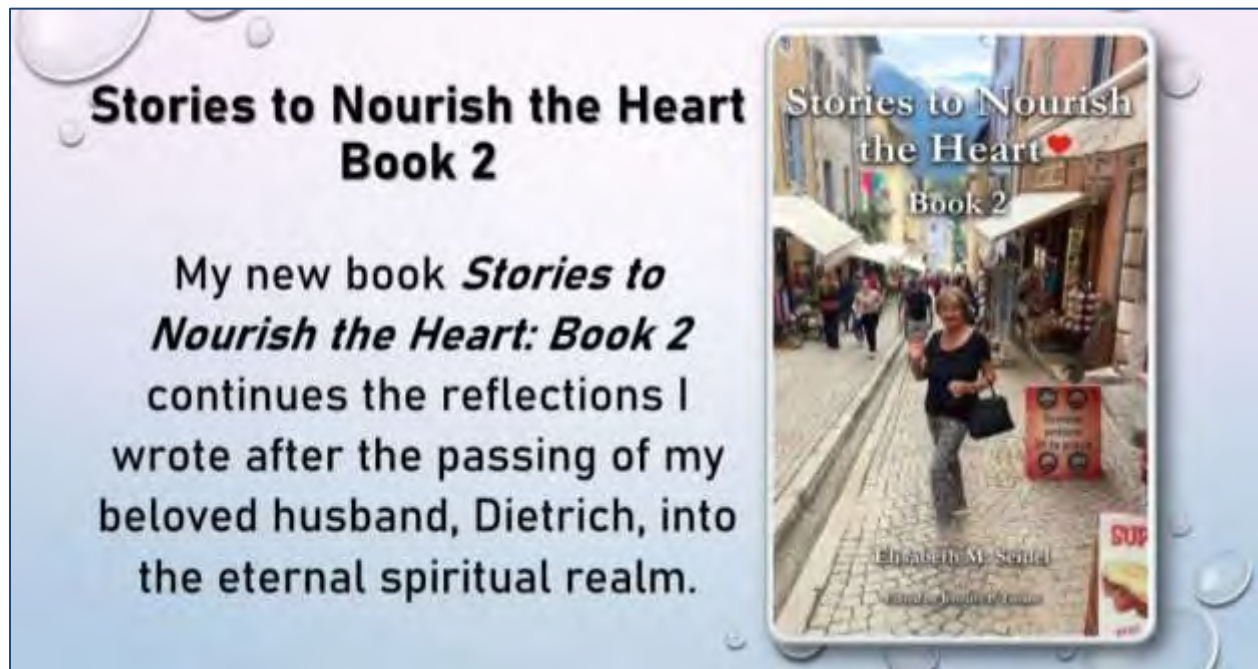


Rules of the Heart - Stories to Nourish the Heart Book 2

Elisabeth Seidel
May 26, 2026



When I was in college and about sixteen years old, one of my French Literature professors seemed to favorite me by liking my essays and reading them to the other classes! We also had a school newspaper in which I was involved. Looking back, it was training for my life mission.

When Dietrich was teaching at university here and there I would ask him, "are you not supposed to write books? Every year? He would say yes of course, but I am too busy at this time! I would reply, "yes, but you have something to say."

One Christmas while teaching in Vienna my husband had a stroke. While staying at the intensive care unit he wanted me to bring all the papers he had to correct. I refused and called the university instead.

I took care of my husband for seven years. It was an ordeal but we had each other. During this time, we met with the Tanabes, forming a renewed working friendship.

The first draft of Dietrich's first book arrived at the San Diego hospital. He tried to read it. It was not working.

I told him: I will take care of everything! These were rules of the heart.

He lived his life practicing true love. True love as a way of life.

Today I am happy to report that we will soon celebrate his ten years in the spiritual world where for us there are no barriers, just a thin veil that we can cross and meet again and again!

These are rules of the heart.

Please enjoy my slide show below as we celebrate the launch of my book "Stories to Nourish the Heart: Book 2"!

Stories to Nourish the Heart Book 2

My new book *Stories to Nourish the Heart: Book 2* continues the reflections I wrote after the passing of my beloved husband, Dietrich, into the eternal spiritual realm.

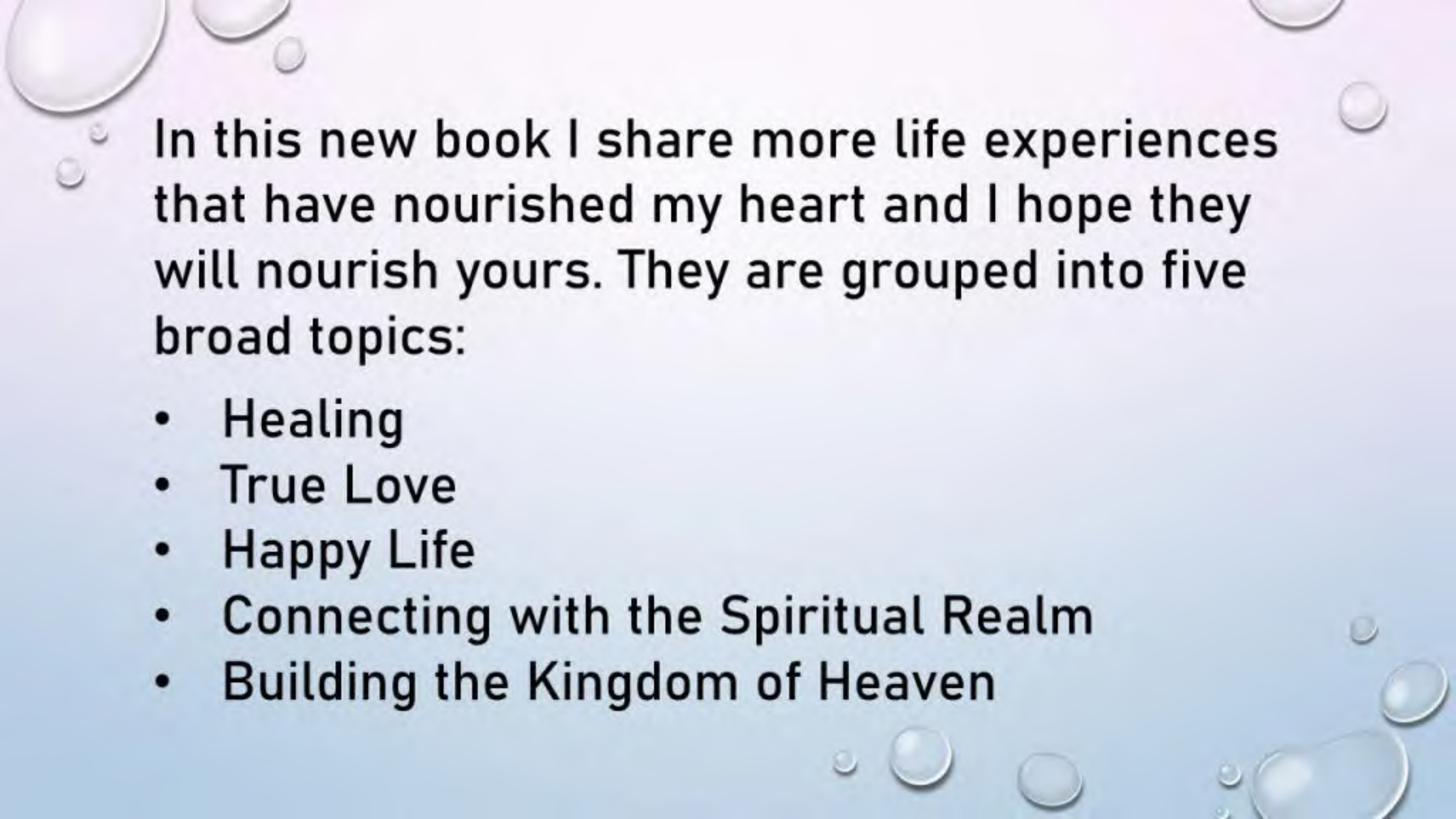


Beloveds Forever Together

Dietrich, my beloved spouse, spent forty years with me on this earth. When we were apart, we wrote each other many love letters, which are published in this book, *Beloveds Forever Together*. The title comes from his last words to me in this physical realm:

“I will be always with you, forever together.”





In this new book I share more life experiences that have nourished my heart and I hope they will nourish yours. They are grouped into five broad topics:

- Healing
- True Love
- Happy Life
- Connecting with the Spiritual Realm
- Building the Kingdom of Heaven


Healing

Think Yourself Well

The real impact in curing disease is from the spiritual factor. In other words, the mind. If a man becomes sick and choose to lives in nature, like in the mountains, and has a strong will and spirituality, he can live well there and overcome his sickness.

If you go to church then your mind is so happy that you forget you have an illness, that can be one of the best cures. Spirituality makes your spirit strong which gives vitality elements to your body!

Our mind can make us sick, and it can make us well. Our feelings and beliefs impact our every cell. See yourself happy, whole, and at ease.




Our thoughts hold more medicine than many of the astonishing medical breakthroughs of our time.

Hope heals.

Happiness is preventative medicine.

The family is the school of love. The clan and tribe continue a loving community, and at church you find larger social networks.

Healthy relationships are medicine for the mind. Think yourself well!



True Love

If love can sing

If love can sing then love must be eternal!

At the beginning of our relationship, my husband Dietrich and I sent letters to each other via post as there were no cell phones or texting then.

Receiving those most precious letters signed "your eternal husband" was "music to my ears." I also signed my letters "your eternal wife."

Later when arriving home after a long day at work, taking me in his arms he would exclaim, "My eternal wife" as I was waiting by the door!

Love is eternal because God's attributes are unchanging, eternal, and absolute. Then true love is also absolute, eternal, and unchanging. That's why, before Dietrich passed, he said to me "Forever together."

The same goes for my family. Families are forever.

Happy Life

Today Let's Just Be Happy

"Mousey, today let us just be happy!" my husband would say from time to time. "Mousey" was our nickname. "Forget everything, take my hand, let's run to the woods. Look up the sky that is true blue! Look down, the earth is fresh from the rain with multi colored flowers."

Sometimes Dietrich would come up with a sentence that had deep meaning for the day and more. He was studying complicated things in theology and could condense the whole thing into one sentence, "Let us just be happy" (the purpose of life is joy).

Connecting with the Spiritual Realm

Signs from Above

In the early morning, going for my usual walk after some spiritual reading, and conversing, reporting to my husband Dietrich on the one-way phone calls, if I am attentive there is always a greeting, a sign coming from a tree, or the radio, or a word in my heart mind.

Today, my eye caught sight of a beautiful red bird in a bush. A feeling of love and beauty swelled in my heart, a most special greeting, a lovely hello, a sight from beyond the veil.

I came back home and there was a magazine open at a picture of a bright red bird, a cardinal, with the words "Messenger from Heaven."

That page also had the words, "A gentle reminder that we're never far apart, my spirit will live on forever there within your heart."

And in my mind, I remembered the words of the song, "And when the time comes, I will be there to meet you and welcome you home."



Eternal Life in the Spirit World

Dietrich's book, *Eternal Life in the Spirit World*, introduces the reality of the spirit world and how to best prepare ourselves for our eternal life there. It contains philosophical and theological background to our understanding of the spiritual realm; testimonies from near-death experiences; and messages from those who have ascended to their loved ones on earth.



Building the Kingdom of Heaven

Building a Culture of Heart

Love between husband and wife is eternal.

The love between husband and wife cannot be given to another. If it is, it will be destroyed.

Including God in our relationship will bring peace in the family, and ultimately peace in the world. This love then can expand to our tribe, neighborhood, community, nation, and world, and together we build a culture of heart!