Prayer and writing down the guidance and inspiration we received as the day's divine inspiration.

Today's Contemplation

Today, I will cultivate my capacity to live my life in accordance with spiritual and divine guidance and inspiration.

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June 09: Right and wrong

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION A TEST, PAGE 71

"Don't you know what is right and wrong," he asked in his usual gentle voice but with an undertone that made me squirm.

"No," I said stiffly, "it depends on the circumstances."

The TuTu Doctrine – The New World Order, page 71

Before we came to TTDF we had a clear sense of right and wrong, but as our Step work progressed we discovered in Step Four that many of these perceptions were not our own.

They stemmed from what we learned as children, where our family and our society taught us what their perceptions of right and wrong were and they made us take this to heart as best as they could in order to make us fit in.

In our adult life we continued to do our best to fit in, even though much of what we had learned as children did not necessarily feel as the right and the wrong thing to ourselves.

In Step Six we worked with what did not feel right and wrong to ourselves and gave ourselves permission to let go of our childhood and youth guidelines for what is right and wrong to take our own perception to heart.

Today's Contemplation

Today, I will give myself permission to act in accordance with what is right and wrong for me, even though others may have different values than me.

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June 10: *The root of Mercy*

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
PAGE 365

The mercy of the destroyer and the destroyeress was a love of a very particular casting, because he&she did not wish for anything other than the liberation of the entrapped part of the Souls, and he&she accepted that the manifested creatures were unable to love or even appreciate his&her service, because his&her service was connected with much pain and great fear and with reluctance to let go of the pleasant parts of their own manifestations of creatures.

The TuTu Doctrine – The New World Order, page 369

In our work with the vessels we used to experience life in the dimensions, our work with our physical body in the third dimension is the work with facing the fact that our vehicle has a limited shelf life.

This meant that we were seized by great fear when our physical bodies were used up, and our physical death therefore approached, if we identified ourselves with our physical bodies instead of with our true Self, our Spirit.

However, in our work in TTDF, we liberated ourselves from identifying ourselves with any form identity in order to be able to merge with our true Self, our Spirit, and thus we liberated ourselves from the fear of death.

As our true Self, our Spirit, we are omnipresent, omniscient, omnipotent and immortal, and this made us realize that death is an illusion, for our physical bodies return to Mother Earth and continues life in new forms.

Today's Contemplation

Today, I will acknowledge my true Self, my Spirit when I introduce myself in a TTDF meeting.

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June 11: Colors

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION THE HELP OF THE CROWN PRINCE 1, PAGE 240

Purple!

The color of magic!

That magic which springs from the merger of blue, which represents the Divine love, and red, which represents the earthly love.

The TuTu Doctrine – The New World Order, page 243

As our ability to sense on more and more subtle levels developed, we became aware of how the colors in our surroundings could affect our thoughts and emotions.

As we worked on finding the meditation form that resonated with us in Step Eleven, some of us discovered that visualizing different colors activated different emotional states within us.

When we visualized the cool colors of the color spectrum, such as blue and green, and held our inner focus on them, our emotions calmed down and this gave us the ability to sit in quiet contemplation or meditation.

When we visualized the warm colors of the color spectrum, such as red and orange, and held our inner focus on them, it stimulated our movement energy and is thus not conducive as basis for meditation.

Today's Contemplation

Today, I will study the impact of colors on my well-being in order to determine which colors I want to make use of in my personal environment.

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June 12: *The fountain of youth*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE TREE OF LIFE, PAGE 400

Meaning of 5: Life-Elixir

Definition: Fountain of Youth

Explanation: The Fountain of Youth consists in the attainment of the syntheses of God the Spirit Father, Goddess the Spirit Mother, God the Spirit Son and Goddess the Spirit Daughter.

The TuTu Doctrine – The New World Order, page 402

Little by little, as our oneness with our omnipresent, omniscient, omnipotent, and immortal/unchangeable true Self, our Spirit, became more and more extensive, we found the fountain of youth.

Our knowledge of our immortality gave us access to our elixir of life, which is a consequence of the awareness of our immortality&unchangeability as our true Self, our Spirit.

Our elixir of life was the energy that flowed through our earthly lives as an ability and willingness to be open like a child, who is in a state of wonder in a constant learning process.

Our daily interest in discovering new aspects of life made us feel eternally young, so we rejoiced in all our daily discoveries about our form existence while we lived our earthly life.

Today's Contemplation

Today, I will be open like a child in my admiration of all the things that I can sense and learn new things about during the course of the day.

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June 13: *The power and the glory*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE OUTRAGE OVER CHRIST, PAGE 92

This untruth is expressed by those who desire the power and the glory, and so they demand that anybody who admits to possess the Christ Consciousness, the Mercy

Consciousness must be able to walk on water in physical Reality, and thereby, they hinder the nuances of the Christ Consciousness, the Mercy Consciousness in coming to an honest expression.

The TuTu Doctrine – The New World Order, page 92

By the time we had completed our Twelfth Step in TTDF, we had attained the Compassion Consciousness, also called the Christ Consciousness, and this meant that we were showing mercy to those who were still suffering.

The Twelfth Step in all Twelve Step Fellowships opens our access to the mercy within ourselves, and many of us thought that this made us special, but in TTDF we understood that it was an attribute in everyone as our true Self, our Spirit.

We might even think that others should honor us for the power our mercy gave us, but in TTDF we discovered that it was only as long as we had denied our true Self, our Spirit, that we desired the power and the glory.

Our oneness with our true Self, our Spirit, showed us that the power and the glory belonged to God, our FatherMother and our true Self, our Spirit, who is one with God, so we let go of the war about getting others to give us the power and glory.

Today's Contemplation

Today, I will courageously let go of my desire for the power and the glory in the awareness that my happiness does not lie there, but in my true Self, my Spirit.

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June 14: The King of Kings and the Queen of Queens

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 370

"Why are you called the King of Kings and the Queen of Queens, the Master of Masters and the Masteress of Masteresses, the Highest Authority of the Hierarchy?"

"We were the first who went out in manifested form creatures, and because we know most about being a creature in a manifested form, we teach others in the art of being a creature in a manifested form.

Thus, we are the humble male and female servant of all our created and manifested brothers and sisters and their highest authority concerning the existence as a created and manifested form identity, whether our brothers and sisters are kings or queens, masters or masteresses or beggars or beggarwomen."

The TuTu Doctrine – The New World Order, page 373

Gradually, as our oneness with our true Self, our Spirit, became more and more prominent, we became able to take responsibility for our formexistences on all our planes of existence.

Whether it is our formexistence on the material plane, the physical plane, the etheric plane, the astral plane, the causal plane, or the Soul plane, we took responsibility for both our joys and our pains.

Irrespective of what form existence we were focused on in the NOW, it was valid for all of them that when we allowed ourselves to be limited by a form, we simultaneously become ignorant, powerless, and mortal/changeable.

As Spirit, we had taken on the form of a human being, who holds the heaviest, darkest, slowest, and most frightening vibration, for the purpose of expanding our expression of love when we returned home to our true Self, our Spirit.

Today's Contemplation

Today as the King or Queen of my Universe, I will take the full responsibility for my joys and my pains in my life as a human being on all my planes of existence.

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June 15: Change in the energy combination of Planet Earth

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION THE INITIATION OF THE EARTH INTO THE SEED OF LOVE, PAGE 210

Previously, the atmosphere of the Earth had received The Seed of Love as subtle irradiation, but on this occasion, the Earth got a direct injection of The Seed of Love by the help of Shri Krishna and the 16,000 fertilized lower hearts, which now contained The Seed of Love, and thus, the energy combination of the atmosphere of the Earth was changed.

The TuTu Doctrine – The New World Order, page 211

As we learned about our different planes of consciousness in our TTDF Program, we discovered that our Soul resides in the Seventh Dimension, also called Heaven, or the plane of social interactions.

On the Soul Plane, where we live as Gods and Goddesses, there is to be found many different energy fields that represent different expressions of love, care, compassion, and mercy.

Depending on which energies we wished to be a part of temporarily or over longer periods, we chose to be part of a particular Soul Cluster that were interested in the same energy field as us.

When we chose to take on a life on Earth from our chosen energy field in the seventh dimension, Mother Earth got a direct infusion of the energy that we had come to bring her as a gift at her request.

Today's Contemplation

Today, I will use the information described in The TuTu Doctrine – The New World Order in the Fairy Tale about the Gods and the Goddesses, Who Walk on the Earth to study how I can personally learn to make use of these energies.

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June 16: Preparatory training of the capacity to focus

FROM PART 1, CHAPTER 3 , SPIRITUAL EXPERIENCES, THE SECTION
 CONSTANT REMEMBRANCE, PAGE 40

Gradually, as I spoke with other meditating people both from the Master's system of meditation and other systems, and at the same time, my capacity to focus developed, I understood that a person usually selects his&her spiritual guide for the purpose of achieving his&her own conscious contact with God, but since it is difficult to focus your attention on something as abstract as the emptiness in the focus point, which is required to see, hear, feel or sense God, you can use your chosen guide to create and manifest an inner focus point by directing your thoughts towards this person throughout the day.

The TuTu Doctrine – The New World Order, page 40

We had been on the spiritual path long before we came to the TuTu Doctrine Fellowship, and on our path we came into contact with many other people, who walked the spiritual path together with us.

They taught us that we needed the capacity to meditate, which consists of quieting the constant chatter of our thinking mind, our Ego, so as to become able to pick up the subtle intuitive impulses from our true Self, our Spirit.

Regardless of the method we chose, it became clear to us when we came to TTDF that the purpose of our meditation practice was to train our focus capacity to remain in the empty space between thoughts.

Gradually, as we became well-trained in this by the help of our Eleventh Step, we became better and better at being in oneness with our true Self, our Spirit, and thus becoming able to remain in The Blissful Flow of the Present Moment.

Today's Contemplation

Today, I will train my focus capacity to stay in the empty space between thoughts so that I can become able to be focused in The Blissful Flow of the Present Moment as much as possible.

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June 17: *The noble heart*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION REDEMPTION, PAGE 175

If I changed that which I or others did not like about me, if I became better in doing this or that, if I thought in a different way, felt in a different way, acted in a different way, then others had to confirm that my heart was noble, and if everybody agreed on it, the prince also had to be able to see it.

The TuTu Doctrine – The New World Order, page 175

As children, we had a clear perception of fairytales as an expression of a spiritual Reality that could be expressed so simply that we as childre immediately understood the guidance the fairytale contained.

When we heard one that was about living happily ever after, we understood that they were descriptions of the energies that needed to be activated in order for us to achieve happiness until the end of our days by the help of the love of the Prince/Princess.

The fairy tales told us about a reality where good qualities were necessary for us to experience the happiness of love, and that a noble heart was necessary to be able to give and receive the great love.

Only when we came to TTDF did we discover that we could create and manifest a noble heart by creating and manifesting a wise and enlightened Ego, so that our heart could be one with the noble heart of our true Self, our Spirit.

Today's Contemplation

Today, I will use the Rings in Step Six to work on accessing the noble heart of my true Self, my Spirit.

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June 18: *The Holiest of The Holy*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 382

For a Person who has Access to The Holy Grail, which is The Holiest of The Holy, his&her Merged Heart's Heart is Alpha and Omega, His&her Merged Heart's Heart is The Truth, The Path and The Life, and by the help of God The Father, Goddess the Mother, his&her Beloved and his&her pure love, the Person Fearlessly remains in The Sacred Fire from his&her Merged Heart's Free Emotional Stream and receives his&her Personal Guidance from here, and this is called Drinking from The Holy Grail.

Many of us had heard about the Holy Grail, which was perceived to be a magical cup we could drink from if we could find the Grail and drink from it and thus find holy guidance in all life's big and small tasks.

At our TTDF meetings we received amulets for various milestones, and on one side we could choose the graph that either shows the Absolute, or the Absolute Heart, or the Holy Grail, which actually looks like a cup.

In Step Eleven where we work with the TuTu Doctrine itself, we learned that the Holy Grail is God's and our own Heart's Heart, our merged masculine and feminine principle that is also called Ardhanarishvara.

We carried out our work with our Eleventh Step to expand our conscious contact with our personal Ardhanarishvara so we could receive our daily guidance from our Heart's Heart, our personal Holy Grail.

Today's Contemplation

Today, I will work on acknowledging who and what I am, so I may be able to drink the omniscience from my Holy Grail.

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June 19: Love put to the test

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION HE LOVES ME – HE LOVES ME NOT, PAGE 284

When I hung up, I thought that now it would show if he really loved me, for only an addict, who has too little drugs to cover his own needs like TuTu will know what I asked from him.

Two hours later, I found an excuse to leave my sister's supervision and went to the station.

He was there.

"He really loves me," I thought in wonder.

As long we denied the unconditional love our true Self, our Spirit, we could not believe that others loved us, and this could lead us to put others to the test to find out if we could believe that they loved us.

The desire to believe arose from the fear energy of our thinking mind, our Ego, for in our knowing mind, our God mind, we knew beyond a shadow of a doubt that we were unconditionally loved.

When we found ourselves in our thinking mind's, our Ego's thought system, we could not believe it when we met a person who had access to their capacity for love and declared their love to us.

Our Ego had a need to get proof that satisfied our thinking mind, our Ego, but which we could not believe no matter how many signs we received that the person loved us and had no hidden intentions.

Today's Contemplation

Today I will respect my thinking mind's, my Ego's need to find clarity by putting different aspects of existence to the test, without imagining that it is God who is putting me to the test when I suffer from distrust.

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June 20: *The four Small Rings of Joy*

FROM PART 6, CHAPTER 1, APPENDIXES, THE SECTION APPENDIX G,
PAGE 412

The Four Small Joyrings

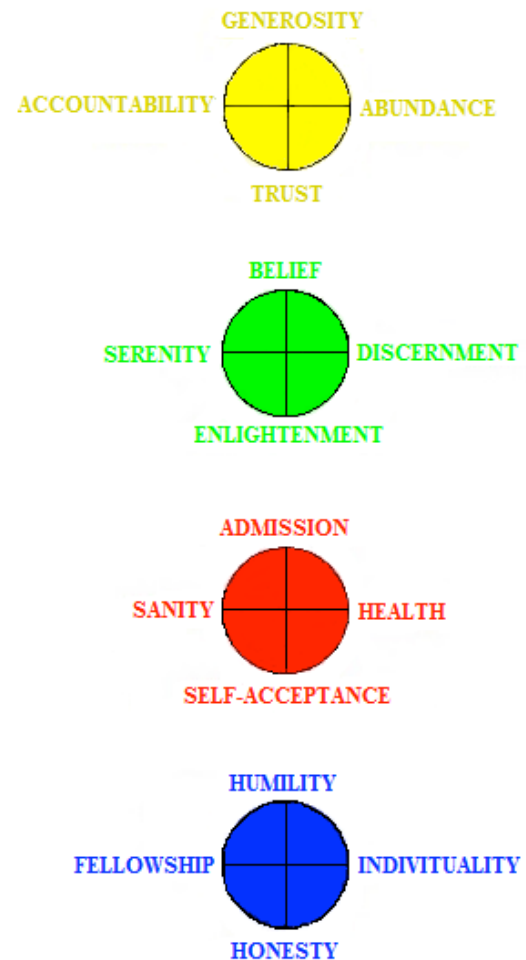
When the Small Ring of Faith became active in us, we trusted that we would receive what we needed when we needed it, and our experience of prosperity made it possible for us to generously share our surplus with others responsibly instead of clinging to it.

When the Small Ring of Hope became active in us, we had belief in that our desires would be fulfilled if we worked for it, so we sought enlightenment about what we could do to fulfill them, and in doing so we developed our discernment, and as a result we achieved serenity.

When the Small Ring of Love became active in us, we accepted our desires and needs, and we admitted to others that we needed help to fulfill them, and we achieved increased health and sanity.

When the Small Ring of Truth became active in us, we honestly admitted that no manifested creature was above or below us, because our humility told us that we are all equally valuable to the totality, even though our individuality makes us different from all others, so we sought fellowship with others by finding the part of ourselves where we recognized the feelings of others, and we accepted our different reasons for feeling as we do.

THE FOUR SMALL JOY RINGS



The TuTu Doctrine – The New World Order, page 412

Today's contemplation

Today, I will acknowledge four virtues of my thinking mind, my Ego, by using one of the Four Small Rings of Joy in a social interaction.

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June 21: Surrender to our true Self

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE ONE, WHO GIVES HIS&HER LIFE SHALL PRESERVE IT, AND THE ONE, WHO TRIES TO PRESERVE IT, SHALL LOSE IT, PAGE 99

The result of his own limitation because of his mortal body was his ignorance about many things and his powerlessness over that which he did not know, but because his true Self was not submitted to these limitations, he moved ahead courageously in life trusting the lead of his true Self.

The TuTu Doctrine – The New World Order, page 100

On our long Earthwalk on the spiritual path, our thought world was dominated by our thinking mind's, our Ego's thought system and in this thought system, surrender was a thought surrounded by great fear.

Only when we came to TTDF and needed to admit our true nature in every meeting by first saying our given name and then admitting and hearing other members admit: I am Spirit, we began to let go of our fear.

Furthermore, our Second Step helped us overcome our fears of surrendering unconditionally to the unconditional love, care, compassion and mercy of our true Self, our Spirit, in Step Three.

In Step Two, we investigated the blocks we had to being able to carry out Step Three and discovered that they sprang from our thinking Ego mind and not from our knowing God mind, so it was safe to let go of these blocks.

Today's Contemplation

Today, I will use my Second and Third Step to gain the courage to surrender unconditionally to my true Self, my Spirit.

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June 22: The journey back to the origin

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 382

For upcoming Eons, Humanity is Moving into The Ascending Spiral, towards The Ascending Curve on The Journey Back to The Origin.

Our Vehicle for The Journey and The Landscapes we Pass Through is our Divine Mother, and The Spirit who Lives in The Vehicle and in The Landscapes is our Divine Father, and we are The Fruit of Both.

The TuTu Doctrine – The New World Order, page 385

Many of us had imagined that we must die on all our planes of existence in order to return to the origin and thus attain the joy without opposites called happiness, which belongs to our origin.

However, in our work with our TTDF Program, we discovered that the journey back to the happiness of our origin can take place if we choose to meet our thinking mind, our Ego with unconditional love.

Because of our thinking mind's, our Ego's pain and fear, it is the most hated and repressed energy form on Earth, and it is this energy form that we needed to heal with our unconditional love.

We learned to use the intuitive thought system of our true Self, our Spirit, to transform our thinking mind's, our Ego's fear and pain into enlightenment and wisdom, and that opened the door to our return to the happiness of our origin.

Today's Contemplation

Today, I will meet the pain and fear of my thinking mind, my Ego, with the unconditional love, care, compassion and mercy of my true Self, my Spirit.

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June 23: God's revenge

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION CHILDHOOD FAITH, PAGE 14

But at some point in time, nobody would abide by Him anyway, and therefore He decided to kill all the people in the World except Noah and the animals, but this did not help much either; so He still had to torment people at regular intervals.

The TuTu Doctrine – The New World Order, page 15

Before coming to TTDF, had we not recognized that many of us had an underlying fear of God that cut us off from becoming one with our true Self, our Spirit, and thus becoming one with our love for God, and God's love for us.

We feared that God would punish us in more or less painful ways if we did not obey God in the way others told us we should, but we took our fear of God up to transformation into our reciprocal love in our Sixth Step.

We realized that we used the Microring of Hate with its indignation, revengefulness, belligerence, and bitterness to protect ourselves from love, and we also looked into the Microring of Love with its mercy, forgiveness, conciliation, and sweetness.

Then we paired the two Rings, and thus the conditional hatred and love of our Ego mind were transformed into enlightenment and wisdom, which is the highest attainable state of our thinking mind, our Ego.

Today's Contemplations

Today, I will use my Sixth Step to let go of the pain of my fear of God and thus achieve oneness with my true Self, my Spirit and my love for God.

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June 24: To help one's neighbor

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 370

"Is it not my task to try to relieve the pain of my neighbor then?"

"Many are the called, but few are the chosen.

It is given nobody to be able to help everyone with every problem, and therefore you must first search your heart to decide if it is your task to help."

The TuTu Doctrine – The New World Order, page 374

Many of us feel that it is our job to help our neighbor regardless of his/her circumstances, and this can lead to an activation of the mental illness found in the Ring of Codependency.

When we find ourselves in the Ring of Codependency with its savior role, seducer role, victim role, and offender role, we can feel compelled to try to solve those of our neighbor's problems they in fact need to solve themselves.

In TTDF we instead choose to use the Ring of Emotional Sobriety with its detachment, integrity, respect for self, and respect for others to solve our own problems and give our neighbor time and space to solve his/hers.

Therefore we choose to use our resources—our time, our energy, our interest, and our money—on solving our own problems and leave it to our neighbor to solve his/her own problems.

Today's Contemplation

Today, I choose to use the Ring of Emotional Sobriety if I feel compelled to help my neighbor with a problem my neighbor needs to learn to solve himself/herself.

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June 25: Conversation after death

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION SHIVA THE DESTROYER, PAGE 298

Only after TuTu's death, it occurred to me that I still needed to describe the last of the Hinduistic trinity, Vishnu the Maintainer, and then 'The Fairytale about the Gods and Goddesses who walk on the Earth', came into being. This fairytale describes an inner conversation with TuTu, which took place after his death while I wrote.

The TuTu Doctrine – The New World Order, page 299

Most of us had had many inner experiences before we came to TTDF, and many of us had had interactions with our deceased family members, inner guides, inner male and female friends and inner animals and plants.

When we had inner experiences in our childhood and most of our surroundings believed that such experiences sprang from a vivid imagination and had got nothing to do with Reality, we got used to seeing them as unreal.

That they were unreal meant that they were worthless, but now we needed to change our attitude towards them in order to be able to take our inner conversations with our true Self, our Spirit, to heart.

We used Step Four to realize these influences from our childhood, Step Six to liberate ourselves from them, and Step Eight and Nine to forgive and make amends to ourselves for using these self-destructive patterns in our life.

Today's Contemplation

Today, I will use my TTDF's Program to approve my inner experiences and my meetings in my TTDF to find confirmation of the truth-value of my inner experiences.

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June 26: The beginning of the recovery

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION ARROGANCE 2, PAGE 169

Then, I was told that I had to first accept possessing the feeling of arrogance to be able to investigate under which circumstances it arose and what results I achieved from the actions I did under the influence of my arrogance.

The TuTu Doctrine – The New World Order, page 170

In our TTDF Program, the recovery from our existential pains begins with the

admission of our true Self's, our Spirit's unconditional Love, and how our denial made our lives unmanageable in Step One.

After these admissions, our recovery could begin with that we investigated what our true Self's, our Spirit's unconditionally loving purpose is by choosing to come to Earth to experience these pains.

When we had found the unconditionally loving intention of our true Self, our Spirit in Step Two with choosing to experience the pain of denial of, who we are and where we come from, we chose to surrender to what we have discovered in Step Three.

Gradually, as various thoughts arose that opposed our surrender in Step Four, we worked on them with the help of the rest of the Steps in our TTDF Program until our surrender was complete.

Today's Contemplation

Today, I will use my TTDF Program to surrender to my recovery from my denial of who and what I am.

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June 27: Good and evil

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
PAGE 365

Some ideas and images were pleasant and some were frightening, and thus the idea of good and evil came into being.

The TuTu Doctrine – The New World Order, page 367

When we came to TTDF we found ourselves quite a bit in the triune thought system of our Ego mind with its defects of character, evil, virtues, good or its state of enlightened wisdom, its calm and clear state that opened the path to our Soul.

In TTDF we needed to rise above our Ego mind's thought system to return to our Soul Consciousness, which opened the doors to our Spirit Consciousness to be able to become one with our sovereign true Self, our Spirit.

When we finally met our Ego mind with our unconditional love, care, compassion and mercy, our Ego mind stopped filling our minds with screams of fear and pain, and thus there was serenity.

We needed the silence of our Ego-mind to hear and use our God-mind's intuitive thought system, and we needed our enlightened and wise Ego-mind to translate our God-mind's intuitive impulses into Earthly language.

Today's Contemplation

Today I will use my Sixth Step in TTDF to unconditionally lovingly, caringly, compassionately, and mercifully caring the fear and pain of my Ego-mind, so that I can become one with my true Self, my Spirit.

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June 28: *Stepping out of the flock mentality*

FROM PART 2, CHAPTER 1, THE PRINCIPLES , THE SECTION HIERARCHY AND FELLOWSHIP, PAGE 79

Humankind has now stepped out of the flock mentality by the help of the hierarchy, and in that way achieved the respect for the individual, and therefore time is ripe to achieve love, care, compassion and mercy for the individual by the help of the Fellowship.

The TuTu Doctrine – The New World Order, page 79

We have all grown up in a larger or smaller family, and in that connection most of us have contracted the mental illness that was called the savior complex in the old world order and codependency in the new.

In the Fourth Step of our TTDF Program, we worked on acknowledging that we were infected with this illness by our parents, who demanded that we follow their idea of what is the right thing instead of our own.

This gave us the impression that on Earth human beings had to set aside their heart's desires in order to fulfill the desires of their parents' hearts, and thus the peoplepleasing and the savior role became active in us.

Now, however, we had become able to survive without submitting to the value system of our family and our society, and thus we have become ready to step out of the flock mentality by becoming emotionally sober.

Today's Contemplation

Today, I will step out of the flock mentality that is active in the Ring of Codependency with its savior role, seducer role, victim role and offender role, by pairing it with the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others, do my thinking mind, my Ego can grow in enlightenment and wisdom.

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June 29: *The physical miracle*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION INITIATION TO SHIVA, PAGE 280

"Oh," I said, "life on Earth is a miracle. Just think, then all these Spirits walk around in the streets in a physical body, which allows them to experience life on Earth."

The TuTu Doctrine – The New World Order, page 280

Many of us tended to neglect our physical body at the beginning of our walk on the spiritual path, because we became so absorbed in our spiritual pursuit that it almost became an obsession.

Only after our physical body began to give us problems, we felt compelled to give it attention by the help of our TTDF Program, and thereby we discovered that it is an extension of our thinking mind, our Ego.

Furthermore, we discovered that we decided to incarnate on Earth into a limited, ignorant, powerless, and mortal/changable body in order to learn to incorporate the slow and dark vibration of Mother Earth into our Ånd

This discovery opened us up to learning to use our Sixth Step to release the mental-emotional patterns that created illness, weakness, discomfort, and pain in our bodies.

Today's Contemplation

Today, I will take care of my physical body with unconditional love, care, compassion and mercy and also see to it that my Mother Earth body is well rested, well groomed, well nourished and well exercised.

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June 30: Shame

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE
SECTION ARROGANCE 1, PAGE 28

The next morning, the Master's transmission had hardly begun before I began to feel ashamed and I got confused because I did not understand why.

It occurred to me that I had reasons to feel ashamed about my behavior the previous evening.

Patiently, the others had waited the unfolding of events even if they were sore from sitting on the floor too, but I had not been patient, and on top of that, I was arrogant enough to think that I was above them because of my action.

The TuTu Doctrine – The New World Order, page 29

Step Eight and Nine come so late in our Program, because we are working on admitting and letting go of our guiltfeelings and the accompanying shame, which both are so painful, they are difficult for most of us to handle.

However, at this late stage in our Step work, we had worked so much on facing our painful emotional feelings that we are ready to come out into the open with our shameful emotional feelings.

Shame makes us hide, even from ourselves, by suppressing, denying, dismissing, or ignoring our emotional feelings of shame, which are perceived to be the deadliest poisons to our spiritual life.

To avoid these pains, it could happen that we tried to get ahead of them by spending long periods of time in the Ring of Self-Centeredness with its self-criticism, depression, self-praise, and euphoria without it helping us.

Today's Contemplation

Today, I will transform my self-criticism into enlightenment and wisdom by pairing the Ring of Self-Centeredness with the Ring of God-Centeredness with its openmindedness, empowerment, gratitude, and joy.

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July 01: Compassion for Mother Earth

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION TUTU'S TEARS, PAGE 278

*He took my hand, looked at my prick marks, and with tears in his eyes, he gently stroked it, while he said: "Your little hand. Your little hand."
I looked surprised at the tears that rolled down his cheeks.
Why did he take that so hard?
Why, he used the needle himself.*

The TuTu Doktrinen – Den Nye Verdensorden, page 279

We all have a little piece of Mother Earth in the form of our physical body and earthly possessions, and thus we also have an opportunity to show compassion to Mother Earth by the help of our body and our possessions.

Many of the families we grew up in had not yet learned that there is a connection between our use of mental-emotional patterns and the illnesses and uncomfortable experiences we had from living in a physical body.

Therefore, we did not learn to treat our bodies with love, care, compassion and mercy, nor to ensure that they were well rested, well cared for, well nourished and well exercised.

However, in our TTDF Program we learn to know the connection between our use of different mental-emotional patterns and the physical illnesses, weaknesses, discomforts and pains we experienced physically.

Today's Contemplation

Today, I will treat my part of Mother Earth with compassion, care, love and mercy.

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July 02: Divine guidance

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION MEMORY IMAGE FROM A PREVIOUS INCARNATION, PAGE 44

Later, this proved to be a memory dream from a previous incarnation that, at the same time, pointed out what was going to become my most important problem in my relationship with TuTu.

In our wake state, we were mostly having our focus directed outward on our earthly life and when it was directed inward it was on our thoughts and emotional feelings about various areas of our earthly life.

When our focus shifted between being directed outward and directed inward in this way, it could lead to us not being aware of the impulses and guidance that came to us from our true Self, our Spirit.

However, our focus shifts when we sleep, where our minds are cleansed of hurts and tears from the day by the help of dreams, and our conscious contact with our true Self, our Spirit can also happen by the help of dreams.

Therefore many of us chose to keep a notepad and a pen by our bed side to write down the dreams that came to us during the night, whether they were about purification or about guidance from our true Self, our Spirit.

Today's Contemplation

Today, I will write down the night's dreams and use my cleansing dreams in my Tenth Step and my guiding dreams in my Eleventh Step.

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July 03: *Practice makes master*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION SHAMANIC TRAVEL, PAGE 395

"You should just put out your astral arms," she said.

"I don't know how you do that," I said.

"Just do it," she said, "you have done it many times before."

"Yes, but I don't think I can find out any more," I said.

"Practice makes Master," she said dryly.

On our path, many of us had been deceived by the fact that some spiritual teachers experienced a spiritual awakening overnight, and we had come to believe that our spiritual awakening should happen in the same way.

However, as our work with our TTDF Program progressed, we discovered that in our case, we got a slow spiritual awakening by the help of daily practice of our Steps.

In Step One, we acknowledged the unmanageability of denying our powerlessness over our true Self, our Spirit, and thereby we could begin our recovery in Step Two.

By the time we reached Step Twelve, we had let go of all fear and anger by acknowledging our true Self, our Spirit, and our merciful help to those who still suffered from fear and anger began.

Today's Contemplation

Today, I will sponsor my time, my energy, my interest and my money to a person who wants to be liberated from fear and anger by acknowledging their true Self, their Spirit.

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July 04: The Lords and Ladies of the Universe

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 347

"Who are the Masters of the Universe?"

"There are infinitely many, big and small, inner and outer."

The TuTu Doctrine – The New World Order, page 350

Before we came to TTDF, many of us were mostly focused on being limited, ignorant, powerless and mortal/changeable whether physical, energetic, emotional, mental or social.

Only when we came to TTDF and returned to our true Self, our Spirit, we became aware that we are omnipresent, omniscient, omnipotent and immortal&unchangeable.

That helped us to understand that each of us are the Lord/the Lady of your own Universe, and we are thus completely responsible for our human experiences whether we wanted to research earthly pain or joy.

That gave us the incentive to take unconditionally loving, caring, compassionate and mercifully of our bodies whether they were physical, energetic, emotional, mental or social.

Today's Contemplation

Today, I will take the full responsibility for all my experiences on all my levels of existence whether my experiences hold pain or joy.

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July 05: Relapse

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION RELAPSE, PAGE 293

Soon, most of my life took place in Sundholm, and when he was granted his Methadone, I got a desire to experience the needle again, so I persuaded him to give me a little of his medicine.

The TuTu Doctrine – The New World Order, page 293

As spiritual aspirants from birth, we quickly became homesick when we discovered that here on Earth we are isolated in each our own bodies and are strangers to each other, and this could make us feel confused and unhappy.

Before we came to TTDF, this had made many of us engage in ingesting strong chemicals, because the states of mind they induced were very similar to the various spiritual states of mind we longed for.

White sugar, flour, pasta and bread seemed consoling, nicotine seemed relieving, alcohol seemed fun, hashish seemed mind-expanding, heroin seemed calming and cocaine seemed invigorating, and that helped us.

However, those chemical were addictive, so we had to let them go again after some time and move on, and when we came to TTDF we became at long last able to experience these states of mind without using chemicals.

Today's Contemplation

Today, I will work on experiencing the states of mind that I have longed for by the help of my TTDF Program instead of taking a relapse into chemicals.

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July 06: Universal love

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION UNIVERSAL LOVE, PAGE 29

I became happy and thought that his love was a special boon for me alone, but when I told it to one of the other disciples, she said that she knew this experience too. Later, I heard other disciples, both male and female, express similar experiences and I understood that the Master's love was universal.

The TuTu Doctrine – The New World Order, page 30

When we are identified with our Egomind, we experience being in love as an intoxication, and when we are identified with our true Self, our Spirit, we experience being in love as our day to day consciousness.

In the same way that our painful and angry emotions radiate from us and make others withdraw, our being in love also radiates from us and make others feel attracted to us.

Our being in love can infect others, so that they also feel being in love, and if they are identified with their Egomind, it can make them believe that our universal being in love is directed towards them alone.

If we are together with others, who are sensitive to our being in love, it can be important for us and them to let them know that our being in love is not necessarily concerned with a desire for a relationship.

Today's Contemplation

Today, I will gratefully receive the universal love of my spiritual teacher.

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July 07: *The hierarchy*

FROM PART 4 CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 370

*"The hierarchy is the diversity, which is also called the multiplicity or The Worldly Spirit, who restores the awareness of the manifested creatures of their uniqueness, because each manifested creature is unique.
 Even two snowflakes are different and so differ in a unique way from the rest."*

The TuTu Doctrine – The New World Order, page 372

We all participated in different groups, where we experienced a hierarchical division of group members depending on the ability, knowledge and personality of the various members.

Also in the TuTu Doctrine Fellowship there is a hierarchy, where those who undertake to give their time, energy and interest so that the newcomers can learn to use the Program, are at the top of the hierarchy.

Newcomers who are interested in carrying out the TTDF Program stood high in the hierarchy, because they were interested in giving their time, interest and energy to their own and humankind's upliftment and to inspire the whole Fellowship.

Next we perceived those, who were willing to also undertake various types of service work such as meeting chairs, coffee people, treasurers, group representatives and similar tasks as having a high standing in the hierarchy.

Today's contemplation

Today, I will accept that as a newcomer I have much to learn from the oldtimers, and I have much to teach them about my thoughts about the Program.

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July 08: *The medicine of the Gods*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION
TUTU'S ILLNESS 1, PAGE 256

He called the opium poppy's juice, which is used to manufacture painkillers such as opium, morphine, heroin and other morphological preparations for the medicine of the Gods that they had given as a gift to ease humankind's pains.

The TuTu Doctrine – The New World Order, page 258

Many of us have been dependent on painkilling medicine, because our homesickness for the God Realm made us feel hopeless and suicidal, and those feelings resulted in physical illness, weakness, discomfort and pain.

This made us even more homesick and so our need for damping the pain became so intense that we became ready to do anything to find relief, and that gave others the opportunity to exploit us in various ways.

The Gods and Goddesses of the seventh dimension have given humankind various possibilities for easing our pain until we could come to the point in our development where we were able to live with them.

In TTDF we achieved the states of mind that we needed to become able to live with our homesickness, so thereby we were no longer dependent on the legislation of society about who were entitled to the medicine of the Gods and Goddesses.

Today's Contemplation

Today, I will use the Medicine of the Gods if I am in pain until I am able to relieve my pains without chemicals.

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July 09: *The Bird Phoenix consciousness*

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
PAGE 365

"By remembering that after the destruction comes the resurrection, for the manifested creatures rise again in their full height, like bird Phoenix, who rises from the ashes of his&her old existence every single day with the insight and clarity that lies at the root of the pain when the pain itself is burnt to ashes."

The TuTu Doctrine – The New World Order, page 369

In every situation there is that which is wanted and that which is not wanted, and in that phase of our existence where we were mainly identified with the painful side of our Egomind, we were focused on the not wanted.

Gradually, as we used our TTDF Program, we became more and more identified with our unconditional love, and thereby we became able to lovingly deal with the painful side of our Egomind.

We did this by pairing the painful side of our Egomind with the joyful side by the help of our daily Tenth Step, and so enlightenment and wisdom became the predominant state of our Egomind.

Thus we activated the archetypal energy field of the Bird Phoenix in our psychological landscape, and thus we became able to daily rise from the ashes of the pains of the day, when the pains themselves had become ashes.

Today's Contemplation

Today, I will use my Tenth Step to seek refuge from my daily existential pains in the energy field of the Bird Phoenix, whether my pains are big or small.

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July 10: *To live happily ever after*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION
INTERPRETATION OF THE ARCHETYPE, PAGE 172

The big wedding symbolizes the Spiritual Wedding.

That they lived happily ever after symbolizes their immersion in God's Light of Love, until the manifestation of a new creation begins.

The TuTu Doctrine – The New World Order, page 173

In our TTDF Program, we worked on setting our unconditional love up as our highest priority and thus also to set up our lovemaking-life, which is the highest expression of love, to be our highest priority.

Many of us had got a distorted impression of lovemaking in our childhood because of our family's or our society's fear of lovemaking's tremendous life-creating and manifesting power and the intense emotions it holds.

From the texts of the TuTu Doctrine - The New World Order, we learn about the Four Weddings between Spirit Mates, and we also learn that our Spirit Mate in the Absolute sense is our only true sexual partner in sacred lovemaking.

In Step Eleven, we learned to travel consciously on higher consciousness planes so we could achieve to live to live on Earth engaged in sacred blissful lovemaking, whether our Spirit Mate was incarnated on Earth at the same time as us or not.

Today's Contemplation

Today, I Today, I will use Step Eleven to prepare myself for the Big Wedding with my Spirit Mate, whether he&she is incarnated on Earth at the same time as me or not, so I can live happily ever after.

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July 11: *The Four Small Rings of Pain*

FROM PART 6, CHAPTER 1 , APPENDIXES, THE SECTION APPENDIX B,
 PAGE 407

The Four Small Pairings

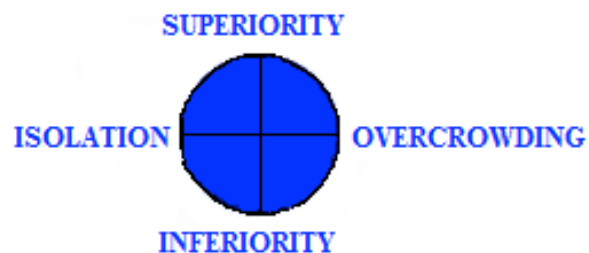
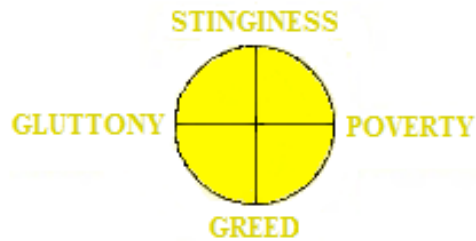
When we use the Small Ring of Avarice, we want to receive from others without using our own resources to get it, and we readily receive what we have done nothing to get, even though we do not need it, and still we feel poor in spite of all that has been given to us.

When we use the Small Ring of Envy, we do not believe that we get what others have that we want too, even if we do something to get it, so we get defiant at the thought of doing something to get it and instead we submit to our situation as it is.

When we use the Small Ring of Hatred, we deny our desires and attempt to manipulate others to get us what we want, and we believe that others meet our needs, because we are so special, and if others do not give us what we want, we feel bad about it that we become ill.

When we use the Small Ring of Arrogance, we believe that we are superior to others, when our needs are met, and boastfully, we show our fulfilled desires to as many people as possible, and we believe that we are inferior to others, when we do not get our needs fulfilled and isolate ourselves so that others will not discover our lack.

THE FOUR SMALL PAIN RINGS



The TuTu Doctrine – The New World Order, page 407

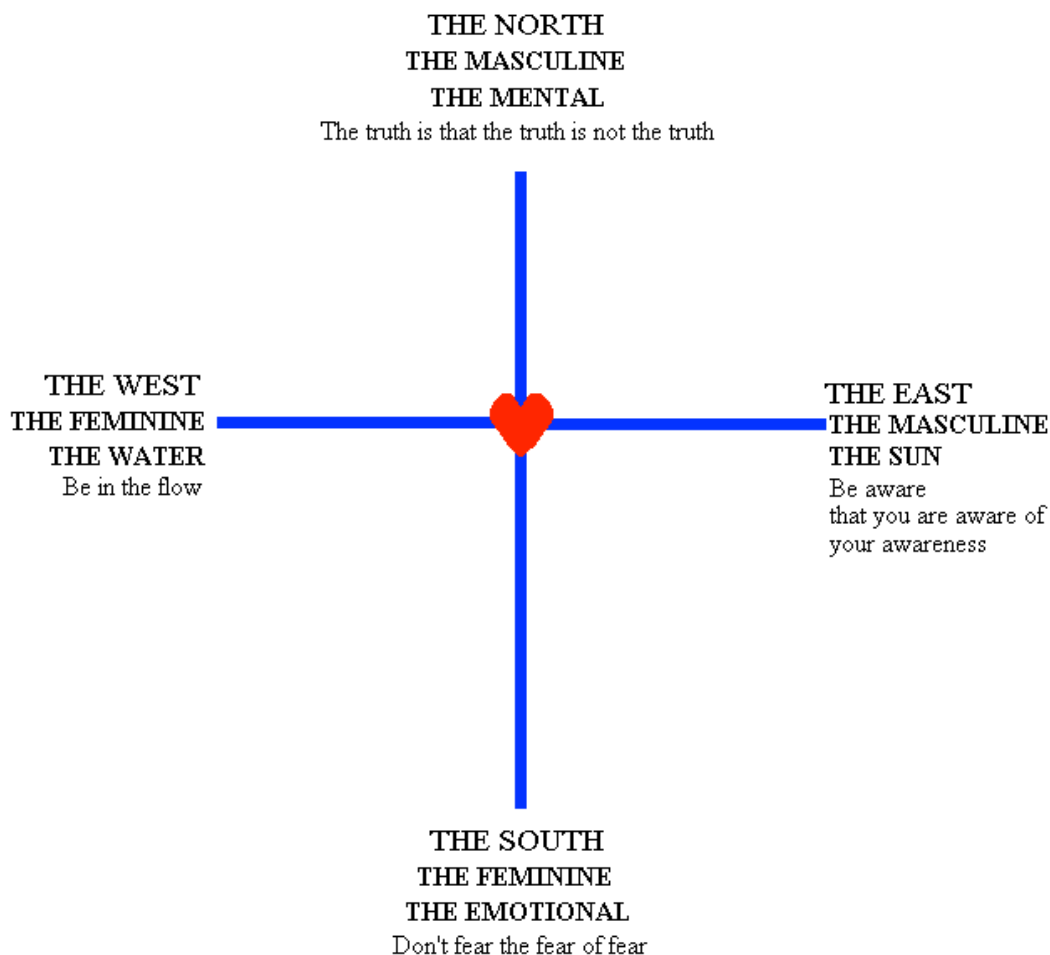
Today's contemplation

Today, I will purify my mind from the pain of my use of one of The Four Small Rings of Pain by getting to know and use one of The Four Small Rings of Joy instead.

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July 12: *The Seed of Love*

FROM PART 4, CHAPTER 5, TUTU DOCTRINE, THE SECTION THE SEED OF LOVE, PAGE 381



The TuTu Doctrine – The New World Order, page 381

Today's contemplation

Today, I will work on making the Seed of Love real to myself.

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July 13: *Selfwill and Godwill*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE COMING INTO BEING OF THE BRIDGE , PAGE 394

"The last couple of weeks, I have had a feeling that I was going to write one more part of the book to describe the connection between the outer and the inner world, and I figured that I could find out what it was going to be about by walking on the rainbow.

Then I could start writing and call that part of the book The Rainbow Bridge.

"It is going to be called The Bridge," he gently said with emphasis on Bridge.

"That I'll decide myself," I thought, but said nothing.

The TuTu Doctrine – The New World Order, page 394

In addition to God, our FatherMother, Who has created and manifested all individual Spirits in the God Realm, we also have a personal God, our true Self, our Spirit, who is also a ManWoman like God HimHerself.

Like God, our FatherMother HimHerself, our personal Spirit, our personal God is one being, who is a merging of the masculine and the feminine principle in the Holy Grail like God HimHerself.

Our true Self's, our Spirit's will for us is identical to God's will for us, but seen from our individual perspective, and with the purpose of developing our perspective and bringing it to the God Realm, we had a free will that was in oneness with God's.

As human beings, we are blinded by our thinking mind, our Ego, and our goal in TTDF is to acknowledge that we are an omnipresent, omniscient, omnipotent and immortal/unchangeable Spirit.

Today's Contemplation

Today, I will surrender to the will of my true Self, my Spirit, instead of to the will of my thinking mind, my Ego that is also called my self-will.

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July 14: *Self-centeredness*

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION SELF-CENTEREDNESS, PAGE 57

Intuitively, I turned my hand with the snake ring so it sparkled in the sun, and when one of the rays hit the baby's eye, she stopped crying, and I stretched out my hand to touch her.

A whisper went through the crowd, and I became aware that I was doing something extraordinary and was momentarily shaken by self-centeredness as if it was me who personally caused this healing.

The TuTu Doctrine – The New World Order, page 57

When we sometimes began to feel our true Self, our Spirit flowing through us, we discovered at times that we experienced being in situations that we previously perceived to be miracles.

When this happened, it could also happen that our thinking mind, our Ego, immediately seized the situation and took credit for the miracle, as if this were possible without the power of love, which the Egomind lacked.

As a result of moving our focal point to the intervention of our Egomind, we gave our Egomind room to expand his&her territory in our mind with his&her self-praise, self-criticism, euphoria and depression.

Thus we lost contact with our God-mind yet another time, but gradually as we developed our TTDF Program, we became better and better at keeping our focus point in our God-mind.

Today's Contemplation

Today, I will keep my focus point in my God Mind by the help of the Ring of Godcenteredness with its gratitude, openmindedness, joy, and empowerment.

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July 15: Soul Mates

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE SECOND COMING OF JESUS CHRIST, PAGE 77

Gradually, as my interaction with TuTu developed, I came to believe that the purified impression did not stem from my own culture but was almost two thousand years old and it sprang from the pain I felt as the thirteenth disciple Mary Magdalene, when I witnessed the crucifixion of Jesus Christ.

The TuTu Doctrine – The New World Order, page 77

Little by little as we developed our TTDF Program, we discovered more and more details about our origine and our projection of a mirror image of our true Self, our Spirit out into the manifested creation.

Our first projection of ourselves as the merged masculine and feminine principle, Ardhanarishvara, was a mirror image of ourselves, split into two, the split masculine and feminine principle, a man and a woman.

As Souls we were a mirror image of each other, but each of us had our own Soul, and the feminine principle became the form of the Soul, and the masculine principle became the content of the Soul.

We both had a form and a content that held each other, for he was within her, and she held him within herself, and thus they both held the vibration that belonged to their Spirit Mate's Soul.

Today's Contemplation

Today, I will try to pick up the vibration of my Spirit Mate's Soul in my masculine side, if I am a woman, and in my feminine side, if I am a man.

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July 16: Pain on top of pain

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION TELEPATHY, PAGE 24

First I felt ashamed, and then I felt angry.

It was unfair that I was attacked in this way.

It wasn't I who had made a mistake but the others.

Inexplicably, I felt that the Master did not share my point of view and got confused.

The TuTu Doctrine – The New World Order, page 25

Before we came to TTDF, we experienced pain on top of pain because one fearful and painful thought with its resulting fearful and painful emotional feeling followed after another in our thinking mind, our Ego.

Sometimes we had suffered from these states of mind for so long that they had developed into physical illnesses or pains without us being aware that there is a connection between our thoughts, feelings and physical health.

Gradually, as our work with our Sixth and Seventh Step developed, we became aware of these connections and how we could transform the pain of our Egomind into enlightenment and wisdom.

The more we acknowledged the unconditional love of our knowing mind, our Godmind, the better our ability became to heal our Mother Earth body from illness and pain and to experience joy in our Earthly life.

Today's contemplation

Today, I will turn my attention inward to find a solution to one of my existential pains so I can heal it by the help of my knowing mind, my Godmind.

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July 17: Weeping and gnashing of teeth

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 365

Then, she found herself in a state of weeping and gnashing of teeth, and with tearchoked heart, she prayed for liberation from this loveless Ego-centeredness, and she became willing to put her self-will, her own created manifestation, away, to surrender to the will of God, the Keynote of the Universe, and for the repentant sinneress, the liberation of her Ego then became accessible, and thereby it became possible both for her Soul and her Ego to return to their oneness with their true Self, their Spirit.

The TuTu Doctrine – The New World Order, page 368

Our thinking mind's, our Ego's assignment is to protect us from pain, and therefore it does it's utmost to ensure that we gain the greatest possible benefits from any situation without experiencing any pain.

Our Ego is a limited, ignorant, powerless and mortal/changeable energy form in the Sixth Dimension, and it is full of pain from that side in it, which think dysfunctional thoughts that releases emotional pain.

The actions we take based on our Egomind's dysfunctional thought system are therefore unconditionally unloving, uncaring, hard-hearted and merciless, even though our Egomind may believe that the intention is loving.

The pain in our Ego-centeredness slowly lead us through the Dark Night of the Soul, where we felt abandoned both by God and humankind, and thereby we began our spiritual journey back to our true Self, our Spirit.

Today's Contemplation

Today, I will let go of using my Egomind's unconditionally unloving, uncaring, hard-hearted, and merciless thought system and instead surrender to my Godmind's unconditionally loving, caring, compassionate, and merciful thought system.

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July 18: Psychodrama

FROM PART 3, CHAPTER 2, THE EARTHLYWEDDING, THE SECTION TUTU
 AND SHIVA, PAGE 244

*He broke down my spiritual ignorance through various initiations and my mental ignorance by touching on topics which were taboo for me.
Emotionally, he broke down my ignorance by playing psychodramas, where he brought my deepest fears out into the open.*

The TuTu Doctrine – The New World Order, page 244

When we took on a life as a human being on Earth, we simultaneously took on the veil of oblivion, because it was necessary for us to forget our true Self, our Spirit, in order to be able to take our earthly life seriously.

Only as a limited, ignorant, powerless and mortal/changable formidentity could we experience the contrast of duality between illness, weakness, discomfort and pain and health, strength, well-being and joy.

We wanted to experience this contrast in order to refine and integrate these energies into our true Self, our Spirit, and when we felt ready to return home to our true Self, our Spirit, we received help to remember, who we are.

Our spiritual teachers could break down the veil of oblivion in many ways, and one of these could be to act out psychodramas that could help us to gradually let go of taking our earthly life as seriously as we do, when we were earthbound.

Today's Contemplation

Today, I will use the Seventh Step Prayer that says: "God, liberate me from this self-important seriousness" so as to let go of taking my Ego mind's earthbound thought system so seriously.

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July 19: To hold on to love

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION THE DIVINE WEDDING, PAGE 287

*"I get scared of my spiritual experiences because they fade away again," I said.
"Hold on to me under all circumstances, then you don't have to be afraid of anything," he said.*

The TuTu Doctrine – The New World Order, page 290

The highest level of spiritual development we could undertake on Earth was to meet our thinking mind's, our Ego's painful side, with unconditional love, care, compassion and mercy.

Those of us who had decided to undertake this level of growth in our earthly life could also decide to live together with our Spirit Mate while we were going through the most difficult part of this task.

The love for our Spirit Mate is unconditional and is able to penetrate our Egomind's painful thoughts and emotions with unconditional love and thus to lead our Egomind to oneness with our true Self, our Spirit.

Therefore, our life with our Spirit Mate makes this work easier, but even if we did not chose to get this help for the task, we could choose to undertake this all-encompassing task on our own for the benefit of ourself and Mother Earth.

Today's Contemplation

Today, I will use my TTDF Program to learn to meet my thinking mind, my Ego, with the unconditional love, care, compassion and mercy of my true Self, my Spirit.

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July 20: Pandora's Box

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE HIERARCHY OF THE ARCHETYPAL RINGS, PAGE 179

In Greek mythology the Ring of Emptiness is called Pandora's Box.

Pandora's Box is said to bring all the sufferings of the World to the one, who opens the box, and it is perceived to be the origin of all our defects of character.

The TuTu Doctrine – The New World Order, page 179

In our TTDF Program we worked with many of our thinking mind's, our Ego's mental-emotional energy fields, and the most comprehensive of these is called the Ring of Emptiness.

We paired the Ring of Emptiness with it's emptiness, boredom, meaninglessness and loneliness with the Ring of Fulfillment with it's fulfillment, interest, meaningfulness and oneness in Step Six.

Our transformational work with pairing these Rings enabled us to create and manifest a wise and enlightened Egomind that in the past was only attainable by male and female saints, male and female sages.

To our great surprise, as a result of this work we ourselves began to exhibit the characteristics that we had heard were characteristic of male and female saints and and male and female sages.

Today's Contemplation

Today, I will use one of the four entrances to the Ring of Fulfillment by finding something interesting to undertake that is meaningful for me to fill my time up with in oneness with my true Self, my Spirit.

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July 21: *The individual and personal God*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE FOUR WEDDINGS, PAGE 86

When love, care, compassion and mercy for the beloved's Soul and body has become unconditional, time is ripe for their Spiritual Wedding, which is the union of their Spirits, and this wedding gives them access to The Holy Grail, The Ocean of Love, in the Absolute, and thus the high God The Father and Goddess the Mother, and the low God the Son – who is the outer to his beloved and the inner to himself – and Goddess the Daughter – who is the outer to her beloved and the inner to herself – unite in one being who holds both the high and the low, the inner and the outer, and this United consciousness is their individual and personal God.

The TuTu Doctrine – The New World Order, page 87

In the course of our work with our TTDF Program, we gradually learned to unconditionally love the outer, the inner, the high and the low, and thus we achieved the state of mind called cosmic consciousness.

In our cosmic consciousness we find God, our FatherMother and our true Self, our Spirit on the Spirit plane also called the God Realm, and they both consist of the merged masculine and feminine principle.

God, our FatherMother created and manifested us in HisHer own image and gave us HisHer own ability to create and manifest, and HeShe loved and admired all that we created og manifested, no matter what is was.

As individual Spirits, we have God, our FatherMother as our impersonal and universal God, and in addition we have our true Self, our Spirit as our personal and individual God.

Today's Contemplation

Today, I will open myself to receive the unconditional love from both God, my FatherMother and from my true Self, my Spirit by the help of my Eleventh Step.

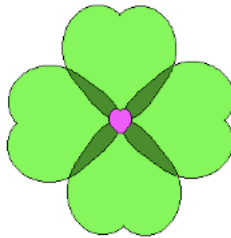
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July 22: *God is EVERYTHING*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION, SELF-REALIZATION AND GOD-REALIZATION, PAGE 81

Through this realization, the person slowly realizes that not only he&she is God, but that everything and everybody everywhere at all levels of existence is God, and as a result of this realization, the person slowly achieves his&her universal and impersonal Self-realization, which consists in realizing: "Everything and everybody everywhere at all levels of existence is God."

The TuTu Doctrine – The New World Order, page 83



♥♥ THE FRUIT ♥♥

GOD IS EVERYTHING.
EVERYTHING IS GOD.

I AM GOD.
YOU ARE GOD.
HE IS GOD.
SHE IS GOD.
IT IS GOD.
WE ARE GOD.
YOU ARE GOD.
THEY ARE GOD.

♥♥ THE PATH IS YOUR LOVE ♥♥



AMEN

Today's contemplation

Today, I will acknowledge the unconditional love, care, compassion and mercy of my true Self, my Spirit.

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July 23: Capacity for pain

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 370

*Any pain is given in accordance with the capacity of the recipient.
 If the pain exceeds the capacity, the recipient is stripped of the awareness of the pain, and if the recipient experiences a pain, which crosses this threshold, it is the signal to leave the physical body and give it back to Mother Earth, who gave you this gift in the first place.*

The TuTu Doctrine – The New World Order, page 373

As our true Self, our Spirit, we have no formidentity, and only limited, ignorant, powerless, and mortal/changeable formidentities can experience pain of various kinds.

On Earth, we have the opportunity to experience very intense pains in our physical bodies, but it all originates from our social body, our Soul, from where it projects itself into our thinking mind, our Ego.

In our dualistic thinking mind, our Ego, we have the opportunity to experience both pain and joy, and only in our true Self, our Spirit, we have the opportunity to experience happiness, which is joy without opposites.

In Step Four, we had the opportunity to delve deep into our childhood pain and transform it into enlightenment and wisdom by the help of Step Six, and in this way we healed our physical pain in TTDF.

Today's Contemplation

Today, I will take care of the pains in my physical body irrespective of their intensity by the help of Step Four and Six.

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July 24: *The Veil of Maya*

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 359

The loneliness that the separation brought forth gave rise to longing to merge again with one's other half and thereby return to one's perfect place in totality, so the loneliness could come to an end.

The TuTu Doctrine – The New World Order, page 361

Our fundamental existential problem in our earthly life is that we had taken on the veil of forgetfulness, also called the veil of illusions, Maya, so as to become able to live fully as three-dimensional beings on Earth.

In our earthly life we had the impression that we were limited, ignorant, powerless and mortal/changeable human beings, and this gives rise to various physical problems in our daily lives.

But in TTDF we began to remember that we were more than our physical bodies, that we were in Reality an unconditionally loving, caring, compassionate and merciful Spirit, and this could give rise to homesickness.

However, we found out that we had chosen a three-dimensional life to learn how we could integrate the slow, heavy, dark and sometimes painful vibrations of Earth into the love life of our true Self, our Spirit.

Today's Contemplation

Today, I will accept my homesickness as part of the consequence of being able to see through the veil of Maya to the Truth.

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July 25: *Mantra*

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION MOVING THE FOCUS POINT OF CONSCIOUSNESS , PAGE 216

A mantra is one or more words with inbuilt power induced by the help of the sound waves that the mantra contains.

The sound waves result in kriyas, which mean actions, and is a kind of electric shock that can make the body jolt, like my body did when TuTu chanted the mantra of the initiation ceremony, and like it also did the two other times I initiated my meditation on OM.

The TuTu Doctrine – The New World Order, page 216

In TTDF we found out that there are a long series of methods we could use to communicate with our Higher Power by bringing forth a state of mind that could make this possible for us.

One of these methods, which has existed for millennia, is to use sound with various vibrational frequencies, and practioners in various meditation systems have developed a series of sounds called mantras for this purpose.

In TTDF we use both the millennium years old mantras and today's sound programs to induce an altered state of mind that we could use to get in touch with the vibration of our true Self, our Spirit.

In the New World Order, we also had the opportunity to download various sound programs from the Internet that we could use in our Eleventh Step, because they were conducive to our ability to enter into meditation.

Today's Contemplation

Today, I will download an audio program from the Internet that I can use in my Eleventh Step, because they are conducive to my ability to engage in meditation.

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July 26: *The entrance to the New World Order*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION THE FELLOWSHIPS ANONYMOUS, PAGE 285

When the other addicts told about their experiences with being clean, they spoke about all what I had longed for.

They spoke about their personal connection with their true Self; about the new freedom they had found, unbound by religious systems, but above all, they spoke about love and mercy for themselves and others.

The TuTu Doctrine – The New World Order, page 286

Our realization of the difference between our thinking mind's, our Ego's thought system, and our true Self's, our Spirit's thought system, became clear to us as our work with the TTDF Program developed.

We understood that this meant that we had now stepped into the New World Order, because our unconditional mercy had been activated by our work with our TTDF Program.

We understood that the unconditional love, care, compassion and mercy of our true Self, our Spirit, permeated our and all the other members 'consciousness as a result of our Step Work.

On the Twelve Step Path, we had learned that the one we had the most difficulty in unconditionally forgiving was ourselves, but now we realized that our work with our TTDF Program had made this possible for us.

Today's Contemplation

Today, I will practice unconditional mercy and thereby unconditional forgiveness towards myself and others.

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July 27: Fear of death

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION CHILDHOOD FAITH, PAGE 14

I was told that God also had other means to torment those, who did not comply with him.

Once you died, he would meet you and tell you that he knew about it if you had belonged to the good ones or the evil ones, when you were alive.

If you belonged to the evil ones, he sent you to hell, where the devil lived.

The TuTu Doctrine – The New World Order, page 15

As children, most of us received information from our parents and our school about life and death, good and evil, and what types of behavior were rewarded and what types of behavior were punished.

Some of this information was about what could happen when something well known came to an end, and the end of the well known that created the most fear in our surroundings and consequently in us was physical death.

The fear of death could dominate us from childhood up to the present day if we were given the impression that an unknown Godhead would punish us forever if we had not behaved in certain ways.

In Step Four of our Program, we addressed our childhood's information about changeability and physical death and used Step Six to liberate ourselves from the part of the information that gave rise to fear in us.

Today's Contemplation

Today, I will liberate myself from my fear of the changeability and the physical death by the help Step Four and Six of my TTDF Program.

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July 28: Vishnu's gift to humankind

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION SUDANSHAN CHAKRA, PAGE 178

When Vishnu takes on his human form, he is also subjected to the conditions of a human being, and that means that also he is limited, ignorant, powerless and mortal and thereby fallible, but since Vishnu knows this prior to his descend, he brings with him his whirling ring of power, which lights up his inner World just as brightly as the sun lights up the outer World, and he uses it in his human life to neutralize all inner and outer demons.

The TuTu Doctrine – The New World Order, page 179

In our TTDF Program we worked with many archetypes that we call the Rings of Pain and the Rings of Joy, which are energy fields that hold various mental-emotional energies.

When we began working with these energies in Step Four, we identified the perceptions of ourselves and life that we received from ages zero to sixteen in order to liberate ourselves from those that held fear.

In Step Six, we led these perceptions up to the wisdom and enlightenment that we had taken to heart from ages sixteen to the present, and in this process we furthermore used the information we had received in TTDF.

The Ring of Fulfillment was called the Sudarshan Chakra or the Sun Wheel in the past, and we used it in Step Six as an antidote to the Ring of Emptiness, which was called Pandora's Box, the origin of all our sufferings.

Today's Contemplation

Today, I will make use of Vishnu's gift by using the Ring of Fulfillment with its fulfillment, interest, meaningfulness and oneness as an antidote to the Ring of Emptiness with its emptiness, boredom, meaninglessness and loneliness in all my affairs.

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July 29: ToTos Solfond

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION TOTOS SOLFOND, PAGE 95

TuTu said that if the Fellowships Anonymous – all the Fellowships that work with a 12-Step Program in one form or other – want to participate in relieving the suffering on Earth, they could form a foundation called ToTos Solfond, which could support the creating of homes for homeless human beings all over the World, in particular

for children.

The TuTu Doctrine – The New World Order, page 95

Most of us have a need to uplift others and help alleviate the suffering on Earth where it is needed the most, and to ensure that our help also reaches those whom it is intended to help.

Therefore, it has been suggested that all of us who are members of the Fellowships Anonymous, including ChrisAn – The Thirteenth Step, establish a foundation, we can call ToTo's-Solfond, for this purpose.

When we, as a group, in one of the Twelve Step Fellowships Anonymous have a small surplus in our till, we may choose to contribute to this foundation and to decide once a year how it's funds shall be distributed.

We can have an annual convention, where we together decide how we want the foundation's funds to be distributed in accordance with our ideas sent to the trusted servants of the foundation before the convention.

Today's contemplation

Today, I will contribute to alleviating the suffering in the World by giving of my time, of my energy, of my interest or of my money as a contribution to the ToTo's Solfond (TuTu's Sun Foundation).

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July 30: The messenger of the New World Order

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 382

A Messenger, who consisted of God The Son, who was the Carrier of The Seed, and who bore The Holy Name 2♥2, and Goddess the Daughter, who was the Carrier of The Egg, and who bore the Holy Name 2♥2 came to Unite and thus Fertilize The Egg in Their Own Lives on Earth, so their Fruit could Make Real The Reunion of God The Father and Goddess the Mother with God The Son and Goddess the Daughter, and thus Show The World that this is Possible.

The TuTu Doctrine – The New World Order, page 386

Most of us come to Earth from the fifth dimension that is also called the astral plane or the emotional plane, and some of us come to Earth from the seventh dimension, also called the Soul Realm or the Heaven.

However, we all come to Earth to contribute to improving life on Earth in many different ways by improving our own lives and liberating ourselves from illness, weakness, discomfort and pain.

At long intervals, consciousnesses that have the seventh dimension as their permanent home, and who are called World Teachers, choose to be born on Earth to lead humanity further on the path home.

Two such World Teachers came to Earth to participate in the teaching of humankind about the TuTu Consciousness, which our Program in the TuTu Doctrine Fellowship teach us about.

Today's Contemplation

Today, I will contribute to my own and thus all of humankind's elevation to the New World Order by carrying out my Program in the TuTu Doctrine Fellowship.

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July 31: *The music of the spheres*

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION THE MASTER'S ANSWER TO A LETTER, PAGE 40

When it disappeared, my field of vision was filled with a blue sky with oval openings. I discovered that the colors of the oval openings imperceptibly changed color to the tones of a celestial music the likes of which I had never heard before or since.

"Oh, this must be the music of the spheres," I thought.

Much later, I realized it to be the sound of OM emanating from the Heavenly choir.

The TuTu Doctrine – The New World Order, page 42

In our Eleventh Step we can enter into various high-lying energy fields with very subtle vibrations, and there we can experience various spiritual phenomena that we otherwise do not have access to.

One of these experiences can be hearing the music of the spheres, which can be due to the movements of the celestial bodies through space or the streaming out of OM, which cannot be heard by the human ear.

Furthermore, we can hear the music of the spheres when we are in the seventh dimension consciousness-wise, and we who hear the music of the spheres do not hear it with our physical ears but with our inner ear.

On this plane, the sounds we can hear are the sounds of the movements of the Spirits, streaming in and out of the Absolute, and the sound of these movements is usually given the word OM or Amen.

Today's contemplation

Today, I will listen to the sound of OM in a form my human ear can hear.

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August 01: God, the Father and God, the Son

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE FATHER
AND THE SON, PAGE 78

He explained that God the Father is to be found in the seventh dimension – the Soul plane, and God the Son is to be found in the third dimension – the physical plane, but that they are one and the same individual consciousness that comes to expression in two different dimensions – a man and his Soul, and they are thus one and the same consciousness in two different forms of expression.

We were all created and manifested as individual Spirits by God, our FatherMother, and were given the same ability to create and manifest as God, our FatherMother has.

We can refine our true Self, our Spirit in the God Realm, and we can 'dress up ' different aspects of ourselves in different form-identities, the first of which we created and manifested was our Souls.

In our creation and manifestation of our individual masculine and feminine Souls, we also gave them the ability to create and manifest, and their first created manifestation was our thinking mind, our Ego.

Our thinking mind, our Ego, was also given the ability to create and manifest and 'dressed up 'itself indifferent form-identities in different lifetimes, which enabled our participation in many games in the dimensions.

Today's Contemplation

Today, I will accept that I have taken on this earthly form-identity in order to participate in the Earth-game and thus refine my true Self's, my Spirit's perspectives on the created and manifested Universe.

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August 02: Magical objects

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION SIGNS OF THE MAGICAL RING, PAGE 51.

Here, we met a traveling salesman from the West, who showed us a little dull looking metal lump, which he had hanging in a leather strap around his neck.

He told us that this metal was made in a distant past in the temples and consisted in an alloy of seventeen metals.

People with knowledge of it would pay high prices to gain possession of just a little piece, because it was said to possess magical properties and bring luck to the possessor.

As we gained experiences with the living life on all the earthly planes of existence, whether it was the mineral realm, the plant realm, the animal realm or the human realm, we discovered many qualities on all planes.

Some of us had a special relationship with different stones that we perceived to be particularly significant and uplifting, and others of us had a special relationship with crystals, gemstones and pearls.

Some of us worked with different parts of the mineral kingdom by using different stones, crystals, gemstones or pearls to heal our own or others' bodies from illnesses with the vibratory quality they contained.

Similarly, some of us used different plants with healing or uplifting properties, and in shamanism we gained a special relationship with one or more animals that could guide us in the inner worlds.

Today's Contemplation

Today, I will trust my ability to pick up vibrations from people, animals, plants and things from the mineral realm, and I will move towards the vibration of love in everything and everyone everywhere on all planes of consciousness.

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August 03: The hierarchy of the consciousness of humankind

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE TREE OF LIFE, PAGE 401

In the hierarchy of the consciousness of humankind, the knowledge has therefore only been given to chosen persons who have reached a certain degree of development in the existential sphere, but now the development of humankind has reached a stage where time is ripe to pass on the knowledge to the Fellowship of humankind as a whole.

The TuTu Doctrine – The New World Order, page 402

Before we came to our spiritual path, many of us perceived God and the various Gods and Goddesses described in various religions as human beings with superpowers.

Because we perceived them as people with painful and joyful thoughts, we believed that they were receptive to worship and that they became angry if we did not worship them in the right way and did what they wanted us to do.

However, in our TTDF Program we learned that they are energy fields with different qualities that neither punish us nor reward us, and thereby we became eligible to esoteric knowledge and to learn to activate them.

By learning this, we lost the fear of God and Gods and Goddesses, and thereby we opened ourselves to receive a flow of information of knowledge about how to use different Godly energies to our advantage.

Today's Contemplation

Today, I will use the flow of information that comes to me in the course of the day to my advantage.

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August 04: Karma

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION PREPARATION FOR KARMA DISSOLUTION, PAGE 232

I did not feel like doing it, but even if TuTu did not say anything and looked at me in his usual gentle and loving way, there was a strange silence behind his lack of reaction to my refusal that made me feel like I had a heart of stone if I did not go to speak to my former boyfriend, and so I went to see him anyway.

The TuTu Doctrine – The New World Order, page 232

It could happen that our inner or outer guides suggested that we took on a task that appeared to be against our hearts desires, but our Eleventh Step suggests that we always took on the task when it came from our guides.

The reason Step Eleven suggests that we did that, before we rejected a suggestion from our chosen Higher Power or chosen guides was so as to become able to investigate the consequences of doing that.

In this way we learned to distinguish between the inner voice of our God-mind and of our Ego-mind, and we discovered that the voice of our God-mind always spoke in favor of our spiritual growth and thus our happiness.

We also discovered that the voice of our thinking mind, our Ego, always spoke in favor of physical benefits, even if they did not necessarily gave us possibility for spiritual growth and thus liberation from karmic connections.

Today's contemplation

Today, I will choose to surrender to my true Self, my Spirit, which always leads me forward towards my eternal happiness, even though it may sometimes happen through painful liberations from karmic connections.

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August 05: The Merciful being of the Destroyer

FROM PART 4, CHAPTER THE FAIRYTALE ABOUT GOOD AND EVIL, PAGE 365

She bent reverently and said:

*"Oh Destroyer!
You, the most feared of all.
I have come to you to seek knowledge.
I have been told that you can enlighten me about good and evil."*

The TuTu Doctrine – The New World Order, page 366

When we came to TTDF, many of us had imagined that mercy was about our neighbor taking our burdens upon themselves to ease the pain of our lives, and that we did the same for our neighbor.

However, in our work with the fairytales in TTDF, we discovered that even if it could be scary to find ourselves in the Destroyer's archetypal energy field, it is one of the energy fields of mercy.

When we take the energy field of the Destroyer into use in our own life and that of others, we mercifully contribute to destroy the familiar and thus to create and manifest possibilities for new experiences and life circumstances.

Thereby we also further our own emotional sobriety and that of others with its detachment, integrity, respect for self and respect for others, and in doing so, we mercifully promote our own and their spiritual growth.

Today's Contemplation

Today, I will use the Ring of Emotional Sobriety instead of the Ring of Codependency with its savior role, seducer role, victim role, and offender role when I am faced with my own burdens or that of others and thus give myself and them space to carry our own burdens and learn from doing so.

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August 06: The Holy Spirit

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 370

*"The brotherhood and sisterhood is the equality, which is also called the oneness or The Holy Spirit, who restores the awareness of the manifested creatures of their Fellowship, because we all emanate from the same point.
Even a stone is a manifested creature, who emanated from the same point as us."*

The TuTu Doctrine – The New World Order, page 372

Many of us come to TTDF filled with ideas from our upbringing that held many thoughts that belonged to the Old World Order, and one of those ideas consisted in the thought that the Holy Spirit is a masculine energy field.

However, in the course of our work with our TTDF Program we learned that the Holy Spirit is a feminine energy field of mercy, which consists of the united energy of the Goddess Mother and the Goddess Daughter.

The feminine path of the New World Order both for men and women is found in the Fellowships Anonymous, where the Twelfth Step is the Step of Mercy, which does not ask what mistakes we made that gave us this pain.

Instead, the Twelfth Step asks what we want to do about the existential pain this particular Fellowship is working with, and how the Fellowship can help the newcomer to overcome it.

Today's Contemplation

Today, I will use the Twelve Step Path of TTDF to overcome the pain of being separated from my true Self, my Spirit, and thus from the happiness of my unconditional love.

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August 07: The Holy Quadrant

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 382

The Pure of Heart shall see God, and The One, who unconditionally surrenders his&her Pure Heart to his&her Beloved shall see The Ring of The Power of Love that consists of the merged consciousness of God The Spirit Father, Goddess the Spirit Mother, God The Spirit Son and Goddess the Spirit Daughter and thereby become able to drink from The Holy Grail.

The TuTu Doctrine – The New World Order, page 383

When in Step Eleven we worked with the graphic illustrations of God, our FatherMother, and of our true Self, our Spirit, both called Ardhanarishvara, our experience of drinking from the Holy Grail began.

This became possible for us because at this time we had gained access to the Sacred Quadrant, which is the merged masculine and feminine consciousness of God, our FatherMother and our true Self, our Spirit.

By the time we stepped into the Sacred Quadrant in the course of our Step work, we had achieved interaction with our Spirit Mate, whether he&she was living on Earth at this time or not.

Furthermore, we had discovered that if our interaction with our Spirit Mate happened from Earth to the Higher Worlds, we lost fear of physical death, because we understood that life moves on whether we are here or there.

Today's Contemplation

Today, I will use the Two-Way Prayer in my Eleventh Step to communicate with God, my FatherMother, and my Spirit Mate.

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August 08: God's Light of Love

FROM PART 5, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE

Then they came close to the perfect oneness, which they had once known, and the perfect love, which they were inspired by before the beginning of time, was innate in their connection and made everything they did when they were together stand out in an exceptional light.

The TuTu Doctrine – The New World Order, page 362

Those of us who had chosen to meet up with our Spirit Mate in our Earthly lives usually had a bigger task on Earth that we needed to meet the Great Love in order to be able to accomplish.

The Great Love is God's Light of Love, which permeate all of us, whether we live on Earth or in the Higher Worlds, even though we may not be aware of it, because we have undertaken to live with the Veil of Maya.

Only when we become enveloped in Maya's veil of forgetfulness about who we are in Reality, it becomes possible for us to completely surrender to our existence as three dimensional human beings on Earth.

As we expand our consciousness by the help of our interaction with God, our FatherMother, and our true Self, our Spirit, God's Light of Love shines brightly through our consciousness and makes us happy.

Today's Contemplation

Today, I will use the Two-Way Prayer in my Eleventh Step to let myself become permeated by God's Light of Love.

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August 09: The fear of love

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION ,

PAGE 196

When I came back to Denmark, I discovered that TuTu's image popped up before my inner eye whenever I wanted to meditate.

I was used to focus on an inner image of the Master at those times and tried to brush aside the uninvited image, but that was only possible for short moments.

The TuTu Doctrine – The New World Order, page 196

As spiritual aspirants most of us long to meet our Spirit Mate, because we know deep down that unconditional love, care, compassion and mercy are found in this relationship.

We also know that the meeting with the unconditional love will lead us to the spiritual growth and the happiness we long for, but when we actually stand in front of our Spirit Mate, most of us are seized by great fear.

This is due to that we are at the same time being led into the Purgatory, which is the energy field where we are purified from all those energies in our Egomind that are unloving, uncaring, hard-hearted and merciless.

It can be a very painful process to be freed from these energies depending on how big the distance is between the thought system of our thinking mind, our Ego, and the thought system of our our knowing mind, our God mind.

Today's Contemplation

Today, I will help my thinking mind, my Ego, to be freed from some unloving, uncaring, hardhearted and merciless traits by pairing a Pain Ring with a Joy Ring in my Sixth Step.

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August 10: Psychological imprints

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE SECOND COMING OF JESUS CHRIST, PAGE 77

During my first visit at the Master's, when I saw an image of Jesus on the cross come and go in my mind's eye, I wondered what the Master had to do with Jesus, but I brushed it aside by thinking that he purified an impression from my own culture out of my mind even though I didn't remember when it was created and manifested.

The TuTu Doctrine – The New World Order, page 77

In our Fourth Step, we work on freeing us from the psychological imprinting of us that took place in our childhood and adolescence, but mostly on the imprinting that took place when we were between zero and five years old.

At that age, we found ourselves in a vibrational state called theta, where we observed and absorbed the behavior of our surroundings, and at that time what was observed became part of our psychological landscape.

We still act on this psychological imprinting, which mostly is not part of our day consciousness, but that we still act on, unless we liberate ourselves from that part of the imprinting that no longer serves us.

If we grew up in a dysfunctional home, there will be much that we need to liberate ourselves from when we work with Steps Four, Five, and Six in TTDF in order to be able to let go of our dysfunctional past.

Today's Contemplation

Today, I will use Steps Four, Five, and Six to liberate myself from learned childhood patterns of behavior that are no longer serving me.

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August 11: Subatomic particles

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION UNDER THE INFLUENCE OF THE MASTER'S RADIATION, PAGE 25

*Now and then I looked investigatively at him.
He had radiant, beautiful eyes, and his face was light from refulgence.
His radiation was intense.
I got an urgent need to meditate and closed my eyes.*

The TuTu Doctrine – The New World Order, page 25

Already in Step One we were made aware that we are a multidimensional being, simultaneously having a life in different dimensions beyond our three-dimensional human energy field.

Our radiance consists of subatomic particles from different dimensions, and depending on how sensitive others are, they may experience our radiance as pleasant or unpleasant.

As we gain conscious access to our etheric body, our astral body, our causal body, our Soul and our Spirit in our TTDF Program, we feel more and more uplifted and light.

Others who are sensitive to the radiance of their fellow human beings also become able to feel our radiance of subatomic particles and feel open and comfortable in our company.

Today's Contemplation

Today, I will let go of the emotional energies of others that have accumulated in my space and recognize the healing of letting go and allowing myself to be in my own energy field.

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August 12: The incredible Reality

FROM PART 2, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE AVATAR OF SYNTHESIS, PAGE 398

"It cannot be helped.

No matter if it appears irritating, ridiculous or disappointing to some that it is merely us – a foreign worker, drug addict and alcoholic and a former drug addict and prostitute – who are the first representatives of the Avatar of Syntheses, it is my task to write the truth, like I see it here and now.

The TuTu Doctrine – The New World Order, page 400

In Step Four, we learned in the Fairy Tale about Good and Evil that the job of our thinking minds, our Egos, from the beginning of manifested creation until now, has been and is to protect us from fear and pain.

Our Souls chose to envelop the fear and pain in an energy field of its own, which became the form identity we later came to perceive as our thinking mind, our Ego.

Since our thinking mind, our Ego is a fear and pain energy field, our Egomind does not have access to the unconditional love that is necessary to be able to protect us from fear and pain.

Due to the Veil of Forgetfulness that our Souls casted over our Egos, they did not know that they had got an impossible task, which it is our job to give our Egominds restoration for by help of the Rings of Joy.

Today's Contemplation

Today, I will meet the incredible Reality of my thinking mind, my Ego, with unconditional love, care, compassion and mercy.

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August 13: Having it out with God

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION HAVING IT OUT WITH GOD, PAGE 17

I decided to go to church a lot to make God and Jesus like me.

One day, a priest threw me out of the church saying that it wasn't a place for children.

That convinced me that God and Jesus really didn't like me, and now I joined the evil ones, who thought that God didn't exist, and who spoke about him in demeaning ways, if he was mentioned at all.

The TuTu Doctrine – The New World Order, page 17

In our childhood homes, many of us were surrounded by people who perceived life on Earth to be the only life there was, so when they tried to give us information about life, they mostly gave us misinformation.

Most of us who came to TTDF had been spiritual aspirants from when we were born into our Earthy life, and because we had chosen to grow up in an earthbound family, we had received this misinformation.

We made this choice because we wanted to find a solution to this misinformation and pass the solution on, both for the benefit of ourselves and our near and dear ones, but also for the benefit of humanity as a whole.

As a result of this misinformation that went against the wisdom of our hearts, it could happen that we had a showdown with God, our FatherMother, where we disowned them until we refound them in TTDF.

Today's Contemplation

Today, I will use my Second and Third Step to strengthen my surrender to the Will of God, my FatherMother, because Their Will is the same as the will of my own heart.

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August 14: Child rearing

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION ANGER AND REVENGEFULNESS, PAGE 169

I had learned that when somebody committed a mistake, they could learn to stop making mistakes if somebody punished them for it; so according to my perception, it was not only my right but also my duty to punish the others if I wanted to be a good person, and at the same time prevent the mistakes of others to be taken out on me in the future.

The TuTu Doctrine – The New World Order, page 169

Most of us grew up with parents who used their thinking mind's, their Ego's dualistic thought system, and this meant that they constantly oscillated between reward and punishment in their child-rearing.

This parenting method cut us off from seeking access to our heart's desires because instead we became preoccupied with how to avoid punishment and obtain rewards.

In Step Four, we worked on accessing our heart's desires by uncovering the traumatic events that covered them up in the course of our lives from our birth until we became twenty years old.

We used this information in Step Six to heal the areas we uncovered in Step Four, and thereby we increased our ability to access our knowing mind's, our God-mind's thought system.

Today's Contemplation

Today, I will use my Fourth Step and my Sixth Step to increase my possibility to get access the happiness in my heart's desires, which are found in my knowing mind's, my God-mind's thought system.

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August 15: *The Power of Love*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION THE HELP OF THE CROWN PRINCE 2, PAGE 270

I decided that I would go to India one last time, and if my being together with the Crown Prince didn't express itself in a grand spiritual revelation that would put everything in its right place, I would look up TuTu and surrender to my love for him, no matter where it took me.

The TuTu Doctrine – The New World Order, page 271

Those of us who had felt the power of our unconditional love knew that it permeated all our decisions and actions, and that it gave us our conscious contact with our true Self, our Spirit, and with God.

Some of us had also experienced that our unconditional love crossed the boundaries of death and enabled us to communicate with our Spirit Mate even if maybe we found ourselves on each our sides of the Gate of Death.

When we were in conscious contact with our other half in Ardhanarishvara, the contact took place in the Ocean of Love, who is the Holy Grail, and we could thus drink from the Holy Grail's constant inspiration.

In TTDF, we used the Two-Way Prayer in our Eleventh Step to expand our conscious contact with our other half in Ardhanarishvara, to seek inspiration for the day and to seek the power to carry out the inspiration we received.

Today's Contemplation

Today, I will use the Two-Way Prayer in my Eleventh Step to seek inspiration for the day from God, my FatherMother through my other half in my personal Ardhanarishvara.

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August 16: Hooked

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION THE FULFILLMENT OF A PROHIBITED DESIRE, PAGE 276

*"Did you know this?" I asked, shocked by my body-sensations.
 "Yes," he said, "this is withdrawal symptoms."
 I had had my wish fulfilled.
 I was hooked.*

The TuTu Doctrine – The New World Order, page 277

Most of us have sought help from various substances during our journey on the spiritual path as through their help we achieved various spiritual states of mind that we could not achieve on our own at that particular point in time.

Alcohol contains medicated joy, nicotine contains medicated serenity, heroin contains medicated meditation, cocaine contains medicated energy, and psychoactive drugs contain consciousness expansion.

However, the spiritual states of mind we achieved in this way were not sustainable, and there always came a time when the various substances became destructive instead of helpful if we had become hooked on them.

Then we had to seek our preferred state of mind without the use of our preferred drugs, and in TTDF we found all the spiritual states in our Steps we previously found in drugs, and therefore we let go of our addictions.

Today's Contemplation

Today, I will use my TTDF's Tenth, Eleventh, and Twelfth Steps to let go of my present addictions as best I can.

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August 17: The New Holy Land of the World and the New Holy City of the World

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE NEW HOLY LAND AND THE NEW JERUSALEM, PAGE 104

*Thus the Master appointed Denmark to be the new holy land of the World.
TuTu chose to live, teach and die in Denmark's capital Copenhagen, which he
thereby proclaimed the New Jerusalem, the new holy city of the World.*

The TuTu Doctrine – The New World Order, page 104

Some of us have realized that the World Teachers, whose teachings gave rise to the Big Religions of the World, are walking on the Earth presently to participate in the becoming of the New World Order.

One of the World Teachers prophesied that a new holy land and a new holy city would arise at the time when time was ripe to create and manifest a New World Order on Earth based on mercy.

Our book, *The TuTu Doctrine – The New World Order* came into being in Copenhagen, and is the book he and his Spirit Mate have created and manifested, where they teach the principles of the New World Order.

It is part of the Twelve Step Path, where members heal themselves from various existential pains, and those of us who are members of TTDF heal ourselves from our denial of our true Self, our Spirit.

Today's Contemplation

Today, I will begin Step One of my TTDF Program and admit that my life becomes unmanageable when I deny the unconditional love, care, compassion, and mercy of my true Self, my Spirit.

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August 18: *The positive and the negative*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 382

The Negative and The Positive must Unite, like The Masculine Principle, who is The Power of Creation, and The Feminine Principle, who is The Power of Manifestation, must Unite so the Manifestation of the Creation of God's Children and God's Children's Children can take place.

The TuTu Doctrine – The New World Order, page 386

Many of us had imagined that we must get rid of the negative because we experienced it as painful, and that we must hold on to the positive because we experienced it as joyful.

However, in TTDF we learned that our true Self, our Spirit, is one being that holds both the negative and the positive, and this entails that all the manifested creatures that sprang from us would also hold both.

Our first manifested creature was our Souls, and their first manifested creature was our thinking mind, our Ego, which would also forever contain both the negative and the positive.

This made us understand that we could not get rid of the negative, but that we could transform it into wisdom and enlightenment with the help of the positive, and this transformation we did in our Sixth and Seventh Step.

Today's Contemplation

Today, I will work on creating and manifesting a wise and enlightened Ego by pairing a Ring of Pain with a Ring of Joy in my Sixth or Seventh Step.

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August 19: *Genuine spiritual experiences*

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION THE INITIATION TAKES PLACE WHEN THE DISCIPLE IS READY, PAGE 47

On the other hand, I became aware that the difference between a fantasy-induced spiritual experience and a genuine one is that the genuine one brings forth a change in my state of consciousness and the one produced by my fantasy gives me information of a different kind about my mind.

The TuTu Doctrine – The New World Order, page 48

When we as our Egoself, came to realize our limitation, ignorance, powerlessness and mortality/changeability, a desire arose in our Egoself about achieving omnipresence, omniscience, omnipotence and immortality.

Thereby we became ready to step onto the spiritual path, and to begin with we listened to many spiritual teachers and formed fantasies about and visualizations of the true spiritual states they described.

Our fantasies and visualizations were our Egoself's speech to the thought responsive Universe about our desires, and thus we had opened ourselves to receive the true spiritual experiences as response from the Universe.

In TTDF we practiced these talents as well as prayer and meditation to expand our conscious contact with our true Self, our Spirit, and thus we began to receive genuine spiritual and therefore life-changing experiences.

Today's Contemplation

Today, I will use my Eleventh Step to expand my conscious contact with my true Self, my Spirit, through imagination and visualization, prayer and meditation.

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August 20: Pain and joy

FROM PART 4, CHAPTER 4, , THE SECTION THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 370

"How do I learn to accept my own pains?"

"Remember your worst pain and tell me if you would want to have been without it."

"When I look back at the pains of my life, I realize that for every pain I felt, I learned something valuable, and therefore, I would not want to have been without it, but isn't it possible to learn from joy alone?"

"Pain and joy have each theirs to give."

The TuTu Doctrine – The New World Order, page 374

Most of us resisted the experience of pain, discomfort, weakness and illness, but when we came to TTDF, we heard the English slogan: What you resist, persist and understood that a change in our attitude was required.

This made us consider how we could better relate to these types of experiences, and we realized that pain is a short-lived action signal, but if we resisted doing the action the pain required, it turned into suffering.

This is due to pain being a messenger that speaks to us with greater and greater intensity that might turn the pain into suffering, until we showed that we had heard the message and were willing to act like the pain required.

Once the pain had been given permission to deliver its message, it was released and there was joy and relief because the area the pain had pointed to was healing, whether the pain was mental-emotional or physical.

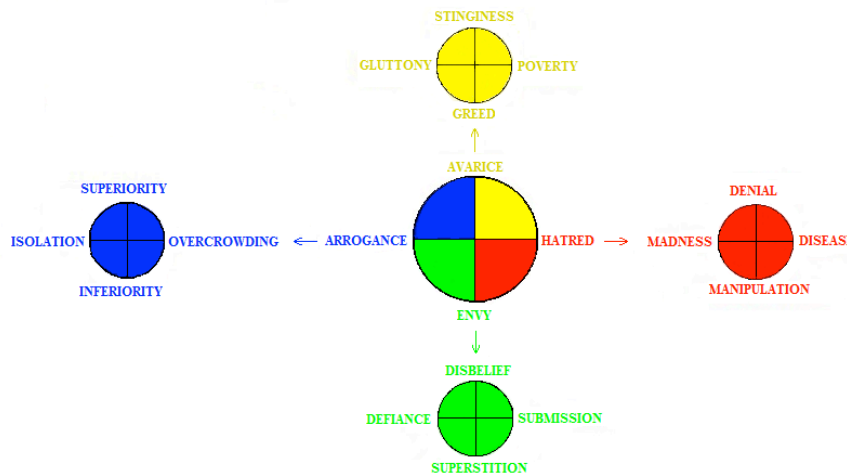
Today's Contemplation

Today, I will take loving, caring, compassionate, and merciful care of my pain, whether it is mental-emotional or physical, so the paining areas can return to functionality and joy.

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August 21: The Big and the Small Rings of Pain

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE HIERARCHY OF THE ARCHETYPAL RINGS, PAGE 179



The TuTu Doctrine – The New World Order, page 182

When we worked with the Big Ring of Pain with its avarice, envy, hatred and arrogance, we also needed to dive into the attributes of the Small Rings to more easily recover from the pain of the Big Ring.

Thereby, we discovered that North and South were twins, so if we used avarice we were met with envy and vice versa both in our psychological landscape and in our social life.

Similarly, we discovered that East and West were twins, so if we used hatred we were met with arrogance and vice versa both in our psychological landscape and in our social life.

These discoveries made it easier for us to understand other people's reactions, and thereby it became easier for us to further develop our social skills by the help of the interconnections of the Rings.

Today's Contemplation

Today, I will use my knowledge of the interconnections of the Rings to further develop my social skills.

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August 22: God

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION GOD, PAGE 105

The ball or the total field of consciousness is in and of itself an archetype, which includes everything and everybody everywhere at all levels of consciousness. This archetype is called God, and everything and everybody everywhere at all levels of consciousness is thus God and holds all of God's consciousness since each part holds the totality.

The TuTu Doctrine – The New World Order, page

Many of us came from a background where God was perceived as a man, who could become very angry and vengeful if a person did not believe in His existence or obey the laws He had set up for human beings.

At that time in our lives when we chose to become members of the TuTu Doctrine Fellowship, we stepped into the New World Order, and we no longer perceived God as an old man with a white beard.

We got used to the idea that God is our FatherMother and holds the merged masculine and feminine principle and has created and manifested all of us in HisHer own image as individual Spirits.

In our Eleventh Step in TTDF, we learned to communicate with both our true Self, our Spirit, and with God, our FatherMother, and that opened the thought-responsive Universe for us, so we could always get guidance.

Today's Contemplation

Today, I will use the Two-Way Prayer in my Eleventh Step if I need guidance on an issue.

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August 23: *The first and the last Twelve Step Program*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION DREAM INTERPRETATION, PAGE 187

The deputy of the prince, who took care of the bride and the realm till the prince had become an adult were the 12 Step Programs of the Fellowships Anonymous that were acting as the maintainers of the fertile soil until the new level of existential awareness had become accessible in the form of *The TuTu Doctrine – The New World Order* and the two 12-Steps Programs *Active Addictions Anonymous – The Wild Life* and *Christs Anonymous – The Thirteenth Step* as two spiritual paths within the 12 Step paths and furthermore the new version of *A Course In Miracles*, the original that could be taken up by anybody, who wanted it.

The TuTu Doctrine – The New World Order, page 189

Our Twelve Step Program in TTDF is the last Twelve Step Program on the vertical axis, and Alcoholics Anonymous is the first Twelve Step Program on the vertical axis.

On the horizontal axis we find the recovery Twelve Step Programs that work with chemical dependencies, and many of us had our beginnings in one of these Fellowships that exhibited miraculous healings.

Then we moved on up the vertical axis to recovery of our social lives in Fellowships that worked with our codependency or with the mental diseases we were infected with as children in a dysfunctional family.

Next we went into recovery for our problems with being dominated by our Ego's thought system, and finally we worked in TTDF on going into recovery from our denial of our true Self, our Spirit.

Today's Contemplation

Today, I will work on acknowledging my true Self, my Spirit, by the help of my TTDF Program.

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August 24: The learning process in The Old World Order and The New

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION
 IGNORANCE, PAGE 174

I had read a lot about chemical dependency since he began his self-medication in India and had got the impression that you could force a person to stop being chemically dependent if only you put enough pressure.

I told him that he would lose me for good if he did not stop taking painkillers immediately.

It did not help any.

With a bleeding heart, I increased the pressure by asking him to move out of our home.

He moved out.

The TuTu Doctrine – The New World Order, page 174

In the Old World Order, where the thought system and the ideas of our thinking mind, our Ego were the prevailing basis for our actions, we learned that punishment and reward of ourselves and others were required to learn.

We learned that nothing worthwhile came easy, so the harder our learning processes were, the better our chance were to learn, but now we learned that the hard things are unloving, uncaring, hard-hearted, and merciless things.

In TTDF, the unconditionally loving, caring, compassionate, and merciful thought system of our knowing mind, our God-mind, is the foundation for our easy and inspired learning processes that comes from the heart.

We wanted to learn to use our knowing mind's, our God-mind's thought system, where the learning processes for the fulfillment of our heart's desires is law, and mistakes in new learning processes are met with mercy.

Today's Contemplation

Today, I will meet the mistakes I and others make in our learning processes with love, care, compassion and mercy.

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August 25: Ex Calibur

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION THE HEALING POWERS OF THE MAGICAL RING, PAGE 54

I caressed the baby, who took a firm grip of my hand and turned it while his lips sought down it.

He found the snake ring and began sucking it.

Gradually, he straightened up, and his feverish eyes appeared to me to be more normal when he let go of the ring.

"He seems to be better now!?" I asked.

The mother nodded and looked warmly at me.

The TuTu Doctrine – The New World Order, page 54

In the TuTu Doctrine Fellowship, we heard fairytales about different aspects of life on Earth, and one of these was about heroes and heroines that were able to lift Ex Calibur, the magical sword that was stuck in the stone.

Ex Calibur is a symbol of discernment, the stone is a symbol of Mother Earth, and the hero or heroine is a symbol of that human being, who is able to lift his&her discernment from the earthbound to the Absolute.

In our TTDF Program, we learned to lift Ex Calibur to the Absolute, and we discovered that we became invincible as a result, even though we were still limited, ignorant, powerless and mortal/changeable human beings.

The difference was that we had now lifted our discernment from the earthbound to the Absolute, where illnesses, weaknesses, discomforts and pains became uplifting and meaningful learning tools.

Today's Contemplation

Today, I will use Ex Calibur to lift my discernment from my earthbound perception of my Mother Earth body's illnesses, weaknesses, discomforts and pains to my Absolute perception.

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August 26: To lose the power of love

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
PAGE 365

She created and manifested life in this sentry by placing a spark of her own life-force in her manifested creature, so the sentry of her Ego independently could take charge of his&her assignment, which consisted in protecting her Ego against the unknown, and the Ego sentry served her with perfect dedication to his&her task.

The TuTu Doctrine – The New World Order, page 367

As our true Self, our Spirit, we decided to experiment with creating and manifesting different form-existences to experience what it felt like to live inside different forms.

Our first manifested creations were our Souls, where we split ourselves into two limited, ignorant, powerless and mortal/changeable Souls, living on the Soul Plane also called dimension seven or Heaven.

As Souls, who lived inside a form, we lost a part of our capacity for unconditional love, and thus our love ability became limited depending on the circumstances of the form.

We came to TTDF to reclaim our capacity for unconditional love, even though our maximum limitation, ignorance, powerlessness and mortality/changeability is found in our Mother Earth body.

Today's Contemplation

Today, I will work on connecting with my true Self, my Spirit, and thus regain my capacity for Absolute love, even though I find myself on Mother Earth's planet in my three-dimensional body.

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August 27: The Master's ignorance

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE
SECTION THE MASTER'S IGNORANCE, PAGE 33

After narrating this, he leaned back in his chair and looked around at us like a happy child who was proud of what he had accomplished, and now he expected that we came up with an appropriate reaction.

Nobody said anything, and I stared perplexed at him.

Didn't he himself know that he was omniscient, so that thing should be the very least of his tricks?

Most of us have had many different spiritual teachers and teacheresses on our spiritual journey, and many of us have taken the teachings of one or more of the World Teachers or World Teacheresses to heart.

Many of us who have chosen a highly evolved teacher or teacheress have suffered from the delusion that they were above their human limitation, ignorance, powerlessness and mortality/changeability.

This has led us to set unrealistic goals for our spiritual lives, until we realized that no one can rise above their humanness no matter how highly spiritually evolved they are.

In TTDF we also found out that any human being came to Earth to learn to meet our physical body and our Ego from our true Self's, our Spirit's unconditional love, care, compassion and and mercy.

Today's Contemplation

Today, I will accept my spiritual teachers' and teacheresses 'human limitation, ignorance, powerlessness, and mortality/changeability while opening myself to receive the wisdom of their experiences with the existential problems I seek a solution to.

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August 28: *Spiritual awakening of Mother Earth*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE TRUE DISCIPLES OF JESUS, PAGE 295

Can't you see what it means that there are so many chemically dependent all over the world today?"

"No." she answered.

"It means that many presently go through The Dark Night of the Soul," I said.

"And what of it?" she said.

"Yes, then time is ripe for the many, and that means that it is spiritual dawn for the World, because the sleeping Spirits are about to wake up."

The TuTu Doctrine – The New World Order, page 297

That Mother Earth is a manifested creature, just like us, is something many of us were not aware of until we came to the Earth and discovered that all the realms of Mother Earth contain their own version of consciousness.

Our human realm are the brain in Mother Earth's body, the animal realm is her emotional state, the plant realm is her energetic state and her breathing, and the mineral kingdom is her physical state and her security.

When we enter our physical body, it acts as a veil of forgetfulness about who and what we are in Absolute Reality, and we also experience our surroundings identifying us as a physical body, until we believe it.

In the beginning, some of us remember who we are and where we come from, but little by little we also identify ourselves as being a physical body with the name our parents gave our body.

Today's Contemplation

Today, I will use Step Four to get to know myself again from 0-19 years old from where I stand Today so that I can use my Sixth Step to recover and liberate myself from the traumatic events of my childhood.

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August 29: Unconditional surrender to love

FROM PART 3, CHAPTER 3, THE SPIRITUAL WEDDING, THE SECTION THE SPIRITUAL WEDDING, PAGE 341

After having prayed for some time, I managed to come to a point where I did not meet with resistance from any part of my mind, and at that moment, I was washed over by a wave of energy and one realization after another followed.

First, I understood that at this very moment, I had surrendered unconditionally to the love of my heart.

The TuTu Doctrine – The New World Order, page

Gradually, as we progress in our TTDF Program, we become better and better able to receive and give unconditional love, care, compassion and mercy.

Most of us had confused our Ego's codependency with its savior role, seducer role, victim role and offender role with our Godself's unconditional love, care, compassion and mercy.

Gradually, as we instead of using the Ring of Codependency used the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others, the transformation happened.

We became able to let go of sacrificing ourselves for others and instead we became willing to receive and give unconditional love, care, compassion and mercy.

Today's Contemplation

Today, I will let go of sacrificing myself for others and instead I will open myself to receiving their unconditional love, care, compassion and mercy.

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August 30: *Honor, where honor is due*

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 347

"Then, how do I work in harmony with the outer Masters?"

"By listening to their advice and honoring their gifts, whether you want to make use of them or not."

The TuTu Doctrine – The New World Order, page 351

In our dysfunctional childhood, we experienced many traumatic situations without having anyone in our surroundings that could guide us on why we were paining emotionally, so we chose to shut down our emotions.

In Step Four, we opened up to our childhood traumas and began the healing process of these traumas, and thus, we opened ourselves up to looking at our life in a new way that was not clouded by childhood traumas.

This meant that we became able to discover that life did not do things to us, but for us, and thus we became able to see that life is full of unconditional love, care, compassion, and mercy.

This enabled us to appreciate and honor all the gifts that life gave us and even face difficult people and situations with our unconditional gratitude because of the opportunity to learn that they gave us.

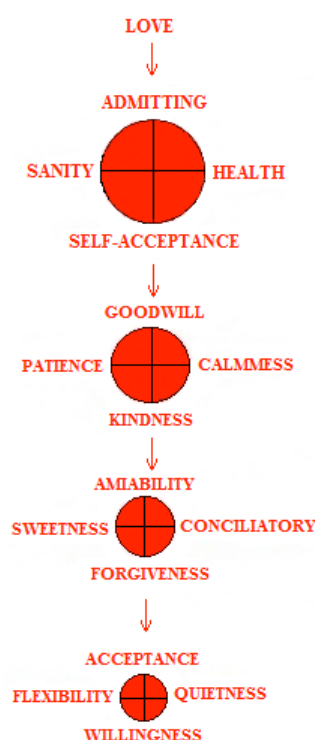
Today's Contemplation

Today, I will honor all the gifts life gives me and the people, who bring them to me, whether the gifts invite growth or relaxation.

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August 31: *The Small-, Mini-, Micro-, and Nano-ring of Love*

FROM PART 6, CHAPTER 1, THE SECTION APPENDIX Q, PAGE 421



The TuTu Doctrine – The New World Order, page 421

Today's contemplation

Today, I will practice the properties in the Small Ring, the Miniring, the Microring and the Nanoring of Love.

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September 01: *Ardhanarishvara's love*

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 355

When the masculine and the feminine side of their personal Ardhanarishvara met as two manifested creatures on Earth and thereby were not exposed to chemical-sensuous, emotional, mental, social and spiritual barriers that existed between non-Spirit Mates, the transfer of wisdom could take place in a great feast of fireworks of experiences and realizations, which took place through the merging of the two, who, through this process, in one single life had their growth doubled.

The TuTu Doctrine – The New World Order, page 363

Most of us had long since been searching for an earthly representation of our other half, our eternally beloved, before we came to TTDF, and others of us had been or are with our Spirit Mate.

That we had come to TTDF meant that our existential understanding was so advanced that we saw the emptiness of moving our earthly possessions around or having power and control over our fellow human beings.

We wanted the great love, and deep down we knew that it could only be possible for us if we were connected to our one and only eternal love, our other half in Ardhanarishvara.

Those of us who had not met an Earthly representative of our other half, or whose other half had left Earth, learned to use the Two-Way Prayer to connect with our eternally beloved behind the veil.

Today's Contemplation

Today, I will use the Two-Way Prayer to connect with my eternally beloved behind the veil.

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September 02: Esoteric and exoteric knowledge

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE TREE OF LIFE, PAGE 396

The intention with the knowledge is to liberate him&her in a way, which makes it possible for him&her to use all types of emotional energy in the most advantageous way, but this cannot be done if instead he&she gets paralyzed by those judgments he&she passes on his&her emotions.

The Tutu Doctrine - The New World Order, page 400

In our work with our TTDF Program, we receive information about existential contexts that in the past were reserved for people with a very high existential understanding and they were therefore kept esoteric.

Now, as members of the TTDF, we have reached a stage in our existential development that we can get access the esoteric knowledge that has thus become exoteric for us.

This means that we can now use the knowledge of the Tree of Life to take a stand on emotional energies that become active in different situations that we participate in without giving the emotions power over us.

This means that we are now able to create and manifest our thinking mind, our Ego as an enlightened and wise energy field, who is able to surrender dominion to our true Self, our Spirit.

Today's Contemplation

Today, I will use the knowledge of the Tree of Life to learn how to handle my emotions in a functional way.

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September 03: Table for the Big Rings, the Small Rings, the Mini-, Micro-, and Nanorings of Joy (horizontal) and their Superstrings (vertical or diagonal)

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE HIERARCHY OF ARCHETYPAL RINGS, PAGE 179

THE FOUR BIG RINGS OF JOY AND THEIR SUPERSTRINGS				
	North	South	East	West
Ring of Fulfillment	Fulfillment	Interest	Meaningfulness	Oneness
Ring of God-centeredness	Joy	Empowerment	Open-mindedness	Gratitude
Ring of Emotional Sobriety	Detachment	Integrity	Respect for self	Respect for others
The Big Ring of Joy	Faith	Hope	Love	Truth
THE FOUR SMALL RINGS OF JOY AND THEIR SUPERSTRINGS				
	North	South	East	West
Faith	Generosity	Trust	Prosperity	Accountability
Hope	Credence	Information	Discernment	Serenity
Love	Admitting	Self-acceptance	Health	Sanity
Truth	Humility	Honesty	Individuality	Fellowship
THE FOUR MINI-RINGS OF JOY AND THEIR SUPERSTRINGS				
	North	South	East	West
Faith	Largesse	Letting go	Wellbeing	Sharing
Hope	Safety	Well-informedness	Clarity	Nobleness
Love	Goodwill	Kindness	Calmness	Patience
Truth	Equality	Tolerance	Accuracy	Belongingness
THE FOUR MICRO-RINGS OF JOY AND THEIR SUPERSTRINGS				
	North	South	East	West
Faith	Consideration	Ease	Action-freedom	Contributing
Hope	Appreciation	Teachableness	Openness	Worthiness
Love	Mercy	Forgiveness	Conciliatory	Sweetness
Truth	Respectfulness	Straightforwardness	Precision	Togetherness
THE FOUR NANO-RINGS OF JOY AND THEIR SUPERSTRINGS				
	North	South	East	West
Faith	Approachability	Light-heartedness	Approval	Involvement

Hope	Certainty	Cultivatedness	Resoluteness	Level-headedness
Love	Acceptance	Willingness	Quietness	Flexibility
Truth	Sincerity	Simplicity	Reliability	Familiarity

The TuTu Doctrine – The New World Order, page 187

Today's contemplation

Today, I will study the mental-emotional energies in the Rings of Joy.

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September 04: *The true Self's talk through everything*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION
 THE MORNING GIFT, PAGE 390

While he lived on Earth, it frequently happened that one of us played one of the contemporary songs for the other and said: "This is from me to you," because a certain song expressed the emotions we had at heart, and when the first number, which was called Dance into the Light, streamed out of the speakers, it contained a text which overwhelmed me and made me feel that this song was from TuTu to me, and I was so moved that my tears started rolling.

The TuTu Doctrine – The New World Order, page 390

When we began our spiritual path, many of us had difficulty believing that we could expand our conscious contact with our true Self, our Spirit, by the help of prayer and meditation.

As we used our Eleventh Step more and more, we discovered that we got an inner life where we could communicate with our knowing mind, our God Mind, because we had learned to quiet our thinking mind, our Ego.

The better we became at using our Eleventh Step, the clearer the guidance we receive from our true Self, our Spirit becomes, and the easier it became for us to accept both the challenges of life and its gifts.

This led us to become more and more God Conscious, and thus we became able to develop a life that consisted of a constant conversation between our human self and our God Self through everything and everyone everywhere on all levels.

Today's contemplation

Today, I will expand my inner life by the help of my Eleventh Step.

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September 05: *A catch 22*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION TUTU'S ILLNESS 2, PAGE 274

His stomach could not tolerate the available over-the-counter painkillers, and when the doctor did not want to give him the required medication, he chose yet another time to medicate himself.

The TuTu Doctrine – The New World Order, page 274

Many of us have used various chemical substances at the beginning of our spiritual journey because they gave us an opportunity to experience the altered states of consciousness that we longed for.

This landed most of us in a catch 22, meaning that if we do what we feel is right for us, we have problems with our surroundings, and if we do not, we have problems with our psychological landscape.

In present days, the mistreatment of those of us who chose to do what is right for us has reached a peak that is so glaring that others who are not chemically dependent support our free access to what we need.

This means that we can move forward on our spiritual path even though we suffer from the disease of addiction, and little by little we can find ways and means to replace our use of chemicals with the use of spiritual principles.

Today's Contemplation

If I find myself in a catch 22 Today, I will use the spiritual and earthly principles from my TTDF Program to determine with myself what is the right action for me.

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September 06: *The eternal circuit*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE ETERNAL CIRCUIT, PAGE 384

THE ETERNAL CIRCUIT

Goddess, the N
 Right Left


Within the Eternal Circuit, the Ascending Spiral with its Ascending Curve Represents the masculine side of our Soul, who is The Spiral Time, who is The Unmanifest, who is the Cosmic Seed, who is The Divine Father, who is the Oneness, who is The Immortal, who is The Eternal, who is the Untanglement, who is the Evolution.

The Descending Spiral with its Descending Line Represents the feminine side of our Soul, who is The Linear Time, who is The Manifest, who is The Cosmic Egg, who is The Divine Mother, who is Multiplicity, who is The Mortal, who is The Mortal, who is The Time, who is The Entanglement, who is The Involution.

The TuTu Doctrine – The New World Order, page 384

Many of us had the idea that the Soul was the highest being until we came to TTDF and got some more information about the difference between the Soul and the Spirit.

We were told that the Soul was the first manifested creation of the individual Spirit, where heshe projected himherself into the Ocean of Love, split into two Souls, a 'he' and a 'she' who each had their own qualities.

As Souls, we created and manifested the Eternal Circuit between the uncreated and the unmanifested and the created and and the manifested, and thereby we created and manifested an eternal circuit in the energies.

We dove into the heavy energies of 3D to experience the contrast to the light energies in the God Realm and incorporate them in each other, so we lifted Earth up to the God Realm and brought the God Realm down to Earth.

Today's Contemplation

Today, I will return to my true Self, my Spirit by the help of my Stepwork in TTDF.

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September 07: The humanness of the Master of Masters

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 365

"Are you that son of humankind, who is called the King of Truth, the King of Kings and the Master of Masters?"

"I am him, and any son of humankind is in me, and I am in him."

The TuTu Doctrine – The New World Order, page 371

Most of us imagined that the Master of Masters was not subject to the conditions of a human being while he lived as a human being on Earth, but this is not possible for anyone.

Just as we are, the Master of Masters is subject to the limitation from taking on a physical form, and he also experiences ignorance of that which lies outside his experience in the life he has assumed, regardless of when in time.

As a result of his limitation and ignorance, he is also powerless, like us, over that of which he is unaware, and he too must leave his changing physical body at some point in linear time.

Therefore, when we wish to follow in the footsteps of the Master of Masters, we must find ways to rekindle our connection with our true Self, our Spirit, while we are a human being on Earth, and one of these is to do the Program in TTDF.

Today's Contemplation

Today, I will follow in the footsteps of the Master of Masters by doing my Program in TTDF.

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September 08: *Earthbound perspective on spirituality*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE DARK NIGHT OF THE SOUL, PAGE 365

This made me realize that the residents of Sundholm had their spiritual rebirth coming up very soon, if not in this life, then in the next one.

This progressed spiritual condition was not equally applicable to the rest of society, so I had to agree with TuTu that Sundholm was healthier than the rest of society seen from a spiritual perspective.

The TuTu Doctrine – The New World Order, page 371

As long as we identified solely with our physical body in 3D, we were earthbound human beings in a spot in our existential understanding where all our perceptions of Reality sprang from our five senses.

All information we received about the spiritual area was a fantasy that others had because they were afraid of life on Earth, and even though we were afraid too, we accepted that this was how life WAS as human beings.

As we met people with a quiet authority who spoke about their spiritual experiences, we became curious and began to investigate whether the spiritual area could be something for us, and that landed us in TTDF.

In TTDF, we were made aware of all our non-physical areas of existence, which we call dimensions, such as the 4th, 5th, 6th and 7th dimensions, which are our time space life, our emotional life, thought life and social life.

Today's Contemplation

Today, I will accept that I am an omnipresent, omniscient, omnipotent and immortal&unchangeable Spirit who plays my games as a limited, ignorant, powerless and mortal/changeable multidimensional being.

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September 09: The throne of life

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER AND THE MASTERESS OF THE UNIVERSE, PAGE 347

You must begin every day by sitting down, imagining that you put yourself in the center of your heart, on your life's throne.

The TuTu Doctrine – The New World Order, page 424

In the TTDF Program, we acknowledge that we are an omnipresent, omniscient, omnipotent and immortal&unchangeable Spirit by working with the Fairy Tale of the Master and the Masteress of the Universe.

There we also acknowledge that we have voluntarily taken on a life as a limited, ignorant, powerless and mortal/changeable human being in order to experience the maximum contrast with our true Self, our Spirit.

The more we take this knowledge to heart, the clearer our understanding becomes that our life as a human being is a game we play, where we acquire the ability to incorporate the vibrations of 3D into our true Self, our Spirit.

Many of us have even taken on various of the Earth's heaviest vibrations such as illness, weakness, discomfort and pain in order to create an even greater contrast and thus achieve even greater growth.

Today's Contemplation

Today, I will accept that I have chosen from my heart when I chose to take on illness, weakness, discomfort and pain in my life as a human being on Earth.

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September 10: Separation anxiety

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION THE RESPECT BETWEEN MAN AND WOMAN, PAGE 270

I would try to keep myself and him in our being together with more or less dramatic scenarios, which I played out both when I or he needed to do something without the

other.

The TuTu Doctrine – The New World Order, page 270

When we, as our true Self, our Spirit, decided to manifest our creations in the Ocean of Love in an energy field by itself, we projected a mirror image of ourselves out there by means of a nuclear fission.

The nuclear fission is popularly called 'the big bang', and our chosen energy field was called the seventh dimension, where our mirror images lived their lives as our masculine Soul and our Feminine Soul.

Our normal state as one being called Ardhanarishvara, became two in the manifestation process, and this separation caused great fear in our manifested Souls.

Our Souls enveloped this separation anxiety with a light veil, where the pain and the anger over the pain were isolated in an energy field in the Ocean of Love, and this energy field belonged to the thinking mind, the Ego.

Today's Contemplation

Today, I will work on acknowledging that the illness, weakness, discomfort and pain of my life were created by me when I participated in the manifestation of this form-identified Universe in 'the big bang'.

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September 11: *The initiation takes place when the disciple is ready*

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION THE INITIATION TAKES PLACE WHEN THE DISCIPLE IS READY, PAGE 48

*An invisible hand was stretched out towards me and a soundless voice offered me:
"Self-realization NOW?!!"*

I felt I had to throw myself out from his eye into the empty void if I wanted to attain it, but I was as if frozen in death fear.

"I first have to see what will happen between my boyfriend and me," I thought.

The TuTu Doctrine – The New World Order, page 47

Little by little, as we developed our understanding of the coherences of existence, we often imagined that we had come further along the spiritual path than we actually were.

We saw others possessing a greater understanding of the coherences of existence than we did, and this could lead us to imagine that we were fully ready to be initiated into the areas in which others were initiated.

In TTDF we acknowledged daily that we are our true Self, our Spirit, and that our true Self, our Spirit, has the sovereign decision-making power that we had given to our thinking mind, our Ego.

Thereby, we became able to surrender our will and our lives over to our true Self, our Spirit, and this enabled us to lean back and relax with the slogan of the 7th Step in mind: Let go and let God.

Today's Contemplation

Today, I will leave it to my true Self, my Spirit to decide, when the time is ripe for me to receive the initiation I desire.

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September 12: *The Thirteenth Step*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE THIRTEENTH STEP, PAGE

After finishing the work with the Twelve Steps we work with The Twelve Traditions, each of which deals with our relationship with The World around us, and by the help of this work we become able to place our spiritual clarity in our Earthly contexts. The Twelve Traditions put together are equivalent to one last step - The Thirteenth Step.

The TuTu Doctrine – The New World Order, page 94

The New World Order that is in the process of being manifested all over the Earth has many angles of incidence that are designed to help us to take the principles of the New World Order into use.

We want to put these principles into use because they bring about a spiritual awakening to a world order that is unconditionally loving, caring, compassionate, and merciful.

The Twelfth Step is the Step of Mercy, and when we have completed our Twelfth Step, we have achieved a spiritual clarity that enables us to show the mercy that spiritual clarity brings forth.

Then we have a need to meet a world that is still mostly ruled by the thinking mind, the Ego, and so we do the work of the Twelve Traditions to find functional ways to meet the Ego of the World.

Today's Contemplation

Today, I will work with the Twelve Traditions as my Thirteenth Step to meet the Earth Ego from the unconditional love, care, compassion and mercy of my true Self, my Spirit.

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September 13: *Time Track Travels*

FROM PART 3, CHAPTER 2, , THE SECTION THE ANGELIC WEDDING,
 PAGE 268

It proved that the creed had discovered how it was possible in a very simple way to move down your own time track, into previous incarnations, and thereby attain understanding for coherences in the present.

The TuTu Doctrine – The New World Order, page 264

Many of us have worked on finding connections between areas of our lives that seem incomprehensible because we are experiencing something we cannot connect to our upbringing or something we have learned as adults.

We imagine that these connections may be due to something we experienced on another timeline that we cannot resolve unless we do a time travel to find the root of the problem we are having.

We can also time travel in our Fourth Step to areas of our childhood that we can no longer remember, to gain a greater understanding of different behavioral patterns in the present.

The reason we want to do time travel is that we may be stuck in a behavioral pattern that we need to release by going to the source and releasing the pattern so that we can move forward with a functional pattern.

Today's Contemplation

Today, I will use my TTDF Program's Sixth Step to do time travel if I encounter a dysfunctional pattern that cannot be released by going through the transformation process.

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September 14: *All is well*

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 365

Gradually, as his&her help to the manifested creatures progressed, and Ego thought after Ego thought was melted into the power of love of the Soul, and veil after veil was lifted, the shame of the manifested creatures of not being like they thought they ought to be disappeared, and with this burden self-pity disappeared, and the manifested creatures then realized that in spite of the pain and the fear all is very

well.

The TuTu Doctrine – The New World Order, page 369

In our TTDF 12 Step group, we learn that when we have given the power over and glory of our lives to our thinking mind, our Ego, we find ourselves in a constant oscillation between character defects and virtues.

We no longer want to be under the control of our limited, ignorant, powerless, and mortal/changeable thinking mind, our Ego, but instead we want to surrender the control to our true Self, our Spirit.

We use Step Two to investigate all the areas in our lives where it is difficult for us to trust our true Self's, our Spirit's unconditional love, care, compassion, and mercy.

Once we have addressed all the areas we can think of, we use our Third Step to surrender our will and our lives to our true Self, our Spirit.

Today's Contemplation

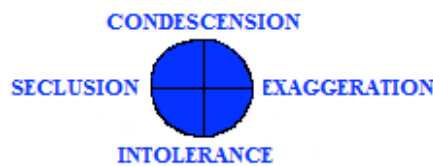
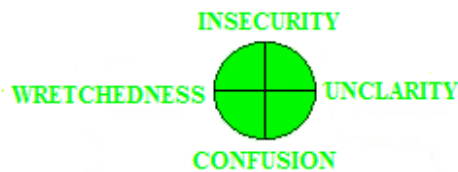
Today, I will use my Second and Third Step of TTDF to surrender my will and my life to my unconditionally loving, caring, compassionate and merciful true Self, my Spirit.

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September 15: *The Four Minirings of Pain*

FROM PART 6, CHAPTER 1, APPENDIXES, THE SECTION APPENDIX C,
PAGE 408

THE FOUR MINI PAIN RINGS



Today's contemplation

Today, I will admit to myself how one of the Four Mini Rings of Pain is manifesting in my life.

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September 16: *The distribution of the funds in ToTos Solfond*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION TOTOS SOLFOND, PAGE 95

On the first of September every year, all of the Fellowships Anonymous put together could distribute the foundation funds for homeless purposes with 22% in The North, 22% in The South, 22% in The East and 22% in The West.

The remaining 12% could be used for expenses incurred by the foundation, and any surplus from here could be returned to the foundation at the end of a calendar year and thus be included in the next year's distribution of the foundation funds.

The TuTu Doctrine – The New World Order, page 95

Many of us feel an urge to contribute to alleviating the sufferings on Earth in various ways, and therefore it has been proposed that TTDF establish a fund that all Twelve Step Fellowships can participate in if they wish.

The TuTu's Sun Foundation can be used by members of TTDF and any member of any 12 Step Fellowship who wishes to, in the same way that other large foundations use their funds.

In our fund, we want to contribute to the earthly life of the homeless, who are the population group that has the most difficulty in obtaining support from their communities, especially street children and orphans.

Therefore, it has been suggested that The TuTu's Sun Foundation funds be used to create and manifest homes for street children and orphans, and to contribute to their formation of healthy lifestyle habits.

Today's contemplation

Today, I will give a little extra when the collection box for The TuTu's Sun Foundation goes around in my Twelve Step Fellowship, if I feel like doing this.

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September 17: *The guidance of the synchronous Reality*

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION ARRIVAL AT HOTEL OF BLISS, PAGE 60

The hotel was called Anand Hotel, and that means The Hotel of Bliss.

The TuTu Doctrine – The New World Order, page 60

As we surrender our will and our life to our true Self, our Spirit, and experience the change that happens in our lives as a result, we gain more and more trust in life itself.

We begin to listen attentively to everything and everyone everywhere on all planes of consciousness, and little by little we learn to identify a general flow of information coming to us from all sides.

This information comes to us in the form of coincidences, which we call the synchronic reality, where all the coincidences point in a certain direction, and we take this flow into account in our decision-making processes.

The more we use the coincidences of the synchronic reality, the more our trust grows in that we can trust our intuition, which perceives the connection of all these coincidences as meaningful.

Today's Contemplation

Today, I will do my best to enter the synchronic Reality by listening to my intuition and thus letting myself glide easily and effortlessly along the Blissful Flow of the Present Moment.

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September 18: Alpha and Omega

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 382

When These Four Surrender Unconditionally to Each Other and Unite in Love, they Represent The Avatar of Synthesis, which is The Holy Grail, which is found in The Absolute as The Ocean of Love and in The Mundane as The Merged Heart's Heart, who says: "I am Alpha and Omega. I am The Truth, The Way and The Life."

THE OMEGA AND ALPHA SYMBOL OF THE HOLY GRAIL



The TuTu Doctrine – The New World Order, page 382

When we come into contact with our true Self, our Spirit, it is the heart of our innermost heart, also called the Holy Grail, that we come into contact with, and we thus find ourselves in the Ocean of Love.

When we find ourselves in the Ocean of Love, we become one with our unconditional love, care, compassion and mercy, and we thus become able to live a happy life as a human being on Earth.

When we have achieved this, our heart's heart becomes alpha and omega in our decision-making processes, and if a conflict arises between our heart's heart and our thinking mind, our Ego, we choose our heart's heart.

To gain access to the Holy Grail, our heart's heart we need to meet Earth's thinking mind, Earth's Ego with unconditional love, care, compassion and mercy, so we can become whole again.

Today's Contemplation

Today, I will meet my own and others' thinking minds, my and their thinking mind, my and their Ego from the unconditional love, care, compassion and mercy of my true Self, my Spirit.

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September 19: Initiation to ShivaShakti

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION THE SHIVASHAKTI INVOCATION, PAGE 217

In the initiation, I got a glimpse of this without understanding what happened though, and the contrast to my day consciousness was so big that it only produced fear, but when the glimpse grew to an extent that brought this state of consciousness into harmony with my day consciousness, I discovered that this condition had been my spiritual goal, which I, until then, had not been able to put a name to.

The TuTu Doctrine – The New World Order, page 217

For all of us who are members of TTDF, our only true goal is to become one with our true Self, our Spirit called Ardhanarishvara and thus with God, our FatherMother called Ardhanarishvara.

The Sanskrit word Ardhanarishvara stands for the merged masculine and feminine principle that is one being in the Holy Grail, also called the Ocean of Love, where the two principles are one in eternal lovenaking.

During our journey on the spiritual path, we have come across words that in various ways denote our true Self, our Spirit, such as children of God, ShivaShakti, Ardhanarishvara and the One and Only.

When we come into contact with each other either on Earth or across dimensions, we have come into contact with our true Self, our Spirit, and becoming one with our true Self is our only true goal on Earth.

Today's Contemplation

Today, I will work on expanding my conscious contact with my true Self, my Spirit in my Eleventh Step in TTDF.

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September 20: God's will for the manifested creatures

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION GOD'S WILL, PAGE 27

I had heard sentences like: "Every single hair on our heads is accounted for" or "Not a sparrow falls to the ground without it being the will of God."

After my experiences with the chairs I began to wonder if that might be true, because if it mattered which chair I sat down on, then that might also be true.

The TuTu Doctrine – The New World Order, page 28

Many of us imagined that God's will was different from our own will for ourselves during that period of our lives where our lives and our will were governed by our thinking mind, our Ego.

After we came to the TuTu Doctrine Fellowship, we learned that God's will for us is the same as the will of our true Self's, our Spirit's will for us, but we did not know this because we had not yet gained access to our Godmind.

When our Godmind's thought system becomes the dominant thought system in our lives, we understand that our true will is to experience unconditional love, care, compassion, and mercy in our Earthly life.

We found that our unconditional love, care, compassion, and mercy were most needed by our own and others' Egominds, who were the most maligned part of ourselves and others.

Today's Contemplation

Today, I will meet my own and others' Ego mind with unconditional love, care, compassion and mercy.

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September 21: The animal human being

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS, WHO WALK ON THE EARTH, PAGE 370

When the man is thinking but not sensitive, he is dominated by his masculine pole and is thus a giver, but this belongs to the animal kingdom, which is that stage where might is right.

When the woman is sensitive but not thinking, she is dominated by her feminine pole and is thus a receiver, but also this belongs to the animal kingdom.

The symbol of the animal man and the animal woman is tooth and nail.

Their personal God is their stomach, and their universal God is survival of the fittest.

The animal man and the animal woman is the lowest rank in the human kingdom and

swing in the pendulum between might is right and right is right, and through this swing their power of discernment is developed.

The TuTu Doctrine – The New World Order, page

It has been difficult for many of us to acknowledge the side of ourselves that loves food because we were afraid that our stomach would take control of our will and our lives, and it did for many of us.

When our stomach took control of our will and our lives, we were unable to eat to nourish our bodies, but developed eating habits that were intended to take care of our thoughts, feelings and social interactions.

These habits affected all areas of our Earthly lives, for we no longer slept but went into a state of stupor, we no longer managed our emotions but numbed them with overeating.

Despite this illness, we did not acknowledge that it stemmed from our time in the animal realm and that we needed to use our Fourth Step in TTDF to use a time travel back to go to that time and free ourselves from the pattern.

Today's Contemplation

Today, I will do a time travel back to my time in the animal kingdom to solve the problems I have with my digestive system.

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September 22: To be unique

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION ARROGANCE
2, PAGE 169

First, I searched for an intellectual stand, where I could accept that I was neither more nor less than others.

I found this when I spotted the paradox that I was unique and that it was totally common to be so.

The TuTu Doctrine – The New World Order, page 170

We had a hard time perceiving ourselves as unique, but we realized that all of us as human beings have a head, a torso, two arms and two legs, and they are all put together in a way that makes each and every human being unique.

Many of us thought that we were quite ordinary, precisely because we have a head, a torso, two arms and two legs, without taking into account that our Mother Earth body is different from everyone else's.

Our body is so unique that even our fingerprint is not found similar in the entire world, and this made us also realize that our perspective on life is different from everyone else's.

This discovery was a great relief for us, because we realized that from now on we do not have to try to figure out other people's thoughts and feelings, but only need to take a stand on our own.

Today's contemplation

Today, I will exclusively take a stand on my own thoughts and emotions in the now.

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September 23: TuTu's return to God the Father

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION
 TUTU RETURNS TO GOD THE FATHER, PAGE

I prayed to God that TuTu might get strength and courage to get up and go wherever he had to be and offered to take him if it was the will of God.

A cone-shaped gleam, see-through like water, appeared from above.

It was the power of God the Father.

It went down through the crown of his head, and he was lit up from the inside.

Little by little, he too turned see-through like water.

God the Father sucked him up, and he became invisible to my inner eye.

The TuTu Doctrine – The New World Order, page 341

We come to Earth from that dimension we live in between our earthly lives based on our existential understanding, and we return to that dimension when we have completed what we came to Earth to learn.

As long as we were materialistic, we inhabited the fifth dimension, the astral plane, unless our existential understanding had grown so much in our current life that we got access to the sixth dimension, the causal plane.

When it comes to our ascension as members of TTDF, we have usually reached a point where we mostly use our Godmind's thought system so that our ascension happens to the Soul Plane or to the Spirit Plane.

If we have become a Spiritual Master or Masteress, our ascension will also happen to either the Soul Plane or the Spirit Plane depending on whether we have chosen a life path as a Bodhisattva or Bodhisattva-devi.

Today's Contemplation

Today, I will work on using my Godmind's unconditionally loving, caring, compassionate, and merciful thought system most of the time.

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September 24: *The liberation of the darkened souls.*

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 365

In the condensation process, the prayer looked like an a huge venomous snake that wringed through The Ocean of Love.

The form arose from the impression of the congregated poisonous being from the manifold darkened Souls, and the movement of the snake arose at the moment of the manifestation of the creation from the impression of the touching prayers, which initiated the movement.

The TuTu Doctrine – The New World Order, page 368

In the Fairytale about Good and Evil we learn that our Soul is our Spirit's first manifested creature that gradually was covered by layer upon layer, the first layer of which consisted of our thinking mind's our Ego's, causal body.

The energy in the seed form of the many dualistic thoughts in our thinking mind, our Ego, were the emotional energy streams that became our Ego's emotional body, who is also called our astral body.

The emotions gave rise to our energy body, who is also called our etheric body, who gives us the capacity to move our physical body through space over time.

These layers darkened our Soul more and more, until we finally prayer to the Destroyer and the Destroyeress to liberate us from the darkening, and thus our Soul slowly became liberated from layer after layer of the Ego.

Today's Contemplation

Today, I will contribute to my liberation from the darkness of ignorance by the help of the Rings and Superstrings of Pain and Joy in my Sixth Step.

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September 25: *Self-exaltation*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE ONE,
 WHO EXALTS HIMSELF&HERSELF SHALL BE HUMBLLED, PAGE 89

A spiritual teacher, or teacheress who lets himself or herself be served by his&her students, or who receives payments in any form to pass on his&her spiritual experiences is like the rich, who distributes pearls to exalt himself or herself, but

when a person exalts himself or herself, also the abasement has to follow. This will take place at the point in time when the concerned person realizes that he&she is neither more nor less than any other manifested creature and thus has to step down from his&her self-exalted state.

The TuTu Doctrine – The New World Order, page 89

Many of us become so impressed by our state of mind when we get the first glimpse of our true Self, that we believe it is impossible that others could have experienced this exalted state, without having told everybody about it.

This exalted state compared to our normal state of mind can make us imagine that we are superior to other people, so it is our job to help others achieve being as exalted as ourselves.

Little by little we understand that we are still limited, ignorant, powerless and mortal/changeable like everyone else, and we understand ultimately that even a stone is as valuable to the totality as we are.

As we begin to descend from our self-exalted state, we discover that the social life we hoped to achieve by helping others only happened because we now meet everything and everyone everywhere as equally worthy beings.

Today's Contemplation

Today, I will meet everything and everyone everywhere on all planes of existence as my equally worthy manifested created brothers and sisters.

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September 26: Unknown Masters and Masteresses

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE
 SECTION ARRIVAL AT THE MASTER'S, PAGE 24

We arrived in Shahjahanpur some time into the evening and asked people for directions, but it took a long time before we finally met a person who knew who the Master was.

I got disheartened by this, because if he was a great spiritual Master like I had been told, it appeared strange to me that hardly anybody in his own town knew who he was.

The TuTu Doctrine – The New World Order, page 24

In the *TuTu Doctrine – The New World Order* we are told that there are 144,000 Masters and Masteresses on Earth these years because they wish to participate in Mother Earth's ascension to the Fourth Dimension, Cyberspace.

These Masters and Mistresses have many different areas of expertise in all the art forms, philosophies and spiritual directions, where they teach like-minded people in their area of expertise.

A very few are well known by most of their contemporaries and enjoy great recognition for their brilliant contributions, many others are unknown to most, and even their near and dear ones have no knowledge of their mission.

TuTu himself came like a thief in the night as prophesied in the Bible, and therefore the people of Earth only find out that the highest Master has visited Earth when they see the results of his visit.

Today's Contemplation

Today, I will choose my spiritual teacher according to my needs instead of how well known or how unknown he&she is.

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September 27: *Manifestation of vibration*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION THE DIVINE WEDDING, PAGE 287

I had not spoken with TuTu for several months.

It was a strange wedding with a bride and no groom.

I decided that I would believe the vision to be genuine if the groom came.

The TuTu Doctrine – The New World Order, page 289

Gradually, as our Eleventh Step experience grows, we come to understand that our thoughts vibrate and can reach a person we are thinking of if he&she is open and receptive.

We may experience that we think of a person with a desire about knowing how he&she is doing, and that the person approaches us because he&she remembered us, when our thought was received by him&her.

Distance is of no importance, so we can hear from someone who lives on the other side of the World, and we can hear from our true Self, our Spirit, who can answer our requests telepathically from a different dimension.

Gradually, as we use the Two-Way Prayer in our Eleventh Step more and more, we find that we can be in touch with our true Self, our Spirit, all day long and get instant answers to anything if we ask.

Today's contemplation

Today, I will use meditation to receive guidance from my true Self, my Spirit and

thereby from God about how I can best manifest the fulfillment of my desires in my physical Reality.

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September 28: *List of literature*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION A LIST OF LITERATURE THAT MADE AN IMPACT ON MY PERSONAL UNDERSTANDING OF EXISTENCE, PAGE 192

A COURSE IN MIRACLES, THE ORIGINAL SEEN THROUGH THE EYES OF THE PRINCIPLES OF THE TUTU DOCTRINE – THE NEW WORLD ORDER, SCRIBE HELEN SCHUCMAN AND EDITOR WILLIAM T. THETFORD.

A COURSE IN MIRACLES, BY COURSE IN MIRACLE SOCIETY, SCRIBE HELEN SCHUCMAN AND EDITOR WILLIAM T. THETFORD,.

ACTIVE ADDICTIONS ANONYMOUS - THE WILD LIFE - ACTIVE ADDICTIONS ANONYMOUS, WORLD SERVICE OFFICE

A NEW EARTH – ECKHART TOLLE

A YOGI'S MEMORIES – YOGANANDA

CHRISTS ANONYMOUS - THE THIRTEENTH STEP - CHRISTS ANONYMOUS, WORLD SERVICE OFFICE

CITY SHAMAN – SERGE KING

DEATH AND THE DYING – ELIZABETH KÜBLER ROSS

DESTINY OF SOULS – MICHAEL NEWTON

DET TREDIE TESTAMENTE – MARTINUS

DIANETICS – L. RON HUBBARD

FLIGHT INTO FREEDOM – EILEEN CADDY

FRACTALS – TELEVISION PROGRAM ABOUT MANDELBROT'S EQUATION

GODS IN EVERY MAN – JEAN SHINODA BOLEN

GODDESSES IN EVERY WOMAN – JEAN SHINODA BOLEN

I NEED YOUR LOVE – IS THAT TRUE? – BYRON KATIE

IT WORKS HOW AND WHY – NARCOTICS ANONYMOUS. WORLD SERVICE OFFICE

JORDEN DØR UDEN KÆRLIGHED – BIRGIT KLEIN

JOURNEY OF SOULS – MICHAEL NEWTON

KAHUNA HEALING – SERGE KING

LIBERATION OF CONSCIOUSNESS – JES BERTELSEN

LIFE AFTER DEATH? – NILS OLE JACOBSON
LIFE AFTER LIFE – RAYMOND MOODY
LOVING WHAT IS – BYRON KATIE
MEMORIES AND LETTERS – C.G. JUNG
MY MASTER – P. RAJAGOPALACHARI
NO MORE CODEPENDENCY – MELODY ADAMS
PHILIP'S GOSPEL –NAG HAMMADI LIBRARY
PRINCE VALIANT – (CARTOON SERIES IN WEEKLY MAGAZINE)
REALITY AT DAWN – RAM CHANDRA
70 INCIDENTS OF REINCARNATION – IAN STEVENSON
TEN COMMANDMENTS – RAM CHANDRA
THE ACTIVE SIDE OF INFINITY – CARLOS CASTANEDA
THE ART OF DREAMING – CARLOS CASTANEDA
THE FIRE FROM WITHIN – CARLOS CASTANEDA
THE GARDEN OF FAIRYTALES – CARLOS CASTANEDA
THE HOLY GRAIL – MALCOLM GODWIN
THE INNER WEDDING – LINDA SHIERSE LEONARD
THE LAW OF ATTRACTION – ESTHER-ABRAHAM HICKS
THE MASTER GAME – ROBERT DE ROPP
THE NEW TESTAMENT – JOHN, MATTHEW, LUKE, MARK
THE POWER OF NOW – ECKHART TOLLE
THE TAO OF PHYSICS – FRITJOF CAPRA
THE WAY OF THE SHAMAN – MICHAEL HARNER
TOMAS'S GOSPEL – NAG HAMMADI LIBRARY
TOWARDS INFINITY – RAM CHANDRA
TRUTH ETERNAL – RAM CHANDRA, FATEHGARH
VOICE REAL – RAM CHANDRA

The TuTu Doctrine – The New World Order, page 192

Today's contemplation

Today, I will begin to read a book from the literature list from The TuTu Doctrine – The New World Order.

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September 29: *The good and the evil ones*

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION CHILDHOOD BELIEF, PAGE 15

The uncommon ones said that God lived in the Heavens and from there he looked down on Earth and kept an eye to see if people complied with the ten important rules he had made for them.

The good ones believed in God and complied with the rules but the evil ones did not.

The TuTu Doctrine – The New World Order, page 15

Most of us learned as children to distinguish between good and evil, and that those people who did something that made us feel good were good, and those who made us feel hurt were bad.

This was due to that our parents and our society used their thinking mind's, their Ego's dualistic thought system, and taught us to do the same, but in TTDF we work on letting go of this thought system.

Instead, we wanted to use the knowing thought system of our true Self, our Spirit, and thereby we needed to let go of acting on our judgments about good and evil and instead act on our intuition.

Our intuition came to expression as impulses that held a sure knowledge of what the subtle will without coercion of our true Self, our Spirit, was for us in the Blissful Flow of the Present Moment.

Today's Contemplation

Today, I will act on my intuition in the Blissful Flow of the Present Moment.

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September 30: *A power greater than the individual human being*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE RINGS OF SOCIAL INTERACTION, PAGE 107

It also becomes clear that when two people have a social interaction, they are both in touch with a Power Greater than their individual selves as a 'me' and a 'you' in the form of the greater entity existing in the 'us' that is greater than the sum of its parts.

THE RINGS OF SOCIAL INTERACTIONS

THE FOUR NANO PAIN RINGS



The TuTu Doctrine – The New World Order, page 107

For many of us it had been difficult to understand that when we hurt another, we hurt ourselves, whether we hurt the greengrocer, our colleagues, our friends, our parents, our children or our spouse.

However, it became clear to us that this was the case when we worked with the Rings of Social Interaction in Step Eight, because here we could easily form an overview of the effect of our behavior in our social life.

The Rings of Social Interaction with a 'me', a 'you' and an 'us' show both that we are in contact with a Power greater than ourselves in the 'us' and that a hurt in 'you' or 'me' will also be a part of us.

When we leave the social interaction, we are still connected to the part of our personal circle that contains 'us', and thus we carry with us the hurts that we inflicted on the other.

Today's Contemplation

Today, I will use my social interactions with a power greater than myself in the form of 'us' to meet the other or the others with unconditional love, care, compassion and mercy.

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October 01: *The pain of separation*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION THE PAIN OF SEPARATION 2, PAGE 248

I remembered with painful clarity the separations we already had gone through and sat sulking and silent in the car.

"If he really loves me, he doesn't go," I thought.

"I don't go anyway," TuTu said.

"You don't mean it," I said, "it is just something you say to make me happy right now."

"No, no," he said, "I don't go if you feel that way."

The TuTu Doctrine – The New World Order, page 247

Most of us willingly had taken on the veil of forgetfulness in order to gain the most intense experience of the Earth game and thereby of our human self's limited, ignorant, powerless and mortal/changeable state.

We wanted this experience as a contrast to our omnipresent, omniscient, omnipotent and immortal&unchangeable true Self, our Spirit, so as to put our state in the God Realm into relief by the help of the contrast.

Although we had forgotten who we are in Reality, we were yet born onto Earth with our essence intact, and in our childhood years we acted from the essence of our individuality to the extent it was possible.

Most of us who came to TTDF often suffered from homesickness, longing for being at home in the energy field of our true Self, our Spirit, because life separated from our Spirit Mate had become more painful than thrilling.

Today's Contemplation

Today, I will work on liberating myself from my separation-pains by using my Eleventh Step to enter into oneness with my Spirit Mate.

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October 02: *The Four Minirings of Joy*

FROM PART 6, CHAPTER 1, APPENDIXES, THE SECTION APPENDIX H,
PAGE 413

THE FOUR MICRO PAIN RINGS



The TuTu Doctrine - The New World Order, page 413

Today's contemplation

Today, I will choose to use one of The Four Minirings of Joy in a situation, where I do not usually use joy.

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October 03: *To put oneself in someone else's place*

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION
SUICIDE, PAGE 44

"No, I can't tell her that. She'll go out of her mind from sorrow, when she hears it... on the other hand, the purpose of this meditation is, after all, to get an answer for her, so I have to tell her."

I opened my eyes and told her what I had seen.

To my surprise, she got relieved and said: "How good it was that I didn't get around to send a letter to the Master, because it is a totally different question I want to ask; now that I hear the answer, instead, I want to know what can be done to help him."

The TuTu Doctrine – The New World Order, page 46

In our work with the Constructive and the Destructive Rings, we came to know about the Ring of Codependency with it's savior role, seducer role, victim role, and offender role.

Most of us had perceived our willingness to sacrifice our money, our time, our energy, and our interest for the well-being of others until we got to know about the Ring of Codependency.

The work with the Ring of Codependency made us realize that our imagination of how our fellow human beings were feeling was robbing us of the resources we needed so as to take care of the problems we knew we had ourselves.

As an antidote to our codependency, we used the Ring of Emotional Sobriety with its detachment, integrity, respect for self, and respect for the other to enter into recovery for our codependency.

Today's Contemplation

Today, I will let go of attaching myself to other people's problems as if they were my own, and instead I will use my resources to take care of my own problems.

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October 04: *The Masters' and the Masteresses' universal love*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE
SECTION UNIVERSAL LOVE, PAGE 29

I became happy and thought that his love was a special boon for me alone, but when I told it to one of the other disciples, she said that she knew this experience too. Later, I heard other disciples, both male and female, express similar experiences and I understood that the Master's love was universal.

The TuTu Doctrine – The New World Order, page 30

When we finally identified with our true Self, our Spirit, we had actually become spiritual Masters and Masteresses because our inner journey had taught us how to handle our form-identities.

When we came face to face with other form-identities, we felt a recognition of what it was like to be a form-identity on the plane on which our encounter took place.

Our desire to share our unconditional love, care, compassion and mercy with our fellow human beings flows from us as a vibration that he&she may or may not pick up.

Whether he&she is open and receptive to this type of interaction or not makes no difference because our love is universal and flows unconditionally to those we interact with.

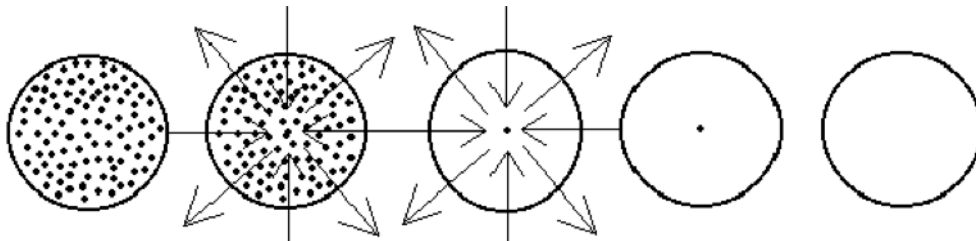
Today's Contemplation

Today, I will let my unconditional love, care, compassion and mercy flow as blessings to those around me.

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October 05: *Planes of existence*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION OUR MULTIDIMENSIONAL BEING, PAGE 84



The TuTu Doctrine – The New World Order, page 84

Many of us were not aware that we simultaneously experience our lives in many dimensions when we came to TTDF, because our experience of our lives in the dimensions is as natural to us as breathing.

However, by studying the above graph, it became easy for us to realize that we are multidimensional beings living simultaneously on many planes of existence, and that these planes of existence also have an existence without us.

Through our Stepwork, we work with all our dimensions, and we discover that our true Self, our Spirit, is our naked Self without being clothed in a limited, ignorant, powerless and mortal/changeable form.

Only in the Absolute, where we are without form, can we be our omnipresent, omniscient, omnipotent and immortal&unchangeable individual Spirit, which God, our FatherMother, gave life to.

Today's contemplation

Today, I will rejoice in life in all of my bodies from the oneness with my true Self, my Spirit.

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October 06: *The effect of magical objects on the mind*

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION THE OLD WOMAN OF THE FAIRYTALES, PAGE 62

*The old woman's face became calm.
She seized my hand, lifted it to her third eye and pressed the snake ring against it, stood like that for a moment with eyes closed, let go of my hand, looked calmly at me and said: "You doctor," greeted me with the God-greeting and left.*

The TuTu Doctrine – The New World Order, page 57

Many of us have experienced a special feeling when we came into contact with an object that affected us in such a way that we came to perceive the object as magical or sacred.

Those of us who came into possession of a magical object experienced how our consciousness expanded from the moment the object came into our possession until the time came when we had to let it go.

We might feel resistance to letting go of our magical object because it gave us a form of security, but we also realized that once it had served its purpose, we had to pass it on to someone else who needed it.

In many ways, we could attach ourselves to something outside ourselves until we came to TTDF, because we were now fully ready to focus on our individuality as our basis for action and to peel away the exterior.

Today's Contemplation

Today, I will use my Eleventh Step to seek guidance about my innermost desire for the day by opening myself to guidance from my knowing mind, my Godmind.

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October 07: *The Cosmic Egg*

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 359

The coarser parts of the cosmic egg exploded in an inferno of motion and sound in several consecutive waves of expansion, and for the expanding particles, time came into being, as the gap, which arose between their uncreated and unmanifested and their created and manifested state.

The TuTu Doctrine – The New World Order, page 360

Gradually, as our identification with our true Self, our Spirit, developed, we become aware that as it is below, it is also above, and as individual Spirits we sprang from the cosmic egg.

In the same way, we sprang from the earthly egg when the time for our birth was ripe, and we began our lives in the third dimension as limited, ignorant, powerless, and mortal/changeable human beings.

Gradually as we learned to turn to our true Self, our Spirit, when our human selves were afraid, we became better able to let go of the fear that is the basic emotion of our thinking mind, our Ego.

The growing trust that our knowing mind, our God-mind, would always give us solutions when our humanness gave rise to problems for us, made us able to better and better live a life based on our God-mind.

Today's Contemplation

Today, I will use the Two-Way Prayer to communicate with my true Self, my Spirit.

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October 08: *The God Box*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE HIERARCHY OF THE ARCHETYPAL RINGS , PAGE 179

In the Fellowships Anonymous the Ring of Fulfillment is called the God Box and in Hinduistic mythology it is called Sudarshan Chakra or the Sun Wheel. The God Box is said to bring all the blessings of the World to the one, who opens the box, and it is perceived to be the origin of all of our virtues.

The TuTu Doctrine – The New World Order, page 179

In our Third Step of TTDF, many of us made a God Box, which we used to perform a physical action in connection with a desire to surrender a situation to our Higher Power.

This helped us remind ourselves that we had turned a given problem over to our Higher Power and needed to let go of our desire to have control over the problem.

We discovered that as we took the time to observe what happened over time with the problem we had turned over to our God Box, we slowly became more aware of how our Higher Power was taking care of us.

This allowed our trust in our chosen Higher Power to grow, and this trust also allowed us to see circumstances and other people as the means our Higher Power took into use to help us.

Today's Contemplation

Today, I will use my God Box to turn over a problem that I cannot find a solution to to my Higher Power.

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October 09: Goddess the Mother and Goddess the Daughter

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 371

"Two thousand years ago, you did not teach about Goddess the Mother."

"Time was not ripe.

The feminine principle Goddess the Mother and Goddess the Daughter therefore became The Veiled Woman and was called The Holy Spirit."

The TuTu Doctrine – The New World Order, page 372

In the Fairy Tale about the Gods and Goddesses, who walk on the Earth we learned that we expressed ourselves both in the seventh and the third dimension as the same consciousness in two different expressions.

We also learned that we had put the masculine principle in focus for the last two thousand years to liberate ourselves from the tribal culture, because the action power of the masculine principle could advance our individuality.

Now time is ripe to use our Holy Spirit with its unconditional mercy to give our individuality the sovereign power, right and duty it requires for it to be able to unfold freely.

Furthermore, we need that all of humankind achieve the sovereign power, right and duty of their individuality in order to make space for our own freedom, so we put our human fellowship up high in the TTDF.

Today's Contemplation

Today, I will accept that I live in my individuality as a multidimensional human being in a fellowship of multidimensional people on Earth.

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October 10: *The power of the cobra*

FROM PART 3, CHAPTER 3, THE SPIRITUAL WEDDING, THE SECTION THE POWER OF THE COBRA, PAGE 308

In Hinduistic posters of archetypes, the cobra is often found with distended hood as a part of the picture, because it is considered to be a powerful protector, and it was thus a powerful protector who had come to me.

The TuTu Doctrine – The New World Order, page 309

Gradually as we work with the Rings of Pain and Joy and their Superstrings, we become more and more aware that the Universe holds an infinite number of energy fields.

Shamans have mapped out different energy fields for millennia that contain the energies of different power animals, which shamans all over the world can use to identify the energy composition of their power animals.

Many of us in TTDF have felt in touch with a power animal and protected in our inner world, and here the cobra plays a special role as a protector both in ancient Egypt and in esoteric science.

All of these paths and possibilities are now being opened to us in our Eleventh Step and help us to get to know ourselves in many dimensions with the help of the guidance we receive in our Eleventh Step Two-Way Prayer.

Today's contemplation

Today, I will be aware if my inner World holds an archetype for my inner and outer protection.

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October 11: *The necessity of pain*

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION THE NECESSITY OF PAIN, PAGE 203

When the acceptance occurred, I realized that the pain of life is not only a necessary part of existence but also an advantageous one.

What would otherwise prevent me from sitting down on a steaming hot object?

The TuTu Doctrine – The New World Order, page 203

Many of us had worked a lot with accepting illness, weakness, discomfort, and pain before coming to TTDF because we had difficulty making these conditions fit with our faith in God's love for us.

In TTDF, we worked on acknowledging our personal responsibility for these conditions because our Second Step helped us understand that our true Self, our Spirit, had a higher purpose in taking on these challenges.

Furthermore, we realized that the physical pain helped us protect our physical body because the pain gave us a brief action signal that showed us what action we needed to take so as to protect our body from harm.

Sometimes it could happen that we resisted performing the actions that the pain prescribed, and as a result, the pain turned into suffering, which was a long-term discomfort in the area where the pain was located.

Today's Contemplation

Today, I will choose to take care of the area that my physical pains point to.

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October 12: *The divine and the mundane*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 466

The Masculine Represents The Power of Creation, which is The Power of Action, and which is found in The Divine as God The Father and in The Mundane as God The Son, who says: "The Truth is that The Truth is not The Truth."

The Feminine Represents The Power of Manifestation, which is The Fertile Soil – and which is found in The Divine as Goddess the Mother and in The Mundane as Goddess the Daughter – who says: "Don't Fear The Fear of Fear."

The TuTu Doctrine – The New World Order, page 466

It is a relief for most of us to learn in TTDF that the masculine principle, God the Father and God the Son, and the feminine principle, Goddess the Mother and Goddess Daughter belong together side by side as equals.

Furthermore, it is a relief for us to discover how the principles of the seventh dimension of the Divine and the third dimension of humanity are expressions of our individuality in two different dimensions.

Until we received this information, we had not even imagined that our earthly existence and our divine existence were simply expressions of our individuality in two different dimensions.

This new understanding gave us a connection between the mundane of our earthly existence and the spiritual of our divine existence, and this meaningfulness made our earthly life brighter and easier.

Today's Contemplation

Today, I will allow myself to get absorbed by and rejoice in the richness of my life in all dimensions.

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October 13: *Spiritual Honeymoon*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION HONEYMOON, PAGE 392

The following three weeks, I saw TuTu in many different places, where I either spoke with him or was just silently together with him, while I rode on a wave of energy, which ascended to ecstatic heights several times a day. Then the energy wave slowly ebbed out and the honeymoon was over, but I continued to get visions of TuTu.

The TuTu Doctrine – The New World Order, page 393

Many of us imagined that we had to meet the physical representation of our Spirit Mate in order for the Four Weddings to take place in a way we could have confidence in.

However, we were told in TTDF that we could use our Eleventh Step to connect with our Spirit Mate in the higher realms if we had not yet met the physical representation of him&her.

As our relationship with our Spirit Mate developed, we discovered that we could both enter into the Four Weddings and we could experience blissful honeymoons, even though we lived in each our dimension.

Gradually, as everyday life settled in in our Four Marriages with our Spirit Mate, we discovered that our earthly lives became easier day by day in spite all the earthly challenges we had to face.

Today's Contemplation

Today, I will use my Eleventh Step to connect with my Spirit Mate in the higher realms by the help of the Two-way Prayer.

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October 14: The Holy Spirit

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE NUMBER 13 AND THE NUMBERS 6-6-6, PAGE 102

The Bible warns people against the formation of 6-6-6, because if you exclusively perceive God to be the creative male force, and exclude the manifesting female force, it will create and manifest problems in the perspectives on existence both for the individual and for society, because this formation of numbers put God the Father in all three places of The Holy Trinity and thus it excludes humanity in the form of God the son and it also excludes the Holy Spirit, which is the holy feminine principle Goddess the Mother and Goddess the daughter.

The TuTu Doctrine – The New World Order, page 102

Our goal in TTDF is to liberate ourselves from being ruled by our thinking mind's, our Ego's thought system, which is based on fear, and instead use our Godmind's thought system, which is based on unconditional love.

The Ego perceives 13 as the number of misfortune that must be avoided at all costs, but in Reality it represents the 13th letter M in the alphabet, which stands for the sacred feminine principle, Goddess the Mother.

We have also been told that 6-6-6 stands for the 'animal' or the dangerously primitive, and this is because letter 6 is F and stands for the holy Masculine principle God the Father, which some consider to be the only holy principle.

This number formation excludes God the Son and also Goddess the Mother and Goddess the Daughter, and when the holy feminine and humanity are excluded from the holy, it creates great sufferings for all of humankind.

Today's Contemplation

Today, I choose to take my sacred place to heart as God the Son or Goddess the Daughter and claim the sovereign power and right of my individuality.

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October 15: Sexual jealousy and possessiveness

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION
PURIFICATION FOR SEXUAL JEALOUSY AND POSSESSIVENESS 2, PAGE
261

However, I only became able to accept that this interaction took place at all when both my sexual jealousy and my possessiveness, little by little, let go of their oppressing grip on me, because thereby I reached a point where I thought that as long as I felt fully satisfied with his interaction with me I did not have to take a stand on whether his interactions with others robbed me of something, which I did not know what was, and thereby I let go of my desire to be in control of his interactions with other women and men.

The TuTu Doctrine – The New World Order, page 266

In TTDF we get to know ourselves as the animal man and animal woman, the lowest level of human consciousness, where the stomach is our personal God and survival of the fittest is our universal God.

At this stage of our development of our human consciousness, we still contain many of the characteristics we possessed from our time in the animal kingdom, where sexual jealousy and possessiveness were prominent.

Our sexual jealousy and possessiveness gradually diminish as we move through the earthly marriage, the angelic marriage, and the divine marriage.

However, it is not until we enter into our spiritual marriage that these characteristics are completely released, for in our spiritual marriage we realize that our Spirit Mate belongs to us for all eternity.

Today's contemplation

Today, I will use the principles of the New World Order to purify myself for sexual jealousy and possessiveness to the best of my capacity.

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October 16: *The throne of life*

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF
THE UNIVERSE, PAGE 350

"How can I sit down on the throne?"

"By doing it."

"Yes, but where do I find the throne?"

"The throne is in the center."

"Where is this center?"

"The center is your heart. The heart is the center."

The TuTu Doctrine – The New World Order, page 352

Before coming to TTDF, we had been on the spiritual path for a long time, and we were still unsure of how we could relate to ourselves and the World around us in a satisfying way.

In TTDF, we learned that our true Self, our Spirit is residing in our heart, the throne of our life that holds our individuality which is our sovereign power and right, and we began to unconditionally surrender to our individuality.

We used Step Four to delve deeply into our childhood traumatic experiences that caused us to assume patterns of behavior that were not in accordance with our authenticity and Step Six to transform them.

Then we used Step Eight to examine how our inauthenticity had harmed ourselves and others and Step Nine to make amends to ourselves and others for our mistakes, and thus we finally sat on the throne of our lives.

Today's Contemplation

Today, I will choose to follow my heart by doing what I feel like, in the Blissful Flow of the Present Moment.

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October 17: A United World

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 385

Together, we can get Access to The Holy Grail Of The World, the Open, Pure, Loving, Caring, Compassionate, Merciful and therefore Sanctified Heart, who Beats with One Sound like One Heart in a Healed and Whole World.

If The World Chooses to Unite and Contribute, each one with His&hers, Together, we can Realize and thereby bring into our Daily Lives The Holy Grail of The World.

The TuTu Doctrine – The New World Order, page 286

If we each choose to activate our personal Holy Grail by the help of the Four Guidelines as described in the TuTu Doctrine itself, we can simultaneously contribute to a united World.

Our World has four World corners, each of which has their own to contribute with, and if we freely give what our corner of the World can contribute and joyfully receive the gifts from the others, the World unites.

If we skip pointing out each other's faults and shortcomings and instead rejoice in what we joyfully share with others and appreciate what others have to share, our World lights up.

When the World lights up, it becomes easier for us to look at everything and everybody everywhere through our Light of Love and to be irradiated with the Light of Love from everything and everyone everywhere.

Today's Contemplation

Today, I will contribute to a Unified World by using Step Ten to clear my mind of that which causes me to see faults in my neighbor.

Today's contemplation

Today, I will contribute to a United World by using my Tenth Step to purify my mind from that, which makes me see fault in my neighbor.

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October 18: Hell

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION CHILDHOOD FAITH, PAGE 14

Hell was a place below the ground, and it was awful to be there, because people were burnt with sulfur and fire all the time, like the people in that city, which God burnt down.

The TuTu Doctrine – The New World Order, page 15

When we came to TTDF, most of us were still under the influence of our thinking mind's, our Ego's thought system, which belonged to the old world order, where we fundamentally viewed everything through fear.

We learned from both the belief systems and actions of our society and our family that there was a place after death where there was eternal suffering, and where we could risk having to go if we did not behave in ways that our society or our family taught us we must.

This meant that we chose to follow the instructions of our society or our family at times when there was a conflict between what we wanted and what our society and our family wanted us to want.

In the new world order, we learn that the most important thing is that we do what we want, if we can do it without harming others socially, mentally, emotionally, energetically or physically.

Today's Contemplation

Today, I will do what I want without harming others socially, mentally, emotionally, energetically, or physically.

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October 19: *Arrogance*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION ARROGANCE
 2, PAGE 170

Now I could see that I was in an endless swing in the pendulum of arrogance from more than to less than others and back again.

The TuTu Doctrine – The New World Order, page 172

Many of us thought that arrogance meant feeling superior to others, until we came to TTDF and began working with our arrogance and discovered that it was much more complicated than that.

When we started working with the Small Ring of Arrogance we discovered that it has four main characteristics, like all the other Rings, and they consist in superiority, inferiority, overcrowding and isolation.

We also discovered that we wanted to feel superior to others because we hoped that it would be attractive to others that we were better than them, so that they could learn from us to become just as good as we were.

The response to our arrogance was not what we hoped for, as they became angry at us, but repressed their anger, and repressed anger belongs in the Small Ring of Hatred with its denial, manipulation, disease and madness.

Today's Contemplation

Today, I will learn to use the antidote to the Little Ring of Pride, which is the Little Ring of Truth with its humility, honesty, individuality and Fellowship.

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October 20: *To share one's experiences with others*

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO
 WALK ON THE EARTH, PAGE

"How do I help my neighbor then?"

"By sharing about your own experience and thereby giving your neighbor strength and the hope that also he&she can get through the pain."

"Is that all?"

"It may appear to you to be little, but it is not so.

It is important that you give that contribution to the solution that you want to give, no matter how small you think it is."

Many of us imagine that we should help our neighbor by investing our time, our energy, our interest, and our money in solving their problems if they ask us to.

However, in our Program we learn that their problems are tasks they chose before they chose to come to Earth, so if we waste our resources on their problems, we block their problem-solving abilities.

Most of us come to TTDF from other Twelve Step Fellowships and may be able to suggest that our neighbor join a Fellowship that is working on the problem our neighbor is struggling with.

Here he&she can meet others who have found many solutions to the problem, and he&she can work out the Fellowship's 12 Step Program and learn to change the thoughts and feelings that gave rise to the problem.

Today's Contemplation

Today, I will help my neighbor by referring him&her to a Fellowship that is working on his&her problem.

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October 21: *Our responsibility for our own emotions*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION ANGER AND REVENGEFULNESS, PAGE 170

If I discover that I was materially, physically, energetically, emotionally, mentally, socially or spiritually harmed by the mistakes made by another, I used this information to decide how to avoid getting myself into a similar situation in the future and then acted in accordance with that.

Many of us have learned as children that we were responsible for our parents' well-being, so if we behaved in ways that angered our parents, it was our job to change ourselves so that they would get to feel good again.

As children, we are in a state where we perceive everything around us to be an expression of truth, and as a result of our parents' anger we contracted the disease of codependency as a chronic state of people pleasing.

When we became familiar with the Sixth Step principle, which is Transformation, and the accompanying slogan that says: I own my hurts, we realized that not only we, but everybody is also responsible for their hurts.

Thereby, we began to liberate ourselves from being responsible for the hurts of others, and instead we spent our time, energy, interest, and money on taking care of our own wounds.

Today's Contemplation

Today, I will spend my time, energy, interest, and money on taking care of myself in every way.

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October 22: *The thought's limitation*

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 368

In compassion with the ignorant limitation of her Ego, she used her Soul Power, her power of love to manifest a sentry from the cosmic streams of energy that is the nourishment of the all and thus she put a protector at the disposal of the Ego so that nothing unknown should take her by surprise.

The TuTu Doctrine – The New World Order, page 370

Our sufferings stem from our fear of death, which manifests itself in illness, weakness, discomfort and pain, and when we came to TTDF, most of us were not aware that this stemmed from our Egomind.

As we work with our Program, we come to know the thought system of our Egomind and realize that our thought body, like all form identities, is a limited, ignorant, powerless and mortal/changeable form.

Our thinking mind's, our Ego's thought system, is the dominant thought system of the old world order, and in the thought system of the new world order, it is our Godmind system that takes over.

Therefore, a spiritual awakening is currently taking place everywhere on Earth, where we are learning to know ourselves as multidimensional beings who are in Reality a Spirit who has taken on a human experience.

Today's Contemplation

Today, I will use my TTDF Program to get to know both my Egomind and my Godmind.

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October 23: *To separate the sheep from the goats*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION TO SEPARATE THE SHEEP FROM THE GOATS, PAGE 79

In the Bible, the disciples have written that when Jesus comes back, he will sit at the right hand side of God the Father, separate the sheep from the goats and then pass judgment on them.

Those who are ready will follow him to the Kingdom of Heaven and those who are not will be thrown into the lake of fire.

The TuTu Doctrine – The New World Order, page 79

When we take the content of the *TuTu Doctrine – The New World Order* to heart, we learn to know our multidimensional being by examining how the dimensions are expressed in our human selves.

We learn that 3D is our home as human beings, 4D is our energetic home, 5D is our emotional home, 6D is our thinking mind's, our Ego's home, 7D is our Soul's, and 8D is our Spirit's home.

As Spirit, we created and manifested ourselves as two separate Souls, called God the Father and Goddess the Mother, who created and manifested our thinking mind, our Ego.

When we no longer suffer from dimension confusion, the opportunity opens up for us to gain the knowledge of our proper place as humans, and the proper places of our Souls, as our Divine parents.

Today's Contemplation

Today, I will take the dimensional teachings of the TuTu Doctrine – The New World Order to heart.

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October 24: The longing for The Great Love

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE JUDGMENT, PAGE 80

All the riches of the Earth are Mother Earth's gift to all of her children, but in their insanity those who fornicate with the harlot, rape their own mother, the Earth, to acquire more and more.

As a result of these actions, they will be thrown into the lake of fire, which consists of the great pain in their innermost heart, because they cannot hear the desire of their heart.

In the lake of fire, they learn to discern their innermost heart's desire from all other desires.

The TuTu Doctrine – The New World Order, page 80

When we came to TTDF, many of us were not aware that the only reality that can give us the happiness we seek is a life lived in love.

However, many of us know deep down that love is the answer to everything, and if we are not living with our Spirit Mate, we have a heartfelt desire that our great love, our Spirit Mate, will step into our life.

We imagine that our eternal happiness will be ours at this meeting, but the *TuTu Doctrine – The New World Order*, describes this meeting of two, and we understand that this meeting leads us to the purification of the Purgatory.

The reason for this is that we have been identified with our thinking mind's, our Ego's dualistic thought system, which is based on fear, and we enter the Purgatory to be cleansed of fear of any type.

Today's contemplation

Today, I will purify my thinking mind, my Ego from all other desires but the desire to give and receive the unconditional love, care, compassion and mercy.

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October 25: The Four Guidelines

FROM PART 3, CHAPTER 3, THE SPIRITUAL WEDDING, THE SECTION THE COMING INTO BEING OF THE TUTU DOCTRINE, PAGE 302

Gradually, it became my perception that the Four Guidelines are the peak of all that can be said in the spiritual field, and that everything worth knowing exists in seed-form in one page that comes after the fairytales in part four of this book under the heading 'The Seed of Love'

The TuTu Doctrine – The New World Order, page 303

Our work with the *TuTu Doctrine – The New World Order* ultimately leads us to want to make the Four Guidelines in the Seed of Love a reality for ourselves.

The Four Guidelines consist of a Guideline for the Nordic mentality, one for the Southern mentality, one for the Eastern mentality and one for the Western mentality.

The masculine Guideline of the North says: The truth is that the truth is not the Truth, and the feminine Guideline of the South says: Do not fear the fear of fear.

The masculine Guideline of the East says: Be aware that you are aware of your awareness and the feminine Guideline of the West says: Be in the Flow.

Today's Contemplation

Today, I will work on realizing the Four Guidelines and thus achieving the happy life that they produce.

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October 26: *The fear of Self-realization*

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION THE INITIATION TAKES PLACE WHEN THE DISCIPLE IS READY, PAGE 48

*I was surprised to discover that I was afraid of Self-realization.
 After that day, I often tried to do away with my fear by recalling the vision during contemplation and imagine that I jumped.*

The TuTu Doctrine – The New World Order, page

The contrast between our thinking mind's, our Ego's thought system, and the thought system of our true Self, our Spirit, is the greatest possible contrast we can experience in our lives as manifested creatures.

The dualistic thought system of our thinking mind, our Ego, is fundamentally based on fear, and the oneness-based thought system of our true Self, our Spirit, is based on love.

In TTDF, we work with both thought systems by creating and manifesting enlightenment and wisdom in our thinking mind, our Ego, by the help of the thought system of our true Self, our Spirit.

As we develop our ability to use both thought systems, we need our Fellowship to help us integrate the contrast that at times can frighten us because we are not used to using both thought systems.

Today's Contemplation

Today, I choose to seek guidance from my TTDF if I feel overwhelmed by new and unfamiliar thoughts and feelings.

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October 27: *The fear of keeping others locked down with our love*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE DEAD AND THE LIVING, PAGE 396

In the end, I said to him: "I don't want you to be here if it is because I retain you here with my love that you are here."

"I'm here because I want to be here," he said.

The TuTu Doctrine – The New World Order, page 396

Some of us have experienced the death of a beloved spouse, family member, or friend, and we have experienced the loved one contacting us after death, and have wondered whether it was right to maintain contact.

If we wish to maintain contact, we can seek guidance from our society's spiritual guides and may be told that we should allow the deceased to move on rather than locking them down with our love.

As members of TTDF, we can also seek guidance from other members who have had similar experiences, and they can help us make a decision about how we best to handle the situation.

In addition, we can use our Tenth Step to clear our minds of fear of harming our loved one and our Eleventh Step to seek guidance from our Higher Power before we act on the situation.

Today's Contemplation

Today, I will use my Fellowship with TTDF to give me strength to handle difficult situations in context with life and death.

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October 28: Medicated meditation

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION
 PREPARATION FOR THE FULFILLMENT OF A PROHIBITED DESIRE, PAGE
 278

To my amazement, I discovered that they sank away when they had smoked a certain amount like people who went into deep meditation, and when I got around trying it myself, I came to perceive it to be medicated meditation.

The TuTu Doctrine – The New World Order, page 278

For many of us, it was our heroin use that reached a point where we needed to stop using, that led us onto the Twelve Step path, which offers us fellowship with others who have given up their use.

The knowledge they have about how to deal with the physical, energetic, emotional, and mental effects that heroin has on us can help us get through difficult points in our desire to stop using.

They also offer us new tools we can use to deal with our withdrawals, and the most important tool we learn to use is prayer and meditation, which helps us shift our focus from our withdrawals to higher purposes.

Furthermore, prayer and meditation help us to understand that our use felt similar to the state we achieve during prayer and meditation, and thus we realized that prayer and meditation are medicated meditation.

Today's Contemplation

Today, I will take to heart the TuTu Doctrine's - The New World Order's declaration that opiates are the Gods' Gift to humankind to ease our mental, emotional, energetic and physical pains.

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October 29: The Keynote of the Universe

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 368

She had arrived at the outermost darkness, the Dark Night of the Soul, together with the first wave of manifested creatures and when their invocations for help stroke the Keynote, a wave of mercy arose in The Ocean of Love, which is the Keynote of the Universe, and a huge field of energy began to condense.

The TuTu Doctrine – The New World Order, page 371

As we develop our Eleventh Step, we expand our understanding of our true Self, our Spirit, and we understand that the only Reality that exists is the God Realm, the Absolute, which is our true home.

As our true Self, our Spirit, we float around in the Ocean of Love, which is the essence of God, our FatherMother, in our own unique energy field that contains our individuality, which is the essence of all our experiences.

In a desire to experience ourselves from a perspective separate from our home in the God Realm, we created and manifested various games in which we created and manifested an illusion of being outside the God Realm.

All of these games began with the creation and manifestation of our Souls, which were our first limited, ignorant, powerless, and mortal form identity, to which we also gave free will to create and manifest.

Today's Contemplation

Today, I will love the first manifested creation of my Soul, which is my thinking mind, my Ego.

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October 30: *Not a sparrow falls to the ground....*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION GOD'S WILL, PAGE 28

One day, another disciple asked the Master about it (that not a sparrow falls to the ground without the will of God), and laughingly he answered: "Yes, but the opposite is also true. God's will does not move without the manifested creatures wanting it."

The TuTu Doctrine – The New World Order, page 28

Many of us have imagined that we needed to do something we did not want to do in order to serve God so we could have God on our side and thus a better chance of having our desires fulfilled.

We could be led to do something we did not want to do because religious authorities had told us that we had to do this to please God so we could have an all-powerful God on our side.

However, in our TTDF work we learned that as omnipresent, omniscient, omnipotent and immortal&unchangeable Spirits it is our job to fulfill all desires of our created and manifested formidentities.

Our limited, ignorant, powerless and mortal/changeable thinking mind, our Ego has no understanding of following the heart and thus of doing what we want in the Blissful Flow of the Present Moment.

Today's Contemplation

Today, I will surrender to the desires of my true Self, my Spirit, by doing what I feel like doing in the Blissful Flow of the Present Moment.

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October 31: *Contrast*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION WITHDRAWAL SYMPTOMS, PAGE 280

The contrast between the discomfort of withdrawal symptoms and the comfort of bringing it to an end was the biggest emotional contrast I had yet experienced, and I got hooked on the contrast.

The TuTu Doctrine – The New World Order, page 280

Most of us had realized that many things became clearer to us by the help of contrast,

and as we expanded our consciousness to include the thought system of our true Self, our Spirit, we realized that it applied to everything.

To intensify the bliss of the eternal lovemaking of our true Self, our Spirit, we needed to experience the contrast to the omnipresence, omniscience, omnipotence, and immortality&unchangeability of our true Self, our Spirit.

With that purpose in mind, we crystallized a part of ourselves into an illusion that consisted of a limited, ignorant, powerless, and mortal/changeable solid form and into that we moved our consciousness.

By taking on a life as a human, we could experience the ultimate contrast, because we also took on the responsibility of forgetting who we really are, thus enabling ourselves to have an experience of what we are not.

Today's Contemplation

Today, I will use both the omnipresence, omniscience, omnipotence and immortality&unchangeability of my true Self, my Spirit, in my life as a limited, ignorant, powerless and mortal human being.

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November 01: Equality

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE TRUE DISCIPLES OF JESUS, PAGE 298

"If now he has come to save them, then why is he an addict and an alcoholic himself?"

I said: "Should he be above them or should he share their circumstances?"

The TuTu Doctrine – The New World Order, page 299

Many of us have taken on the role of spiritual teachers and believe that we need to pretend that we are not subject to the same conditions as all other limited, ignorant, powerless, and mortal/changeable human beings.

We believe that others need us as an example of a human being, who does not suffer under a human being's conditions for them to want to hear how we can help them recover from the pains and illnesses of their lives.

In TTDF we learn that this attitude leads us into the Miniring of Arrogance with its condescension, intolerance, exaggeration, and seclusion, and the seclusion cuts us off from others in our psychological landscape.

When we become aware of this, we choose to use the Miniring of Truth with its equality, tolerance, accuracy, and belongingness, and in doing so we gain enlightenment and wisdom and the ability to help for real.

Today's Contemplation

Today, I will pair the Miniring of Arrogance with the Miniring of Truth to achieve enlightenment and wisdom on how to best fulfill my desire to help myself and others with our existential problems.

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November 02: Drugs

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION PSYCHOTROPICS 2, PAGE 50

He explained that he was making a joint and asked me if I wanted to smoke, so I took a couple of drags.

I got strongly affected and entered a high and clear altered state of awareness.

The TuTu Doctrine - The New World Order, page 51

Many of us chose to use various substances to achieve different states of consciousness at that time of our earthly existence when we could not achieve these states without ingesting these substances.

In our TTDF Program we learn about the advantages and disadvantages that approach has to offer us, and understand that even in mythology such approaches are mentioned.

The Greek archetype Dionysus, also called the God of Wine and Ecstasy, says that the path of excess leads to the Palace of Wisdom, also called the path of the Buddha, because he achieved his wisdom through exaggeration.

TuTu called heroin the Gods 'Gift to humankind to ease our existential pain as human beings, because heroin gives us access to medicated meditation, which many of us let go of when we learned how to meditate without it.

Today's Contemplation

Today, I will learn to use prayer and meditation in my Eleventh Step to achieve my conscious contact with the joy of my true Self, my Spirit.

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November 03: *The Big Ring of Pain and The Big Ring of Joy*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE BIG RING OF PAIN AND THE BIG RING OF JOY, PAGE 182



The TuTu Doctrine – The New World Order, page 182

In our work with *The TuTu Doctrine – The New World Order*, we get to know about the dimensions and in that connection we get to know our thinking mind, our Ego.

Our thinking mind, our Ego exists in the sixth dimension, which is also called the plane of wisdom, and in our work with our Sixth Step we work with the dualistic thought system of the sixth dimension.

Here we have the opportunity, for example, to pair the above Big Ring of Pain with the corresponding Big Ring of Joy and thus gain enlightenment and wisdom about how we most advantageously can live our earthly life.

When we pair The Big Ring of Pain with its avarice, envy, hatred and arrogance with The Big Ring of Joy with its faith, hope, love and truth, the pain and joy out together melt into enlightenment and wisdom.

Today's contemplation

Today, I will pair the Great Ring of Pain with the Great Ring of Joy and thus transform my pain into enlightenment and wisdom.

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November 04: *The Ring of the Power of love*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE SPIRITUAL WEDDING, PAGE 344

A jolt went through me, and I knew that this was The Ring of the Power of Love, God's Sacred Altar. The Ring formed a power field, and the energies from the powers were visible as various fields that stretched deep into it.

The TuTu Doctrine – The New World Order, page 346

THE RING OF SPIRIT, THE RING OF THE POWER OF LOVE

The masculine ring: Evolution (The movement is anti-clockwise)

Right symbolizes the illusion, and left symbolizes the Truth.

By turning anti-clockwise, spiral time, vertical time, illusion is given off, and Truth is received.



Goddess the Mother says: “Become power” and God the Father becomes the consciousness of the Spirit → Omniscience.

God the Father says: “Become force” and God the Son becomes the nourishment of the Spirit → Omnipotence.

God the Son says: “Become oneness” and Goddess the Daughter becomes the form of the Spirit → Immortality.

Goddess the Daughter says: “Become darkness” and Goddess the Mother becomes the growth of the Spirit → Omnipresence.

Today's contemplation

Today, I will use Step Eleven to realize the synthesis of God the Father, God the Son, Goddess the Mother and Goddess the Daughter on the Soul plane and thus get ready to merge with my true Self, my Spirit.

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November 05: *The involution*

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 368

In the last instance, he&she merged in the finest veils around the Soul, which were the most difficult to remove.

And thereby the Souls, by his&her help, began to untangle themselves out of the many entanglements of their Ego.

When we, as pure Spirit, created and manifested our Soul, fear arose in our Soul, who isolated the fear in a dimension of its own, and thus began the involution, which is the entanglement of our Soul in our Ego.

It was a game we played, and we made many other games, but the Earth Game is the most demanding because we take on forgetting who we are, and furthermore to be born and die in our form to be able to participate.

When we came to TTDF, we had begun to have a dawning understanding of that we were not our physical body, but that we were a Spirit experiencing what it was like to be in our physical body and forget ourselves.

As we developed our TTDF Program, we had more and more experiences that confirmed to us that our perception of ourselves was correct, and thus we began to identify with our true Self, our Spirit.

Today's Contemplation

Today, I will use my Two-Way Prayer to communicate with my true Self, my Spirit in my Eleventh Step, and thereby untangle my Soul from the many entanglements of my Ego.

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November 06: *Spiritual retreats*

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION
CONSTANT REMEMBRANCE, PAGE 40

It was strange to return to my usual surroundings, because they were the same as they were ten days ago but I had changed.

The TuTu Doctrine – The New World Order, page 40

Many of us had attended spiritual retreats in our journey on the spiritual path because our everyday lives were so full of distractions and demands that it could be difficult for us to turn our focus inward at times.

When we returned to our everyday lives, we felt deeply rooted in our inner core for a while, until we again needed to let go of everyday life to refocus inward to our core.

As we developed our TTDF Program, we no longer needed to move out of our everyday lives to be able to center ourselves in our core under all circumstances.

We did this by using our daily Tenth Step to clear our minds of distractions, our Eleventh Step to then re-center our awareness in our core, and the Twelfth Step to yet again turn outward.

Today's Contemplation

Today, I will use Steps Ten, Eleven, and Twelve to maintain my connection with my core amidst the hustle and bustle of the world.

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November 07: *The manifested creatures of the Seventh Dimension*

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 373

The woman respectfully approached the Maintainer, who sat as a clear green light on his throne, which shone in all shades of red and blue, because of their mixture with the white light.

The TuTu Doctrine – The New World Order, page 124

As our understanding of our existential contexts became clearer by the help of our maintenance of our TTDF Program, we discovered many details about ourselves as our true Self, our Spirit.

We took help from the fairytales of *The TuTu Doctrine – The New World* to put into words our intuitive understanding of our existential situation, and thus our lives as human beings became easier.

We discovered that as our true Self, our Spirit, we decided for fun to project a crystallized mirror image of ourselves into the Ocean of Love, and we split our mirror image into two Souls, a 'he' and a 'she'.

The energy field our manifested creatures lived their lives in became the seventh dimension, and they were called Souls, demigods and demigoddesses, or angels and avatars.

Today's Contemplation

*Today, I will use a fairytale from *The TuTu Doctrine – The New World Order* to achieve a better understanding of who and what I am in Reality.*

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November 08: *To seek happiness in the outer*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE CAMEL AND THE NEEDLE'S EYE, PAGE 89

It is important that money, property, power and prestige issues do not divert us from taking our rightful places, because it is as difficult for the rich to enter Paradise as it is for a camel to pass through a needle's eye.

The TuTu Doctrine – The New World Order, page 89

As human beings, we live our lives as multidimensional beings on Earth in the third dimension, but our real life we live as our true Self, our Spirit in the God Realm, which is the eighth dimension.

When our life ends on Earth we return to our true Self, our Spirit, and the only thing we can take with us is that development of our love that we carried out in the face of the opposite.

Our purpose with taking on a life in 3D is to experience the ultimate contrast to ourselves as Spirit and thus intensify our lovemaking which is that energy field, which is called the Holy Grail and which gives us eternal bliss.

If instead we spend our lives working on acquiring earthly property, money, power and prestige, we are trying to make ourselves happy in ways that cannot make us happy, because only our lovemaking can do that for us.

Today's Contemplation

Today, I will use my contact with my true Self, my Spirit, to make myself happy through my Eleventh Step of TTDF.

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November 09: Outer demons

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION DEMONS,
PAGE 178

Also, I realized that the outer demons that is resistance and opposition from the outer World, are not real.

They are projections of my own inner demons.

The TuTu Doctrine – The New World Order, page 179

As we came to know our character defects in Steps Four and Six by the help of the Rings of Pain, we realized that they had the same characteristics that we had encountered in the description of demons.

For many of us, the word demons had been frightening until we came to know our character defects, but now we found that we could transform our demons into enlightenment and wisdom by pairing the Rings of Pain with the Rings of Joy.

Before we began the work of creating and manifesting an enlightened and wise Ego, we had felt helpless over our Ego and that of others, but now we learned that the fear of the defects of character of others were not needed.

We realized that when we looked at others through our own defects of character, we saw the same in others, but that this was a projection that had not necessarily got anything to do with the the other person.

Today's Contemplation

Today, I will use Step Ten to inventory my own part in a situation, where I felt scared of others 'use of their defects of character.

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November 10: *Our true Self's existential state*

FROM PART 4, CHAPTER 4, THE SECTION THE FAIRYTALE OF THE GODS AND GODDESSES, WHO WALK ON THE EARTH, PAGE 454

Our true Self, our Spirit was created and manifested as an individual Spirit by God, our FatherMother in their image as the merged masculine and feminine principle, called Ardhanarishvara.

The TuTu Doctrine – The New World Order, page 456

In Step Eleven we gradually teach ourselves to look at everything in the Light of Love, which is the fundamental tone of the Universe and the true state of our true Self, our Spirit.

By choosing to look at ourselves and everything and everybody everywhere at all level of consciousness in the Light of Love, we bring ourselves into harmony with the Universe.

Our thinking mind, our Ego, is unable to look at everything in the Light of Love because of the built-in fear that is the fundamental characteristic of our Ego's thought system.

Therefore, when we act on our Ego's thought system, it can happen that we act contrary to the Light of Love, and this gives rise to existential pains that can express itself as illness, weakness, discomfort and pain.

Today's Contemplation

Today, I will use Step Ten and Step Eleven to teach myself to look at everything in the Light of Love.

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November 11: *The Holy Grail of the World and ours.*

FROM PART 4, CHAPTER 5, THE SECTION THE FERTILIZED EGG, PAGE 385

If The World Chooses to Unite and Contribute, each one with his&hers, Together, we can Realize and thereby bring into our Daily Lives The Holy Grail of The World.

The TuTu Doctrine – The New World Order, page 386

The meeting amulets in our TTDF Program come in different graphic versions, and we can choose ourselves how we want the front side and the back side to look.



The first graph of our cosmic egg holds our personal Ardhanarisvara in our assigned energy field as our true Self, our Spirit, our merged masculine and feminine Self.

The next graph is our mutual heart, and the white and black field is our individuality, where the masculine principle, who is the darkness, is the creative power and the feminine principle, who is the light, is the manifesting power.

The third graph is our Holy Grail, which is the holiest of the holy, the heart of our heart, where we are one being in eternal passionate lovemaking in the Eternity of Eternities just like God, our FatherMother.

Today's Contemplation

Today, I will take to heart that lovemaking is the holiest of the holy.

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November 12: *Constant remembrance of our true Self, our Spirit*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION DEPARTURE, PAGE 37

I often experienced the same condition, which I had had together with the Master. When the condition was not there, I tried to bring it forth and discovered that an efficient means to achieve it was to think of him. Hence, I made it a habit to think of how it had been to be together with him, and about what transpired while I had been there. I also began reading his books and in one of these it said that what I was doing is called Constant Remembrance, and that this was one of his suggestions for training one's capacity to focus spiritually.

Our first experience of higher states of consciousness often occurred in connection with the radiance of a spiritual teacher, and from that time on we followed suggestions and found ways to recreate the state.

As we came to know our true Self, our Spirit, in Step Eleven, we discovered that the state of our true Self, our Spirit, was the state we had experienced in glimpses and which we were now working on making our daily state.

In this work, it helped us to use Step Two to develop our trust in that our true Self, our Spirit, always and without exception had an unconditionally loving intention behind even the smallest experiences that happened for us.

Therefore, we used Step Two to constantly remember the loving intention of our true Self, our Spirit, by working with situations that caused us to experience illness, weakness, discomfort, and pain until we found that loving intention.

Today's Contemplation

Today, I will use Step Two to constantly remember the unconditionally loving intention of my true Self, my Spirit, behind my illnesses, weaknesses, discomforts, and pains.

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November 13: Surrender to God, our FatherMother

FROM PART 4, CHAPTER 1, THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 350

Throughout the day, you must constantly be attentive to your heart's desires and adjust your actions accordingly.

Many of us thought that surrender to God meant that we were to be of service to the spiritual development of others when we came to TTDF, or that we were to give our resources to the poor, whether we felt like it or not.

As we developed our Program, we learned that surrender to God, our FatherMother, happened within, in our oneness in higher and higher realms with our Spirit Mate.

This understanding came to us by taking to heart the Four Weddings described in the *TuTu Doctrine – The New World Order*, by entering into our Four Weddings ourselves with our own Spirit Mate.

God, our FatherMother, created and manifested us in HisHer own image and by being true to our unconditional love for our Spirit Mate, we surrendered to be as we were created and manifested in Truth.

Today's Contemplation

Today, I will surrender myself and my life to God, my FatherMother, by surrendering myself to my true Self, my Spirit, exactly as it was God, my Father'sMother's will for me.

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November 14: The Soul's manifested creature

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 368

She had been expelled from the cosmic womb through several successive waves of movement, and when the oneness between her and her Spirit Mate split into two Soul Mates, she was seized by great fear of having lost her Eternal Beloved Spirit Mate and this fear was the first pain of her created formmanifestation. Spontaneously, she used her power of love to put a light crystallized veil of oblivion over the painful feeling and thus the fear got isolated on an existence plane on its own and became the thinking mind, the Ego, who were her Soul's first created form-manifestation, her personal inner child.

The TuTu Doctrine – The New World Order, page 449

Most of us had learned on our spiritual path that our thinking mind, our Ego, was the obstacle to our oneness with our true Self, our Spirit, and it had to be killed, suppressed, criticized, or ignored.

We did not know that this very attitude was preventing our progress towards oneness, for the Ego came into being at the beginning of the manifested creation and cannot be killed, suppressed, criticized, or ignored.

When we tried to follow these instructions anyway, our existential pains were intensified because we were at war with the powerful part of ourselves, which is our inner child, who contains our childhood traumas.

That is why we work with our childhood in Step Four and do our best to release the traumatic events with the help of Step Six, thereby paving the way for being reunited with who we ARE in Reality.

Today's Contemplation

Today, I will use Step Four and Six to release a painful situation from my childhood.

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November 15: *Preconceived opinions*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION
 PREPARATION FOR THE FULFILLMENT OF A PROHIBIT DESIRE, PAGE 277

Now, however, I had been with TuTu when he bought heroin in the black market, and there we gradually got to know many creative and intelligent people, and that had broken down the image of addicts and addiction that I had formed from my reading.

The TuTu Doctrine – The New World Order, page 278

Most of us have read many books to get an idea of the spiritual path, and this can lead many of us to believe that we have a great knowledge about what it means to walk on the spiritual path.

Real knowledge is called wisdom, and it consists of theoretical knowledge paired with experience, and therefore we need to experiment with our theoretical knowledge to find out what it is like to walk the path in practice.

As we practice different suggestions for practice, we gain knowledge of which suggestions work for us and which we do not need to include on our personal path.

As long as our knowledge is theoretical, we have a preconceived idea of what it is like to walk the path, and the ring of what we say based on a preconceived opinion is devoid of the authority that wisdom gives.

Today's contemplation

Today, I do not want to leave anyone in doubt whether what I am talking about is theoretical knowledge or wisdom.

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November 16: *The Role of the Hierarchy*

FROM PART 4 , CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO
 WALK ON THE EARTH, PAGE 373

"When the hierarchy separates and shows the differences, doesn't the hierarchy separate brother from brother and sister from sister?"

"This only happens when brothers and sisters have forgotten their origin."

The TuTu Doctrine – The New World Order, page 376

We met many people who had developed greater knowledge about and experiences with areas that we wanted to develop experience with, and these people became our teachers if they were willing to take on that task.

We had also developed knowledge about and experience with areas that some of our fellow human beings wanted to get knowledge and experience with, and we became their teachers if we were willing to take on that role.

It was the role of the hierarchy both on Earth and in the higher dimensions that we helped each other acquire knowledge and experience in different areas that we wanted to familiarize ourselves with.

In our work as teachers we and our student might be in the Small Ring of Arrogance with its superiority, inferiority, isolation and overcrowding, and this is our opportunity to learn to use the Small Ring of Truth.

Today's Contemplation

Today, I will apply the Small Ring of Truth with its humility, honesty, individuality and fellowship if I discover I am in the energy field of the Small Ring of Arrogance when I teach.

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November 17: *Earthbound people*

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION CHILDHOOD BELIEF, PAGE 14

I got the impression back then that there were many, like my parents, who believed that God was something the uncommon people invented because they were out to cheat the common people, but there were also many who believed in them, in particular, if they were able to perform miracles, like Moses did.

The TuTu Doctrine – The New World Order, page 14

As we grew up, we learned to identify with our limited, ignorant, powerless, and mortal/changeable human self, and little by little we let go of our true Self, our Spirit and became earthbound.

This identification was very frightening, and we felt more and more unhappy without knowing what it was that made us so unhappy, but we began to search for happiness in many fruitless places.

Eventually we came across information about the spiritual path, and it seemed to promise us that we could become happy if we followed it, and so we sought out many spiritual teachers who had much to offer.

Eventually we turned away from external teachers and turned inward toward our true Self, our Spirit, and that eventually lead us to TTDF where the purpose is to move inward into identification with our true Self, our Spirit.

Today's contemplation

Today, I will hold on to my identification with my true Self, my Spirit, by the help of my TTDF Program and my inner child.

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November 18: *Withdrawals*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION WITHDRAWAL SYMPTOMS, PAGE 279

I decided that this was the end of my career as an addict, but when I had gone through a day and a half of withdrawal symptoms, I became willing to disregard my decision so as to bring an end to my discomfort.

The TuTu Doctrine – The New World Order, page 280

Many of us had used various substances before we came to TTDF to induce certain states of mind that we were unable to induce ourselves due to lack of knowledge or training.

This could lead to addiction, and that led to that the body's natural chemicals, which give a much more natural effect stopped being produced by our bodies.

When we then wanted to stop our medicated state to achieve it on our own power, we had to go through withdrawals, that period of time it took for the body to resume its production of the chemical and get used to the subtler state.

In TTDF we learned to induce the states of mind we wanted without the use of chemicals, and therefore we became willing to let go of our addictive use of the chemicals we had used to achieve them.

Today's contemplation

Today, I will learn to induce the states of mind I want to be in, with the help of the Fellowship of TTDF.

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November 19: *That human being who lives alone*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THAT HUMAN BEING WHO LIVES ALONE, PAGE 89

That human being who has achieved his&her individual and personal Self-realization, but who lives alone, must patiently wait to meet his&her beloved to achieve his&her Absolute Self-realization and in the meantime prepare for this meeting by using his&her personal contact with his&her true Self as the head and his&her life and will as the feet.
His&her true Self then selects the path this person must walk, and the person himself or herself chooses where on the path he&she will put his&her feet.

The TuTu Doctrine – The New World Order, page 89

When our existential experiences came to the point where we understood that our true Self is our Spirit, we understood that Self-Realization and God-Realization are one and the same, as Spirit and God are one and the same energy form.

When we are one with our true Self, our Spirit, we feel joy in being, and we receive guidance from our true Self, our Spirit, who is the Absolute Authority and Integrity in our lives.

Even though we may live without an earthly partner, we connect with our true Self, our Spirit through prayer and meditation and can thus live a whole and complete life, whether we are alone or have a partner.

This is called drinking from the Holy Grail, which is our merged masculine and feminine principle, Ardhanarishvara, while maintaining our individuality like the graph of the Absolute Heart shows.

Today's Contemplation

Today, I will use prayer and meditation to contact my true Self, my Spirit, Ardhanarishvara by the help of my Eleventh Step.

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November 20: Humility versus humiliation

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION ARROGANCE
 2, PAGE 170

Until then, I had connected humility with humiliation, and therefore I thought that I had to make myself small and submissive if I wanted to become humble.

The TuTu Doctrine – The New World Order, page 170

Most of us have experienced many humiliations in our lives that hurt us so deeply that we became bitter about it, and thus we activated the Microring of Hatred with its indignation, vindictiveness, belligerence, and bitterness.

In Step Four in TTDF, we worked with these traumatic experiences all the way from our earliest childhood to the present, and we understood that we needed to transform these feelings into wisdom and enlightenment.

In Step Six, we paired the Microring of Hatred with the Microring of Love with its mercy, forgiveness, conciliatory, and sweetness, and thus we achieved the transformation of our pain into understanding and joy.

As we paired the Pain Rings with the corresponding Joy Rings, our ability to handle our thinking mind, our Ego, with unconditional love, care, compassion, and mercy grew.

Today's Contemplation

Today, I will use the joy of the Small Ring of Truth with its humility, honesty, individuality and fellowship to accept that no manifested creature is inferior or superior to me.

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November 21: God's speech through everything

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE MORNING GIFT, PAGE 394

As I played all the numbers, it was as if my ears opened to some parts of the texts, and the images that these words conjured in me made my joy rise to ecstasy.

The TuTu Doctrine – The New World Order, page 394

Our Program states that God is everything; everything is God, and this made us realize that there is nothing outside God's unconditional love, care compassion and mercy.

Many of us had a hard time understanding how our illnesses, weaknesses, discomforts and pains could be an expression of God's unconditional love, care, compassion and mercy for us.

As the unconditional love, care, compassion and mercy of our true Self, our Spirit became clear for us, we understood we had chosen to come to Earth to experience, what we are not.

We chose this ourselves to experience the unloving, uncaring, hardhearted and merciless and meet that with our true Self's, our Spirit's unconditional love, care, compassion and mercy.

Today's contemplation

Today, I will refine my true Self's, my Spirit's essence by meeting illnesses, weaknesses, discomforts and pains with unconditional love, care, compassion and mercy.

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November 22: *The fertile soil*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 385

The Feminine Represents The Power of Manifestation, which is The Fertile Soil – and which is found in The Divine as Goddess the Mother and in The Mundane as Goddess the Daughter – who says: "Don't Fear The Fear of Fear."

The TuTu Doctrine – The New World Order, page 385

We have been accustomed to the creative force, which is the masculine force, being spoken of in appreciative terms, and the feminine force, which is the force of manifestation, not being spoken of with appreciation.

In our Program, however, we learn to appreciate both sides of our true Self, our Spirit, because we realize that without the force of manifestation, the creative force is useless.

We also realize that it is above as below, and below the masculine releases the Seed of Love through lovemaking with the feminine, who receives the Seed of Love in the Egg of Love, and new life comes into being.

This helps us to understand that love is the power that can create and manifest new life on Earth in the same way that God, our FatherMother, creates and manifests the individual Spirits who are their children.

Today's Contemplation

Today, I will accept that I am the unconditionally loved child of God, my FatherMother, whom HeShe cares for with unconditional care, compassion and mercy.

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November 23: *The love at the root*

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 362

Like each particle was different, each couple who sprang from the particles or The Cosmic Eggs were different, and also he&she were different but each one held an image of the total being, and thus, they held both the inner condition of the uncreated and unmanifested and the creative and manifestive power of love, which brought forth the outer expression of the inner condition.

The TuTu Doctrine – The New World Order, page 363

As we purify ourselves of our childhood's traumatic experiences with the help of Steps Four and Six, we let go of acting on them unconsciously as adults and discover that our joyful inner child holds our essence.

Our essence is our unconditional love at the root of our individuality, and to the extent that our individuality was not respected as sacred by our parents and others, we became traumatized.

We also discovered that we had chosen these challenges because we wanted to learn to meet everything and everyone from our essence of unconditional love, care, compassion, and mercy.

Being aware that we had chosen the challenges of our lives allowed us to not be tempted to blame God or others for our choices, and instead we spent that time and energy to purify ourselves of traumas.

Today's Contemplation

Today, I will let go of blaming God or others for my choices of challenges that I want to work on in this life.

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November 24: Namaste

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION UNDER THE INFLUENCE OF THE MASTER'S RADIATION, PAGE 25

He passed by us with a short greeting, by placing one palm of his hand against the other in front of his chest and nodding lightly with his head.

This greeting is called Namaste or the God-greeting and it means: "I greet God in you."

The TuTu Doctrine – The New World Order, page 25

On the 12 Step Path we make many new friends from all over the world, and they teach us many new things about how their daily lives happens, both worldly and spiritually.

In this connection, we discover a greeting called Namaste, which consists of placing our palms together in front of our heart and make a slight bow of the head towards the person we are greeting.

This greeting contains a message without words that says: I greet God in you and is an expression of respect for the other person's true Self, his&her Spirit, whether his&her spirituality expresses itself right now or not.

For us as members of TTDF, the use of this greeting helps us to practice Constant Remembrance of that the essence of our true Self, our Spirit is in the same as God's, our Father's Mother's in Ardhanarishvara.

Today's contemplation

Today, I will greet everything and everybody everywhere at all levels of consciousness with Namaste.

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November 25: *Stepping out of the flock mentality*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE HOLY SPIRIT, PAGE 79

TuTu explained that Jesus veiled the feminine principle under the name The Holy Spirit, because humankind at that time needed to step out of the flock mentality by the help of the masculine principle.

The TuTu Doctrine – The New World Order, page 79

In TTDF we learned that the masculine principle holds the Seed of Love, and represents the outgoing creative power and the accompanying initiative with it's power of action.

The feminine principle holds the Egg of Love and represents the ingoing manifesting power, and the accompanying openness with it's receptivity for inspiration from the Seed of Love.

Without the Seed of Love, the Egg of Love is useless, and without the Egg of Love, the Seed of Love is useless, so we need each other in lovemaking to create and manifest new life.

For the past two thousand years, the masculine principle has been dominant because we, as humankind, needed to step out of the flock mentality to make room for our individuality but now we have to be side by side with equality.

Today's Contemplation

Today, I will choose to use my feminine principle to listen inwardly for inspiration from my masculine principle, who together encompasses my individuality as my sovereign power, right and duty before all else.

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November 26: *TuTu's fear*

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION THE FEAR OF LOVE, PAGE 200

Besides, he wasn't sure he wanted to because after I left, he had become so energy-less that he had fallen ill; so now he had come to believe that I had cast a spell on him and sat like a spider in my web waiting for my prey.

The TuTu Doctrine – The New World Order, page 201

Most of us who were not connected to the great eternal love of our Spirit Mate felt lonely at the core and hoped that any day would be the day we met him&her.

We correctly imagined that this meeting would make everything become meaningful and fall into place in our lives, but many of us were not aware that the habits that were not of love would be uprooted.

This is a very painful process because we had formed these habits for many reasons, all of which stemmed from the fear of being traumatized for some reason that seemed to us to be beyond our control.

In letting go of all our attempts to form habits that would ensure that nothing painful could reach us, we simultaneously closed ourselves off from being receptive to other people, and thus we cut ourselves off from love.

Today's Contemplation

Today, I will use Steps Four and Six to cleanse myself from fear and make room for love.

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November 27: *Teachings during sleep*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION THE TREE OF LIFE, PAGE 404

The last couple of days, something has become clear to me when I woke up, that I had to write about in this book.

I was sure I would be able to remember it, but as soon as I was fully awake, I could not get hold of it again.

Now, I have become more respectful, and so I have been faster to react and write down immediately, and this morning I finally got it: "Number files compress language files, and language files translate number files."

The TuTu Doctrine – The New World Order, page 404

Many of us kept a dream journal by our bedside table to capture and write down the dreams we had during the night before they slipped back into our subconscious.

We wanted to do this because we had become aware that many of our dreams were intended to cleanse us of hurts or to give us information that we might not ready to take to heart in our daytime consciousness.

The understanding our dreams could help us become more aware of ourselves in areas that might be difficult for us to face when we were awake and to understand the depth of our hurts.

When we did our daily Tenth Step, we took a dream up for interpretation and analysis, and if anything was unclear, we sought guidance from our Higher Power in Step Eleven to incorporate our dream into our lives.

Today's contemplation

Today, I will remember my dreams and the teachings I received during sleep by writing it down in my dream diary as soon as I wake up.

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November 28: *The victims of society*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION
TUTU'S ILLNESS 1, PAGE 261

"How big must the sacrificial pyre become before society comes to its senses and allows the individual access to the pain treatment that he&she himself&herself feels a need for, whether their pain is of a physical, psychological, social or spiritual nature?"

The TuTu Doctrine – The New World Order, page

Growing up, we had become accustomed to being coerced by others before they would help us achieve our desires, but our Program teaches us that this is maltreatment of us by our environment.

This maltreatment by our parents consisted of forcing us to behave in ways that were not in accordance with our essence, which was intact when we were born, but gradually became traumatized in this way.

Just as our parents used coercion and even punishment, our family and our society also used coercion and punishment if we were not willing to override our essence to follow rules and laws.

We used our TTDF Program to heal ourselves from these dysfunctions and claimed our right to act in accordance with our essence, which we came to know in our Stepwork.

Today's Contemplation

Today, I will claim to act in accordance with my essence, who is my true Self, my Spirit.

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November 29: *The Four Nanorings of Pain*

FROM PART 6, CHAPTER 1, APPENDIXES, THE SECTION APPENDIX E, THE FOUR NANORINGS OF PAIN, PAGE 414



The TuTu Doctrine – The New World Order, page 414

Today's contemplation

Today, I will investigate how I use one of The Four Nanorings of Pain in my life.

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November 30: *The purifying power of the unconditional love*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION THE FEMALE
 ARCHETYPE OF THE SPIRITUAL WEDDING, PAGE 173

*The environment exposes their love to incredible hardships, but because of mystical
 and unusual intervention in events, they overcome all opposition and all troubles in*

the end.

The prince takes her with him to his castle.

A big wedding is held, and they live happily ever after.

The TuTu Doctrine – The New World Order, page 174

The TuTu Doctrine – The New World Order teaches us that our attributes as our true Self, our Spirit, are unconditional love, care, compassion and mercy.

At meetings we introduce ourselves with our personal name as our earthly identity and add our affirmation of who we are in Reality by adding: I am unconditional love.

In our Program we work on acknowledging who we are in Reality, which our human limitation, ignorance, powerlessness and mortality/changeability have hidden from us in many ways.

Little by little we acknowledge the omnipresence, omniscience, omnipotence and immortality&unchangeability of our true Self, our Spirit, and this purifies us from our fear of life and death.

Today's Contemplation

Today, I will acknowledge the unconditional love, care, compassion and mercy of my true Self, my Spirit and let this realization purify me from my fear of life and death.

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December 01: *The Four Microrings of Pain*

FROM PART 6, CHAPTER 1, APPENDIXES, THE SECTION APPENDIX D,
PAGE 412



The TuTu Doctrine – The New World Order page 412

Today's contemplation

Today, I will use my Tenth Step to analyze how one of the Microrings of Pain is affecting me in my life today.

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December 02: *The pain of the manifested creation*

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT GOOD AND EVIL,
 PAGE 369

She had been expelled from the cosmic womb through several successive waves of movement, and when she and her cosmic twin split into two, she was seized by great

pain.

The TuTu Doctrine - The New World Order, page 70

In the Fairytale about Good and Evil, we were taken all the way back to the beginning of the manifestation of this creation, where we projected a mirror image of ourselves, split in two, into the Ocean of Love.

The pain that arose in our manifested creation by being projected into two separate form identities was the fear of having lost one's eternally beloved Spirit Mate, and thereby love.

When we placed a light veil over the pain of fear, it became isolated in an energy field of its own, which we now call our thinking mind's, our Ego's dualistic thought system.

In TTDF, we return to ourselves on the Spirit plane to heal and cure the fear and pain of our Soul by meeting our Soul's child, our Ego, with the healing power of our true Self, our Spirit.

Today's Contemplation

Today, I will work on using the healing power of my true Self, my Spirit, to heal my Soul and thus my Ego from the pain of fear.

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December 03: Divine intervention

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION
IGNORANCE, PAGE 278

I remembered my clairvoyant guide who said that, at some point in time, I would face some problems, which I would find it hard to cope with, and then I could call him again.

I called him.

He said that the way I had handled the problem wasn't the right way, because it was essential that TuTu and I were together for the upcoming events.

The TuTu Doctrine – The New World Order, page 279

Our expectation that the encounter with the Great Love would make us happy is correct, and it could be confusing for many of us that our relationship with our Great Love caused conflicts between us.

However, the teachings about the Four Weddings teach us that only after our Spiritual Wedding do the conflicts slowly fade away, because the purification after the Angelic Wedding enables us to let go of our fears.

We prepare for the encounter with the Great Love by replacing our Ego's thought system with our God-mind's thought system by the help of the Rings of Pain and Joy in our Program.

As we prepare ourselves for the Great Love, Divine intervention always takes place if fear gets in our way in the form of new people or situations that come to us to guide us back to love.

Today's Contemplation

Today, I will open myself for the Divine intervention that occurs all the time when I lose sight of love.

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December 04: To become like children anew

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION TO BECOME LIKE CHILDREN ANEW, PAGE 92

These attitudes are the right ones because we must become like children anew to enter the Garden of Eden, that place in existence where love, care, compassion and mercy for the beloved fill in all emptiness.

The TuTu Doctrine – The New World Order, page 92

Little by little as we acknowledged our true Self, our Spirit to be our real self, we realized that not only we, but everything and everyone comes to Earth with the essence of our true Self, our Spirit intact.

We also realized that everything and everyone had the task of showing us what we are not, while we are children and therefore defenseless, because we receive everything as an expression of the love we are, also our parents.

This meant that we came to perceive the unconditionally unloving, uncaring, hard-hearted and merciless to be the unconditionally loving, caring, compassionate and merciful and that it is not.

This misunderstanding became deeply rooted in us, and we used our TTDF Program to cleanse ourselves of what we are not, even though it could be scary at times to let go of the familiar and well established.

Today's Contemplation

Today, I will use my Step Work to cleanse myself of all that I am not, by acknowledging the sacredness of my individuality.

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December 05: *The stream of consciousness*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION THE HELP OF THE CROWN PRINCE 2, PAGE 274

The revelation failed to appear, and I looked up TuTu, but when I met him, I became so heavy from fear that I could barely walk, and scared, I fled to the Crown Prince. He sat together with a group of disciples and answered questions, but I had nothing to ask, so I did not participate in the conversation.

Suddenly, he turned around, looked straight at me and said: "What is the princess without the prince other than a frustrated female?"

The TuTu Doctrine – The New World Order, page 275

Those of us who had experiences with the Great Love between our Spirit Mate and us could share these experiences with other members and inform them about the fears that arose at the meeting with the Great Love.

Our stream of consciousness mostly emerged from our limited, ignorant, powerless and mortal thinking minds, our Egos, when we came to TTDF, and to our Egos, love is an unknown energy field.

We gave our Ego the task of protecting our Soul from the fear of pain, and this fear became the fear of the unknown that our Ego had been tasked with protecting our Soul from.

Therefor our encounter with the Great Love alarmed our Egos, and the fear became intense, but the stream of consciousness of the Great Love is all-penetrating and purifies our stream of consciousness of the fear of our Ego.

Today's Contemplation

Today, I will open myself to be receptive to the stream of consciousness that comes to me through my love.

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December 06: *The right thing*

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION ANGER AND REVENGEFULNESS, PAGE 171

Later, I became able to take the Master's suggestion to heart by choosing to work on changing the emotions and thoughts that arise in me when I think that others have made a mistake, instead of demanding that others must change in conformity with my perception of the right thing.

The TuTu Doctrine – The New World Order, page 171

Growing up, most of us were given the impression that there was something that was the right thing for everyone everywhere under all circumstances on all levels of consciousness.

In our adult lives, this led many of us to try to help others do what was right thing for ourselves by treating others as we ourselves had been treated with scolding, criticism, ridicule, and punishment.

Our parents believed that this helped us to let go of our individuality, so that we became more acceptable to ourselves and society, and they believed that they thereby made our lives easier than it otherwise would have been.

However, this is a distortion of our individuality, which is our sovereign power, right, and duty to live by, and this creates suffering so in TTDF we cleansed ourselves of these distortions so as to become our true self.

Today's Contemplation

Today, I will use my Tenth Step to cleanse myself of a distortion of my individuality that creates sufferings for myself and others.

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December 07: *The Love for the One and Only*

FROM PART 3, CHAPTER 2, THE ANGELIC WEDDING, THE SECTION DHARMA AND KARMA, PAGE 235

When TuTu began preparing me for the dissolution of my karma in the sphere of love and I came to know that I had to have relationships with other men for this reason, I became unhappy and was yet another time convinced that he did not love me.

The TuTu Doctrine – The New World Order, page 235

In our attempt to walk the spiritual path in accordance with spiritual principles, it could seem daunting to many of us that we were confronted with many tasks that did not seem to be spiritual to us.

We imagined that when we met our One and Only Spirit Mate, the love between us would continue to flow, and this is also correct, but we did not know that it would dissolve all that did not belong to this love.

We had met many who awoken our love and had made promises of eternal love that we could not keep in the long run, and we needed to make amends to them for our broken promises if they wanted it.

This karma became intense when we actually were face to face with our Eternal Love for our Spirit Mate, and this could result in painful separations until our relationship with our Spirit Mate stood pure.

Today's contemplation

Today, I will accept that the homecoming to my true Self, my Spirit, which the love for my One and Only brings forth is associated with a painful purification from all that, which is not the love of my One and Only.

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December 08: Falling in love

FROM PART 4, CHAPTER 2, THE FAIRYTALE ABOUT THE LOVE WITHOUT LIMITS, PAGE 363

The new aspects of their knowledge, both the true and the false, were achieved during their wandering, when they worked and acquired knowledge, when they lived their everyday life and acquired habits, and when they met a manifested creature, who showed some of the characteristics of their Spirit Mate. Then, a spontaneous recognition arose, and their love was aroused, and therefore, they became willing to merge with the experiences that this manifested creature had to share, and thus the love for other manifested creatures brought them through many difficult points, which they would otherwise not have had the power of action to go through.

The TuTu Doctrine – The New World Order, page 366

We had met many beings on our path who awakened our love, both the platonic love for our children, family and friends and the erotic love for our partner, and we wondered about what made it flow.

When our love flowed, we took on many new things, even things that were demanding, but to our amazement, we accomplished them effortlessly and easily and understood it was our love's energy that lifted our energy level.

We discovered many times that our love faded and made us to let go of those circumstances and people that had awakened our love in the first place and moved on on our individual path.

When we read the Fairytale of the Love Without Limits, we understood that the Great Love does not fade but flows forever and crosses the boundary of death and that it is the love for our One and Only Spirit Mate.

Today's Contemplation

Today, I will use Step Eleven to connect with my One and Only Spirit Mate, whether he&she is currently on Earth or not.

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December 09: *Beyond death*

FROM PART 5, CHAPTER 1, MY LIFE WITH THE MASTER, THE SECTION HONEYMOON, PAGE 397

*It proved that I continued to get visions of TuTu.
 I remembered the predictions of the palm leaf archives that I would get continuous visions of my Guru and God from the middle of my fifties, and I was now a little more than 53½ years old.*

The TuTu Doctrine – The New World Order, page 397

Most of us were afraid of the physical death when we came to TTDF, but gradually as we heard other members share their connection with the deceased, our fear began to fade.

Many of us had dismissed our sensations and experiences with our deceased loved ones as wishful thinking, but after having heard about other members' experiences, we began to take our own to heart.

Little by little, as we began to trust our own experiences, we also became ready to acknowledge the dimensional teachings from the *TuTu Doctrine – The New World Order* and thus take our true Self, our Spirit, to heart.

In Step Eleven, we learned to communicate with our true Self, our Spirit in the Absolute by the help of the Two-Way Prayer, and thus we began to trust that physical death was merely a change of form.

Today's Contemplation

Today, I will use my Eleventh Step to communicate with my true Self, my Spirit, by the help of the Two-Way Prayer.

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December 10: *Spiritual awakening*

FROM PART 3, CHAPTER 3, THE SPIRITUAL WEDDING, THE SECTION THE DARK NIGHT OF THE SOUL, PAGE 298

The spiritual awakening, which both I and the others achieved by the help of the Twelve Steps in Narcotics Anonymous, made me perceive our previous condition as drug users as that spiritual phenomenon which is called The Dark Night of the Soul.

The TuTu Doctrine – The New World Order, page 298

Most of us in TTDF are familiar with the Dark Night of the Soul as that period of our lives when we felt abandoned by God and humankind and could no longer find our way in life.

In the clear light of hindsight, we realized that this period of our lives made us look at family, friends, and the world at large in a new way, devoid of the illusion that we would not be ostracized if we deviated from the norm.

This made us stop our attempts to find a solution to our existential pains on the outside, and we began to go inward by studying ourselves, our thoughts, feelings, and social interactions.

As we went inward, we discovered that our connection with our true Self, our Spirit, was the connection we had been seeking to achieve on the outside, and our awakening as our true Self, our Spirit, made us happy.

Today's Contemplation

Today, I will use my Eleventh Step to connect with my true Self, my Spirit.

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December 11: *The principles in TuTu*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE PRINCIPLES IN CHRIST AND THE PRINCIPLES IN TUTU, PAGE 92

*The principles that express themselves through the field of consciousness called TuTu are: A personal contact with one's true Self, **unconditional** surrender to one's true Self's care, **unconditional** love, care, compassion and mercy for **all**, be it the still suffering or those who are successful in their own eyes or in the eyes of society.*

The TuTu Doctrine – The New World Order, page 92

Those of us who were successful in the eyes of society knew that society's yard stick of if a person had a successful life was shown in the areas that society rewarded and supported with power and material wealth.

Even though we were successful in the eyes of society, we knew at this point in time that although it was convenient for us to have success and the benefits that came with it, there was still a longing to find ourselves.

In TTDF we found this desire fulfilled for many both successful and not successful people, and this gave us hope that we too could achieve the happiness of being ourselves, as we are in Truth.

Therefore we began to use our TuTu consciousness to the best of our ability with its unconditional love, care, compassion and mercy towards ourselves and everything and everyone everywhere on all planes of consciousness.

Today's Contemplation

Today, I will use my TuTu consciousness to the best of my ability to meet myself and everything and everyone everywhere on all planes of consciousness with unconditional love, care, compassion and mercy.

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December 12: Doubt

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION DOUBT, PAGE 22

Again my childhood's image of God emerged to the surface and made me think that if he had been Jesus, he would have healed himself.

Maybe he wasn't a Master in Reality but one of the powers of darkness who used the light to snare people, and only after they were trapped would they become aware that, in Reality, all of it had been the delusion of the devil.

The TuTu Doctrine – The New World Order, page 23

Most of us learned about good and evil in our childhood without knowing that we acquired the thought system of our thinking mind, our Ego, which was the reason we learned to fear life and death, God and people.

We learned that we had to be vigilant about our own thoughts and feelings and make sure that we thought good thoughts and had good feelings, so when we got angry, we were told that we were not good children.

When others were angry at us, we were not good children either, but had to learn to be different from who we naturally were, because otherwise we could risk that no other people would want to have anything to do with us.

In TTDF, we learned to let go of our thinking minds, our Ego thought system, and instead use our knowing minds, our God mind thought system, and thus we recovered from our fear.

Today's contemplation

Today, I will use the thought system of my God mind so I can recover from the pain of fear and find the unconditional joy in my life.

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December 13: *Unwinding of destiny bindings*

FROM PART 3, CHAPTER 1, THE EARTHLY WEDDING, THE SECTION
PREPARATION FOR BHOG, PAGE 232

The heaviest samskaras lay at the bottom like the heaviest particles in a well, and therefore they only came up for Bhog in the end, and it was this heavy winding up of ties of destiny that TuTu was beginning to prepare me for.

The TuTu Doctrine – The New World Order, page 232

Gradually, as we use our Eleventh Step to communicate from our limited, ignorant, powerless, and mortal/changeable human self with our true Self, our Spirit, we understand that all is well.

As our omnipresent, omniscient, omnipotent, and immortal&unchangeable true Self, our Spirit, we have chosen to experience what we are not in order to achieve a contrast that refines our self-perception.

In TTDF, we integrate all that scares us such as illness, weakness, discomfort, and pain by the help of our Second Step by finding the purpose of our true Self, our Spirit, behind these experiences.

In doing so, we discover that there is always and without exception an unconditionally loving, caring, compassionate, and merciful intention behind these scary experiences, and thus they become meaningful to us.

Today's Contemplation

Today, I will let go of feelings of guilt and shame about my illnesses, weaknesses, discomforts, and pains by using Step Two to make them meaningful and uplifting.

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December 14: *The cross*

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO
WALK ON THE EARTH, PAGE 374

*"Don't fear!
Take your cross and follow me,
for I will bless you and maintain you.
I will receive you and show you mercy.
I will look at you with love and give you peace."*

The TuTu Doctrine – The New World Order, page 383

Many of us have realized that the crucifixion of Jesus of Nazareth was an expression of the extent to which we should show mercy by unconditionally forgiving those who hurt us.

We have also understood that the cross that we were called to take up is our physical body, which in Jesus' case was stretched out and hung on a cross until he died.

In TTDF, we exactly work on identifying ourselves with the unconditional mercy, compassion, care and love of our true Self, our Spirit, instead of identifying ourselves with our fickle human self.

Gradually, as our identification with our true Self, our Spirit, becomes powerful, we understand that taking up our cross means that we accept our human self with unconditional mercy.

Today's Contemplation

Today, I will take up my cross by accepting that presently I live as a limited, ignorant, powerless and mortal/changeable human being, even though I am an omnipresent, omniscient, omnipotent and immortal&unchangeable Spirit in Reality.

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December 15: *The vehicles of the Gods and Goddesses in the seventh dimension*

FROM PART 3, CHAPTER 4, THE SPIRITUAL WEDDING, THE SECTION THE POWER OF THE JAGUAR, PAGE 315

When I had got this information, it became clear to me that it was the power and courage of the jaguar that Krishna had used to abduct Rukmini in spite of the superior force against him, and that it was the courage and power of the jaguar that Jesus had used to confront his terrifying death instead of fleeing from it, and it would turn out that the jaguar came to help me cross the boundary of death and turn my pain into joy, but most important of all, it would prove that Kava became my neutral anchor, upon whom I had an unconditional trust during all of my inner travels.

The TuTu Doctrine – The New World Order, page 316

Gradually, as our inner life evolves, we discover that our true Self, our Spirit, uses our imagination and visualization ability to create and manifest events by the help of our vehicles in the dimensions.

In the third dimension, our physical body is our vehicle, in the fourth, our etheric body is our vehicle, in the fifth, our astral body is our vehicle, and in the sixth dimension, our causal body is our vehicle.

In the seventh dimension, there are an infinite number of energy fields that are so powerful that they are called Gods and Goddesses, and in addition, there are various energy fields with animal names.

These energy fields with animal names are also called power animals or vehicles and are an expression of the energies that the Gods and Goddesses use to move around in the seventh dimension and in the underworld.

Today's Contemplation

Today, I will use Step Eleven to find out what my vehicle is in the seventh dimension.

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December 16: *The Power of the Masters and the Masteresses*

FROM PART 1, CHAPTER 3, SPIRITUAL EXPERIENCES, THE SECTION THE MASTER'S ANSWER TO A LETTER, PAGE 41

I intuitively felt that my fever-condition was due to the fact that the Master had received my letter and transmitted to me so powerfully that my physical system became heated, and therefore I decided to meditate although I had been told that it was better not to do so during illness.

The TuTu Doctrine – The New World Order, page 42

On our spiritual path we meet many other spiritual aspirants, and sometimes we also meet masters and masteresses who have an unusually strong radiation that affects us in an uplifting way.

This can make us want to learn from the person in question how he&she achieved this state, and that can lead to us trying to become like our teacher or teacheress.

At some point, however, we realize that even though we acquire the attributes that our teacher or teacheress has, it does not necessarily give us the same radiation or the same insight as he&she has.

Thus we become ready to go inward and find our own authentic energy field, and we use the Program in TTDF to peel away everything from us that is not true for us and is thus part of our individuality.

Today's Contemplation

Today, I will use my Tenth Step to peel away an inauthentic attribute from my individuality.

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December 17: Impersonal and personal love

FROM PART 2, CHAPTER 2, THE PERSONAL, THE SECTION DREAM INTERPRETATION, PAGE 191

To me, the Master was an expression of God's universal and impersonal love for me as it expressed itself in the platonic love-relationship between the Master and me, and the handsome young man who stepped out of the Master's form was TuTu, who was an expression of God's individual and personal love for me as it expressed itself in the sexual love-relationship between him and me.

The TuTu Doctrine – The New World Order, page 191

Most of us were not aware that God's individual and personal love for us comes to expression through our sexual partner when we came to TTDF.

We were used to perceiving God's love for us as the platonic and impersonal love of a parent, and we had not been aware that we were made in the image of God, our FatherMother and with their attributes.

Because of the demonization of loveless sexual desire, which revolves around the release of sexual tension at any cost, fear had prevented us from realizing that lovemaking is the holiest of the holy.

In the same way as God, our FatherMother created and manifested all of HisHer children as individual Spirits through lovemaking, so man and woman manifest all of their children as individual human beings through lovemaking.

Today's Contemplation

Today, I will look at lovemaking with my sexual partner as the holiest of the holy, which gives my partner and me the ability to create and manifest new life in the same way that God, our FatherMother does.

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December 18: Spiritual principles and earthly principles

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE PATH TO THE INDIVIDUAL AND PERSONAL SELF-REALIZATION, PAGE 86

To surrender to the spiritual principles a person has to take help from his&her thinking, and to surrender to earthly principles he&she has to take help from his&her feelings.

The surrender takes place gradually as the person learns to see, hear, feel and sense both his&her Spirit and his&her body, and at the same time, acts confidently in accordance with what he&she sees, hears, feels or senses.

The TuTu Doctrine – The New World Order, page 86

In the Step One tapping protocol, we came face to face with the problems our human limitation, ignorance, powerlessness, and mortality/changeability gave rise to in our daily lives.

Furthermore, we discovered that our etheric body, astral body, causal body, and Soul body, in which we travel on our dimensional journeys, were all limited, ignorant, powerless, and mortal/changeable form-identities.

In the Step Two supplement, we came face to face with our existential state when we denied our omnipresent, omniscient, omnipotent, and immortal&unchangeable true Self, our Spirit.

Furthermore, we experienced how our existential state changed when we took our unconditionally loving, caring, compassionate, and merciful true Self, our Spirit, to heart, and thus became authentic.

Today's Contemplation

Today, I will use my Second Step to create balance between my use of my form-identities and my true Self, my Spirit.

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December 19: Celibacy

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE PATH TO THE ABSOLUTE SELF-REALIZATION, PAGE 86

Once the Master was asked if it is good for the spiritual life to live in celibacy and he answered laughingly: "God is no fool. If it was enough with one gender, there wouldn't be two."

The TuTu Doctrine – The New World Order, page 86

Most of us had been under the impression that our sexual life and our spiritual life had got nothing to do with each other and that we could achieve a better contact with our spiritual life by the help of celibacy.

However, in TTDF we learned to communicate with our true Self, our Spirit, and we understood that our true Self, our Spirit, consists of the merged masculine and feminine principle, called Ardhanarishvara.

We had learned that as it is above, so it is below, and we know from experience that when we are in love below lovemaking is our highest and most intense expression of love and is also just like that above.

When we looked at the graph of the Holy Grail, we understood that in our innermost heart's heart's Holy Grail, lovemaking is the holiest of the holy, and that development of our lovemaking is development of our spiritual life.

Today's Contemplation

Today, I will look at my development of my sexual life with my Spirit Mate as an expression of the development of my spiritual life.

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December 20: *The truly wise*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION THE CAMEL AND THE NEEDLE'S EYE, PAGE 90

The one who receives the fulfillment of his&her big and small desires like a grateful child instead of demanding is a fool in the eyes of the rich but is, however, the true sage who takes his&her rightful place as the child at the root of his&her own being, and who can therefore get access to Paradise where tickets cannot be bought for property, money, power or prestige.

The TuTu Doctrine – The New World Order, page 90

Most of us had been given the impression that success and happiness could be achieved by acquiring many material benefits, and preferably such abundance that we could pay for the helping hands of others to manifest our ideas.

After achieving a certain measure of material success, we realized that we did not feel happy or successful, and so we gave up using our time, our energy, and our interest in acquiring more material things.

Instead we began our search for happiness and success in ways that had got nothing to do with the acquisition of material benefits and advantages, and we discovered that the spiritual path was the path to happiness.

In the work with our TTDF Program we finally acknowledged the unconditional love, care, compassion, and mercy of our true Self, our Spirit, and acted in conformity with this realization.

Today's Contemplation

Today, I will identify with the joy without opposites called happiness and is found in my true Self, my Spirit.

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December 21: *Patience*

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE SECTION THE MIRROR OF THE SOUL, PAGE 38

*I was curious to see which chair I would get, and when I reached there, both the new and the old group were seated already.
The only chair available was the one opposite the Master.
Happily I sat down and looked at him.*

The TuTu Doctrine – The New World Order, page 38

Many of us believed that if we stood first in line to have a wish fulfilled, we would get it more easily than if we patiently took the place in the line that naturally opened up for us without pushing to be first in line.

The impatience that makes us push to stand first in line so as to have our wish fulfilled belongs to the Miniring of Hatred, with its illwill, unkindness, irritation, and impatience.

We investigated how the situation might have played out if we had instead used the energies of the Miniring of Love, with its goodwill, kindness, calmness, and patience.

In doing so, we had gained the information we needed to change our behavior, and by practicing this change, we gained that wisdom we needed to be patient in the fulfillment of our wishes.

Today's Contemplation

Today, I will work on developing my patience by the help of the Mini Ring of Love with its goodwill, kindness, calmness and patience.

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December 22: *Gratitude*

FROM PART 4, CHAPTER 1, , THE SECTION THE FAIRYTALE ABOUT THE MASTER OF THE UNIVERSE, PAGE 351

To the extent you succeed in carrying through your decisions, first you must congratulate yourself from your heart for your success, and then you must express your gratitude for the gifts, guidance and advice you have received in the course of the day that made your success possible.

The TuTu Doctrine – The New World Order, page 354

In our work with the Sixth Step, we work with the Ring of Self-Centeredness and the Ring of God-Centeredness, and when we feel into the energies that these two energy fields contain, it becomes clear to us how they feel.

The Ring of Self-Centeredness shows us that self-criticism leads to depression, and self-praise leads to euphoria, which is artificial joy that is inevitably followed by self-criticism and depression in a bipolar swing up and down.

The Ring of God-Centeredness shows us that when we open our minds to a solution to our problems, help will come to us from inside or outside, and this gives us the power to solve our problem.

We become grateful that our problem has found a solution and as a result, we are filled with joy, because gratitude always and without exception fills us with joy.

Today's Contemplation

Today, I will use the Ring of God-Centeredness to find joy in being, even when my life unfolds in ways that I have not consciously desired.

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December 23: God in a fellow human being

FROM PART 1, CHAPTER 2, FACE TO FACE WITH THE MASTER, THE
 SECTION GOD IN A FELLOW HUMAN BEING, PAGE 32

Thus I had begun to believe that he was omniscient and omnipotent, and for the first time I had got the idea that God's qualities could be ascribed to a fellow human being, and that God's influence on my life had got something to do with my fellow human beings.

The TuTu Doctrine – The New World Order, page 33

After achieving identification with our true Self, our Spirit, we understood that as Spirit we are omnipresent, omniscient, omnipotent and immortal&unchangeable, which are the same attributes that God has.

Thereby we also understood that Self-realization and God-realization are one and the same, and that everything and everybody everywhere on all planes of consciousness is God, and thus it became easier for us to see God everywhere.

As a result of this development, our life became one long conversation with God through our interaction with everything and everybody everywhere, and our life as a human being thus became an exalted journey on Earth.

A life journey of this kind became possible for us because our Fellowship and our Program had led us to acknowledge our unconditional love for ourselves and everything and everyone everywhere on all planes of consciousness.

Today's Contemplation

Today, I will acknowledge my unconditional love for everything and everyone everywhere on all planes of consciousness.

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December 24: *States of consciousness*

FROM PART 2, CHAPTER 1, THE PRINCIPLES, THE SECTION SPHERES OF CONSCIOUSNESS, PAGE 107

Ordinary Reflection Contemplation Concentration Meditation



The TuTu Doctrine – The New World Order, page 110

Most of us had difficulty evaluating which state of mind we were in, and it helped us to look at the graph in *The TuTu Doctrine – The New World Order* that describes their contents.

We are all familiar with the five states of consciousness illustrated in this graph, and we recognize that we alternate our states of consciousness between all five without previously having used words to describe them.

It is important for us to have words to describe them in order to better observe which of them we are in right here and now, and thus we can also begin to find ways to evoke them at will.

In the Eleventh Step, we move through our daily consciousness into reflection, into contemplation, into concentration, into meditation, and this knowledge makes it possible to step back and let the process take place.

Today's Contemplation

Today, I will step back and let the process take place when I want to meditate.

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December 25: *The chain of love*

FROM PART 3, CHAPTER 3, THE DIVINE WEDDING, THE SECTION THE DIVINE WEDDING, PAGE 291

TuTu lifted his one foot and pointed to his ankle: "Can you see the chain there?"

"No", I said.

"There is a chain there even if it is invisible. It is the chain of love which you have tied around my ankle."

"I don't want that," I answered, "I want you to be free and without chains."

"I love my chain," he said.

The TuTu Doctrine – The New World Order, page 295

In the graphs illustrating God, our FatherMother and our true Self, our Spirit as the merged masculine and feminine principle, called Ardhanarishvara or the ManWoman, we got an impression of ourselves as Spirit.

We understood that as individual Spirits we all have our unique place in the essence of God, our FatherMother also called the Ocean of Love or The Holy Grail, where we are located in the Eternity of Eternities.

God, our FatherMother has created and manifested us in HisHer own image, but has given us the ability to express our personal and unique sides of God, our FatherMother HimHerself.

God, our FatherMother also gave us HisHer creation- and manifestation power in the form of lovemaking so that we could create, manifest and expand that unique aspect of God, our FatherMother that had been entrusted us.

Today's Contemplation

Today, I will trust that my Spirit Mate and I are one being joined together by God, our FatherMother, and that no one can separate that, which God has joined together.

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December 26: *The Destroyer*

FROM PART 4, CHAPTER 3, THE FAIRYTALE ABOUT GOOD AND EVIL, PAGE 369

Slowly, the normal consciousness of the woman returned, and she looked at the Destroyer through tears of love and gratitude, in deep awe of the greatness of his love and unselfish service, and asked: "How do I get the courage to get untangled?"
"By finding and surrendering to the will of God, which are unconditional love, care, compassion and mercy."

The TuTu Doctrine – The New World Order, page 373

Many of us fear Shiva, the destroyer and his wife the destroyeress Kali, because the meeting with these archetypal energy field means that the familiar is being destroyed and that can bring out the pain of fear in us.

Sometimes, it can happen that we voluntarily decide to surrender to the destroyer and the destroyeress, because we feel a need for change in our life so we no longer want to move around in the familiar.

Our meeting with our Spirit Mate brings about an overwhelming destruction of the familiar, because this encounter brings us to the Purgatory, where we are liberated from all false perception of Reality.

However, by the help of our Second Step, we discovered that the destruction of the familiar always was to our advantage by us finding the unconditionally loving, caring, compassionate, and merciful intention behind it.

Today's contemplation

Today, I will accept that renewal only can happen through destruction of the well known.

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December 27: Simplicity

FROM PART 1, CHAPTER 1, THE INITIATION, THE SECTION HAVING IT OUT WITH GOD, PAGE 18

I also felt sorry for God, because people wouldn't believe in him.

I wouldn't mind believing in him and doing what he wanted me to.

I would even be so good so as to side with him above everyone else and was looking forward to have all my wishes fulfilled when I asked him or Jesus for something.

The TuTu Doctrine – The New World Order, page 18

Our perception of life as children is simple and straightforward because we are in a state of theta where we are receptive and trusting, so we believe everything we are told by the adults around us.

However, we have chosen to be born into circumstances where the information we receive brings into focus the existential issues we have chosen to work with during our Earth Journey.

Therefore, as we work with our childhood experiences and perceptions in our Fourth and Eighth Step, it is important for us to remember that it is our own choice to experience the painful circumstances that we experienced as children.

We also need to let go of the anger we may feel as teenagers, as our thinking ability begins to develop, at seeing that much of what we were told as children was misinformation.

Today's Contemplation

Today, I will take full responsibility for my experiences during my Earth Journey.

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December 28: *The diamond*

FROM PART 4, CHAPTER 4, THE FAIRYTALE ABOUT THE GODS WHO WALK ON THE EARTH, PAGE 374

The diamond is their symbol.

It represents the power of discernment, which flashes ominously in the impure heart, that heart which is in conflict with itself, and it shines benevolently in the pure heart, that heart which is at peace with itself.

The TuTu Doctrine – The New World Order, page 379

As we used the Destructive and the Constructive Rings to handle our thinking mind's, our Ego's dualistic thought system in Step Four and Six, we slowly acquired an enlightened and wise Egomind.

Our true Self, our Spirit resides in our heart center and is the sovereign ruler of our life, and our thinking mind, our Ego, our causal body resides in our solar plexus center and can cause disturbance in keeping our focus point on our heart.

Therefore it was so important for us in TTDF to create and manifest an enlightened and wise Egomind, and thus become heart centered instead of Ego centered and thus our diamond came to shine benevolently in our life.

By creating and manifesting an enlightened and wise Egomind, we experienced the Ego Death, where we have shifted using our Egomind's thinking thought system to using our Godmind's knowing thought system.

Today's contemplation

Today, I will work on creating and manifesting an enlightened and wise Egomind by the help of the Destructive and the Constructive Rings.

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December 29: *Four*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 386

Four Represents The Universal Love in Its Highest Aspect and in Its Lowest Aspect The Balance.

Four is therefore The First Positive Power-factor in The Spiritual Life of Humankind, because Four Contains the Soul Realm and All the Soul's manifested Creatures, as it Contains both God The Father's, Goddess the Mother's, God The Son's and Goddess the Daughter's Eternally Merged unconditional Love, and thereby both the Souls and all that the Souls created and Manifested that Came into Being as a Result of the Projection of Forms by the Four Whole into all Formbased Planes of Consciousness.

The TuTu Doctrine – The New World Order, page 391

By reading the part of the TuTu Doctrine itself called The Fertilized Egg, it became clear to us that the Earth has been elevated to the fourth dimension, also called cyberspace.

We understood this because we were read that the number three was the holy number in the Old World Order, as expressed in fairy tales, myths, spiritual systems and religions, but the number four is the new holy number.

The number three is an expression of existential suffering, because two form a pair and the third is an outcast, and the outcast is an expression of all suffering, whereas four ends all suffering, because it contains universal love and balance.

In the number four, no one is outcast if you pair the points of the number, and four is also an expression of the Earth's elevation to the fourth dimension, which is the first positive power factor in the life of humankind.

Today's Contemplation

Today, I will accept that the Sacred Quadrant consisting of God the Father, Goddess the Mother, God the Son and Goddess the Daughter is the sacred symbol of the New World Order expressed by the help of the number four.

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December 30: A person's holy name

FROM PART 1, CHAPTER 4, PILGRIMAGE, THE SECTION FIRST MEETING WITH TUTU, PAGE 63

A person's holy name is a designation of his&her spiritual condition, and I have chosen to use this name for him where it is possible without disturbing the context.

He wrote it himself in two ways, either as 22 or as TuTu, which was his personal preference of the English 'Two-Two'.

The TuTu Doctrine – The New World Order, page 64

In the Old World Order, it was common for us to speak about a person's presumed state of mind as being from a Buddhist, Islamic, Jewish, Taoist, Hindu or Christian school of thought.

Therefore, we referred to a person's state of mind with terms such as Buddhist, Muslim, Jew, Taoist, Hindu or Christian, and this gave the outside world the impression of what was sacred to that person.

In the New World Order, many of us have achieved Self-Realization and God-Realization, so we no longer call ourselves by the name of our religion, but by the state of mind we have achieved that is sacred to us.

Instead of asking our society's religion from a Buddhist, Islamic, Jewish, Taoist, Hindu or Christian school of thought, what we need to do now, we ask our own heart about it and act on the answer we get.

Today's Contemplation

Today, I will ask for knowledge about my unconditional love's will for my next right action.

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December 31: *Eternal youth*

FROM PART 4, CHAPTER 5, THE TUTU DOCTRINE, THE SECTION THE FERTILIZED EGG, PAGE 386

By Drinking from The Holy Grail, the Person finds The Right Action, which is The Sweet Fruit itself.

The One who Drinks from The Holy Grail is Truly Eternally Young, even though his&her Physical body Ages.

The TuTu Doctrine – The New World Order, page 387

Our heart's heart that is called the Holy Grail, is the seat of our true Self, our Spirit, Ardhanarishvara, who consists of the merged masculine and feminine principle.

Since our true Self, our individual Spirit, is an omnipresent, omniscient, omnipotent and immortal&unchangeable aspect of God, our FatherMother, Ardhanarishvara, our true Self, our Spirit is eternally young.

When we reach the existential stage where we are able to be in oneness with our true Self, our individual and unique Spirit, we are truly eternally young, even though our physical bodies age.

This means that we have become like children anew and therefore we experience life as a human being as new every moment of every day in the same way as a child, even though our physical bodies age.

Today's Contemplation

Today, I will use my Eleventh Step in TTDF to achieve eternal youth.

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