

Part Four – Action
Spoken by Kalindi
GMP Series, Talk 10

Well, I wonder who this might be. It's Kalindi, Kalindi La rejoicing, Gourasana. Part four, tape number ten: Action. Where you listen, say yes, and act. When you found the direction to take in your life in the many areas that will arise, and you're clear about that direction, and you've thought through the necessary steps to take, then you must enter part four which is action. It's called: do it. And it's very important that you continue to meditate daily because while making changes and moving forward you'll come across pain, fear, guilt, anger, resentment. So many feelings will be confronted in you as you're in action. So you're going to need to continue to meditate while you're in action. Take time every day to do that. It's very important to remain calm and clear while in action, so you can, in the moment, be accessing all necessary information for smooth transition in your daily living. If your emotional body gets shut down in fear, or your emotions get triggered or stirred up, you'll no longer be calm in order to function in your life, and you'll make unnecessary mistakes or hurt people unnecessarily due to your emotional state.

For instance, anger, frustration, and resentment may come up and you take it out on an innocent person that you actually love, and you really don't wanna do that. So you have to give yourself time to release, perhaps daily, in the emotional body, in order to stay open and connected to your calm and centered state of being, and from that state, function and be in daily action in living.

And always you want to remain calm and open, truly open, not repressed and calm, but truly open and calm. If you were repressed and calm, that would be just like a time bomb waiting to go off as soon as the right trigger hits. And you don't want that time bomb going off all over the people you love or strangers or whatever. You just need to meditate and release.

So continue to practice diligently Part One: always opening deeper and releasing more of the negative denied feelings and let them go. Pray for the release of your anger, resentments, guilt, shame, and let it go, as the emotional body brings it to the surface for release. If you don't stay open in your entire being and connected to your true nature, you'll not be able to live in an open, loving, receptive, intelligent, and calm fashion. So, Part One is essential to Part Two, which is again to calm, and from a calm state you can think clearly and act properly with accurate decisions made. It takes control of your being to remain calm and open. And I'll say it again and you should make a sign, "There's nothing sweeter than control." Without a calm state, chaos ensues. You can not be calm if you are repressed in any way. You must be open in order to truly access a calm state. I must have said that so many times throughout this series. I wonder if you've heard it yet. And in a calm, open, receptive state, you'll have the access to moving forward in life intelligently, even if you have to go through drastic changes, materially and spiritually, constantly.

If you do Part One, Part Two, and Three, but you skip over the action of Part Four, which is to change, move forward, and do the needful, you will have missed the point of growth and evolution and helping yourself. Don't let your fear stop you. Never give up. Don't even consider giving up. And don't let laziness or complacency stop you from meditating, using the GMP so you can move forward constantly in every aspect of your life, accurately. Life is very short and there's so much to accomplish, and if you desire ultimate freedom, you must be willing to go through radical changes within a short time, which require action.

The GMP is vital for everyone in the world, even children. Especially children. To grow up in this world open, and accessing truth is very, very rare. So what a gift for children and what a relief for teenagers and what a gift for all people. It truly is a gift from God for all of mankind: the GMP. Use it, use it. Come on, it doesn't matter what your belief or religion is, or how you call upon God. This works for everyone.